

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 10

NOVEMBER, 2005

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Treasurer
Chris Blanchette
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Next Club Meeting

**Tuesday,
November 15, 2005
7:00pm**

**Community Center
Rochester, NH**

Speaker:

**Staff Member
from Rehab 3**

Secretary
Brian Gallagher
brian.gallagher@unh.edu
335-8636

Webmaster
Scott Rowe
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Race Director
Vacant Position

Club Historian
Janet Glazier
janetglazier@yahoo.com
743-4558

Newsletter Editor
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474-9349

**Race Coordinator/
Membership**
Paul Lindsay
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942-5482

The Rochester Runners web site: www.rochesterrunners.com

E-Mail: dryrun262@msn.com

President's Corner

Don Yeaton

LiveStrong, but Finish Well!!

Several of you have gotten to meet Fritz Newman who was a last minute fill in on our Reach the Beach Team back in September. He is a friend of Sinthy Kounlasa. and they met while running one of the many marathons they both have done. Fritz ran the last three NHGP races in Manchester, Peterborough and Portsmouth. While training for the Marine Corps Marathon which he has run many times, he flew out to run the Road Runner Akron Marathon in Ohio on October 1st as a long training run. While he was out there, there was a Christian group handing out orange bracelets with the slogan, "Finish Well", on them – very appropriate for a marathon and he brought one back for me.

So now I wear the yellow Lance Armstrong "LiveStrong bracelet on my right wrist and the orange "Finish Well" bracelet on my left wrist. I got to thinking that not only are these slogans applicable to running but to life in general. The "Finish Well" theme comes out of what the Apostle Paul said in II Timothy 4:7 at the end of his life before he was executed by beheading on the Appian Way outside the city of Rome somewhere around 67 AD. Under Emperor Nero it became illegal to be a Christian and Paul wrote these words to his coworker Timothy before he was killed; "I have fought the good fight, I have finished the race, I have kept the faith". Paul had finished his life well.

In a race it's easy to run strong during the first part of the race, but all too often many of us get caught up in the excitement of the moment, go out to fast and finish poorly. I know that feeling all too well after this year's Boston Marathon. I didn't start too fast but after 18 miles I was all done. I had to walk almost all of the last 8.2 miles and finished my worst and slowest marathon ever in 6:10! I had come down with bronchitis 10 days before Boston and had missed 3 days of work that week prior to the marathon. I almost dropped out several times during that slow "death march" into Boston and while I did cross that finish line and get my medal, I certainly didn't finish well. I even have a self – photo to prove how bad I looked and felt.

How much better it is to run a race smart. You don't go out too fast, you run your own race and you end up setting a new PR or beating another runner you've been chasing all season. You run strong and finish well – what a great feeling!

And so it is with life as well. You probably know someone who started out well – living strong – but somewhere along the way they got sidetracked by pride, ambition, bad relationships, addictions or whatever and finished poorly.

So the next time you are racing, remember – it's not how good you look at the halfway point that's important – it's how you finish and so to in life as well.

The Thanksgiving season is upon us once again. If you are running strong and finishing well – be thankful and remember this quote from Billy Mills, the American Indian who took the Olympic gold medal for 10000 meters in 1964:

"Your life is a gift from the Creator. Your gift back to the Creator is what you do with your life." -- Billy Mills

Happy Thanksgiving!

Running Notes

Don Yeaton

1. I just got this e-mail from Janet Bourne looking for help at the **Jingle Bell 10K** in Portsmouth. Thanks to our resident "foot man" Dr. John DiNella, I am being treated for heel bursitis (not Achilles tendonitis after all) and am not ready for a 10K, so I will be helping at the race.

"I am in desperate need of some volunteers to help with the course at our Jingle Bell Run on November 19th. Do you have anyone on injured reserve that might be able to help? Specifically, we have kids that will stand out in the cold, but we need help getting them out to their sites and picking them up as well as setting

up the water table and mile markers. If anyone can help me, please send them my way. Contact info is below. Thanks.”

