

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 8

SEPTEMBER, 2005

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Next Club Meeting

**Tuesday,
September 20, 2005
7:00pm**

**Community Center
Rochester, NH**

**Speakers:
Fellow club members
Dawn Heinrich, Sin
Kounlasa, and Laurel
Valley will discuss
ultra/trail marathons.**

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President's Corner

Don Yeaton

“Exercise Induced Endorphin Euphoria”

I know you know what this feels like. You've just finished the race and you've caught your breath. You know that feeling when you've just run a PR for this distance or for this course OR perhaps you've just beaten another runner you've been chasing all season OR you've won your age group for the first time OR perhaps you just won the race!! And now you are enjoying the post-race festivities and basking in the glow of the friendship of your fellow runners who like you, have suffered through the course, but you all have finished. What a great feeling when “your plan comes together” and all that training pays off and you run a near perfect race. Most of us experienced that great feeling at the Union Leader Classic 8K on September 10th. Many of you won prizes and as a team we took 2nd for the NHGP series.

But I also know that you all know the feeling when everything goes wrong. You just don't feel right, your legs are like lead and you just can't get your body to move. Forget the PR's and bring on the PW's. Don't you just hate it when the guy with the double jogging stroller passes you – going uphill! A bad race can ruin your whole day, but we shouldn't let it because everyone has a bad day – even the elite athletes like Paula Radcliff at last summer's Olympics. Even when things go wrong and we don't finish as well as we had hoped – at least we are out there doing something that the majority of the population won't or can't.

But there is one more feeling that I again know most of you know full well and this one is the worst. What's it like when you can't run because of an injury or sickness? One day you can be in marathon or 5K PR shape and the next day you can barely walk out the door.

The past few months we've seen a rash of injuries or illnesses that have sidelined many a Rochester Runner. John Racine ran the Boston Marathon in April. About a month and half later, he faced surgery for stomach cancer and is just now beginning to be able to walk a mile. Scott Rowe picked up a case of poison ivy at the Yankee Homecoming 10 Miler on August 4th. This is usually a rather innocuous condition that only produces an annoying rash and itch, but Scott got it so bad that the swelling in his legs and feet kept him from racing for over a month. Alison Black hurt her knee training for a spring marathon that had to be put on hold. Diane Casselberry had a case of shin splints gone bad from the Market Square 10K that shut her down for the summer and put her in a cast for a couple of weeks. Wendy Perillo was getting ready for her first Reach the Beach Relay until a stress fracture in her shin changed those plans. Both Paul Lindsay and myself have had troubles with Achilles tendonitis this summer. It's only a tiny spot on the body, but it can bring your running to a sudden stop.

We all recognize the addictiveness of running. I was hooked after my first race at Red's in 1989. When we first start out, we improve very rapidly. We become too over confident perhaps. We feel bullet proof and unstoppable until..... that first injury shuts us down. And then oftentimes, all we can do is wait.

So – the next time you have a good race – enjoy it – be grateful for it, but also recognize that we sometimes walk/run a thin line between success and disaster from an injury or illness. And one more thing – be nice to your injured running friends – you could be next!

“Do not boast about tomorrow, for you do not know what a day may bring forth.” Proverbs 27:1



“The Chief Douglas J. Scruton Memorial Scholarship”

Fundraising for a Scholarship

Cathy Orlowicz

September 14, 2005

Greetings,

My name is Mrs. Catherine Orlowicz. I met Doug while working together on Town events over the years and I feel honored to be able to say we were friends.

As many of you know, Doug had a soft spot in his heart for the youth of our community. He unselfishly dedicated himself to helping our youth find and fulfill their greatest potential. I would like to take this opportunity to ask for your support with a memorial scholarship trust that has been established in honor of Police Chief Douglas J. Scruton. This scholarship will give everlasting life to his devotion of reaching out to our youth, for the rest of time.

