

# ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 1

JANUARY, 2005

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## Next Club Gathering

Tuesday,  
January 18, 2004

7:00 p.m.—Club Meeting  
8:00p.m.—Guest Speaker

Community Center,  
Rochester

Guest Speaker:  
Sabrina Svard,  
Owner of Top  
Notch Pilates

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## **January Meeting Speaker's Bio**

At our January meeting, will have speaker Sabrina Svard, BS,CSCS,RYT and studio owner of the Top Notch Pilates Wellness Center in Portsmouth. Sabrina is an international fitness and wellness presenter and holds her degree in Nutrition and Wellness Counseling. Well known throughout New England and beyond, Sabrina has 20 years experience in movement and 10 years experience certifying, training, and educating fitness instructors and personal trainers worldwide. She will speak at 8 p.m. and looks forward to showing the RR how Pilates fits in to their overall fitness plan to enhance and improve their fitness level. She is full of enthusiasm and we hope to have lots in attendance ready to participate in a few of her favorite moves. The club will have a general meeting at 7:00pm before Ms. Svard speaks.

## **President's Corner**

### **Don Yeaton**

It's 2005. Do you have any running goals for the next year? We're not getting any younger and you'll never know how fast you could have been unless you try. Are you healthy and not suffering any running related injuries? Now is the time to go for it. For a runner there is nothing worse than being injured, not able to run and trying to remember what it used to be like to able to run without pain. For you youngsters out there, your youth will not last forever. Perhaps you can run 7 days a week and stay injury free, but they'll come a time when that won't be the case. I know you don't think so, but it happens – to ALL of us.

How about some running resolutions for 2005? Let's keep it simply and suggest only five.

1. I will eat better in 2005. Even though I may be able to eat anything I want, it doesn't mean that I should or that it's good for me. Think of food as fuel for my running muscles.
2. I will try something new in 2005. I will try a new race, a new distance or a new training program. Perhaps this is the year to try a longer race – a half marathon, the Eastern States 20 Miler, a marathon or perhaps an ultra. You'll be surprised at what your body can do.
3. I will do some cross training in 2005. It used to be thought that if you want to be the best runner, you must run – period. But now there is good evidence that cross training will perhaps make you a better runner and prevent some injuries caused by pounding the roads all the time.
4. I will introduce the sport of running to someone else in 2005. You know what running does for you – share your passion with someone else. It's so exciting to be around new runners. They are full of questions and enthusiasm and you can help steer them in the right direction.
5. I will remember to thank those people who help me with my running in 2005. Running, unlike some other sports, is a very individual sport. You get out of it what you put into it. And yet there are lots of people who help you get to the place you'd like to be. How about the race directors who put in long hours to give you a good venue to test your ability? How about your running partners who train with you and your running club whose purpose is to encourage, teach and motivate you to greater heights! And how about your family who sometimes has to change its plans to accommodate your race or long run?

There's one final thing you need to do. If you have a goal for 2005, you need to share the dream with someone else – someone you can be accountable to – and who will help motivate you and not let you lose sight of your goal. If you have a goal and would like the club to know about it, send it to us and we will publish them in the February newsletter. Once it's written down in black and white, it's not so easy to back out of it! Send your 2005 running goals to me at [dryrun262@msn.com](mailto:dryrun262@msn.com) or to Alison at [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com).

All the best to you in '05,

- Don Yeaton

## **Thank You Notes**

### **Don Yeaton**

We recently received three thank notes that we want to share with you. The first one is from Mike Kimball. He lost an eye to cancer several years ago and his cancer came back last year. He has been undergoing chemo treatments and has been trying to stay fit by walking 25-30 miles a week and riding an indoor trainer. Many of you got to sign a

“Get Well” card for Mike at the Christmas Caroling Fun Run back in December. **Mike writes, “Thank you. It’s great to know that I have so many friends thinking about you. It makes everything less difficult to handle. Thanks for all your support.”**

We donated \$500 to the Homeless Shelter for Strafford County from the proceeds of the Free Fall 5K/10K back on Thanksgiving. Here is the response from HCSC:

