

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 7

JULY/AUGUST, 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,
July 19, 2005
6:00pm: Fun Run
7:00pm: Meeting**

**Community Center
Rochester, NH**

**Speaker:
Rob Lucier will
present the Chi
Herbal Injury
Prevention Clinic,
sponsored by
active.com**

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
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

28th Utica Boilermaker 15K – July 10, 2005

I've said it before and I'll keep on saying it. The Utica Boilermaker 15K is one of my 3 top races in the large size category – along with Mt. Washington and the Boston Marathon. After this year's edition, it definitely moves to the top of the list. It just keeps getting better and better. WHY?

This was the 10th Boilermaker for me and for the past 5 years we've had a Rochester Runner at the race whose done us proud. Nathan Huppe has raced here since 2001 and has placed from 119th to 39th and his times have ranged from 53:47 to 50:42. Nathan has become the "Where's Waldo?" of the Boilermaker. You can see his face in the middle of the crowd on the cover the 25th Anniversary book about the race and he made the cover of this year's race application and the program that came in everyone's goody bag. This year Scott Rowe dropped the club record down to 50:20 and he was 30th overall out of a record 9417 finishers!

Dan DeFrees is responsible for getting some of us out to the race to start with. Dan grew up in Chittenango, NY and he is one of the handful of runners left who have raced every year since 1978. Dan's best time was a 57:20. Each year after the race we meet at "Dan's tree" at the back of the Matt Brewery parking lot where the post race party is held. Also, I have to get a picture of Dan's brick in Boilermaker Park that reads, "Thanks for the Memories – Dan DeFrees."

In 1998, the National Distance Running Hall of Fame held it's first induction ceremony on Saturday, the day before the race. After that first year, the ceremony has been held in the beautifully restored Stanley Theater in downtown Utica at 5:00 PM on Saturday. Each year I find myself thinking, "I wish our whole club could be here to experience this induction ceremony." Larry Rawson, the running commentator from ESPN, is there every year as the MC of the program. This year's inductees included Don Kardong (Olympic marathoner and Runner's World writer), Greg Meyer (last American to win Boston in 1983 in 2:09:00) and Bob Schul (last American to win a gold medal in the 5000 in 1964). The highlight for me was a quote from Greg Meyer that I wish I had written down. It went something like this: "The greatest benefits that I have received from running have not been the records broken and PR's set, but the people I have met along the way." I've always said that one of the best parts of road racing is the nice people that we get to meet. (While Scott was busy getting the lower bib number that he deserved, Nathan and I met a guy with this year's Mt. Washington shirt – his real first name was "Kermit".)

Greg Meyer is part of an interesting chain of runners brought together by the Boston Marathon. The young Johnny Kelley won Boston in 1957. He coached Amby Burfoot of Runner's World magazine who won Boston in 1968. Amby's college roommate was Bill Rodgers, who won Boston 4 times. One of Bill's friends was Greg Meyer, who he invited to come to Boston after college and run with the Greater Boston Track Club. Although Greg had set records at many sub marathon distances, he didn't get much respect from the guys of the GBTC because he had never run a marathon. After his win in 1983, he got there attention!

There's much more to tell about the induction ceremony, but I need to say something about the race itself. It's the largest 15K in the US and since it's only 9.3 miles, you can run it

hard and not beat yourself up like at a marathon. The crowd support is incredible – almost as good as Boston, but they've been doing it for a few more years. There are 2 hills – from 2.7 to 4 miles up through a golf course and from mile 6 to 7. The 2 downhills after both of these 2 segments really help you cover some ground. Once you get to mile 9, you are treated to a great downhill finish, but it can be rather crowded here since 9.3 miles is not a lot of distance to spread out 9000+ runners! After the awards ceremony at the HUGE post race party, they shoot fireworks off the roof of the brewery followed by a flyover by F-16's – a goose bump, spine tingling conclusion to a great race. Hope to see a few more of you there next year for the 29th!

Relay for Life—June 24th and 25th

Don Yeaton

Thanks to all of you who helped make this year's Relay for Life for the American Cancer Society a success! On Friday night they announced that they had collected \$111,000, just over their goal of \$110,000. On Saturday morning just before we packed up at 10 AM, the total was up to \$131,000!! As a team we raised just about \$1700.