Janet Bourne - Regional Development Director
Arthritis Foundation
Northern and Southern New England Chapter
6 Chenell Drive, Suite 260
Concord, NH 03301
603 224-9322; 800-639-2113
jbourne@arthritis.org

2. The **Thanksgiving morning Fun Run** will be at PSNH again this year hosted by club member Mike Andrews. We will be meeting at 7:00 AM and start the run at 7:15. There will be 2 loops available to choose from. Please bring a cash \$\$ donation for the Strafford County Homeless Shelter – we are suggesting \$5 which is what the entry fee would have been for our Free Fall 10K/5K race – and some food or drink to share. We will have the traditional turkey raffle – Hannaford gift cards and some Domino’s pizza gift certificates as well to raffle off.
3. Our **Reach the York Beach Marathon Relay** is set for Saturday, November 26th. We will be leaving the Rochester Rec Center at 7:00 AM. Teams can be up to 5 members and you can divide up the legs any way you would like. You can change runners any time you like and they don’t have to be in the same order. So far we have 5 of us signed up and some of you want to make it to York in time to run the Turkey Trot 5K at 11:00 AM – Laurel Valley, Bill Paradis, Faye Lowrey, Darryl Cauchon and Don Yeaton. This is a fun event! You don’t have to be fast – just willing to have fun in a different and unique relay. Do your post Thanksgiving Christmas shopping on Friday and come run with us on Saturday. Send me an e-mail at dryrun262@msn.com and I’ll add you to the list!
4. The Annual **Winter Boston Trip** date has been set for Saturday January 28th. We will leave the Shaw’s parking lot in Dover by 8:00 AM so we can make it the Fresh Pond race in Cambridge by 10:00 AM. You can run either one loop for 2.5 miles or 2 loops for 5 miles. This race is held every Saturday 52 weeks a year in any weather condition and has been held now for years! No entry fee or t-shirts – you just sign your name on a clip board and run. When you finish you get a Popsicle stick, you give your name to the guy w/ the clipboard and you leave. The top 5 runners – male and female – get their names in the Boston Globe on Sunday. Following the race we will drive into Boston to get some lunch, visit the New Balance Factory Outlet – perhaps NikeTown and the Bill Rodgers Running Center – and be back to Dover between 5 and 6 PM.
5. There will be a special December club meeting this year. We haven’t had a December meeting for the past several years because of poor attendance so we have moved the meeting back to the 2nd Tuesday (Dec. 13th) just for this month to get away from Christmas activities. We did this so as to have a special speaker – **Vaughn Cooper** from Dover. He recently competed in the Ford Ironman in HI back in October and swam, biked and ran to a new PR of 9:28! And to top it all off, he came back from a serious injury when stuck by a car several years ago.
6. Our Annual **Christmas Caroling Fun Run** is scheduled for Sunday afternoon December 11th. We will leave the Rec Center at 1:00 PM, hopefully accompanied by some of the St. Charles Eagles again this year. (I’m still awaiting a confirmation from St. Charles) Our first stop will be the SunBridge Nursing Home on Rochester Hill, then on to the Rochester Manor on Whitehall Rd. Our 3rd stop will be at St. Charles where we will drop of “shoe box” gifts for the children there. I should have a list of the kids at the next meeting if you would like to sign up for a gift. Our last stop will be the Gafney Home on Wakefield St. before we return to the Rec Center. The total run is only about 4 miles, but if you don’t want to run, you can drive along with us and help us sing. Even if you aren’t able to attend we need your help to donate cookies, candies and fruit for the platters of Christmas goodies that we leave at each of the four stops. We will be assembling the platters at Judi Rogers house on Saturday Dec. 10th. We will do our Yankee Swap at the club meeting on the 13th.

7. We have checked into the **Mill Cities Relay** for next year. This is a 28.3 mile relay that consists of 5 legs that runs from Nashua, NH to Lawrence, MA and is held on the first Sunday in December. This relay is by invitation only and they only allow one new club per year to join the relay. Rochester Runner's Club has been added to list and we will be considered for a spot next year.
8. Your club dues are paid up until 12/31/05 even though your membership card may have a date of 10/31/05. Next year's dues are due by Jan. 1, 2006 and can be paid anytime – either at a club meeting or sent to the club address at P.O. Box 727, Rochester, NH 03866.
9. The final NHGP race is the Operation Uplink 5K in Manchester on Sunday Nov. 13th at 10 AM. Cars will be leaving the Rec Center at 7:45 AM and the Market Basket parking lot at the Lee Circle at 8:00 AM. Online registration and directions can be found at www.manchesterfirefighters.org/uplink. We are hoping to have the Granite Runner sweatshirts for 2001 for distribution at the race.