**Dear Runners,**

**I wish to take this time to express my sincere thanks for the \$500.00 donation that you made to the shelter. As you may know, we operate strictly on local city grants and donations from businesses, churches, civic groups and clubs such as yours. Without your support HCSC would not be here today. Please know that your generous giving has helped to insure the financial future for this season.**

**Once again, I thank you and God bless.**

**Sincerely,**

**Nancy Lawrence**

Club member, Kevin Scott, volunteers at the shelter and he sent us this response:

**Don,**

**I just wanted to take the time to personally thank you and the rest of the Rochester Runners who were instrumental in donating the \$500.00 to the Homeless Shelter for Strafford County in Rochester. This thank you especially goes out to all of those who put their time and effort into the planning and logistics, making the race possible, and of course to those who participate.**

**As you may or may not know, the shelter is an emergency overnight, overflow shelter, located on Isinglass Rd. in Rochester. We operate 5:00 PM to 8:00 AM, seven days a week. There are times when coverage does not include weekends. We have a new director, Nancy Lawrence, who has done an excellent job coordinating schedules this year. At the moment, we are almost at capacity with approximately 6 families.. The number of total people is averaging about 17 per night.**

**Again, thank all of you for the generous donation to such a worthwhile cause.**

**Kevin Scott**

## **Christmas Caroling Fun Run**

**Don Yeaton**

On the Sunday afternoon of December 12<sup>th</sup>, about 20 Rochester Runners, 10 “Eagles” from the St. Charles Children’s Home and two of the nuns, embarked on our 5<sup>th</sup> Annual Christmas Caroling Fun Run. We ran a course of about 4 miles that took us from the Rochester Community Center to the Sunbridge Nursing Home, Rochester Manor, the St. Charles Children’s Home and the Gafney Home. At each location we sang a variety of Christmas Carols and songs and dropped off platters of holiday goodies for the residents. We also dropped off “shoe box” gifts for the 18 children at the St. Charles Home. When we returned to the Community Center, it was time to eat and finish up with the traditional “Yankee Swap”.

## **New Year’s Day Fun Run**

**Don Yeaton**

Thanks are due to Mike Andrews for hosting our New Year’s Run from the Public Service of NH building on Old Dover Rd. in Rochester. We had 22 in attendance and most everyone ran the 5 mile course Mike had mapped out for us. The temps were so warm that several of the guys ran in shorts!

This was a “Resolution Run” again this year that required everyone to guess their estimated finishing time so watches were illegal! The top three runners closest to their predicted times were awarded gift certificates to Red’s Shoe Barn in Dover. 3<sup>rd</sup> place went to Ruthanne Laine who was 49 seconds over her predicted time; 2<sup>nd</sup> place to

Craig Stephan who was 46 seconds over his ETA and 1<sup>st</sup> place went to Peter Dubois who came within 39 seconds of his guesstimate.

Ron Foster brought his world famous lasagna for us to enjoy and we also awarded 5 Hannaford gift cards as raffle prizes.

We also got to meet high school runner, Jessie Bailey from S. Berwick, ME. We helped sponsor Jessie last summer when she was selected to be on a cross country team that went to Australia to compete.

## **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 26<sup>th</sup>. The race normally would have been held on Sunday the 27<sup>th</sup>, 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 25<sup>th</sup> 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 Jan. 18<sup>th</sup> meeting.

## **Rochester Runners Member Spotlight –**

### ***An Intimate Look at the Lives and Loves of Rochester Runners***

#### **Diane Levesque**

#### **JUDI ROGERS**

**Age:** 53

**Marital Status:** Married with 2 adult children

**Occupation:** Emergency Services Clinician with Community Partners, but you have to have an emergency during daytime hours to talk to her.

**Pet Status:** 2 Springer Spaniels – Izzy and Molly

**Home Town:** Rochester

#### ***Introduction***

(AP) ROCHESTER -- Local woman chosen to be profiled in local running club newsletter. Read all about it.

I don't remember when I first met Judi. But I do have a memory of running with Mike Andrews once and mentioning her name. He said, "The one with the white teeth?" And I thought to myself, "She does have very white teeth. I wonder who her dentist is."

