

ROCHESTER RUNNERS REPORT

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Next Club Meeting

**Tuesday,
March 15, 2005**

7:00pm

**Community
Center,
Rochester**

**Speaker:
TBA**

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President's Corner

Don Yeaton

I want to use this month's space to announce the winners of the awards at our Awards Dinner back on February 15th. There are so many of you that ran very well last year and at times it is hard to pick the best of the best. The club officers choose the recipients based on our subjective evaluation along with Paul Lindsay's objective "charts and graphs" that he prepares for each club member for the in-club Grand Prix scoring. The following runners received plaques at the meeting.

*Rochester Runner's Club 2004 Male Runner of the Year – **Scott Rowe**.* Some of you are aware that Scott's dad, Damian, belongs to the Gate City Striders. Since Scott lives in Dover, his dad thought he ought to join our club since it was closer. We're certainly glad he did! Scott won some races last year and scored many points for us in the NHGP series. Scott ran some incredible times when he was in college and he is now getting faster every time he races.

*Rochester Runner's Club 2004 Female Runner of the Year – **Faye Lowrey**.* This was a no-brainer. Faye took 1st place in the 60 year old division at the Boston Marathon in '04 and we think she set a national age group record for the 50K at the Maine Track Club 50 Miler and 50K last October. Faye also usually gets the asterisk by her name for running a time under the USATF age group guideline.

*Rochester Runner's Club 2004 Most Improved Male Runner of the Year – **Bob Rondeau**.* Bob's very first race was walking the Rochester Fireman's 4 Miler last June with his son Eric – he finished next to last. Then Bob began running with a program he got off Coolrunning – "From the Couch to Your First 5K." He trained all summer for the Cigna 5K in Manchester in August and ran the entire distance. He ran several more races after that including a couple 10K's and now sets PR's every time he races!

*Rochester Runner's Club 2004 Most Improved Female Runner of the Year – **Sinthy Kounlasa**.* Those of you who got to hear Sinthy tell her life story at a club meeting last fall were truly amazed. She came from a little village in Laos where she had nothing as she was raised by her grandmother and had to run away from bombs growing up. Last year she ran 6 marathons and qualified for Boston all 6 times!!

*2004 Outstanding Service Award – **Alison Black**.* Alison serves as our able newsletter editor and assists Paul Lindsay in finding race results for our in-club Grand Prix stats. She is also a Reach the Beach Team captain and works behind the scenes doing innumerable things for our club. She is one of the most organized people I have ever known and am glad she is on our side!

*2004 Outstanding Service Award – **Bill and Kathy Paradis**.* Everybody knows runnin'bikin Bill. He is our resident "bike guru" and has fixed up and given bikes to many of us club members. Behind every great guy is a good woman and Kathy is such a great hostess who also runs and bikes as well. She has opened her home in Maine for many events including Pancake Runs, Halloween Runs and biking tours.

*2004 Outstanding Service Award – **Paul and Amy Lindsay**.* Paul and Amy are another great team who have led many hiking, XC skiing and snowshoeing trips. They now live on Long Pond in Northwood and hosted the First Annual RRC Triathlon at their home last summer after Amy completed her first Tri last summer. Paul is our race stats expert and figures out all the points and standings for our in-club Grand Prix.

*Amos and "Andy" Award for the 2004 Comeback Kid – **Andy Schachat.*** Andy is one busy guy! He is a sports announcer for WTSN, he announces at road races all over New England, writes a running column for the Foster's Daily Democrat and is involved with sports announcing at the University of New Hampshire. Because of his schedule, Andy couldn't find much time to run, but since he started back running again the last couple of years, we thought he deserved the "Comeback Kid Award" for 2004. Andy gives out his "Andy" awards to Seacoast runners every year so we went one better and call ours the "Amos and Andy" award. Those of you old enough will recall the "Amos and Andy" radio show in the 1930's and then TV show in the 50's.

We also gave out a number of certificates. The first two were on our list, but because of my error they weren't given out at the meeting.

