

ROCHESTER RUNNERS REPORT

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Next Club Meeting

**Tuesday,
October 18, 2005
7:00pm**

**Community Center
Rochester, NH**

Speaker:

Staff member from Rehab 3, a facility that offers **three locations**, each of which provides physical and occupational therapy using state-of-the-art rehabilitative techniques and equipment.

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President's Corner

Don Yeaton

Running the Relay

It was about 2 weeks prior to the Lake Winnepesaukee Relay on September 16, 1995, when I received a call from Dick Keller. One of the runners on their team, Deb Liberty, had to drop out and they wanted me to fill in and run leg #5 – 10.8 miles from Abenaki Ski Area to Morgan Farm. I was thrilled and honored to be asked!! There was talk that year of a men's master team for the relay, but it never materialized so here was my chance to run it after all.

Back then, some of the legs were a little different than they are now. I will never forget the image of Clyde Coolidge, with his arms flapping at his side, racing full speed down the hill past Kingswood High School to hand off to Bob Wyman who was at the exchange point that was at the ice cream stand just down the hill. I had missed the bus that shuttled the runners to Abenaki, so Clyde drove me as close as he could get in his Cadillac. I ran my leg through Tuftonboro that ended at Morgan Farm, back when that was on a dirt road and handed off to Mary Ann Gagne in 1:29:40. She passed the baton to Faye Lowrey and Holly Gallagher got our team to the finish on the last leg in a time of 8:41. Joe Boyle and Dick Keller had started us off on legs #1 and #2. We had our monthly club meeting on that next Tuesday and much to my surprise, we had taken 6th place in the Mixed Masters category and each of us received a little wooden trophy with a red maple leaf on top.

If you have never run on a relay team like the Lake Winni Relay or the Reach the Beach Relay, it's really a different experience from a normal road race. Most of the time we run for ourselves – for a team of ONE! There are the NHGP races where we run on a team to score points for our club, but it's still not the same as a relay.

In the relay when you pass a runner, you have essentially passed a whole team. That truth was brought home this year at the Lake Winni Relay.. Scott Rowe ran leg #1 for our fast team this year. He ran from Fun Spot to Gunstock – a hilly 10.7 miles - in 59:22. Several of us were at the exchange point waiting for him to hand off to Chris “the ROCK” Blanchette and we knew he had a big lead on the 2nd place team. The last time we had checked on him, we knew that he had at least a 2 minute lead on the HFC Bottle Openers. Chris was getting a little nervous because he knew that soon it would be up to him – could he keep the lead that Scotter had built up for us. After Scott came in, we soon realized that he had increased the lead to 4 minutes up the hills that led to Gunstock. Chris went on to run his fastest 11 miles ever and reached Alton Bay in 1:07:25. However, HFC had their best runner on leg #2 and caught and passed Chris about 6 miles into the leg. Noone else ever passed our team for the rest of the relay and even though Scott and John “Animal” Tuttle had run the fastest times on legs #1 and 3 and Nathan “Beaker” Huppe had the 2nd fastest time on leg #5, it wasn't quite fast enough to catch HFC for the win. Thanks to the great running by the rest of the team – Dave “Kermit the Frog” Smith, Ken Houle, Dan Poliquin and Tom Watkins, they were able to finish 2nd overall in 6:30:18 while HFC finished in 6:12:01. Not bad for a team with half of our runners over 40 years old and Ken is 58! We are not certain, but this time of 6:30 may have broken our club record at Lake Winni.

Congratulations to all three of our teams at Lake Winni this year!! Many of you ran some outstanding times this year on a near perfect day for running. And congratulations are also due to our Reach the Beach Team this year – the Purple People! We weren't quite as fast as the last 2 years – 32:16:53 – but we had some new runners this year and we had a great time. The whole concept of running on a team just inspires you to want to do your best for the team.

So..... next year when we start putting together the teams for RTB and Lake Winni, you might want to think about joining us – you won't be disappointed!

Race Report: Peterborough Harvest Classic 5 Miler, 10/8/05

Don Yeaton

Peterborough is certainly a long ride from Rochester for a NHGP race – almost 2 hours. But in spite of the dreadful, rainy conditions, the 9 of us RR's who made the trip had a good time. This race is unique in that it starts and ends by running across the concourse at the top of the dam at MacDowell Lake. On a nice, sunny day the view from the top of the dam must be incredible!