#### ***The Early Years***

Judi grew up in Hanover. Her father died when she was 2 years old. He was a dentist and a teacher. Her mother is a retired dentist. She has one brother. Guess what he does? He's a dentist. His name is Stefan Wittner and he practices in Rochester. And he's Judi's dentist. But Judi asked that I not mention much about him because, "He'll be so embarrassed!" Well, he'll probably be embarrassed all the way to the bank when a steady stream of Rochester Runners lines up at his office for teeth whitening services after this expose. Judi says of her brother, "he's very honest and kind and modest." He used to teach at Tufts Dental School. And folks, if you want to carry on a conversation with him while he's drilling your dental caries, he's a runner. By the way, Judi says that there are 7 dentists in her family.

Judi met her husband Tom when she was 13 years old. They eloped on the 4<sup>th</sup> of July 35 years ago. Off they were to making their own fireworks! Tom teaches Graphics at the New Hampshire Technical College in Laconia. He does not run. Judi's 25 year old daughter teaches pre-school and is also a Soccer, Hockey and Lacrosse coach at Berwick Academy. Her 22 year old son is a Senior at the University of Michigan where he is a hockey player. He is looking forward to a career in professional hockey.

Judi graduated from Hanover High School. She went on to Endicott College where she graduated with a liberal arts degree. She did one semester at Tufts studying occupational therapy, but left there to follow Tom who at the time was in the military. While living in Florida, she graduated from Jacksonville University with a degree in Sociology. Finally, she obtained a masters degree from Keene State College.

Judi's career has been quite interesting. Can you picture her packing a pistol as a probation and parole officer? How about cuffing the violators? Wow! She was in fact a P.O. in Keene. When asked about who her most famous convict charges were, she immediately answered, "The Troy brothers." Apparently, there were two brothers who murdered a doctor and his family at Xmas one year and went on to terrorize the town of Troy. Judi's job was to keep tabs on those two. She seems so sweet, doesn't she?

Another interesting job she had was to photograph and videotape commercial white water rafting escapades of various locals and tourists. She would take these and then sell them to people. "It was a lot of fun and a lot of work."

### *The Running Years*

Judi started running at age 50. Why, you ask? Because she was "freaked out about being 50. It's such a big number." What will she do at age 60! Judi runs about 10 miles per week with a group of friends and then another 5-8 miles by herself on Sundays. Her PR for the 5K is 26:23 accomplished at Girls Inc. in 2004 and for the 10K is 57:19 at our own Freefall race. When I asked Judi about her running goals, she indicated that she has running "fantasies" which include wanting to run a half marathon. But she wonders where she would find the time to train for one. Someone, help her reach her fantasies!

Her favorite race is the Strawberry Festival because it's a family-oriented event where she can go to with her daughter and eat strawberry shortcake.

*Epilogue:* Okay, let's face it, who reads these things, anyway. But I had to put that first line in the introduction in there because throughout her interview, Judi kept repeating, "I'm so embarrassed. I don't deserve it." I reassured her that the story would not be picked up by the New York Times or even USA Today. Of course, you never know what Andy might do with it. He's the one with the media connections.

## **RACING ON CHRISTMAS**

### **Andy Schachat**

If I am not the first Rochester Runner to run a race on Christmas I have to be the first in awhile. This past December 25<sup>th</sup> I took part in the Fresh Pond races in Cambridge, Ma. For those not in the know, the Fresh Pond races are races at the Fresh Pond Reservoir in Cambridge. Every Saturday since 1973 the North Medford Club has hosted these races and when I say every Saturday, I mean every Saturday. Rain, snow, or holiday, it does not matter. Someone from the North Medford Club is always there on Saturday morning and at 10:00 the races begin. One lap around the reservoir for a two and a half mile race, two laps for a five miler. Someone writes down your name and time and that's that, see you next week.

2004 was the third time since I started running that Christmas fell on a Saturday. and I missed the first ones in 1993 and 1999. Since I had vowed I would run Fresh Pond on Christmas and the next time Christmas falls on Saturday fall will be 2010, I realized it was 2004 or nothing.