*Rochester Runner's Club 2004 " Predominant Pedestrian" – **Laurel Valley*** – Ultrarunner of the Year. Laurel ran her first 100 Miler last summer at the Vermont 100 and finished in a very respectable time of about 22:30 – that's 22 hours and 30 minutes!! Pedestrianism is the term used for those who traveled long distanced on foot in England in the 1800's. The sport came to America and eventually became what we now call ultramarathoning.

*2004 NH Grand Prix individual points winner- **John Tuttle***

Faye Lowrey, N.H. age 60 women's 5K record, 23:55 (Somersworth Rotary)

Faye Lowrey, N.H. age 61 women's 10K record, 50:48 (Portsmouth Jingle Bell)

Scott Rowe, N.H. age 29 men's 6K record, 22:38 (Medical Center 6K)

John Tuttle, N.H. age 47 men's 6K record, 20:35 (Medical Center6K)

Sinthy Kounlasa, N.H. age 47 women's 15K record, 1:11:14 (Bow Lake 15K)

Diane Levesque, N.H. age 50 women's 15K record, 1:13:21 (Bow Lake 15K) (also N.H. age group record)

John Tuttle, N.H. age 47 men's 15K record, 55:31 (Bow Lake 15K)

John Rancourt, N.H. age 60 men's 15K record, 1:09:51 (Bow Lake 15K)

The following runners were the top 9 scorers for our in-club Grand Prix series who all received prizes: Laura Harding, Sin Kounlasa, Scott Rowe, Nathan Huppe , Pete Dubois, Bill Paradis, Dawn Heinrich, Diane Levesque and Joe Harding. Elaine Parkinson and Dan Poliquin were the recipients of the two Boston Marathon bibs that we got from the B.A.A.

Congratulations to all you!

Save the Date

The first annual "Seven Hills of Somersworth" race will be held on Saturday, May 14, 2005. This is the same day as the Somersworth Heritage Day Festival. Andy wrote about this race in his most recent article in the Foster's newspaper. More information to come on this race!

VOLUNTEERS NEEDED--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. Contact Don at dryrun262@msn.com if you are interested in volunteering.

RRGP Mailbag

Hey Paul,

Thanks for getting the results from the Boston Prep out so fast. I don't know how you can possibly do it with all of the runners in our club.

By any chance, do the 2 races I ran count for speed? My 5K January 1st was the fastest I've run in years, and yesterday I had a 5 minute PR on the course. I am still not sure what my baseline is and I don't want to hound you if I shouldn't be. Sorry to add more questions...Just curious. Say hello to the family from Greg, myself and the kids. Hope we can catch up soon. Laurie

Hi, Laurie

I was really impressed with your time yesterday at Boston Prep. That is a tough course. The last time that I ran it, I was happy to be able to keep running up those hills without slowing to a walk, let alone keep up a good speed!

Thanks for asking about speed points and don't hesitate to keep the questions coming. We are calculating the speed points a little differently this year. Only certified courses are eligible to earn RRG speed points. Neither the Hangover Classic course nor the Boston Prep course is certified, so unfortunately your two excellent races so far this year were not eligible for speed points. One reason for the change is that if an uncertified course is short, counting speed points there is unfair to other runners at certified races. In the long run it is also unfair to the runner on the short course, because a fast time can unfairly lower that runner's baseline.

Last year, for example, your 19:17 at the Hangover 5K was your fastest race all year and we used it as your baseline. It was difficult for you to measure up to that standard during the rest of the year. For this year, your baseline (until you beat it on a certified course) is 19:30, based on the Portsmouth Jingle Bell 10K. Your 19:07 in the recent Hangover 5K won't affect your baseline. Your graph will show all your races, but only races on certified courses will be scored for speed points and be eligible for your baseline.

Using only certified races for baselines and speed points should make our scoring fairer and it will eliminate the guesswork as to whether a race time from an uncertified course is a fair baseline. In past

years we sometimes didn't use a race as a baseline if the times were obviously too fast, but there were some baselines (like your 2004 Hangover time) that really shouldn't have been used for performance standards either. You can easily find out whether any course is certified at www.usatf.org/events/courses/search.