Thank You From Reach the Beach

Back on September 17 in the wee hours of the morning, 7 Rochester Runners manned (and womaned?) the transition area in front of the Country Cookin' Restaurant at the Epsom Circle. They were on duty from 1:30 AM to about 7:30 AM and thankfully most of the rain had stopped for their shift. For their efforts they earned the club \$350. Thanks again are due to Joe and Laura Harding, Paul and Amy Lindsay, Barbie Yeaton, Kevin Scott, and Wendy Perillo, Here is a copy of the letter that we recently received along with the check.

Dear RTB Relay Volunteers,

I would like to thank all of you for being part of this year's Eastern Mountain Sports Reach the Beach Relay Race. We couldn't make this event happen without all of you working hard along the 200-mile route. Your participation helped make RTB a huge success!

Although we did have rain, fortunately it was not of the hurricane proportions of last year. New Hampshire is beautiful and even the rain could not dampen the spirits of the runners as they enjoyed spectacular views through the mountains down to the sea.

From the prospective of both the race staff and the runners, the volunteers make RTB both possible and a lot more fun. I hope you enjoyed your experience and will plan on joining us again next year. Plans are already underway to make the event better than ever.

Enclosed is a check made out to your organization for your participation in this year's event. As you recall, the total donation is based on the number of adult volunteers at your site as verified through the waivers of liability that were collected that day. Please let me know if you have any questions about this.

On behalf of the entire race staff, I thank you for your support of Reach the Beach Relay.

Sincerely,
Carol Rainville
Volunteer Coordinator

Club Officer Elections

Janet Glazier

We had our officers meeting and finalized the slate of officers up for election at the November meeting for 2006. They are:

Pres - Don Yeaton; 1st vp - Mike Andrews; 2nd VP - Judi Rogers;
Secretary - Laurel Valley; Treasurer - Chris Blanchette;
VP GrandPrix/Membership - Paul Lindsay; VP-Clothing- Dan DeFrees;
VP Webmaster - Scott Rowe; VP - Publicity Mary Ulinski;
VP - Newsletter - Alison Black; VP Misc. Affairs - Janet Glazier (formerly Club Historian)

11 officers up for election.

Still open: VP-Race Director---this is an open position, possibly looking for either a VP-Race Director, or a Committee to run the race in Fall of '06. Questions on the floor of the Nov and Dec. meetings will be whether we want to have a Race Director, a Committee, to bring back the Free Fall Classic in Oct. 06 or continue with the Thanksgiving tradition for 06.

Also, at both the Nov. and Dec. meeting, membership renewal will be available...cards are printed and ready for 06.

Upcoming Club Event Highlight

Mike Andrews

Instead of the Free Fall turkey day race which was cancelled for this year we will be having a more traditional Thanksgiving fun run with turkey raffles and different length courses to suit your preferences. For the turkey day event we will meet at 7am with the run starting at 7:15 am. This event will be held at the PSNH facility at 74 Old Dover Road in Rochester. I think everybody knows where this is but if you don't please call or email me and I will direct you. Please bring a dish or baked good as we will be having refreshments after the run. (In the event of a significant storm event I will not be able to host at this facility, as it will interfere with restoration efforts.)

Question on the Boston Prep 16-Miler

Bob Rondeau

HELLO Rochester Runners! I have a question: I have been running for over a year now and I have heard of this race, the Boston 16 mile Prep. I have heard it's a tough race but if done right it wouldn't be that bad. I know a lot of you have run marathons and are great runners but I don't want to hit a wall either, so I'd just like to get some advice on this race. I would really like to try it; I have done the Jackson road race

and Mount Washington road race. Thank you in advance if you could give your advice on this race. Bob Rondeau (Editor's Note: Bob can be reached at rambler@metrocast.net)

Upcoming Fun Runs

Bill and Kathy Paradis

On Sunday November 20th, I will be leading a trail run in York, Maine. We will be running double track trails and fire roads starting from a parking area just off route 91 at the "Wild Iris Herb Farm". This is a water supply protection area for York and Kittery so carry in / carry out is a must!

The route I have chosen is about 8 miles out and back, but you have the option of 4 miles of trails and a 3 mile return by road. Or another trail that adds 6 + miles with a run up the road or trails to the top of Mt. Agamenticus!

I would like to start at 8:00 am. but if most would rather start at 9:00 we can. We will be running on Sunday as there is "NO HUNTING" Sundays in Maine.

