

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 6

JUNE, 2005

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Next Club Meeting

7:00pm
Tuesday,
June 21, 2005

Community Center
Rochester, NH

Speaker:
Dr. Bob
Forsythe,
Chiropractor
from Dover

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The Rochester Runners web site: www.rochesterrunners.com

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President's Corner

Don Yeaton

We recently received a check for \$200 from Red's Shoe Barn as a thank you for our support and help with the Red's 5 Mile Road Race on April 24th. I sent them back a thank you note and mentioned to Dave Whitehouse – Red's General Manager – that I've been shopping at Red's since I was a teen back in the 60's – about 40 years now!

Rochester Runner's Club has a good friend in Red's and they have been an important part of our club since the first Red's Shoe Barn 5 Mile Road Race back in 1981. That first race was the brainchild of "Red" Murray, Bob Brown and Herb Taylor. Red's does so much to help us as a club. They not only offer us a 20% discount on running shoes, but also host our annual post Boston marathon meeting, allow us to use their break room for officer's meetings and lately they have become our supplier for our club singlets, t-shirts and running jackets. Plus – our own DanDan the ShoeMan – Dan DeFrees – who works at Red's, is always available for running shoe advice.

This got to me thinking about other people who have helped me in my running over the past 26 years. My first thanks go to Peter Smith, my first training partner. When I first started running in May of 1979, Pete used to join me for our daily 6:30 AM runs. *Thank you Pete!* It was Bill Slavin, who owned Ainslie's Drug Store in Rochester where my wife Barbie worked, that encouraged me to run my first race, the Red's Shoe Barn 5 Miler in 1989. *Thank you Bill!* Most people don't really "love their dentist" as the TV advertisement says, but I really looked forward to going to mine. My dentist was club member, Dr. Mark Chrusz, who is a runner and triathlete and it was he who convinced me to run my first marathon. So in April of 1994, Pete Smith and I ran our first marathon at Boston as "back of the packers" or "bandits". We really had no idea what to expect and both "hit the wall", but we both finished. *Thank you Mark!*

I never belonged to an organized sports team in either high school or college, although I thought about trying out for the X-C team when I was at Cedarville College in Cedarville, Ohio, so when I got my first running coach, I was like a kid back in high school again. That first coach was James "Chat" Cowan who used to be an assistant coach at Spaulding. There were a number of us in the club who were new to track running and because of Chat's help, many of us saw our races times fall dramatically. It was under his coaching that I ran my first sub 4 hour marathon and ran my 5K PR. *Thanks Chat!*

Perhaps it was providence that caused our paths to cross those of John Tuttle at the Gilmanton 5K in early April several years ago. John joined our club shortly after that and became our new track coach. It has been under his guidance that many in the club have truly taken off!! *Thanks John for helping many of us reach our running potential!*

Even though I started running in 1979 and racing in 1989, it wasn't until I joined the Rochester Runner's Club in the spring of 1993, that my running began to improve. Being around a bunch of like-minded people like you was a big encouragement and challenge to me. *Thank you Rochester Runners!*

Lastly, I need to thank my wife, Barbie, for putting up with me and my running and all my duties as your club President. *Thanks Barbie!*

When you think about how far you have come as a runner, who do you need to thank?

Running Notes

Don Yeaton

1. Congratulations to the team of Rochester Runners that won the team division at the Market Square 10K on Sat. June 11th, beating out teams from the Coastal Athletic Association and Gate City Striders. Our team consisted of Nathan “Beaker” Huppe, Scott “Scooter” Rowe, Chris “Rock” Blanchette, Danyelle Phelps, and Dan Poliquin. Kudos to Nathan for his 5th place finish, to Scott for finishing 8th overall, to Danyelle as the 2nd place female and to Diane Levesque and Kevin Scott for placing 1st in their age group. Congrats to all of you RR’s who ran well under conditions that were even hotter than the Jackson 10K!
2. The clothing has arrived that Dan DeFrees ordered the club from Brooks – including short and long sleeve technical running shirts and singlets. As soon as the running jackets from SportHill arrive, we will take everything to Blue Dolphin in Somersworth to be silk screened with RRC logo. Items may be ready for the June 21st meeting.
3. The next NHGP race is the Bill Luti 8K in Concord. We are gaining ground on the Gate City Striders so we need another good showing for this next race in the series on Sat. July 16th. Like we always say – you never know who will show up – so fast or slow – you might score points for the team simply by being there!
4. Have you been to a track workout yet? We had at least 17 of us there last Wed. night at the Spaulding High track. You think you are too slow for a track workout? Nonsense! Our track coach extraordinaire, John Tuttle, will give you a workout that fits your abilities and will definitely improve your race times.
5. Our Free Fall 5K/10K race committee consists of the following members: Dan DeFrees, Mike Andrews, Alison Black, Janet Glazier, Amy and Paul Lindsay and Don Yeaton. If you would to join us, please do – there are plenty of things that need to be done.
6. At the awards ceremony for the seniors of Spaulding High School on June 6th, Rochester Runner’s Club awarded two \$200 scholarships to a female and male runner from the graduating class. Kaleena Kamillo received the RRC Mary Helen Wilson Scholarship Award and Alex Hoerman received the RRC Herb Taylor Scholarship Award. Mary Helen Wilson is a long time member of the Rochester Runner's Club. She always ran the Red's Shoe Barn race every year. She has retired from running now that she is 85, but she has the distinct honor of being our oldest female member who was still racing at age 80!! Herb Taylor was one of the founding members of the Rochester Runner's Club that started back in May of 1979. Herb has also been one of the race directors of the Red's Shoe Barn 5 Mile Road Race since it began in April 1981. Up until a couple of years ago, Herb would usually place first in his age category, beating out all the other 70+ runners plus a number of younger runners as well. Illness has now sidelined Herb, but for those of us who ran against him, he will be remembered as a very friendly runner who always had a good story.

