

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 5

MAY, 2005

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Next Club Meeting

7:00pm
Tuesday,
May 17, 2005

Community Center
Rochester, NH

Speaker: Tony
Federer, Orienteer
"Orienteering:
Running the Woods"

Tony has been competing in orienteering nationally and internationally for 30 years, has won several age-class national championships, and is a member of Up North Orienteers.

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President's Corner

Don Yeaton

May Meanderings

Twice now in the last month and a half, I have watched club member Scott Rowe go flying past me as I clicked his picture on his way to a first place overall finish. What a thrill to be standing there, straining your eyes for that first glimpse of the lead runner. You see a figure on the horizon – is that a purple singlet I see? YES, it is and it's one of us!!

This happened to me at the 7.9 mile mark of the Run for the Border 10 Miler back on March 26th and then just yesterday at the 11 mile mark of the Big Lake Half Marathon. And then to have Scott come back and win the Medical Center 6K on the next day – this is just incredible! OH – to be young again!

It looks like most of the clubs are in agreement that the scoring for the NHGP series should NOT focus on the overall total points, but on the age group categories instead. Today's Med Center 6K is a good case in point. Our club was at a disadvantage since so many of you ran so well at the Big Lake Half Marathon. There were a number of you who ran both, but some of you just couldn't – you gave your best effort on the shore of Lake Winni yesterday. We had only 2 males in the 40-49 age group (John Tuttle who won the division and Tom Watkins) and only one female in the open division (Laura Harding). We had no one in the 40-49 women's division and no males age 60-69. Even though only 12 of us from the club ran and ALL 12 of us scored points – 56 points for 4th place – and both Scott and John won their divisions, there was no way we could compete against Gate City who had 24 runners scoring 139 points. We outgunned them at Red's and now it was their turn to outgun us at their race.

So you can see that it makes a whole lot more sense to focus on the individual age groups from each club. We have a strong men's open division and our 50+ men and women do very well against their counterparts in the other clubs.

Thanks to all of you who made the trip over to Nashua on MOTHER'S DAY and for those who who did a double – Big Lake and the 6K.

It's time to hit the hills to get ready for the next NHGP race – the 27th Annual Jackson Covered Bridge 10K Footrace on Sat. June 4th at 10:00 AM.

Running Notes

Don Yeaton

- I forgot to include 3 of the awards in my column a couple of months ago that were given out at the February meeting: Most training miles for the women – Diane Levesque – 2078 miles; Most training miles for the men – Tom Watkins – 3011; Most races in 2004 – Darryl Cauchon – 35 races.
- Congratulations to Scott Rowe for winning the Big Lake Half Marathon on May 7, 2005 with a time of 1:12:11!!
- Stop the presses!! I just got back from the Medical Center 6K in Nashua and Scott has done it again – 2 wins in 2 days! Scott claimed an easy victory with a 20:06 run. The 2nd and 3rd place runners were not from a NH club and 4th place was claimed by our own John Tuttle.

- Nathan Huppe raced the Portland Seadogs Mother's Day 5K in on May 8th and finished 6th overall and 2nd for his age group w/ a 16:07. Congratulations Nathan!
- Thanks to all of you who volunteered at the Red's Shoe Barn 5 Miler back on April 24th. Along with Bob Brown's regular crew who have been doing a great job for years now, we had the following club members helping out: Alison Black, Ken and Sue Houle, Bill and Kathy Paradis, Faye Lowrey, Bob Randall, Tom Littlefield, Lou Gagnon and Amy Lindsay.
- WELCOME NEW CLUB MEMBERS: Carl and Lorraine Tyrie, Patrick, Chris, Kaitlyn and Douglas Maloy, Nathan, Alan, Brenda and Suzanne Rainville, Kristy Wechter, Diane Casselberry, Douglas Foster, Don Foley, Kathy Owen, Elisabeth Beecher and Dong Nguyen. We signed up 11 of these during the Red's weekend.
- We need more team members for the Relay for Life!! I only have 3 of the 18 hour time slots filled. E-mail me when you would like to run: dryrun262@msn.com. Registration costs \$10 and have all checks made out to the American Cancer Society. We will talk more about this at the next meeting on May 17th.
- We still have a few slots open on our Reach the Beach Team for the 7th Annual RTB Relay on Sept. 16 and 17. Contact Alison Black at tennpurp@yahoo.com
- Other recent marathoners include Joe Harding at the Big Sur Marathon on April 24th and Sinthy Kounlasa at the 43rd Walter Childs Race of Champions Marathon in Holyoke, MA on May 1st.