Please e-mail or call with your preferred start time, to RSVP for a head count, or if you need directions. wparadis@maine.rr.com 207-676-5831

6th Annual "PANCAKE RUN"

Saturday January 7th. We will be hosting the 6th annual "PANCAKE RUN" from our house in North Berwick. Routes from 4 to 12 miles will be mapped out for every ability. But remember, the first ones back have to start cooking! Incentive to run LONG!

Please RSVP! wparadis@maine.rr.com 207-676-5831

Rochester Runners Grand Prix

Paul Lindsay

RRGP update, 5Nov05: Some RR racing highlights in October included **Danyelle Phelps** finishing in the top 1% as 1st Granite Stater at the Tufts 10K for women in Boston; **Scott Rowe** and **Nathan Huppe** finishing 1st & 2nd in the Bridges 4 Friendship 10K extending RR's lead in the male open division among NHGP clubs; **Faye Lowrey** topping the NHGP women's age-graded times at Bridges by nearly two minutes; and **Jen Johnson** (BayState), **Sin Kounlasa** (Breakers), and **Dawn Heinrich** (Marine Corps) running marathons under their Boston qualifying standards. RRs who ran their best times for the past year in October were **Danyelle Phelps**, **Chuck Zerbinopoulos**, **Walter Shyska**, **Jen Daly**, **Brian Gallagher**, **Manya Hult**, **Jameson Harding**, **Tony Federer**, **Michael Cole**, and **Stephanie Cole**. S=speed points, D=distance points, t=team points, and T=total for the best 10 races; n=total number of

racers. Send corrections, questions, and comments to bplindsay@hotmail.com. For a detailed explanation of the RRG, visit rochesterrunners.com.