The overnight weather was perfect, but it was definitely hot for those of you who had to run on Friday afternoon or Saturday morning in the HOT sun. We had 15 "official" team members plus another 16 of you who came and walked or ran with us.

A BIG thanks to: Sinthy Kounlasa, Dong Nguyen, Mary Ulinski, Diane Casselberry and her daughter Christine who were there for the entire 18 hours!, Don Yeaton, Bill and Kathy Paradis, Bob Rondeau, Judi LeMaire, Sue Littlefield, Dan Poliquin, Dan DeFrees and his son Jake, Tom and Ann Littlefield, Faye Lowrey, Jen Johnson (Jen ran from 9 - 10 PM and then had to be up at 2:00 AM to leave on vacation!), Cathy Orlowicz, Tom Watkins, Phil and Pam Parker, Andy Schachat, Laurie Gaudreau, Dick L'Heureux (Laurie and Dick ran from 1:00 - 3:00 AM in memory of Mike Kimball), Jack Prescott, Ron and Peg Foster, Ken and Sue Houle, Peter Dubois and Chris Blanchette.

Peg Foster, Ann Littlefield and Jack Prescott all took part in the cancer survivor lap at 7:15 PM on Friday night.

Thanks for all your laps! How many laps were there? We all ran and walked a total of at least 771 laps which equals 192.75 miles in 18 hours or 10.7 miles per hour. Pretty impressive figures!

At 3:00 AM on Saturday, we had the 1st Annual Andy Schachat Relay for Life 10K Championship 10K Track Race. There were only 2 runners who had to weave their way through the throngs of spectators who were walking the track at the same time that this 25 lap race was taking place. Andy put on a late race surge and pulled away on lap 25 to take out 2nd place finisher Don Yeaton by 8 seconds! Cathy Orlowicz and Phil Parker served as our OFFICIAL lap counters.

As a team we had a total of 47 Luminaria bags that were lit in front of our camp site near the Start/Finish line.

Thanks again to all of you who took part - if I forgot you, I'm sorry, I'm still suffering the effects of sleep deprivation!

Thank You

Special thanks from the Editor to Sin Kounlasa, who has been helping to copy, collate, and distribute the paper copies of the newsletter. This is a HUGE help and I am grateful for Sin's assistance. Thanks, Sin! (By the way, if you receive a paper copy but have an email address, please let me know. We are trying to cut down on the paper copies of the newsletter to save time and money. Email me at tennpurp@yahoo.com.)

Toughest 10Ks in New England Series

Ron Foster

My thoughts on the four TOUGHEST 10 Ks in New England. Starting with Jackson Covered Bridge June 4th Temp. 70 just a great day for a race. You start on the outskirts of town just the other side of the Covered Bridge and run through it to the center of town. We ran through town and past the last store on the road. Turned to the right and started up. As Superman said up up and more up. You crest one hill only to look up to another for about 3 miles. Then you start to descend for a half mile till you take a sharp turn to the left and up a slight grade and maybe a mile of rolling hills. Till you see a down hill bridge sign that says use low gear. At the bottom of that hill you cross over a bridge turn left and more rolling hills till you get to the Eagle Mountain House and now things really start to go down hill. I would guess just as steep as if you were running down the White Mtn. road. At the bottom you turn left over another bridge and back into town to the finish line. If your legs didn't cry going up, I'm sure they did going down. And by now the Temp had reached 85 plus. As Peg and Jack headed for the finish line the announcer said and here comes former President of the Rochester Runners Club Jack Prescott finishing with Peg Foster.

Now for the good news in two weeks we run Mt Washington.

A light rain fell all day long, some cars were turned back because the rain made the road too muddy for them to go up safely. This year I finished without aide from Mike Andrews. However, by June 24th my legs had locked up and I could hardly walk without a great deal of pain. Pottle Hill was the next day. Peg said get on the phone and ask Christine Kennedy to try to help you. I called and she agreed to see me at 9am. After an hour of sheer pain on a scale of 1 to 10 (mostly 8 plus) I was able to walk pain free.