Between the start and finish of this 5 miler there are plenty of hills – no 5 mile PR for this course! Much of mile 4 runs on a trail alongside the lake that was very wet and muddy this year. It reminded me of the good times many of us at the now defunct “Weekend Before Hunting Season Trail Race” in Sandown. While it rained heavy

for the entire race, we were treated to exceptionally warm temps for October so that most runners were comfortable in shorts and singlets.

In spite of our small numbers and only one sole, brave female Rochester Runner – Diane Levesque – seven of us scored a total of 43 points for the club. Nathan Huppe got his 5th win for the year in a time of 27:51 and John Tuttle was 2nd in 29:07. We ended up 3rd overall behind 2nd place Monadnock Regional Milers with 62 points and 1st place Gate City Striders with 93 points. Hopefully, we will have better weather and a better turnout at the Bridges 4 Friendship 10K Road Race on Oct. 15th. You can register online at Coolrunning.com.

Running Notes

Don Yeaton

1. The annual club ½ Marathon will be held at 8 AM at PSNH on Sunday Nov. 6th in Rochester on Old Dover Rd. Those of you who want to run shorter can meet at 9 AM so everyone gets to finish at about the same time for the potluck brunch.
2. Also on Nov. 6th is the USATF-NE Cross Country Championships at Franklin Park in Boston at 10 AM. Tom Watkins is thinking about going down to watch – if interested contact Tom at tomwatkins58@comcast.net
3. This year's Christmas Caroling Fun Run will be run on Sunday December 11th at 1:00 PM.
4. Since we have changed our club membership year to a calendar year, those of you who have this year's membership card with an expiration date of 10/31/05, your card is good through December 31st.
5. The election of officer's for 2006 will be held at the November club meeting. If you would like to run for an office, please contact either Janet Glazier or Diane Levesque who are serving as our Nominating Committee
6. Andy Schachat has suggested that we try to get Dave McGillvray as a speaker in the near future. Dave is the Race Director of the Boston Marathon and is an outstanding speaker. (I've heard him twice) He will come for his standard fee of \$500 that he donates to his own charity for kids with serious diseases. We will discuss this at the Oct. meeting.
7. We are working on two ideas for future fun runs – another trail run like the Devil's Den run in New Durham and our own "Reach the Beach" Marathon Relay. We would have teams of no more than 5 and we would run from Rochester to York Beach – about 26.2 miles. Teams could run legs of any distance they chose and could switch runners in any order and at any time they wanted. To make it more interesting and to try to get all teams to the beach at about the same time, we could have Paul Lindsay help us put together teams based on our 5K baseline times. More details to follow!

Jay Peak Report—My First Ultra Marathon

Dawn Heinrich

Driving to Jay Peak I had too much time to think. My friend, Kris that I was driving up with was only doing the half (18.?) miles. I had won the entry and after looking at the web site, I originally decided to stick with the half as well. I kept checking out the website though and found out the water crossing with the cable was not part of the half. The water crossing looked really fun so I wrote to the race director and told him I changed my mind. He wrote back, "you have just made the best decision of your running life."

I had no training plan. I never do. I did know that I should probably do some long trail runs. I had done the Muddy Moose in Wolfeboro and thought it rather fun. I would just have to do that distance twice. How hard could that be?

I did the USATF mountain series and thought it was good preparation. Sometimes I even ran the next day to get some distance. Once I ran with Bob Mathes, an experienced ultra runner. He took me on a 17 mile trail run that made me sore for days. My other long run was off the Kankamaugus. It was the fourth

of July and I went alone. I don't think I have ever had a more miserable run. The bugs were awful but running through the mud and brooks was even worse. I decided that I hated trail running and would never do another one after Jay Peak. Then I sprained my ankle. I had been running for 90 minutes when I twisted it the first time. Shortly after that I did it again. The second time really hurt. I limped along for awhile and came to the cold brook I hated the first time through but this time I soaked my ankle for awhile to numb it. When the bugs got too bad I decided to try and hobble my way back to my car. On the way back there was a sign that said the highway wasn't far. I decided to go that way so I would be on level ground and thought it might even be a short cut. Bad decision. After hobbling another hour with no highway in sight I knew I needed to go back the way I came. In all, the run/hobble took me 4.5 hours.