The income from this scholarship will be awarded to students, from New Durham, wishing to further their education, once they have successfully completed high school. I will be running the Marine Corp Marathon, in Washington DC in October 2006, as a way to raise funds for the scholarship and to honor his dedication to his service for our country. He lived his life following the values of the Corp, so it seemed appropriate to choose this marathon for raising funds.

To be successful in running the marathon (26.2 miles) I will be training in some pretty bad weather, long runs in heat, snow and rain. But it's what I must do to prepare myself to run the marathon. Support along the way is very important. I am honored that Doug's wife Robin and their family Cathy, LeeAnne, Richard, grandchildren Matt and Julia will be my support team on the course in DC while I run the marathon. Also I have the honor of running the marathon with their son in-law Marine Sgt. Jamie Morgan currently stationed in DC. I am overwhelmed by their generosity and support.

To be successful in raising funds for “The Chief Douglas J. Scruton Memorial Scholarship” I am asking for your help. I will train to run the marathon alone, however I need your generous support to help fund the scholarship. Please be assured that all funds raised will go to the scholarship.

Any donation would be appreciated. I have set a goal of \$50,000.00. If donations are made by check, please make payable to the DJ Scruton Memorial Scholarship and mail donations to the New Durham Police Association, PO Box 207, New Durham NH 03855. Another way to help, please spread the word around to your friends about the scholarship.

Thank you for your time and support. Your assistance will make this goal a reality, and in some way Doug will continue to reach generations of youth so they may reach their full potential. A copy of “The Chief Douglas J. Scruton Memorial Scholarship” Trust are available for review upon request. Please feel free to contact me at the following, phone number 603-859-4643 or cathyo@worldpath.net, with any questions.

Sincerely,

Mrs. Catherine Orlowicz

Grantor for Trust

Help Needed—Race Results

Alison Black

Do you find yourself looking up race results every weekend? Can't wait to see how fellow club members did? Then put your efforts to good use by helping Paul Lindsay look up race results for the Club Grand Prix. I helped Paul with this task for the past two years or so, but I have recently stepped down from this role. Many of you know how hard Paul works for the club by coordinating the Club Grand Prix. Just a few minutes of your time could help him out immensely. If it would be easier, we could have a different person help look up results each month. All that you are required to do is look up race results once per week and report them to Paul. We can provide you with a club member list to make the task easier. Please contact me or Paul Lindsay if you can help (bplindsay@hotmail.com or tennpurp@yahoo.com; our phone numbers are on the first page of the newsletter). Thanks!

RRGP Mailbag

Paul Lindsay

Paul,

For years this scoring system has baffled me. How could I run two races this weekend and remain at 62 points? Wouldn't distance points alone be affected? I have no idea what the little t represents. Oh well, no big deal.

Darryl

Hi, Darryl

Thanks for asking--I can see where the results table isn't easy to interpret without an orientation! Your score for the year is the sum of your 10 best races if you have run more than 10 (which you have). That is to prevent club members who run 20-30 or more races from automatically excluding "average" runners from a possibility of winning the RRG. Once you get up to 10 races, your season's score only increases when a new race scores higher than one of your previous top 10. Say for example your lowest score after 14 races was 4 points, then you scored a 6 in the next race. That 6 would replace a 4 for a net gain of 2. The effect is that after 10 races your score can still improve, but only in small increments, and not necessarily after every additional race. In your case, your lowest score after 16 races was a 5. This past weekend your two races were worth 4 (a 4 miler with no speed points) and 5 (a 5K with one speed point), neither of which added to your season's total.

The little "t" is the team points. Up until a couple of weeks ago I didn't bother to show it (to save space) figuring that you could subtract S and D from big "T" to find out how many team points you had. This year though, with each NHGP race worth an extra point (3 compared to 2 last year), it has a bigger impact on the overall scoring, so it ought to be highlighted in the results. The Union Leader NHGP race this coming Saturday will therefore be worth from 7 to 10 points (4 distance + 3 team + up to 3 speed). Your baseline is 21:23 at the North Hampton Old Home Day 5K, so at an 8K your speed goals are 37:00 for 1 speed point, 36:18 for 2, and 35:35 for 3, and depending on the weather and how you are feeling Saturday, I would say that these are all attainable times for you (not that it would be easy!).