Keep up the good running, it looks like you are going to have a good year! Paul

Rochester Runners Grand Prix

Paul Lindsay

Highlights from the past month include the Half Shell Half Marathon in Key West, Fla., where **Laurie Gaudreau** was the overall women's winner and **Dick L'Heureux** finished third out of 43 runners in his age group. At the Martha's Vineyard 20 mile, **Chris Blanchette** distinguished himself as top N.H. finisher, **Laurie Gaudreau** finished 2nd in her age group and 6th overall among the women, and **Keith Shields** and **Dawn Heinrich** both had very good times. At the cold & windy Hyannis half marathon & marathon, **Sin Kounlasa** added another Boston qualifying time to her long resume, while nine RRs ran the half. Congratulations to **Faye Lowrey** for placing first in a very competitive veteran division, with a time under her age group standard. **Kevin Scott** and **Laurel Valley** both finished in the top 5% of their divisions, and **Brian Gallagher**'s time was his best in over a year. At the Irish Feet are Runnin' 5 mile in Lowell, **Nathan Huppe** finished 5th overall out of over 200 runners. **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	
7	28	38	6	Brian Gallagher	0	11	14	3	Don Yeaton	0	8	8	2	Peggy Foster
2	24	29	5	Diane Levesque	0	11	14	3	Nathan Huppe	0	6	6	1	Mary Ulinski
2	22	24	4	Laurie Gaudreau	0	12	12	2	Dawn Heinrich	0	6	6	1	Walter Shyska
0	23	23	4	Dick L'Heureux	0	12	12	2	Keith Shields	0	6	6	1	Greg Gaudreau
0	23	23	5	Cliff Parkinson	0	9	12	2	Scott Rowe	0	3	6	1	Drew Tuttle
3	15	21	4	Bob Rondeau	0	9	12	2	Marilyn Metcalf	0	3	6	1	Dylan Tuttle
0	21	21	4	Bill Paradis	0	11	11	3	Andy Schachat	0	3	6	1	John Tuttle
2	18	20	3	Laurel Valley	0	11	11	2	Elaine Parkinson	0	4	4	1	Judy Brenner
0	18	18	3	Sin Kounlasa	0	10	10	2	Dan Poliquin	0	4	4	1	Ruthanne Laine
2	15	17	3	Chris Blanchette	0	10	10	2	John Rancourt	0	4	4	1	Ernie Garland
1	15	16	3	Kevin Scott	0	10	10	2	Pete Dubois	0	4	4	1	John Dinella
0	16	16	3	Tom Littlefield	0	9	9	2	Dan DeFrees	0	4	4	1	Janet Galzier
0	15	15	3	Craig Stephan	0	9	9	2	Mike Andrews	0	4	4	1	Judi Rogers
2	12	14	2	Lisa Hart	0	9	9	2	Sue Littlefield	0	4	4	1	Dennis Graves
0	14	14	3	Alison Black	0	8	8	2	Ron Foster					

The Eastern States 20 Mile: How it all Got Started

Don Allison

As the Rochester Runners are involved in the Eastern States 20 Mile now, I thought the club might be interested in how the race got started and some of the history through the years. In the summer of 1993 I traveled to Vermont as a “faculty” member for the New England Runner race director’s conference. (I was working at NER at the time.) During the lunch break I struck up a conversation with a gal who seemed excited about the prospects of directing a race, something she had never done. After asking me several questions about directing races (I had directed many by then, including the original incarnation of the Baystate Marathon), she told me of her idea: to stage a “border to border” run from Kittery, Maine to Salisbury, Massachusetts, along the New Hampshire seacoast. This was a run her brother did regularly in training for the Boston Marathon each year, and she wanted to turn it into a bonafide race. Her name was Kate Christiansen; she lived in Ipswich. Her brother is Ray Dechenses, formerly from Ipswich, then residing in Los Angeles.

Kate possessed the drive, vision, and just enough moxie to pull it off, but she lacked many of the “how to” particulars of staging a road race. That’s where I came in. She persuasively recruited me to assist and advise her through the planning stages for the event, which would take place on President’s Day weekend in February of 1994, the traditional date of Ray’s border to border run.