S	D	t	T	n	S	D	t	T	n	S	D	t	T	n			
19	51	18	88	32	Brian Gallagher	7	44	3	54	11	Kathy Paradis	4	10	3	17	2	Wendy Perillo
20	45	18	83	27	Dan Poliquin	10	34	9	53	8	Paul Lindsay	3	13	1	17	3	Cathy Orlowicz
14	48	21	83	17	Scott Rowe	2	47	4	53	14	Dan DeFrees	3	11	3	17	3	Dylan Tuttle
17	47	18	82	16	John Tuttle	6	43	1	50	16	Andy Schachat	0	13	3	16	2	John Racine
8	64	9	81	31	Sin Kounlasa	6	40	3	49	8	Britt Ulinski Shuman	2	12	0	14	3	Michael Burns
15	50	15	80	25	Kevin Scott	6	40	3	49	11	Janet Glazier	5	8	0	13	2	Michelle Crothers
10	57	12	79	28	Bill Paradis	1	42	3	46	11	Marilyn Metcalf	3	7	3	13	2	Drew Tuttle
26	43	9	78	32	Mary Ulinski	0	44	0	44	20	Alison Black	1	12	0	13	3	Cathy O'Brien
20	43	15	78	24	Bob Rondeau	14	29	0	43	7	Regina Flynn	3	9	0	12	2	Michael Cole
7	68	3	78	13	Laurel Valley	2	38	3	43	9	Judi Rogers	1	11	0	12	2	Jim Panaccione
14	51	12	77	20	Chris Blanchette	0	43	0	43	15	Diane Casselberry	1	8	3	12	2	Alex Reynolds
19	45	12	76	19	Sue Littlefield	5	33	3	41	6	Lisa Hart	1	8	3	12	2	Peter Smith
15	45	15	75	19	Nathan Huppe	7	32	1	40	7	Dave Smith	0	9	3	12	2	Kristie Della-Piana
14	58	3	75	18	Laurie Gaudreau	0	38	0	38	8	Dong Nguyen	3	8	0	11	2	Alan Rainville
7	55	12	74	34	Diane Levesque	9	25	3	37	6	Kristin Houle	3	8	0	11	2	Brenda Rainville
19	42	12	73	24	Judi Lemaire	6	31	0	37	6	Jen Johnson	3	8	0	11	2	Hanne Heinrich
16	42	12	70	31	Cliff Parkinson	6	30	0	36	5	Keith Shields	3	8	0	11	2	Kelsey Burrill
7	60	3	70	18	Dick L'Heureux	9	22	4	35	5	Don Norris	3	8	0	11	2	Jameson Harding
6	54	10	70	18	Pete Dubois	7	28	0	35	7	Dave Butler	0	11	0	11	3	Matt Richard
5	62	3	70	16	Dawn Heinrich	7	25	3	35	6	Jamie Houle	2	8	0	10	2	Karen Langlois
5	46	19	70	11	Phil Parker	2	30	3	35	7	John Dinella	2	8	0	10	2	Scott Burrill
14	45	10	69	15	Ken Houle	4	29	0	33	7	Joe Boyle	2	8	0	10	2	Stephanie Burrill
5	45	19	69	21	Ron Foster	7	24	0	31	6	Haley Heinrich	0	10	0	10	2	Judy Brenner
4	47	18	69	21	Don Yeaton	0	31	0	31	5	Greg Gaudreau	2	6	0	8	1	Susan Higgins
19	45	3	67	9	Danyelle Phelps	7	20	3	30	5	Lori Scott	0	8	0	8	2	Ernie Garland
8	53	6	67	13	Joe Harding	0	26	3	29	5	Craig Stephan	3	4	0	7	1	Kathy Owen
2	46	19	67	11	Pam Parker	7	21	0	28	5	Camden Moore	3	4	0	7	1	Tom Dunnington
3	53	9	65	13	Laura Harding	7	21	0	28	5	Thom Flynn	0	4	3	7	1	Charlie Nevejans
13	42	9	64	11	Don Foley	3	25	0	28	6	Michael Flynn	0	4	3	7	1	Ed Larkin
6	51	7	64	16	Tom Littlefield	0	28	0	28	7	Emily Trespas	0	4	3	7	1	Lisa Houle
1	53	10	64	15	John Rancourt	0	27	0	27	6	Elaine Parkinson	0	4	3	7	1	Rebecca Nevejans
16	44	3	63	20	Bob Randall	3	18	3	24	4	Jen Daly	2	4	0	6	1	Jim DeJohn
15	42	6	63	26	Darryl Cauchon	4	18	0	22	4	Amy Lindsay	1	4	0	5	1	Douglas Foster
3	42	18	63	13	Jack Prescott	3	17	1	21	4	Cash Leavitt	0	5	0	5	1	Don Gagne
2	42	18	62	18	Peggy Foster	0	21	0	21	3	Bruce Lander	0	5	0	5	1	Ken Hult
6	49	6	61	13	Mike Andrews	7	13	0	20	3	Clifford Russell	0	4	0	4	1	Brian Geiger
8	47	4	59	10	Walter Shyska	5	15	0	20	3	Stephanie Cole	0	4	0	4	1	Celeste Martel
8	41	10	59	10	Tom Watkins	4	16	0	20	4	Tracy Burns	0	4	0	4	1	Jeff Crothers
17	38	3	58	9	Chuck Zerbinopoulos	4	16	0	20	3	Tony Federer	0	4	0	4	1	Matt Burns
12	43	3	58	10	Dennis Graves	3	16	0	19	4	Nathan Rainville	0	4	0	4	1	Mike Dubois
8	37	12	57	8	Manya Hult	3	16	0	19	4	Peter Laine	0	4	0	4	1	Sue Houle
12	43	0	55	10	Ruthanne Laine	6	12	0	18	3	Mark Chrusz	0	4	0	4	1	Pat Maloy

“New” Marathon in Maine in 2006

We recently got an e-mail from Mike St. Laurent of LOCO running shoes about a “new” marathon in Maine next summer. If you are interested LOCO has a few free bib numbers for LOCO customers.

Paul Bunyan Marathon Slated for July 2006

The Paul Bunyan Marathon was last run through the streets of Bangor 1984 and will return to the Bangor area on July 16th next summer. The Marathon will start at 6:00 A.M. mostly to beat the afternoon temps and follow a newly revised course that will take runners on a journey through runner friendly roads and along segments of original Bunyan routes. Attendees will be joined by world famous running celebrities Dick Beardsley and Patti “Dillon” Lyons at the Pre Race Expo and Post Race Festivities. For veteran Bunyan runners that would like to join the marathon your entry will be waived. A shorter 10k event will be also be held at 6:00 A.M. and many kids’ events throughout the day. Runners looking at participating in the ’06 Paul Bunyan Marathon or Bunyan 10k can do so via on-line @ www.signmeupsports.com and visit the Paul Bunyan web site @ mysite.verizon.net/philnikeman/. Various raffles and prizes from local sponsors will be up for grabs totaling over \$5,000. Interested sponsors, officials, volunteers or groups wishing to become involved in this history making event, or for further information about running should contact Ryan King or Phil LeBreton at paulbunyanmarathon@yahoo.com, (207) 974-4007.