Why the burning desire to race at Fresh Pond on Christmas? I had visions of getting my name in the Boston newspapers. Every Sunday the top five males and top three females had their names in the papers for their strong efforts at Fresh Pond. If ever there would be a small enough turnout at Fresh Pond for me to crack the top five it had to be on Christmas.

So, there I was, along with 15 others, on Christmas. A quick straw poll revealed half were running the five miler, the distance I had chosen (I hadn't driven that far to run a mere two and a half miles). I knew I would need to push a little to get my name in print.

At the half-way point it looked good. I was in fifth place and number six was nowhere in sight. I felt good at the point but knew it would not last. Truth be told, I was in no shape to run five and would have been much better off quitting after the first go-round but a pledge is a pledge. I had also learned I was sixth in the two and half miler and out of the running for the papers. So, off I went, slogging through the second half of the race. All I had to do was keep going and I would be immortalized in the Boston Globe and Boston Herald.

Not so fast. In the last mile I got passed by a runner who slowed up enough to tell me he had been injured and it had taken awhile to warm up. Then he disappeared into the horizon.

I settled for sixth (bah, humbug), one of my slowest five milers in history. A few minutes hanging to verify I was not last and it was over. Within ten minutes there wasn't one sign a race had taken place. This being Christmas there was not a lot to do in Boston so this was not going to be an extended field trip. I hoped in my car and sang carols all the way home. It was the shortest road trip to Boston in my life but my mission was accomplished and I knew I had six years to get in better shape for the next Christmas run.

(epilogue: Even though I did not finish in the top five I got my name in the Boston newspapers, sort of. The next day Andrea Schachat, Dover, N.H. was listed as third female finisher. There is a punch line there somewhere but give me a break. It was Christmas.)

## **Freefall is a Success**

### **Craig Stephan**

The 4<sup>th</sup> annual Freefall 5K/10K was a big success. This year's race had 180 finishers, about 75 more than last year. Changing the race to Thanksgiving morning and adding a new 5K worked well. Thanks to our sponsors Miltner's Shoe, Harding Metals, and Brian and Nadine DuChateau, and to all the volunteers who provided food, worked registration, directed traffic, and set up the course. Special praise goes out to Judi Rogers and her family who stepped up to help at the registration table, a water stop, and taking in food deliveries. She and her men were a great help. Next year the club plans to keep the race on Thanksgiving morning and increase participation through good weather and publicity. From the proceeds from this year's race, the club donated \$500 to the Homeless Center for Strafford County located in Rochester.

The Rochester Runners are looking for a volunteer to direct the club's fall road race. Responsibilities include talking and/or meeting with representatives from local businesses, printing and distributing race applications, publicity, race-day administration, and obtaining permits. Contact Don Yeaton to express an interest or ask me for more details.

## **Club Seeks a New Webmaster**

### **Craig Stephan**

The Rochester Runners are looking for a member to maintain the Rochester Runners web site <http://www.rochesterrunners.com>. The web is all set up, so a new person could do as little as s/he wants. I upload photos and the monthly newsletter. A qualified candidate is someone who can turn on a computer and have a basic understanding of MS Word, how to copy and rename files, and how to cut and paste words in a text editor. Also, the person would need an internet connection (I use a 49.2Kbps dial-up account). I'll offer a free training session for anyone who'd like to try their hand. In a mere hour, I could walk a newbie through the steps. Please contact me or Don Yeaton if you'd be interested in maintaining the web site.

## "2005 PANCAKE RUN"



*at Bill & Kathy Paradis' house*

January 8th's snow-storm held off long enough, so that a group of Rochester Runners had clear roads for running in this years Pancake Run.

Jogging through the rural back roads of North Berwick and Berwick, Maine, runners had four distances to choose from - a 12mile, 8.7mile, 5.4 mile, or 3.4 mile loop. Sue Houle and Joanne Dubois choose a 2.5 mile out and back walk and being one of the first ones back, helped to get the pancakes going.

The rule is, *the first ones back starts the blueberry pancakes*, which turns into a pancake marathon-relay! Sue Houle did the first leg of the "relay", making pancakes for her hungry hubby, Kenny.