Keep up the good running.

Paul

Cardiopulmonary Testing Available

Kristy Wechter

I am an exercise physiologist and I perform cardiopulmonary stress testing at York Hospital and we are opening the testing to the public... This test measures ones VO2 max and would provide information about one's anaerobic threshold. These are great things for training. The test is also interpreted by an on staff Pulmonologist; this would offer great detail of the test results. We are in the process of making up a brochure. The price has not yet been determined however it will not be covered under insurance. I have tested Bill Paradis so he would be able to offer some explanation as to what is involved.

Interested in finding out more? Contact Kristy via email at kwechter@yorkhospital.com.

The Laurel Valley Race

Laurel Valley

I arrived in South Carolina a few days early and drove to the finish at White Water Falls. There I ran about 2 miles out and 2 miles back. The 2 miles back was absolutely horrendous so it was a good taste of things to come. I took a hike up Table Rock Mt. the day before the race and then met Race Director Claude Sinclair, Will Brown and a few others at the hotel. We had a pre race meal at a nice restaurant with about 20 runners attending. I had beer and steak. I think they were happy to see I wasn't a tea-totalling vegetarian type Yankee.

We met at the finish area at 5:15 AM to car pool to the start at Laurel Valley. After milling around the start in the dim morning light for a few minutes, Claude blasted a shot from his huge civil war rifle and the runners were off...slowly. We had to climb single file up a steep set of wooden steps embedded into the hill. This was my first taste of the infamous "wooden steps" that climbed up and down over and over again throughout the course. There must have been thousands of them. They were just wooden blocks or small logs pounded into the steepest sections of trail to provide footing for the hikers and probably to prevent erosion, too.

Less than a half mile into the race a woman with dark hair went by at a fast clip and I thought it must be 2005 Western States winner, Annette Bednosky. It was, and I never saw her again, she was long gone by the time I got to the finish. I felt pretty strong, especially on the climbs. I was there to enjoy myself and never ran so fast that I wasn't comfortable. I socialized and took in the sights. I ran the early miles with a man who had done the course several times. He gave me a discription of the course that went like this..."first we run down to the lake and we climb back up, then we run down to the river and we climb back up, then we run down to the next river and we run back up, then we run down to the creek and we run back up...etc" It was a pretty accurate description. The single track trail had excellent footing for the most part. There were many, many fast moving pristine rivers and streams which we crossed on various types of foot bridges. We ran past waterfalls and through dense tunnels of Laurel and Rhododendron. The sounds of rushing water and singing birds provided the background music. The scenery was enough to

make me stop in my tracks at times to take it in. More than once a nearby runner asked if I was OK when I stopped like that and I just smiled and said I was feeling great!

I met several runners on the trail and enjoyed their company. I had thought I might spend a lot of time alone on the trail, but I was never alone for more than 30 minutes or so before meeting up with another runner, if only briefly. Also I thought the heat would be an issue for me. The temperatures climbed well into the nineties and the humidity was near 100%. I drank 20 ounces of water every half hour and took 2 Succeed electrolyte tabs every hour. Every time I started to feel a little overheated, I would get a brief break from the heat with a slight breeze at the top of a climb or a cool mist from a rushing stream or river. Of course, with all the water I was drinking, I was stopping to fill a bottle every half hour and stopping to pee quite often. Will Brown, veteran of many Laurel Valleys, had given me advice the evening before which I took to heart..."carry 2 bottles and fill each one the minute you empty it." The system worked perfectly as the iodine tablets took 30 minutes to work and that's exactly how long it took me to empty a bottle. I think I was drinking more than I ever have in a race, but my stomach was handling it well. I was feeling very good despite the heat so it's something I will try to do in all my hot weather races.