As Jay, Vermont got closer I panicked feeling I had not trained sufficiently for a 28 mile run. I was terrified. Sure I could finish it but not in the allotted time. When we arrived in Jay we went to register. Naturally I was told I was not registered for the whole but for the half. This was my chance! For some reason I argued with her and she agreed to check with the race director. She told me to come back the next morning which was also race day. That night I decided to run the half. I was so relieved! Early the next morning after a miserable search for a cup of coffee I went down and found the woman. I asked her if she had already changed it. She said she was up until midnight making changes and that I was all set. Then she said "why?" in a harsh tone. I said, "thank you" and skulked off.

During the pre-race briefing we were informed that the race was a bit longer than they originally said because some people had not consented to use of their land. They weren't sure how much longer. No one else seemed to mind. I was livid. Thankfully the weather was perfect.

The race began slowly. Runners seemed relaxed and happy to be there. Thank goodness for Sinthy. I had convinced her to run this marathon and felt very guilty about it. She and I ran together in the beginning. We both would call out each other's names when we became separated. We went through some single track (I finally know what that means) and some easy paths. Every once in awhile someone would ask if we were on the mountain yet. The response was that we would know when we were on it. After about nine miles we came to the mountain. I didn't see anyone running it except in short bursts. People were walking and talking. The view was incredible. I had a sudden surge of happiness and thought about a friend, Pat, who had recently died. She knew she was going to die and was ready. I told her I would do a champagne toast to her after she went. I swear I felt her presence there.

It was nice being able to change shoes after running through the first stream. People grabbed their bags and changed shoes and socks.

I reached the top of Jay shortly before Sinthy and took advantage of the water and food. I loved the salty potatoes! I ate a ton as and had a mouthful as Sinthy ran past so I reluctantly gave my banana back and ran to catch up. The downhill was extremely steep and scary. Sinthy took it a more carefully than I did but I had to run ahead and find a place to relieve myself of all the fluids I had taken in.

We did some more river running. Thanks to my shoes I passed a lot of people in the river. Much of the course was through the water. At this point I had lost Sinthy. I hooked up with a bunch of guys and we laughed and talked the whole time. At one point I was chest deep and a guy asked if I could hold his pack for a second. As soon as he handed it to me I lost my balance and went under. The best part was the river crossing with the cable. I flew across! The clothes change station came shortly after the the crossing. The only thing I wanted was dry socks which I forgot so I decided not to change but to continue on.

On an on I ran/walked through mud, up huge sand dunes, more rivers but the worst was the fields and road. The only time I saw bugs was in the field. The course was never boring. Sometimes I was alone and other times I was chatting it up and laughing with another runner. I was getting tired and at one of

the water stops I asked how much further I had . I was told it was twelve more miles. At this point I had had enough. I whined a bit at the woman that it couldn't be that much but she had little sympathy so I ran on to find the "biggest mud pit". Another guy was there and as I sank up to my waist in mud I told him he should probably go a different way. Meanwhile he sank about the same and informed me that his way was not much better.

I was starting to feel like I would be running forever. I wasn't in terrible pain but just weary. I could definitely feel my IT band but my quads felt fine. I was lost in thought when I rounded a corner and suddenly saw my friend Kris. I couldn't understand why she was here. She informed me that I was almost done but I thought she was joking until I saw the finish line down a steep hill. Wow, I really did it.

I have run several road marathons and they seemed much harder than this. I was sore for a week after the race but not the kind of road pounding soreness I have felt after a regular marathon. We later found out the Jay Marathon was actually 31+ miles but it didn't seem it to me. Truly I have never had so much fun on a race. I met some wonderful people on the way. I loved the relaxed atmosphere and beautiful scenery. I think I even love trail running!

After the race I bought a bottle of champagne and Sinthy, Kris and I toasted Pat. Pat told me to live my life to the fullest. I know she was there with me as I took her advice. I worked hard, had fun, did my best and was definitely ready for the finish.

Upcoming Club Events

Mike Andrews

On Sunday November 6th, I will be hosting the annual club half marathon with an all new course at 8am and 9am for anyone that wants to run a shorter distance so we will all finish at the same time. Also, 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.

Both events 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. For both events please bring a dish or baked good as we will be having refreshments after the runs. In addition for the Thanksgiving event in the spirit of the holiday season I would like to collect canned goods or non perishable items which will be presented to our Kevin Scott who is actively involved in a local homeless shelter. (PS: 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.)