Rochester Runners at the Mt. Washington Road Race

Joe Boyle
Joe Harding
Lisa Hart
Melissa McDevitt
Pam Parker
Bob Rondeau
Britt Ulinski
Don Yeaton

Ron Foster
Laura Harding
Dawn Heinrich
Bill Paradis
Phil Parker
Keith Shields
Laurel Valley

If you have a vehicle that is going to the top and has room for another Rochester Runner, please let us know so we can help everyone find a ride down the mountain. Unlike other years, runners must have their plans in place before they get there. In the past, John and Maratha from the White Mt. Milers were always in the big tent matching up runners with rides down from the summit. If you are going up to watch the race and could drive one of our cars to the top, please let us know. If you are bringing down at least three runners, you and the car can go to the top for free. If you can help us out e-mail Don at:

dryrun262@msn.com

Club Gathering at the Hardings' Home in Intervale During Mt. Washington Road Race Weekend, June 18th to 19th

Joe and Laura Harding are again generously opening up their home in Intervale, NH the weekend of June 17th, in conjunction with the Mt. Washington Road Race. Overnight and/or dinner guests are welcome on Friday or Saturday. If you are interested, please contact the Hardings at 603-868-2335 or email laura.harding@comcast.net. Come join in the fun up north!

Thank You From Red's Shoe Barn

Here's the letter that Red's sent to the club along with a check for \$200:

Dear Don,

Red's appreciates the Rochester Runners all year long and especially during the Annual Red's Race! To the runners, the volunteers, to all of you who so faithfully support Red's and the race, THANK YOU SO MUCH!

Next year's race will be our 25th, and we already are planning to make it bigger and better than ever. And with your continued support, we will plan to continue this tradition for many years.

An event like this, and in fact life itself, is all about people. And it remains our privilege to be associated with people like you, The Rochester Runners!

Thank you again, for your part in making this race successful!

Sincerely,

Red's Shoe Barn
Dave Whitehouse, General Manager

Reach the Beach 2005

Alison Black

We have ONE slot left on our Reach the Beach co-ed non-competitive team. 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. 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. 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!

Relay for Life Track Schedule – Spaulding HS Track

Friday, June 24th to Saturday, June 25th--Crazy 4 a Cure!

<u>Time</u>	<u>Name of person running/walking</u>	<u>Lap activity</u>
4:00 – 5:00 PM	Sinthly Kounlasa	Team warm up lap – at least one person on track
5:00 – 6:00 PM	Mary & Britt Ulinski	Crazy Hats – How many can you wear?
6:00 – 7:00 PM	Bob Rondeau, Bill & Kathy Paradis	Crazy Hair – Do you dare?
7:00 – 8:00 PM	Judi LeMaire, Sue Littlefield, Dan Poliquin	Opening Ceremonies
8:00 – 9:00 PM	Dan DeFrees	Crazy Career – what do you want to be?
9:00 – 10:00 PM	Jen Johnson, Dong Nguyen	Luminaria ceremony at 9:30 pm
10:00 – 11:00 PM	Faye Lowrey, Tom Littlefield	
11:00 – Midnight	Tom Watkins	Crazy Jammies – Bring your bunny slippers!
12:00 – 1:00 AM	Cathy Orlowicz	Crazy Makeup -Bring in the clowns!
1:00 – 2:00 AM		Crazy clothes– mismatch and mix them up!
2:00 – 3:00 AM		Quieter Hours
3:00 – 4:00 AM		“ “
4:00 – 5:00 AM		“ “
5:00 – 6:00 AM	Ron & Peg Foster, Jack Prescott	Crazy Colors – Can you outshine the sunrise?
6:00- 7:00 AM		
7:00 – 8:00 AM	Ken & Sue Houle	Crazy Costume
8:00 – 9:00 AM		Crazy Shoes – We're not done walking yet!
9:00 – 10:00 AM	Diane Casselberry	Closing Ceremonies