Volunteer Reward Program

Don Yeaton

Dan DeFrees has proposed an idea to reward those of us who volunteer our time at a club event or race. He got the idea from a program that the Syracuse Chargers or Syracuse Track Club used for their clubs when Dan belonged to them. It just seems fair that those of us who volunteer at our club race or a NHGP race like Red's or Eastern States, ought to get some reward for our efforts.

Here is the proposal for a volunteer reward/incentive program:

Race Director/Club Contact	10 pts
"A" Type Races ie. Freefall, Eastern States	5 pts
"B" Type Races ie. RTB, New Years, etc	2 pts
"C" Type Races Fun Runs, Track w-o?	1 pt
2pt Bonus for inclement weather	

Points will not accrue beyond the calendar year, Volunteers will be acknowledged @ yearly awards banquet

25 pts	Unique RR gift (Embroidered Vest etc.)
40 pts	\$50.00 GC to Red's
75 pts	Overnight Getaway plus Dinner \$100.00 value

Web Site of the Month

www.drymaxsports.com

We heard some good reports about these new socks from Bill and Kathy Paradis that they purchased at the Boston Marathon Expo last month. Bill ran with these in the rain at Big Lake and in spite of all the rain and puddles, his feet remained dry. Check it out!

Reach the Beach 2005

Alison Black

We have a few slots 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!

RUN FOR THE GYM 5K

Bob Randall

Date:07/09/2005 6:30 P.M.

Location: SPRINGVALE, ME

Phone for Info:207-490-1386

Email: runbob@metrocast.net

Distances:

1/2 Mile Fun Run for Kids (1-9) 5 K RACE ALL AGES -5K WALK

Classes, Costs, Awards:

\$10:00 PRE, \$12:00 POST, Student \$6:00. Pledge \$25:00: fee waived.

Awards: 3 deep-5 year age groups

Course Description:

OUT AND BACK- GRADUAL UPHILL OUT AND DOWNHILL BACK, SHORT HILL IN MIDDLE. 2 MILES ON MAIN ROAD. 1 MILE THRU RESIDENTIAL LOOP.

Race Information:

START FUN RUN 6:00 PM, Walk 6:15 PM, 5K 6:30 PM. T- SHIRTS 1ST 150 (5K)

POST RACE RAFFLE AND REFRESHMENTS. PROCEEDS TO BENEFIT NASSON GYM, LITTLE THEATER AND CHAPEL RESTORATION FOR A COMMUNITY CENTER.

Member "MAINE GAMES 5K SERIES"

Location, Facilities, Registration: NASSON COMMUNITY CENTER AT NASSON COMMON, 457 MAIN ST, SPRINGVALE ME. TAKE (ROUTE 109) WELLS EXIT- MAINE TURNPIKE THRU SANFORD CENTER TO SPRINGVALE.

From Rochester NH: RT 202, LEFT ON TO 11A 4 MILES, LEFT AT LIGHTS, RT 109

Reflections on the 2005 Boston Marathon

Mary Ulinski

The running of the 109th Boston Marathon will be one of the highlights of my lifetime. It was an honor for me (your average runner) to be part of this historic and highly recognized/respected running event that attracts top competitors from all over the world. Also, what made it really special was that I was able to share the experience with Britt and Walter. (Thank you, Andy!) The night before the marathon we stayed at the Marriott in Cambridge which offers a magnificent view (15th floor) of the entire City of Boston. The sunset that night was awesome.

Marathon day was warm and sunny, comfortable for spectators and for sitting around at the Athlete's Village in Hopkinton, but it was hot (but not as bad as the previous year, I'm told) for running a marathon.