Rochester Runners Clothing Now Available

Dan DeFrees

Rochester Runners Apparel NOW Available!!!!!!!!!!!!!! Highly Coveted And 'til now, Hard to come by RR apparel now available!

I have in stock RR ss/l's Tees at reduced prices! \$5.00 each

The new Tech Tops with two sided three colored RR logo in long and short sleeve are now in stock. These tops are perfect for the cooler weather coming our way! A perfect way to show the RR colors year round! These tops would also make perfect gifts for the upcoming holiday season, put it on your wish list now! Priced @ Long sleeve \$23.00 Short sleeve \$21.00

We still have RR singlets (tank tops) in men's and women sizes \$15.00 each. Also, Team Jackets suitable for running @ \$50.00. Just a note girls, I was able to get a limited number of jackets in size XS!

You can place orders with me @ DBLDdefrees@msn.com or phone me @ 603- 335-7124. Orders can be shipped direct to you or picked up at Red's Shoe Barn. We can also make arrangements to distribute clothing at a club function or race. Call or E-mail with questions, Thank-You, Dan

A Call for Help

Marilyn Metcalf

Hi, I'm sure many of you know my daughter (Jen) got married last December. :-). She married a wonderful man (Bryce) whom she met in college. Following family tradition, he signed up for the Army a month after his college graduation. They have been living just outside of the Ft. Campbell Army Base in Tennessee. Unfortunately, Bryce just left for Iraq on Monday. Jen had volunteered to be the group 'contact' person for information that can be relayed to their family members back home. Upon telling several of my friends and co-workers about my son-in-law several people have expressed an interest in sending care packages to any soldiers who might not otherwise receive them. The Commanding Officers' wife will be giving Jen several names of soldiers next week. Jen would be more than happy to give you a soldier's name in Bryce's unit if you are interested. There is also a telephone number that if you call - you will receive 10 free boxes, free packing tape and free mailing labels. It's a Federal # 1-800-610-8734 ask for customer service and say you want a "Soldier Care Kit". I called yesterday and they will send this Kit to me within 10 days. Two of the boxes can be mailed out at a flat rate of \$7.70 and it can be as heavy as you can get it. If anyone is interested in sending care packages - please let me know. Thank You!