Officers’ Meeting Minutes, 10/31/05

Brian Gallagher’s Version

As you know, it was also the 17th annual RR Officer’s Halloween Ball. Red’s Shoe Barn closes and clears space between the aisles for us to dance. We hired the Guy Stearns New Castle Island Swing Band – awesome! This year’s theme was RR goes Hollywood. [Our standards are fairly loose but when Ken H. came dressed as a prepubescent Abe Lincoln we did have to draw the line. But it should be noted that he did subsequently enter Dover’s Halloween Parade costume contest and was second runner up (19th century American history category).]

But, back to Don Y and the turmoil he created; Don came dressed as Moby Dick. Nothing wrong in that except he was too large to fit in Red’s, so we had to hold the officer’s meeting in the parking lot. Plus, we had to go out and buy garden hoses so that he could be constantly kept wet.

I think I can speak for most of the officers that we were very disappointed. We had to divide our time between the parking lot and the dance floor. That sort of bifurcation had many of us in tears!

We missed you at the party, sorry you couldn’t attend.

Here are some of the costumes the officers wore:

Mike A: Rosemary's Baby (from Rosemary's baby)

Dan D: Mrs. Robinson (from the Graduate)

Judi R: Maid Marion (from The Adventures of Robin Hood)

Janet G: The Magnificent Seven (all seven -Yul Brynner, Steve McQueen, Charles Bronson, James Colburn, Brad Dexter, Robert Vaughan but most often as Horst Buchholz)

Brian G: Genjoro (protagonist of Kenji Mizoguchi's film Utgetsu, 1953)

Paul L: Johnny Depp (from Tim Burton's Corpse Bride)

Chris B: Deuce Bigalow (from European Gigolo)

Editor's Note:

Follow-Up from Brian: Brian followed up with me to say that he did not leave out Mary U. and Laurel V. Unfortunately, Mary's and Laurel's behavior was too excessive to be described in a family oriented newsletter.

Officers' Meeting Minutes, 10/31/05 **Don Yeaton's Version**

1. Nov. newsletter – due by noon on Sat. 11/5
2. Nov. speaker – either Bill or Tim from Rehab 3
3. Dec. speaker – Vaughn Cooper on 12/13 – ran a PR at the HI Ironman in 9:28!
4. Election of officers at Nov. mtg – Janet to e-mail list to Alison for newsletter
5. Christmas Caroling Fun Run – 1:00 PM on Dec. 11th. We will need cookies and candy for platters. Judi Rogers volunteered her house on Sat. to assemble platters
6. Final NHGP race for 2006 - Northeast Delta Dental 5K on Sunday Oct. 22nd
7. NHGP series for 2006 is complete
8. Dave McGillvray ?? Have Andy check dates of Jan. 17th or March 21st Bring it up for a vote at the Nov. meeting – cost: \$500 to Dave's charity
9. Club ½ marathon at 8:00 AM on Sunday Nov. 6th. ¼ marathoners meet at 9 AM – potluck brunch to follow at PSNH.
10. We need to start looking for Eastern States 20/10 Miler volunteers
11. Reach the York Beach Marathon Relay – Sat. Nov. 26th at 7:00 AM from the Rec Center
12. Thanksgiving Fun Run 7:00 AM at PSNH. Run to start at 7:15. Turkey raffle and Domino's Pizza gift certificates. Everyone to bring \$\$ donation for Strafford County Homeless Shelter and some food to share for after the run. Mike will have 2 loops.
13. Fresh Pond race and Annual Boston Trip set for Sat. Jan. 28th. Leave Shaw's in Dover by 8:00 AM.
14. Bill suggested we check into getting into the Mill Cities Relay on the 1st Sunday of Dec. Don e-mailed Dave Camire – the director – and we will be considered for next year's relay. They only allow one new team per year.

15. We need 2 volunteers to bring food and drink to the Nov. meeting???????
16. Trail run near Mt. Agamenticus on Sunday Nov. 20th

Rochester Runners Club
PO Box 727
Rochester, NH 03866