As time progressed, the pancakes got bigger. "Look at the size of those now! Geez, I should have waited!" Kenny said. I guess Sue thought that these younger guys needed the extra calories! Kathy took over, so Sue could eat, serving pancakes and sausages to the next crew of hungry runners. Others in attendance were: "Honkin" Don Yeaton, Scott "Scooter" Rowe, Diane Levesque, Tom Littlefield, Kristy Wechter, Mike Dubois, Sue Littlefield, Dan Poliquin, Nathan Huppe, Peter "Petey" Dubois, Craig "Koz" Stephan, Andy Schachat, Chris "the Rock" Blanchette, Kevin Scott, & last but not least, "BAA Champ" Faye Lowrey.

Next time you see Andy, ask him about the "real" maple syrup!

Hey, the pancakes still tasted good. Log Cabin came through with flying colors, and Aunt Jemima was a close second!

Hope to see you all again next year!

## **Question of the Month for December and January**

### **What is your favorite holiday race (any holiday during the year)?**

Dawn Heinrich--My favorite holiday race is a Turkey Trot on Thanksgiving day in Barton Vermont. I love it because when it is time for the awards they call everyone one up at once instead of one at a time and because it is small I always win for my age group! They have a nice raffle as well. Also it is for Cystic Fibrosis.

Scott Rowe—Runner's Alley/Redhook 5K because it's a good, fast course and there is a great post-race party

Chris Blanchette—Run Around the Cape 25K on Labor Day

Don Yeaton—Jingle Bell Run 5K in Concord

Diane Levesque—Bradford Valentine's Day race: fun course, great way to do the raffle

Peg and Ron Foster—Jingle Bell Run 5K in Concord (by the way, Ron reports that Peggy ran over 500 miles in training in 2004 and has a goal of 750 miles in 2005!)

Kathy Paradis—St. Charles 5K on Labor Day and Runner's Alley/Redhook 5K on Memorial Day

Bill Paradis—Patriot's Day Race a.k.a. "The Boston Marathon"

Alison Black—Medical Center 6K for the Kids in Nashua on Mother's Day

Janet Glazier—Rochester Runners Christmas Caroling Run with the St. Charles' kids

Ken Uecker (all the way from Texas)—likes Independence Day races because he likes the patriotic racing outfits and it just seems like a happy day. Lots of red, white, and blue.

## 2004 Rochester Runners Grand Prix

### Paul Lindsay

There was relatively little racing by club members in December, so the RRGP standings have not changed much since the end of November. The final 2004 standings below only show current club members, excluding those who did not renew after their memberships expired in September. Congratulations to overall winner **Laura Harding**. Laura had an outstanding year in 2004, improving her baseline from 20:03 to 19:27, running marathons in Boston (3:34) and Chicago (3:18), and participating on RR teams in the Winnepesaukee and Reach the Beach relays and a couple of NHGP races. She ran an outstanding 1:30:49 in the Maine Half Marathon. Not far behind Laura was **Sin Kounlasa**. Her approach was to run often and run far, with 12 of her 35 races being 10 miles or longer, including five marathons (every one under her Boston qualifying standard). Top male runner in the 2004 RRGP was **Scott Rowe**. Scott's improvement during the year was impressive indeed, as his baseline fell from 18:37 to 16:28. He concentrated on short races (only Reach the Beach and the FreeFall 10K were over 5 miles) and was a strong contributor to our club's scores in the NHGP series. Right on Scott's heels were **Nathan Huppe**, **Pete Dubois**, and **Bill Paradis**. Nathan's strong suit was his speed, Bill's was long distance, and Pete's season included improving times as well as some longer races.