The first thing I suggested was that mid-February was a poor choice for a race date. It could be a raging snowstorm at that time of year, for God’s sake. Then what? Better to be safe and run in March. But Kate was not to be denied; it was going to be mid-February and that was that. Oh boy.

I know how hard it can be to get runners interested in a new event, so was truly shocked to see how much interest this prospective event was drawing from the running community, far and wide. I could see Kate had a winner of an idea; now the only trick was turning it into a race, easier said than done, traveling through seven different towns and three states. But she worked hard to convince the powers that be to sign off on her brainchild.

In October of 1993 I decided to run the course, in order to familiarize myself with the route. On a Wednesday afternoon, Kate dropped me off on the far side of the Memorial Bridge with a map, while she left to go shopping at the Kittery Outlet stores. (Kate was not a runner, believe it or not.) I carried no water with me, figuring I would easily find some en route along the seacoast. Hah!

I took off at a good clip on an overcast day and made good progress along the course, but just could not find water anywhere. Nothing was open and all of the beaches were closed for the season. Things got a little desperate on the final stretch in Seabrook (like a lot of runners have experienced through the years!) but I hung on and finished the run in 2 hours and 20 minutes, just about seven-minute pace. To say I was a little dehydrated is an understatement! Kate was waiting in the car at the corner of 296 and 1A. “How it go?” she causally inquired.

Another epic adventure ensued when Gary Passler (from the Winner's Circle Club) and I set out to measure the course on our bikes, he with a certified wheel measuring device. We did this in late December, and of course about halfway through the snow began. By the time we got to Hampton it was several inches deep, so we had to abandon the job. We went back a few weeks later to complete it. Nothing was coming easily, aside from the sign-ups. People were registering every day. Kate's hoped for goal of 100 to 200 runners was surpassed several weeks before the race.

As race day approached we had the pieces pretty much in place, but who was to know how it would unfold on race day? Fears of bad winter weather were allayed as forecasters called for a nice weekend. In fact, it was going to be one of the warmest February weekends on record. Temperatures in the high 60s were predicted for race day. That brought even more runners on race day, despite the fact that a "no post-entry" policy had been stated on the entry blank. It didn't matter; people wanted to be a part of this new race, no matter what. I worked at a hastily assembled post-entry table and can remember runners literally throwing 20-dollar bills at me to get their numbers.

One of the tough logistical hurdles was transporting runners from Hampton to the start (as we still do today), and that process seemed to go smoothly until the *very last* bus was stopped on the near side by the raising of the Memorial Bridge in Portsmouth. That occurred at about 10:45, with an 11:00 planned start time. We had all gathered at the small Warren's Lobster Pound, more than 600 runners milling about in the restaurant and the parking lot, itching to get started. But we still had a busload of runners on the other side of the bridge. We needed to wait for the bridge to go back down anyway, and then give those runners a few minutes to get ready for the race. As it turned out, we waited more than an hour for that bridge to go down, one of the longest hours of my life! Kate had designated me as the one to let the runners know we would be starting late. (Gee, thanks.) I made few friends during that hour. For the record, the race got underway at 12:06 p.m.

Once the gun finally went off however, everything worked like a charm. All of the towns were cooperative and the runners poured down route 1A like the parting of the Red Sea. We had some very fast times: Ed Sheehan, a 2:13 marathoner from Boston, flew down the course in 1:46, close to 5:15 per mile. I can still see him running in shorts and a thin singlet in the warm sunshine, with snow piled high on the side of the road. Barbara Remmers from New York ran a fast 2:03 to win the women's race, a time not equaled to this day. It must be mentioned though, that the course was two tenths of mile short of 20 miles that year (and the next), so these times are not true course records in the strictest sense. For the next few hours the runners filed in. I scored the race myself using handwritten times and labels to post to boards. It was a laborious way to time the race, one we never did again, thankfully.