Rochester Runners Grand Prix

Paul Lindsay

RRGP update, 9Oct05: Kudos to the nine hardy souls who braved the rainstorm yesterday to represent our club in the Pumpkin Harvest 5 mile NHGP race all the way over in Peterborough, where **Nathan Huppe** was the overall winner and **John Tuttle** second. Other highlights this past month include new state single-age records by **Faye Lowrey** (8K) and **Scott Rowe** (half marathon) and a 2nd place finish overall out of 90 teams in the Winnepesaukee relay by our team of **Scott Rowe, Chris Blanchette, John Tuttle, Dave Smith, Nathan Huppe, Ken Houle, Dan Poliquin,** and **Tom Watkins**. RRs who had their best races in the past year in the last month include **Dan Poliquin, Phil Parker, Manya Hult, Tracy Burns, Danyelle Phelps, Don Foley, Haley Heinrich, Lori Scott, Peter Laine, Dick L'Heureux, Laurie Gaudreau, Faye Lowrey,** and **Kelsey Burrill**. S=speed points, D=distance points, t=team points, and T=total for the best 10 races; n=total number of races. Send corrections, questions, and comments to bp Lindsay@hotmail.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
19	50	15	84	30	Brian Gallagher	6	40	3	49	8	Britt Ulinski Shuman	2	12	0	14	3	Michael Burns
14	48	18	80	16	Scott Rowe	7	39	0	46	9	Kathy Paradis	5	8	0	13	2	Michelle Crothers
18	46	15	79	25	Dan Poliquin	1	42	3	46	10	Marilyn Metcalf	3	7	3	13	2	Drew Tuttle
15	46	18	79	15	John Tuttle	2	39	4	45	8	Walter Shyska	1	12	0	13	3	Cathy O'Brien
26	43	9	78	27	Mary Ulinski	0	44	0	44	15	Alison Black	1	11	0	12	2	Jim Panaccione
23	42	12	77	23	Bob Rondeau	0	43	0	43	15	Diane Casselberry	1	8	3	12	2	Alex Reynolds
14	51	12	77	19	Chris Blanchette	5	28	9	42	6	Manya Hult	1	8	3	12	2	Peter Smith
15	49	12	76	22	Kevin Scott	5	33	3	41	6	Lisa Hart	3	8	0	11	2	Alan Rainville
11	56	9	76	25	Bill Paradis	11	26	3	40	6	Chuck Zerbinopoulos	3	8	0	11	2	Brenda Rainville
3	64	9	76	28	Sin Kounlasa	7	32	1	40	7	Dave Smith	3	8	0	11	2	Hanne Heinrich
7	65	3	75	12	Laurel Valley	14	25	0	39	6	Regina Flynn	3	8	0	11	2	Kelsey Burrill
19	46	9	74	16	Sue Littlefield	0	38	0	38	8	Dong Nguyen	1	10	0	11	2	Tony Federer
12	58	3	73	17	Laurie Gaudreau	9	25	3	37	6	Kristin Houle	0	11	0	11	3	Matt Richard
6	52	15	73	30	Diane Levesque	6	30	0	36	5	Keith Shields	0	8	3	11	2	Jen Daly
19	43	9	71	21	Judi Lemaire	5	28	3	36	7	Janet Glazier	2	8	0	10	2	Karen Langlois
12	43	16	71	17	Nathan Huppe	9	22	4	35	5	Don Norris	2	8	0	10	2	Scott Burrill
16	42	12	70	28	Cliff Parkinson	7	25	3	35	6	Jamie Houle	2	8	0	10	2	Stephanie Burrill
6	54	10	70	17	Pete Dubois	2	30	3	35	7	John Dinella	0	10	0	10	2	Judy Brenner
5	46	19	70	11	Phil Parker	2	30	3	35	7	Judi Rogers	2	6	0	8	1	Susan Higgins
4	47	18	69	21	Don Yeaton	7	24	0	31	6	Haley Heinrich	0	8	0	8	2	Ernie Garland
5	60	3	68	15	Dawn Heinrich	7	24	0	31	6	Dave Butler	3	4	0	7	1	Kathy Owen
5	60	3	68	17	Dick L'Heureux	0	31	0	31	5	Greg Gaudreau	3	4	0	7	1	Tom Dunnington
2	46	19	67	11	Pam Parker	6	24	0	30	5	Jen Johnson	2	5	0	7	1	Wendy Perillo
5	45	16	66	19	Ron Foster	4	25	0	29	6	Joe Boyle	0	4	3	7	1	Charlie Nevejans
13	42	9	64	11	Don Foley	0	26	3	29	5	Craig Stephan	0	4	3	7	1	Ed Larkin
1	53	10	64	15	John Rancourt	7	21	0	28	5	Camden Moore	0	4	3	7	1	Lisa Houle
14	42	6	62	21	Darryl Cauchon	7	17	0	24	4	Thom Flynn	0	4	3	7	1	Rebecca Nevejans
15	43	3	61	18	Bob Randall	3	21	0	24	5	Michael Flynn	2	4	0	6	1	Jim DeJohn
10	44	7	61	13	Ken Houle	0	23	0	23	5	Elaine Parkinson	1	4	0	5	1	Douglas Foster
6	49	6	61	13	Mike Andrews	4	18	0	22	4	Amy Lindsay	0	5	0	5	1	Don Gagne
0	51	9	60	11	Laura Harding	6	12	3	21	3	Lori Scott	0	5	0	5	1	Ken Hult
16	40	3	59	8	Danyelle Phelps	3	17	1	21	4	Cash Leavitt	0	4	0	4	1	Brian Geiger
3	41	15	59	12	Jack Prescott	0	21	0	21	3	Bruce Lander	0	4	0	4	1	Celeste Martel
4	50	4	58	13	Tom Littlefield	7	13	0	20	3	Clifford Russell	0	4	0	4	1	Jameson Harding
3	49	6	58	11	Joe Harding	4	16	0	20	4	Tracy Burns	0	4	0	4	1	Jeff Crothers
2	41	15	58	16	Peggy Foster	3	16	0	19	4	Nathan Rainville	0	4	0	4	1	Kristie Della-Piana
8	37	10	55	9	Tom Watkins	6	12	0	18	3	Mark Chrusz	0	4	0	4	1	Matt Burns
12	39	3	54	9	Dennis Graves	3	13	1	17	3	Cathy Orlowicz	0	4	0	4	1	Mike Dubois
10	34	9	53	8	Paul Lindsay	3	11	3	17	3	Dylan Tuttle	0	4	0	4	1	Sue Houle
2	47	4	53	14	Dan DeFrees	0	13	3	16	2	John Racine	0	4	0	4	1	Pat Maloy
12	39	0	51	9	Ruthanne Laine	3	12	0	15	3	Peter Laine						
6	43	1	50	16	Andy Schachat	0	15	0	15	4	Emily Trespas						