It's interesting to see the different outfits runners wear to make them stand out in the crowd, like Elvis in his white polyester suit, the guys in New England Patriots's shirts with Paul Revere hats carrying a huge American flag and the bride with her little veil.

A Japanese man I was keeping pace with wore a colorful kimono top. Canadians were well represented with red maple leaves on their shirts. The Kenyans, of course, I would never get to see, except on the front of the sports page.

Thousands of spectators lined the entire course. The kids were enthusiastic about giving the high 5's. We were offered ice, popsicles, orange slices, candy etc. The crowds were hugely supportive. Also thanks to RR member and our training partner Celeste Martel and her daughter Jamie for their huge banner of support along the way. (How could I have missed seeing it!)

There were water stops at almost every mile. I must have stopped at them all. I was very thirsty from start to finish. The air was dry, plus going out we were facing into a warm breeze. I think I used up a lot of time dallying at these stops, but my primary goal was to enjoy the day.

By the time I got to Heartbreak Hill (20 miles out) I was tired. I walked the hill and from then on getting to the finish was a walk/run event. I perked up, though, when I saw the finish line. The official time was 5:20. Chip time was 5:03. Considerably slower than the 4:30 I'd hoped to do, but just glad to finish and sit down. Although, once I sat down I realized I wasn't getting up without help.

When I met up with them — Britt, looked fresh and perky, she'd finished well ahead of me. Walter, tired and weary like me, arrived shortly behind.

I'll treasure the photo of the three of us at the end of the day wearing our Boston medals.

A note (or challenge) for club members: If I can do this event -- surely you can! The club's grand prix opens the opportunity to all. (This time I qualified for Boston, but two years ago I ran it with the club's grand prix bib for a woman). I've decided it's an honor to be able to participate.

Newsletter Submissions

Newsletter submissions are ALWAYS welcome from any club member. Got a training tip to share? Know about a great upcoming race? Have a running story? Please consider submitting something to the newsletter. Submission deadlines are usually the first Sunday of each month. Preferred method of submission is as a Microsoft Word document via email attachment to tennpurp@yahoo.com, but other methods are welcome. Give Alison Black a call with any questions—603-860-4190. Thanks!