I leap frogged for several hours with two women, Denise and Diane. It was fun to pass them on the climbs only to have them catch me on the downs (my trail running weakness). We ran some of the flat sections together. After about 4-5 hours of running, I picked up my pace and effort a little. The last 1/3 of the race was probably the toughest as far as climbing and descending, tackling wooden steps, and scooting over or under fallen trees. I was glad I had a little energy left. I caught several runners and tried to talk a little to each one. Finally I came to a sign that said White Water Falls parking area 1.7 miles. But I had been warned that this was a lie and didn't get too excited. The stretch between this sign and the metal bridge, which marks the point where I only had one enormous climb left to the finish, is difficult mentally and physically. Finally I crossed a wooden bridge that I remembered from my pre-race out and back run from the finish. Then I came to the metal bridge which required a scramble up some good sized rocks to climb onto the bridge and then a scramble/slide back down off the bridge on the other side. There were a few people who had hiked down to the river from the parking area and they gave me words of encouragement. I passed a woman sitting on a rock at the beginning of the climb and later found out that it was Sally Brookings, a fantastic ultrarunner who was having a rough day. She made it to the finish shortly after I did.

I had been looking forward to this last climb because I knew it was a tough one and I thought it was a very fitting ending to a great run. As soon as I started to climb, I got a surge of energy. I walked and ran up the hill and finally got to the long wooden staircase that leads from the lower observation deck to the upper deck. I was running up the stairs when I hit a road block of tourists, 4 across shoulder to shoulder. I said excuse me and after glancing at me they plastered themselves against the side rails making a wide passage for me. I was muddy and wet and sweat was flying off my hair and shirt and shorts in great big droplets. Quite a contrast to the tourists who had walked down from their cars in golf shirts, skirts, and sandals. I got to the top, paused to look at Whitewater Falls, and then ran down the paved path to the finish at the picnic shelter near the parking lot. I drank about 6 cups of delicious ice cold coke, sat in the shade on the grass, met some more wonderful people, and smiled like an idiot.

Those Were the Good Old Days (at least running-wise)

Carl Tyrie

I finally got around to joining Rochester Runners this past spring. No sense hurrying things -- I've only been spending part of most summers since the mid-50's at Great East Lake. I'm not sure what the record is for the most running club memberships held by one person but I'm now up to four, including what was my first -- the Florida Track Club.

Although I live for most of the year in Boone, North Carolina, I have maintained my FTC membership since leaving Gainesville in 1978. The club newsletter helps me keep up with the running exploits of my former FTC training partners. When I mentioned my FTC membership via e-mail to Donald Yeaton, I was somewhat surprised when he asked about Barry Brown. Now that was a name from the past. Donald later suggested I write something for this newsletter about the Florida Track Club in the 70's -- one of the highest powered distance-running groups the U.S. has seen.

I was definitely *not* a member of the speedy group. The half-dozen of us who trained together regularly were all struggling to get under three hours in the marathon. Meanwhile, the FTC racing team was competing and winning nationally and internationally. Because my full-time job at the time was as a sports reporter for the local ABC television station, I also did my best to give them some local publicity.

The big name in town was Frank Shorter, who would regularly appear in the media wearing the semi-famous FTC racing singlet (with a logo of an orange and the word "Florida" above it). His biggest win, of course, was in the '72 Olympic marathon in Munich, which featured the top team finish in history for American marathoners with Kenny Moore of Oregon finishing fourth and Jack Bachelier of the Florida Track Club placing ninth. Beginning with the next Olympics in '76, American fortunes started to fade: Frank finished 2nd to an East German druggie named Waldemar Cierpinski, with Don Kardong placing fourth and Bill Rodgers finishing 40th.