Here are the final 2004 RRGP standings (S=speed points, D=distance points, T=total including team points, and n=number of races):

S	D	T	n		S	D	T	n		S	D	T	n	
25	54	84	21	Laura Harding	23	39	64	15	Elaine Parkinson	13	22	35	5	Judy Benner
21	60	81	35	Sin Kounlasa	6	56	64	26	Dick L'Heureux	12	23	35	5	Wendy Perillo
29	41	80	17	Scott Rowe	23	40	63	30	Darryl Cauchon	9	20	29	4	Susan Higgins
28	43	79	15	Nathan Huppe	9	45	61	13	Ken Houle	1	26	27	5	Keith Shields
23	53	79	15	Pete Dubois	5	46	61	16	Judi Lemaire	4	22	26	5	Jennifer Daley
19	59	79	21	Bill Paradis	7	51	60	10	Walter Shyska	7	16	25	4	Jack Prescott
22	52	76	19	Dawn Heinrich	14	44	58	8	John Racine	1	24	25	4	Lori Scott
18	52	76	30	Diane Levesque	13	45	58	11	Cathy O'Brien	3	18	21	4	Chuck Zerbinopoulos
16	57	74	17	Joe Harding	7	45	56	32	Cliff Parkinson	2	17	21	4	Paul Lindsay
14	54	74	34	Dan Poliquin	7	42	56	14	Ron Foster	4	16	20	3	Danyelle Phelps
2	71	74	14	Laurel Valley	1	53	54	20	Alison Black	5	12	18	3	Cathy Orlowicz
21	49	73	16	Kevin Scott	17	34	51	8	Brian Geiger	5	12	17	3	Brian Barrington
20	52	73	14	Mike Andrews	14	37	51	9	Haley Heinrich	4	12	16	3	Jameson Harding
20	51	73	22	Laurie Gaudreau	6	40	50	12	Peggy Foster	4	12	16	3	Celeste Martel
16	50	73	17	John Rancourt	6	41	49	13	Janet Glazier	3	13	16	3	Hanne Heinrich
13	59	72	15	Greg Gaudreau	15	30	48	7	Bob Rondeau	0	11	11	2	Manya Hult
23	48	71	10	Tom Littlefield	9	35	46	7	Mark Chrusz	0	8	8	2	Cheryl Mathieu
15	52	71	22	Don Yeaton	1	41	44	18	Marilyn Metcalf	0	8	8	2	Peter Laine
19	46	68	13	Tom Watkins	0	43	44	7	Britt Ulinski Shuman	0	8	8	2	Bonnie Bayer
12	55	67	13	Dan DeFrees	2	39	41	8	Ruthanne Laine	0	6	6	1	Jacob Gaudreau
6	60	67	14	Mary Ulinski	9	30	39	7	Kathy Paradis	0	4	6	1	Mike Dubois
5	59	67	13	Craig Stephan	6	32	39	6	James Panaccione	1	4	5	1	Don Gagne
20	43	66	19	Andy Schachat	9	28	37	6	Amy Lindsay	0	4	4	1	Jim Dejohn
10	53	65	16	Emily Trespas	6	31	37	6	Jen Johnson	0	4	4	1	Ernie Garland
8	47	65	27	Brian Gallagher	12	24	36	6	Dennis Graves	0	4	4	1	Ed Larkin

## **2005 Rochester Runners Grand Prix**

Paul Lindsay

As mentioned last month, we are planning a couple of modifications to our in-club grand prix for 2005. This would be a good time to go over the basic workings of the RRGP for the benefit of new club members as well as anyone who has forgotten some of the details.

The RRGP recognizes club members for their road racing achievements during the year by posting point standings in our newsletters and e-mail updates. It's a way to keep up with the RR racing news and it also provides performance goals to test ourselves against. The RRGP differs from other grand prix series in two important ways: (1) there is no set of required races and (2) performance is measured by comparing your race times to *your own past races* instead of comparing them to other club members' times. Points are earned in three categories: speed points, distance points, and team points.

Races that count for points: *Any* road race can *potentially* count toward your score, so the races you run are entirely up to you. Since some runners compete in dozens of races each year while others only race a few times, we level the playing field a bit by counting only 10 races toward each person's total for the year (the best 10 scores from all of his or her races in the year). Until you have more than 10 races, all of them will count. Starting with your 11<sup>th</sup> race, your total score for the year will only change if your newest race is worth more points than one of your earlier races. If it is worth more, it replaces your previous lowest score in your 10 best races for the year. That's why you will see your point total grow more slowly (and in some weeks it will stay the same) after your 10<sup>th</sup> race.