Rochester Runners Grand Prix

Paul Lindsay

This month's update includes several races in April. The big ones were the Boston Marathon and the Red's Shoe Barn 5-mile NHGP race. First, welcome to new club members **Nathan Rainville** and his family, **Don Foley**, **Dong Nguyen**, **Douglas Foster**, **Diane Casselberry**, **Elizabeth Beecher**, and **Kathy Owen**, as well as to several renewing members. Some of the more notable RR accomplishments in April included wins by **Cathy O'Brien**, **Laurel Valley**, and two by **Laurie Gaudreau**; impressive runs in Boston by **Danyelle Phelps** (29th woman) and **Faye Lowrey** (third in her division!); and **John Tuttle** placing first place in the NHGP age-graded scoring at Red's six days after his 3:00 marathon in Boston. RRs who ran their best times for the past year in April included **Brian Gallagher**, **Michelle Crothers**, **Sue Littlefield**, **Amy Lindsay**, **Clifford Russell**, **Bob Rondeau**, **Hanne Heinrich**, **Laurel Valley**, **Scott Rowe**, and **Kathy Owen**. **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	74	11	Brian Gallagher	0	12	21	3	Pam Parker	1	8	9	2	Haley Heinrich
0	49	55	9	Sin Kounlasa	0	12	21	3	Phil Parker	0	6	9	1	Joe Harding
2	43	54	9	Diane Levesque	1	16	20	4	Judi Lemaire	3	4	7	1	Amy Lindsay
2	45	50	8	Bill Paradis	0	17	20	4	Mike Andrews	3	4	7	1	Clifford Russell
8	36	47	7	Laurie Gaudreau	3	13	19	2	Danyelle Phelps	3	4	7	1	Michelle Crothers
1	42	46	7	Dick L'Heureux	0	16	19	4	Peggy Foster	3	4	7	1	Kathy Owen
6	28	43	7	Bob Rondeau	0	16	19	4	Ron Foster	0	4	7	1	Jen Daly
4	35	42	6	Dawn Heinrich	0	13	16	3	Bob Randall	0	4	7	1	Ken Houle
2	29	37	6	Kevin Scott	0	13	16	2	Britt Ulinski Shuman	0	4	7	1	Lori Scott
7	26	36	5	Laurel Valley	0	13	16	2	John Racine	0	4	7	1	Ed Larkin
4	25	35	5	Chris Blanchette	0	13	16	2	Laura Harding	0	4	7	1	Charlie Nevejans
2	24	35	6	Nathan Huppe	3	8	14	2	Kristin Houle	0	4	7	1	Rebecca Nevejans
1	31	35	7	Cliff Parkinson	3	8	14	2	Paul Lindsay	0	4	7	1	Peter Smith
1	27	34	5	Dan Poliquin	0	14	14	3	Alison Black	2	4	6	1	Joe Boyle
6	25	31	4	Keith Shields	0	14	14	4	Andy Schachat	0	3	6	1	Drew Tuttle
3	18	30	4	Scott Rowe	2	8	13	2	Dennis Graves	0	3	6	1	Dylan Tuttle
2	19	30	4	John Tuttle	2	8	13	2	Jamie Houle	1	4	5	1	Douglas Foster
1	25	29	6	Marilyn Metcalf	2	8	13	2	Tom Watkins	0	4	4	1	Cathy O'Brien
0	26	29	5	Craig Stephan	0	13	13	2	Walter Shyska	0	4	4	1	Ernie Garland
0	22	28	5	Don Yeaton	1	8	12	2	Alex Reynolds	0	4	4	1	Judy Brenner
6	17	26	4	Sue Littlefield	3	8	11	2	Hanne Heinrich	0	4	4	1	Kathy Paradis
0	23	26	4	John Rancourt	0	11	11	2	Elaine Parkinson	0	4	4	1	Ruthanne Laine
0	23	26	4	Pete Dubois	0	11	11	2	Dave Smith	0	4	4	1	Nathan Rainville
2	20	22	4	Tom Littlefield	0	8	11	2	Darryl Cauchon	0	4	4	1	Diane Casselberry
2	17	22	3	Lisa Hart	0	8	11	2	Jack Prescott	0	4	4	1	Dong Nguyen
2	16	21	4	John Dinella	0	8	11	2	Janet Glazier	0	4	4	1	Don Foley
1	17	21	4	Dan DeFrees	0	8	11	2	Judi Rogers					
1	17	21	3	Mary Ulinski	3	4	10	1	Don Norris					

N.H. Grand Prix

Paul Lindsay

Rochester Runners were very well represented at the Red's Shoe Barn 5-mile, which was the fourth of 11 N.H. Grand Prix races for 2005. Several club members even ran with only six days rest after running the Boston Marathon. Besides the 43 RRs who ran Red's, there were many club members who either helped with the race course cleanup in the rain Saturday or volunteered at the race Sunday (or both). Our big turnout enabled us to come away with the most points among the N.H. running clubs for the day, building a lead over third place Greater Derry Track Club and moving a little closer to first place Gate City Striders. In the nine age/gender divisions in the NHGP series, our club is in first place in the male open division, leading Coastal Athletic Association 68 to 61 on the strength of excellent running by **Nathan Huppe, Scott Rowe, and Chris Blanchette**. In three other divisions we are in second place (M5059, F5059, and F60+) and we're tied for second in M70+. Here are the current standings (the last column is the total of the best three out of the four races so far):

	Mopen	M40s	M50s	M60s	M70+	Fopen	F40s	F50s	F60+	Total
AA	6	11	1	22	4	9	11	14	0	72
CAA	61	2	11	0	5	18	7	5	0	99
CNE	0	0	0	0	0	0	0	0	0	0
GCS	25	53	80	62	0	64	49	62	7	308
GDTC	30	63	28	11	7	47	32	16	7	199
GSRT	19	19	39	7	4	10	21	4	0	109
MRM	4	24	0	41	16	5	49	0	13	133
RR	68	48	54	15	7	38	39	39	10	278
WMM	0	0	4	0	0	0	9	14	0	27