For those not familiar with Frank's win in '72, it was similar to Joan Benoit Samuelson's win in L.A. in that he took off early in the run, far too early for the other competitors to bother keeping up. He steadily increased his lead, winning fairly easily. And a sidelight to Frank's win demonstrating how there wasn't a whole lot of financial reward in track and field in the early 70's -- when Frank and his then-wife Louise got back into town following his win so Frank could return to the University of Florida law school, I did a quick note on the air during the six o'clock news mentioning that they had no place to stay and would appreciate tips on available apartments, etc.

One of the reasons Frank came down to Gainesville after graduating from Yale was the presence of '68 Olympian Jack Bachelier, who had made the 5K finals at Mexico City before suffering from Montezuma's Revenge. By the time the '72 Olympics rolled around, the FTC was dominating distance running in the U.S. In fact, Jack Bachelier made the Olympic marathon team only because of some goodwill from FTC teammate Jeff Galloway. In the U.S. Olympic trials 10K, Shorter and Galloway had gone 1-2 so Jeff was assured a spot on the U.S. team. Then, in the closing yards of the marathon trials, Galloway was running third behind Frank and Kenny Moore. However, Jeff stopped five yards short of the finish line, allowing Jack to take 3rd place and also make the team. I remember some knowledgeable people at the time thinking Jeff might have made a mistake because, whereas Frank went on to finish 5th in the Olympic 10K won by Lasse Viren, Jeff was not as successful. The feeling was that he might have had a better chance for a high Olympic finish if he had competed in the marathon.

Galloway did most of his training up in Tallahassee. However, Shorter and Bachelier were among a dozen or so world-class athletes you'd bump into if you were anywhere near the University of Florida at 6:30 a.m. when the daily "easy" run was held (easy for them; those of us in the back were hanging on, barely) or at 3 p.m. when intervals were run a couple of days a week. A photo of the national cross country championship FTC team can be seen at www.runningtimes.com/issues/01sept/nesbit.htm accompanying a Joan Nesbit article in which she interviews Jack Bachelier and a couple of other former big-name U.S. runners (one of whom, '72 Olympics 5K gold medalist Bob Schul once lapped me, or maybe double-lapped me, as part of the mile anchor leg of a distance-medley relay in an indoor meet in

Ohio in the mid-60's -- but that's another story entirely). The photo caption only identifies Frank and Jack. Also pictured are:

--Bruce Carpenter, who is a track and field trivia answer. One of the favorite running books around for the past 20 years has been *Once A Runner* by John Parker, who was also one of the FTC distance running gang in the mid-70's. I'm not sure if modern issues of the book still have the cover photo of the runner (presumably the hero in the book, Quenton Cassidy) looking out the window, but the photo is of Bruce. He was probably somewhat short of world class in the '70's but he dominated a lot of races in the area. In fact, I still have the results sheet from my marathon PR (2:57:08) in the '76 Melbourne Marathon (that's Florida, not Australia). Bruce ran a 2:24 that day to finish fourth. I received an e-mail from John Parker a number of years ago telling me Bruce now lives somewhere in south Florida and hasn't run a step in years.

--Byron Dyce: a former Jamaican Olympic team runner in the 1500 and 800 meters. I believe he's still running an occasional Grand Masters mile now and then.

--Barry Brown, the name remembered by Donald. He came down to Gainesville from Albany, New York, as a national-caliber steeplechaser and middle-distance runner. He and Bruce Carpenter seemed to race all the time, unlike Frank and Jack, who tended to save themselves for the big competitions. I can't remember many races I ran back in the 70's (and I raced a lot back then) not won by either Barry Brown or Bruce Carpenter. Barry and a group of guys took me on my first 20-miler on the outskirts of Gainesville. They ended up leaving me behind and drawing big arrows in the sand at a couple of turns so I'd find my way back. Barry committed suicide in the early 90's, leading to a major story in *Runner's World* about him.

--Jeff Galloway and Ken Misner: they tended to train up in Tallahassee. Ken is also somewhat of a trivia fact, or maybe a rumor. It has been so long that I'm not sure which. However, I was working for the TV station when serial killer Jeff Bundy was arrested in Tallahassee. I believe that Bundy had a couple of false or stolen ID's with him when he was picked up, including one for Ken Misner. If you check out the photo at the website, he's on the right in the front row beside Jeff Galloway.