Distance and team points: The point value of a race is the sum of distance points, team points, and speed points for that race. The distance component is 4 points if the race is at least 5K, 5 if it is at least 10K, 6 if it is at least 20K, or 7 if it is at least 40K. The team component is 3 for any of the 10 NHGP races (up from 2 points last year).

Speed points: This third component of the point value of a race (the performance part of the score) is the unique part of our RRGP. Instead of a scoring system based on how fast you run compared to Nathan and the other speedsters in the club, your "speed" points are determined by how fast you run compared with *your own past performance*. This rewards consistency and improvement, and places runners of all abilities on an equal footing. A new requirement this year is that a race has to be run on a USATF-certified, records-eligible course to be eligible for RRGP speed points. For any race longer than 5K, your finish time is converted to a "5K equivalent" time by adjusting not only for the difference in distance but also for the difference in pace between 5K and the longer distance. This way, the first time that you run a new distance there is a way to compare it to your previous races. Your "**baseline**" is your best 5K equivalent time in the 365 days before the race being scored. The faster your time is in relation to your baseline, the more points you score. You score the maximum of 3 speed points if you beat your baseline or come close to it (within 1%). Within 3% of baseline is worth 2 speed points and within 5% of baseline is worth 1 speed point. If you beat your baseline, then that becomes your new baseline to shoot for in future races.

Putting it all together: Everyone in the club is included in the RRGP. Updated standings are listed monthly in the newsletter and more frequently in e-mail updates (weekly during the busy part of the racing season). We get most of the data by looking up the local race results on the internet for club members' names, but please look over the RRGP results to see if all your races are accounted for. It's easy to miss someone when looking over a long list of race results. Also, if you race outside of the local area, we probably won't know about your race.

Questions: Don't hesitate to ask. Additional details were omitted to save space. Also, if you run at least five or so races in a year I have a chart of your race times on a 5K-equivalent scale. Ask for a copy when you see me, or ask for an Excel copy by e-mail. It's a nice way to look at your race performance over time, and it shows your performance goals for some common race distances from 5K to marathon.

## **RR Officer's Meeting – 1/4/05**

Brian Gallagher

Present: Don Y, Judi R, Paul L, Chris B, Dan D, Janet G, Alison B, Brian G.

Host: Judi Rodgers. Her house is spacious, beautifully appointed, with state of the art capabilities, only minutes from downtown Rochester, and includes floor-to-ceiling observation mirrors.

Dan D: Reds race will be on April 24<sup>th</sup>.

Don Y: read some thank you cards –

From Mike Kimball: thank you – so many friends.

From Strafford Homeless Center: to a generous club for its donation.

From Kevin S: to FreeFall race director for helping the shelter.

Judi R: Could we list the charity organization on the FreeFall race application?

Paul L: We should include the thank you notes in the newsletter.

Janet G: Sabrina from TopNotch Pilates will be our Jan guest speaker. Note: at 8:00pm.

Alison B: I will note time in newsletter.

Newsletter Items:

Craig S: looking for a volunteer to take over webmaster duties.

Don Y: proposed change to club year.

Don Y: short blurb on xmas carol & new year's runs.

Dan D: to explain why they were trying to dance the tree down to catch a raccoon.

Don Y: Boston trip – schedule & itinerary.

Don Y: request for volunteers for the Eastern States race.

Don Y: NHGP series.

Alison B: newsletter question of the month -- What is active, but negatively, shrinking away from the nullity of extracircumferential phenomena? What is drawn into the core of the eddy?

Paul L: first NHGP race of the year (Millennium Mile) had a poor turn out from RR.

The rest of the series is all set. Don Y to put list in newsletter.

Chris B: RR is holding money for the series. Don Y will check with Tracey S on how to pay out.

February meeting will be annual awards night. RR to buy pizza. Judi R to provide the salad. A sign up sheet at Jan meeting for people to bring desert & drinks.

RR: discussed awards – runner of year, most improved, club & community service, etc.

Mike A (via Don Y): suggested a Charles River club fun run. Any interest?

Don Y: should we have a Nute Ridge fun run in March?

Don Y: we need a March guest speaker. Any suggestions?

Meeting adjourned at 8:40pm because I did actually lose space control and kept turning left like a star-nosed mole batted on the head.

Rochester Runners Club

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