In the individual standings (based on age-graded scoring across all divisions within each gender), **John Tuttle** is only one point behind the leader, MRM's Stanley Dutton, 26 to 25 points. **Nathan Huppe** and **Scott Rowe** are tied for fourth with 15 points, three points out of third place. For the women, RRs are in third, fourth, and two tied for fifth: **Diane Levesque** with 12 points is 7 behind the second-place woman, **Sin Kounlasa** has 11, and **Danyelle Phelps** and **Laurel Valley** are part of a four-way tie with 10 points.

RR Officer's Meeting – 4/25/05

Brian Gallagher

Present: Don Y, Dan D, Judi R, Janet G, Laurel V, Paul L, Scott R, Brian G.

Host: Red's Shoe Barn – The conference room was furnished in all antiques except for scattered chairs and sofas upholstered in red wine velvet. Marble statues, commemorating feet, toes and even fallen arches, stood on pedestals in various locations. A pair of swinging doors opened onto an atmosphere of electromagnetic radiation and the screaming, as of someone falling down into a bottom-less pit.

Guest Speakers:

May = Tony Federer, Orienteer. "Orienteering: Running the Woods"

Tony has been competing in orienteering nationally and internationally for 30 years, has won several age-class national championships, and is a member of Up North Orienteers, New Hampshire's club.

June = Bob Forsythe, Chiropractor.

July & August = Ice cream fun runs.

Newsletter:

Scott R will attempt to end the debate - How can "American Idol" solve its problems?

Boston Marathon stories – possibly: Mary U, Faye L, Danyelle P.

Red's stories – possibly: 3 generations of Nevejans.

Question of the Month - What does it mean when a truck containing human bones is retrieved from the Salmon Falls River?

Reds' Shoe Barn race – another successful year.

RR: Thanks to Bob B and his dedicated crew and to the Red's Shoe Barn Staff.

Don Y – RR gained, at least, 10 new members this weekend.

Dan D – numbers down – why? Red's needs to be an event.

Janet G suggested more post race food.

Laurel suggested more info on the internet.

Judi R suggested more tshirts sized for women & children.

Brian G suggested make more of the Henry Law park site.

Don Y: next NHGP is Nashua Medical center 6K on May 8th.

Car pool from Rec Center at 7:00am.

Don Y: This year's relay for Life theme is "Crazy for a Cure".

June 24 & 25th. Don will write a newsletter blurb.

Don Y – track workouts temporarily at Dover HS. Don Y will call AD at both Dover and Spaulding to check schedules.

Mike A began to realize that it was not his imagination. A teleplasm was forming – separate filaments uniting into a single filmy strand. Threads of pale white, viscous matter were oozing from Dan D's fingertips.

Mike A stared at it, repelled yet fascinated. He felt numb. He dug his nails into the palms until pain overshadowed all else.

Laurel V: Suggested that RR get some long sleeved technical racing shirts for this coming Fall. She, also, suggested that RR look into something other than singlets for women to wear racing during the Summer.

(Laurel's voice became a blur of meaningless sounds as Mike A watched the moist, glistening tentacle inch its way across the table like a giant worm.)

Dan D: Will check things out.

Judi R – Rochester Runners Scholarship Award –
Awards night is June 6th. Judi R will be RR's representative.
Male runner selected. But is still working on a female runner.
Janet G suggested that Mary U photograph the event.

Paul L – NHGP still working on ways to hand out the award money.
Paul L is working on a way to reward the 2001 Granite Runners.

FreeFall Race – still on for Thanksgiving.
Don Y will form a race committee (Alison B volunteered already)

Scott R: updating website.
RR: looking better all the time. Good job.

(Editor's note: Once Mike A realized that the teleplasm was just an externalization of thought; it vanished with a noise that sounded like the snapping of an enormous rubber band.)

Meeting adjourned at 7:55 pm.
"You're wrong," it whispered. "Don't you see? You're wrong. You're *wrong*."

Rochester Runners Club
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