Sinthy Kounlasa: Going As Far As She Can Go

By Nick Gosling, Media Relations at the University of New Hampshire

Editor's Note: This article appeared in the 9/28/05 University of New Hampshire Campus Journal and is re-printed here without permission. To see the article online, with a wonderful picture of Sin included, go to the following web site: <http://www.unh.edu/news/campusjournal/2005/092805cj.html>

Sinthy Kounlasa stands in starting coral 11, the number 11677 across her chest. More than 17,000 runners surround her at the start line of the 109th Boston Marathon on West Main Street in Hopkinton, Mass. The April day is sunny and warm, 70s, perfect for running.

Kounlasa has trained by running 35 to 40 miles a week since her last Boston Marathon one year ago. She has run 15-mile runs once a week. She has run 37 races since last April. Kounlasa is prepared to reach her goal, a personal record in the Boston Marathon. She has to run faster than 3:43:03, her current Boston Marathon personal record, which she set in 2002. Last year at Boston she finished in 3:48:30 despite stomach cramps.

"I'm not a fast runner," Kounlasa says. "I just want to see how far I can go."

Kounlasa has worked in the Whittemore School of Business and Economics as an administrative assistant since 1985. In her office in the top floor of McConnell a book on Buddhism sits on her shelf and a large colored map of Southeast Asia is tacked to her wall.

"They are to remind me where I came from," she says. "Because I miss home."

Home for Kounlasa is Laos in Southeast Asia. Kounlasa's childhood there was a somber one. Her father died from rabies when she was 2. Her mother disappeared a few years later, was never found, and is presumed dead.

After the disappearance of her mother, Kounlasa and her three siblings were raised by her grandparents. Life for Kounlasa involved working hard everyday. As young as 5, she helped around the house carrying water from the river several times a day and cleaning.

Kounlasa's opportunity for formal schooling came when she was sent to live with her aunt in the city. In her aunt's home Kounlasa still had to work hard every day, helping to raise her aunt's eight children, but she had time to attend the nearby Catholic school.

For two years Kounlasa was unable to communicate with her grandparents and siblings in the countryside. When she finally earned the bus fare to return to the village, she learned that one of her brothers had died 10 days before her arrival.

As Kounlasa climbs Heartbreak Hill at mile 21 she is confident she can finish. In last year's Boston Marathon, the stomach cramps she had prevented her from waving to the fans. This year she waves back to the crowds and high-fives as many children as she can. "I was there just to enjoy their presence and wave back," she says.

During the 1970s Laos became a Communist-controlled government. Kounlasa's grandmother knew it was time for her granddaughter to leave. "She told me 'Sinthy you have to go because you need to give your children a future'," Kounlasa says.

Kounlasa, her two children (3 years and 6 months), her ex-husband, and his mother fled to Thailand. In Thailand they spent 16 months in three detention camps.

In 1982, with the help of an American missionary worker, Kounlasa and her family were able to move to America. They settled in Newmarket.

Sixteen years later Kounlasa tried on her first pair of running shoes. In October 1998, Kounlasa ran her first race, the Great Island 5K in New Castle.

She soon heard about an annual road race to raise money for the St. Charles Children's Home in Rochester, which helps children of families in crisis. When Kounlasa heard that the children and nuns from St. Charles actually run the annual race, she was so inspired that she decided to make it her goal to run the race every year. In September 1999 she ran in her first St. Charles race.

"When I heard about the children's home it hit me because I lost both of my parents," she says.

Now when she runs the St. Charles race she often accompanies one of the children. She remembers the first year that she was asked to do so. Hand-in-hand Kounlasa and Kayla, a St. Charles child, ran the entire 5K race. "If I let go of her hand for just a few seconds she would say, 'No, no, give me your hand'," she says.