There are several runners not listed in the schedule – Andy Schachat, Pam & Phil Parker and Don Yeaton – who will be filling in some of the gaps. Don and Phil are planning to spend the night. If your name is not listed and you would like to run with us, just come anytime you can. It would be nice if you could make a donation to the American Cancer Society as well. In past years, we have raised a couple thousand dollars for the ACS so ask your friends and relatives to sponsor you. Bank night is on Wed. June 15th. If you have any contributions, try to get them to us before then: RRC, P.O. Box 727, Rochester, NH 03866. Let Don Yeaton know if you need any Luminaria bags to sell for \$10.

Highlighted Upcoming Race

5K Race in Lebanon, Maine

Sunday, June 26th at 11:30a.m.

\$8.00 for those pre-registered, \$10.00 day of race

Contact Michael Knight at: lebanonmrec@yahoo.com, 207-658-4543, or 22 Orrills Hill Rd., Lebanon, ME 04027

Rochester Runners Grand Prix

Paul Lindsay

May and the first weekend in June had lots of racing activity, including two N.H. Grand Prix races (Medical Center 6K in Nashua and Jackson Covered Bridge 10K), Big Lake Half Marathon, B 1st Peeper 5K, Redhook 5K, and many others. Special thanks to **Joe and Laura Harding** for their hospitality at their Intervale house the weekend of the Jackson race. After an excellent turnout in Jackson, Team RR currently is in first place in three of the nine NHGP age/gender divisions (men's open, men's 70+, and women's 60+), second in three divisions, and third in three divisions. Although Gate City Striders has more total points than we do, and leads in more divisions (4), we are the only one of the eight clubs that is in one of the top three places in every division. Other recent highlights included **Scott Rowe's** back to back wins at Big Lake and in the 6K the following day, **Dan Poliquin's** first win (7 Hills of Somersworth), and **John Tuttle** taking the lead in the NHGP men's individual age-graded competition. Congratulations to all the RRs ran their best races in over a year this past month: **Scott Rowe, Sue Littlefield, Kristin Houle, Jamie Houle, Dennis Graves, Jennifer Johnson, Don Norris, Jack Prescott, Mary Ulinski, Dave Butler, Nathan Huppe, Clifford Russell, and Britt Ulinski.** 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	
18	47	77	14	Brian Gallagher	1	26	33	5	Joe Harding	0	9	12	2	Don Foley
0	61	70	16	Sin Kounlasa	7	21	31	5	Jamie Houle	3	8	11	2	Hanne Heinrich
6	60	69	12	Bill Paradis	6	25	31	4	Keith Shields	3	8	11	2	Nathan Rainville
6	51	69	12	Dan Poliquin	1	26	30	6	Dan DeFrees	1	10	11	2	Tony Federer
3	51	66	13	Diane Levesque	5	21	29	4	Lisa Hart	0	11	11	2	Elaine Parkinson
9	43	64	11	Bob Rondeau	0	26	29	5	Craig Stephan	0	8	11	2	Janet Glazier
8	41	64	9	Scott Rowe	0	17	29	4	Pam Parker	3	4	10	1	Jen Johnson
4	53	60	10	Dawn Heinrich	0	17	29	4	Phil Parker	2	8	10	2	Karen Langlois
8	43	57	12	Cliff Parkinson	5	16	27	4	Tom Watkins	0	10	10	2	Greg Gaudreau
5	37	57	8	John Tuttle	3	21	27	4	Britt Ulinski	0	7	10	2	Dylan Tuttle
6	41	56	8	Chris Blanchette	2	25	27	5	Tom Littlefield	1	8	9	2	Kathy Paradis
8	43	54	8	Laurie Gaudreau	2	21	26	5	John Dinella	0	8	8	2	Dong Nguyen
0	40	52	9	Don Yeaton	0	26	26	7	Andy Schachat	0	8	8	2	Ernie Garland
13	35	51	7	Mary Ulinski	0	23	26	5	Mike Andrews	3	4	7	1	Amy Lindsay
1	47	51	8	Dick L'Heureux	9	12	24	3	Don Norris	3	4	7	1	Kathy Owen
12	32	50	7	Sue Littlefield	7	16	23	4	Dave Butler	3	4	7	1	Michelle Crothers
4	40	50	8	Kevin Scott	0	21	21	5	Diane Casselberry	3	4	7	1	Tom Dunnington
7	33	49	8	Nathan Huppe	5	12	20	3	Dennis Graves	0	7	7	2	Emily Trespas
1	37	44	7	Pete Dubois	3	13	19	2	Danyelle Phelps	0	4	7	1	Charlie Nevejans
7	33	43	6	Laurel Valley	0	18	18	4	Alison Black	0	4	7	1	Ed Larkin
1	38	42	9	Judi Lemaire	3	13	16	3	Joe Boyle	0	4	7	1	Jen Daly
2	29	40	7	Peggy Foster	1	15	16	3	Dave Smith	0	4	7	1	Lori Scott