Race # 2 on June 25th Pottle Hill. The sun was hot when the gun went off and we started down a fairly flat country road no big deal so far. Then we turned to the right and we started to climb up hill from one water stop to the next but always up hill. It seemed like hours before the ground leveled out. I'm sure it was very pretty view at the top but the salty sweat in my eyes took away any thought of scenery. There must have been a down grade section but all I remember is the long flat mile or so to the finish line in down town Mechanics Falls, Maine. I am sure you heard that once again I was beaten by Barbara Robinson, a fellow New England 65+ Runner. When we get to Vermont, WATCH OUT Barbara!! Tune in for more results for the third and fourth race of the series.

Club Kayaking Night

Kathy Paradis

We are renting a camp on Milton Three Ponds (Northeast Pond in Lebanon, Maine), 200 Sewells Shore Road, and would like to have Club Kayak Night on Tuesday, August 9th, with a raindate of Wednesday, August 10th.

Time: 5:30 - Come as early as 5:00. Hope to be in the water no later than 6:00. Bring you own drink / bottled water.

We will have one extra canoe, for a couple that might want to paddle with us. Call us to reserve it, if interested. We hope to have a campfire afterward.

For directions, call Bill @ 207-676-5831 or email him @ wparadis@maine.rr.com

Rochester Runners Grand Prix

Paul Lindsay

Rochester Runners Grand Prix Update

Paul Lindsay

Most of the racing activity for RRs since the June newsletter was focused on the Market Square Day 10K, the Mt. Washington 7.6 mile, the South Berwick Strawberry Festival 8K, the York 4 on the Fourth 4-mile, the Harbour Trail 5K, and the Bill Luti 8K NHGP race. RRs also participated in several other races, plus the Relay for Life event, which counted for RRGP distance points. Recent highlights included races won by **Nathan Huppe** (Strawberry Festival), **Danyelle Phelps** (Harbour Trail), and **Laurie Gaudreau** (Run for the Gym 5K); **Scott Rowe**'s impressive performance at the Utica Boilermaker 15K, finishing third behind two Kenyans out of over 500 in his age group; and excellent runs for Nathan, Scott, Danyelle, **Chris Blanchette**, and **Dan Poliquin**, winning the first place Market Square Day team trophy for our club. Team RR had another good NHGP turnout at the Bill Luti 8K in Concord, winning two of the nine age and gender divisions and gaining some ground on Gate City Striders. Considering all the heat, humidity, and hills to contend with lately, hats off to those RRs whose recent efforts have paid off with their best race times of the past year: **Darryl Cauchon**, **Dan Poliquin**, **Chuck Zerbinopoulos**, **Sue Littlefield**, **Mary Ulinski**, **Kathy Paradis**, **Lori Scott**, and **John Tuttle**. John wasn't fazed by the hills and humidity at Bill Luti, where he lowered his RRGP baseline with a time below his USATF age-group standard. **Faye Lowrey** and **Mary Ulinski** beat their age-group standards twice this past month. 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