In her office evidence of Kounlasa's running culture isn't hard to see. Dozens of pictures of Kounlasa crossing a finish line, exhausted but smiling triumphantly, are displayed on her desk. In the corner is a rack overflowing with running medals from the innumerable races she has run. Tucked away in her desk she keeps a binder filled with all the race numbers that she has worn, the time and date that she ran the race printed on each number. "Some day I will look back and say 'Oh my god I can't believe I ran all those'," Kounlasa says.

Kounlasa crosses the finish line of her fourth Boston Marathon on Boylston Street. With the strength she has left she looks up at the timing clock to see 3:38:56, a personal record.

Later, when Kounlasa reflects on her run, she says, "To finish is just so great anyway."

Officers' Meeting Minutes, 9/26/05 at 6:30pm

Brian Gallagher

Present: Don Y, Judi R, Janet G, Mike A, Paul L, Brian G, Dan D.

Host: Red Shoe Barn

Special guest: Kristin Houle with her accordion, several trained birds, and a fork.

Don Y: RR will host a Thanksgiving Day fun run at 7:00am from PSNH (Old Dover Rd in Rochester). Variety of loops – 3, 5, 8 miles. Pot luck food & turkey raffle after the run. RR is asking that participants bring a donation (cash or food) for the Homeless Shelter.

Don Y: Guest speaker suggestions –

Dave Abbott from ReHab 3 – Don Y to follow up.

Brian G to check on availability of a speaker from UNH's speakers bureau

Don Y to talk to Andy S about Dave McGillivray (Boston Marathon director).

Kristin H: offered to speak about the Atomic Theory of Bicycles. In particular, its relevance for runners and running.

Mike A suddenly stood up - arms gesticulating wildly, spittle flying from his mouth, and anger lighting his eyes – and began yelling that it is only a theory that bicycles exist and that the last 100 years of investigative research on the subject is wholly formed on mystery and legend!!!! While many RR officers huddled in a corner; Judi R and Janet G, calmly but with necessary force, subdued the frantic Mike A. They escorted him outside to the curb where he lay in a pool of venom, blood, and stormwater runoff.

(meeting resumed at 7:20pm)

Janet G: nomination committee – Need to revise some of the officer titles.

Create a new VP position: Volunteer Coordinator, who would also administer the rewards program (see Dan D's article in the May '05 newsletter explaining the program).

Paul L & Dan D left to check on Mike A but all they found were a few claw marks and a muddy trail leading to the edge of the woods. They continued to search for a while but stopped when they heard two riders approaching and the wind began to howl.

(meeting resumed 7:55pm)

Don Y: (via Tracey B) family fees at races.

RR discussion: It gets complicated for race directors. Maybe a race could offer a cheap rate and then the entrant could (if interested) pay extra for a t-shirt.

Don Y: I will bring this topic up at the next NHGP meeting.

Dan D: I now have all the RR clothing.

I will attempt to have pictures on the RR website.

Don Y: at the next NHGP meeting (10/17) I will suggest that Big Lake ½ marathon be RR race for the year. Second choice will be the St Charles race.

Don Y: next NHGP race is the Peterborough 5 miler on 10/08. Carpool from Rec Center at 6:15am.

Don Y: Xmas carol fun run will be on 12/11. Details to follow.

Don Y: Lake Winni relay – our “fast” team came in second overall. They ran under a 6 minute per mile pace. Congratulations.

Paul L: club ½ marathon will be held on 11/06 at 8:00am and the ¼ marathon will start at 9:00am. Pot luck afterwards. Will probably be held at PSNH.

Don Y: should we do a fall trail run?

RR: Yes.

Don Y: will check with Bill P, Tom L, & Laurel V for a possible route in Maine (no hunting on Sunday).

Janet G: I wish that we could

(Editor’s note: The meeting was interrupted by the Dover Police executing a search warrant. All RR officers were interrogated and released but Judi and Janet were admonished not to leave town. But - you know them - they left anyways.)

(Assistant Editor’s note: It is not true, as reported in the newspaper, that “Trouble follows Mike A. like fleas follow a dog”.) (Special Projects Editor’s note: Be prepared Rochester Runners. You must endure and survive the onslaught of confusions and terrors, and move into a realm beyond those things.) (Editor of the Editorial Page’s note: There will be no surprises; therefore there will be no pain.)

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