So that's how it all got started, way back when. I am sure a few of you reading this ran that year, and can recall what an unusual day it was in many respects. We held the race again in 1995 (again on a nice February day!), but Kate became tired of all of the runner's complaints, so decided not to hold it in 1996. I was not really in a position to take it over myself at that point in time. But by 1997, with many runners asking why it was not being held any longer, I decided to

bring it back for 1998. I changed the name to the Eastern States, in order to make it a whole new event. The name was a bit of a parody on the Western States 100 Mile in California. I figured there should be an Eastern States too, and the name fit the course. I know of a handful of runners that have run both the Western and Eastern States races. (Me for one, if you count that “trial” run in 1993.) In 2000 we added a shorter 10-mile event, to allow runners not up to the full 20 mile to be a part of the event.

It has not been an easy race to stage; each year afterwards I vow “never again,” especially when the weather is bad, such as the soaking rain we experienced in 1999 and 2003, or the cold, biting, 25-mile per hour headwind in 2002. But I can’t seem to let it go. I know a lot of runners love the course and it is fun to see them all come down that last stretch on 1A, after crossing up and over the Seabrook bridge. Those last two miles can be mighty tough; anyone who has run the race knows that. Thanks to partnering with the Rochester Runners, the workload has eased a little bit, but still on race night I feel as if I have done the full 20 miles myself, and then some. Certainly 2005 will add another story to the tale, and now, as Paul Harvey would say, you know the “rest of the story.”

Thank You

Thanks to Sin Kounlasa for agreeing to help with the paper copies and mail distribution of the newsletter. This will be a tremendous help! Thanks, Sin!!!

RR Officers’ Meeting – 3/3/05

Brian Gallagher

Present: Don Y, Paul L, Scott Rowe, Janet G, Brian G & Judi R –host.

Special Guest: Dan DeFrees

Newsletter items:

Don Y: Annual award winners as part of “President’s Corner”.

Paul L: will submit an account of the meeting of the Dagdae and the daughter of Indech under difficulties caused by the distention of the Dagdae’s stomach.

Paul L: a blurb on the grand prix.

Don Y: Nute Ridge training run.

Craig S: a short article on the vulnerability of joints between lanes on interstate highways.

Don Y: need volunteers for Eastern States races.

Don Y: March guest speaker? Will check with Robert Forsythe, Dover Wellness Center.

Don Y: Eastern States races needs volunteers, particularly adults for traffic control.

Janet G: will call a few members to help recruit (Paul L will email her RR phone numbers).

Don Y: in exchange for 8 hours work at an exhibit booth, Loco shoes will host your trip and entry to the Shamrock marathon in Virginia on March 19th.

Don Y: March 19th at 9:00am a Nute Ridge ½ marathon training run.

Don Y: would like to get a list of RR members who are running Boston for the April newsletter.

Rochester Runner's book of the month discuss group:

Memoirs of Dan DeFrees, The Celebrated Shoe Man, With Some Account of His Ancestors.

Written by himself.

Craig S: This book, the first of its kind, is for us an important event!

Mike A: An enormously ambitious, sometimes exasperating, frequently surprising book.

Laurel V: One would have to be criminally tone-deaf and almost snowblind not to register the sonic and visual brilliance of the language.

Alison B: This book is pregnant, a swaying physicality with an undertow of festive and smutty laughter.

RR: Thank you Dan for sharing.

Don Y: RRCA sent RR a letter requesting a donation to their Roads Scholar program. Should we contribute?

Brian G: Why don't we help a local athlete (or two) instead?

RR: agree. Let's pursue this idea.

Judi R: will call SHS and discuss options/opportunities/criteria. And report at the next officer's meeting.

Don Y: NHGP – all races have paid the \$100 for'05.

Scott R: I am gradually updating the website – more to come!

Brian G: to revise RR by-laws according to latest amendment. Will have officers review and, with approval, post on the website.

Janet G: will send reminder postcards to non-renewers.

Don Y: one time for new members – ½ price membership at PreReds day (4/23).

Don Y: Red's race course cleanup at noon on 4/23.

March meeting: Food = Judi R; Drink = Janet G.

Meeting adjourned at 8:00pm. It is impossible to write these minutes without introducing the notions of magic, ritual, and myth, everything which touches on the archaic and the primitive has become invested with an aura of the running impulse.

Rochester Runners Club
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