19	48	79	17	Brian Gallagher	1	34	38	8	Marilyn Metcalf	3	8	14	2	Lori Scott
12	46	76	12	Scott Rowe	3	25	37	6	Jack Prescott	1	12	13	3	Cathy O'Brien
13	47	75	17	Dan Poliquin	6	30	36	5	Keith Shields	1	12	13	3	Haley Heinrich
20	47	73	14	Mary Ulinski	5	27	35	5	Lisa Hart	1	8	12	2	Alex Reynolds
11	50	73	14	Chris Blanchette	5	24	35	6	Tom Watkins	3	8	11	2	Hanne Heinrich
7	59	72	19	Bill Paradis	2	33	35	7	Tom Littlefield	1	10	11	2	Tony Federer
11	45	71	15	Bob Rondeau	2	30	35	7	John Dinella	0	11	11	2	Elaine Parkinson
0	59	71	21	Sin Kounlasa	9	21	33	5	Kristin Houle	2	8	10	2	Karen Langlois
16	45	70	12	Sue Littlefield	7	22	32	4	Danyelle Phelps	0	10	10	2	Judy Brenner
4	50	69	18	Diane Levesque	3	26	32	5	Britt Ulinski Shuman	0	7	10	2	Dylan Tuttle
9	49	67	12	Kevin Scott	7	21	31	5	Jamie Houle	0	8	8	2	Ernie Garland
8	41	67	9	John Tuttle	0	31	31	8	Andy Schachat	3	4	7	1	Amy Lindsay
8	55	66	11	Laurie Gaudreau	5	25	30	6	Kathy Paradis	3	4	7	1	Kathy Owen
1	59	63	12	Dick L'Heureux	4	25	29	6	Ruthanne Laine	3	4	7	1	Michelle Crothers
8	44	61	18	Cliff Parkinson	0	26	29	5	Craig Stephan	3	4	7	1	Tom Dunnington
4	54	61	11	Dawn Heinrich	0	25	28	6	Ken Houle	2	5	7	1	Wendy Perillo
9	42	60	10	Nathan Huppe	6	17	26	4	Chuck Zerbinopoulos	0	7	7	2	Emily Trespas
0	48	60	13	Don Yeaton	1	22	26	5	Don Foley	0	4	7	1	Charlie Nevejans
11	42	59	11	Darryl Cauchon	9	12	24	3	Don Norris	0	4	7	1	Ed Larkin
1	49	59	11	Pete Dubois	0	21	24	5	Judi Rogers	0	4	7	1	Jen Daly
0	49	58	10	John Rancourt	0	21	24	4	Walter Shyska	0	4	7	1	Lisa Houle
0	44	56	11	Ron Foster	7	16	23	4	Dave Butler	0	4	7	1	Peter Smith
2	42	50	11	Judi Lemaire	2	14	22	3	Manya Hult	0	4	7	1	Rebecca Nevejans
10	30	49	7	Paul Lindsay	0	22	22	5	Alison Black	2	4	6	1	Jim DeJohn
7	39	49	7	Laurel Valley	0	21	21	5	Dong Nguyen	0	3	6	1	Drew Tuttle
2	37	48	9	Peggy Foster	0	21	21	4	Greg Gaudreau	1	4	5	1	Douglas Foster
1	44	48	11	Dan DeFrees	7	13	20	3	Clifford Russell	0	4	4	1	Alan Rainville
1	31	47	7	Phil Parker	5	12	20	3	Dennis Graves	0	4	4	1	Brenda Rainville
0	37	46	7	Laura Harding	1	16	20	4	Janet Glazier	0	4	4	1	Brian Geiger
0	31	46	7	Pam Parker	3	14	17	3	Jen Johnson	0	4	4	1	Cathy Orlowicz
1	41	45	10	Bob Randall	3	13	16	3	Joe Boyle	0	4	4	1	Peter Laine
1	36	43	7	Joe Harding	1	15	16	3	Dave Smith	0	4	4	1	Sue Houle
0	43	43	10	Diane Casselberry	0	13	16	2	John Racine					
0	36	39	8	Mike Andrews	3	12	15	3	Nathan Rainville					

RR Officer's Meeting – 5/23/05

Brian Gallagher

Rochester Runners Officer's meeting
July 11, 2005

Sorry to disappoint all of Brian's many fans, but he was absent from the meeting and has no notes to submit. Instead, he offered to submit a 5-page narrative about how to properly tie your shoelaces, but due to space limitations, I am unable to include it.

Newsletter Submissions

Newsletter submissions are always welcome from any club member. Have a training tip you'd like to share? Want to share a race experience? Have a recipe? How about a great running quote? I'd like to hear from you! The next newsletter deadline will be Noon on Sunday, September 4th. Please submit your contributions via email to: tennpurp@yahoo.com or mail to: PO Box 397, Seabrook, NH 03874. Thanks!

August Club Meeting

The August club meeting will be held on Tuesday, August 16, 2005. More details will be sent out via email. If you do not have access to email, then please contact Don Yeaton for more information at 736-4610.

Running Quotes

"Most people run a race to see who is fastest. I run a race to see who has the most guts." - Steve Prefontaine

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

"If you start to feel good during an ultra, don't worry you will get over it." - Gene Thibeault

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving." - Maurice Greene (attributed to Roger Bannister shortly after running the first sub-4 mile)

"Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed." - Charles Schulz, *Peanuts*

"The only reason I would take up jogging is so that I could hear heavy breathing again." - Erma Bombeck

"The difference between a jogger and a runner is an entry blank." - George Sheehan

Rochester Runners Club
PO Box 727
Rochester, NH 03866