1	34	38	8	Marilyn Metcalf	0	13	16	2	John Racine	0	4	7	1	Manya Hult
0	32	38	6	John Rancourt	0	12	15	3	Judi Rogers	0	4	7	1	Peter Smith
0	29	38	7	Ron Foster	0	12	15	3	Ken Houle	0	4	7	1	Rebecca Nevejans
1	33	37	8	Bob Randall	6	8	14	2	Clifford Russell	2	4	6	1	Chuck Zerbinopoulos
5	25	36	6	Darryl Cauchon	2	12	14	3	Ruthanne Laine	0	3	6	1	Drew Tuttle
7	22	35	5	Paul Lindsay	1	12	13	3	Cathy O'Brien	1	4	5	1	Douglas Foster
0	26	35	5	Laura Harding	1	12	13	3	Haley Heinrich	0	4	4	1	Alan Rainville
9	21	33	5	Kristin Houle	0	13	13	2	Walter Shyska	0	4	4	1	Brenda Rainville
3	21	33	5	Jack Prescott	1	8	12	2	Alex Reynolds	0	4	4	1	Judy Brenner

RR Officer's Meeting – 5/23/05

Brian Gallagher

Rochester Runners Officer's meeting

May 23, 2005 6:35pm.

Present: Don Y, Alison B, Mike A, Dan D, Janet G, Paul L, Brian G.

Host: Red's Shoe Barn is unadorned yet profound, sparse yet beautiful –A structure that seems whole, unbreakable, and unassailably true. A shoe store at its zenith!

Don Y: RR received a thank you note and \$200 from Reds.

Dan D: discussion of next years race already underway. Some ideas – reinvigorate the race, tech t-shirts and in smaller sizes, streamline ceremony, an earlier start(?), on-line registration, family relay race, family fitness festival, institute a basic running program, invite previous winners, wider selection of food.

Don Y: RR running scholarship. Dan D to present at ceremony on June 6th.

Don Y: Would like to get permission to name boys award for Herb Taylor and girls award for Mary Helen Wilson. Don & Janet to follow up.

Guest Speakers:

Don Y: to call Bob F for June. (Refreshments – Alison B & Mike A)

Don Y: to see about a “Chi Herbal Injury Prevention Clinic” for July.

Don Y: next NHGP race is Jackson 10K on June 4th.

Carpool from Rec Center at 7:30am.

Newsletter:

Diane L: a loves & lives column of haunting emotional power.

Dan D: a club incentive program or something even more sinister.

Mike A: promised to provide a comprehensive understanding of speech, language, and cognitive deficits that is organic in nature.

Don Y; will see about getting an article from Danyelle and Faye on Boston.

Question of the Month: When was the last time you embarked on a spine-chilling search through a dark and dangerous underworld?

FreeFall Race:

(via Craig S): need to go to Police for permit, need to line up sponsors, need to form a race committee, and suggested the Rochester Homeless Shelter as the charity.

Race committee = Don Y, Alison B, Dan D, Kevin S, Mike A, Paul L, Dave S, Janet G.

Relay for Life: Don Y is team captain (15 members but anyone can attend)

Luminary bag for Mike Kimball.

A reminder from Mike A: We run each day on trails of chaos, and nothing is predictable, not even the footstep of the very next footstep.

Clothing:

Dan D: long sleeve tech t-shirts from Brooks, white with regular RR logo. On sale now.

Dan D: to check on singlets & jackets.

RRGP:

Paul L: suggested that the example chart on the website be a runner of the month.

Paul L: rrgp points for the relay for Life.

Meeting adjourned at 7:45pm

(No one really understands how and why these minutes were written. RR Officer's meetings remain a terrifying mystery and an irresistible area of exploration for me.)

Rochester Runners Club
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