Other tracksters and fieldsters I'd bump into on occasion included Olympic high jumper Ron Jourdon (I'm not sure of the spelling but I know Ron was the basis for the offbeat high jumper in *Once A Runner*); 200-meter specialist Steve Williams; Sam Bair, a sub-four-minute indoors miler; Marty Liquori, an even bigger name in mile running at the time, although beginning a long string of injuries; Dick Buerkle, a top-notch middle-distance runner whose photo is included in a book I just read this summer (*The Miler* by Steve Scott); and Dave Roberts, '76 Olympics pole vault bronze medalist. Dave's medal is the only Olympic medal I've actually touched. By the time of Frank Shorter's '76 silver medal, he had been living in Boulder for two years, and when he returned to Gainesville after his Munich gold medal, he had already put it in a safe deposit box somewhere.

A closing note about having pursued a hobby in a town where the best in the world were also doing the same thing: it really skewed my perspective. The last time I talked to Frank Shorter was about six years ago when he put on a Q&A in Charlotte the night before I ran the Charlotte Observer Marathon. After the Q&A, I stood in line until my wife and I made it to the front. Then I introduced my wife to him, got him to autograph a running calendar for me, and commented how he was partially responsible for my not appreciating myself back in the Good Old Days. Then I explained. Our little back-of-the-pack group was putting in reasonable mileage in pursuit of a goal all but one of obtained -- going under three hours. However, when we made it -- or at least when I made it -- it was no big deal. I don't recall thinking all that much of it, except perhaps then thinking about a sub-2:50 or something. This was in part because we had all these people around town running times ridiculously faster than ours. It's difficult to think you're very good when you're panting at the back of the pack during an early morning run while the guys up front are cutting up, telling jokes and not even breathing hard.

There is one good thing I still benefit from that results from getting into distance running in the 70's -- a lifetime subscription to *Runner's World*. I still have the cancelled check from 1974 -- for \$75.

Rochester Runners Grand Prix

Paul Lindsay

RRGP update, 7Sep05: Includes the Magnolia (Mass.) 5K, Maine Running Hall of Fame 5K in Portland, Good Sport 4 mile in Gilford, RR Long Pond mini-triathlon in Northwood, Swanzey Covered Bridges Half Marathon, Around Cape Ann 25K, Run the Goose 7K in Gloucester, and St. Charles Children's Home 5K in Portsmouth. Congratulations to **Nathan Huppe** for his third win in a row in Gilford; to age group winners **Haley Heinrich, Judi Lemaire, and Mary Ulinski**; and to **Diane Levesque** for beating her age group standard for 25K. The fast course at St. Charles continues to be a favorite among RRs, with 34 club members running it this year. **Haley Heinrich, Ruthanne Laine, Judi Lemaire, Bob Rondeau, Mark Chrusz, Ron Foster, and Cash Leavitt** all bettered their baselines this past weekend. Several others can at least take comfort that the baselines that they set last year at St. Charles have now expired! **S**=speed points, **D**=distance points, **t**=team points, **T**=total, **n**=number of races. Send corrections, questions, and comments to bplindsay@hotmail.com.

Join in the fun: Upcoming highlights this month will include the Reach the Beach relay (16th-17th) and the Lake Winnepesaukee relay (24th).

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
19	49	12	80	25	Brian Gallagher	8	28	6	42	7	Tom Watkins	1	12	0	13	3	Cathy O'Brien
12	47	18	77	13	Scott Rowe	7	35	0	42	8	Kathy Paradis	1	12	0	13	3	Tracy Burns
24	46	6	76	22	Mary Ulinski	1	38	3	42	9	Marilyn Metcalf	1	8	3	12	2	Alex Reynolds
15	49	12	76	20	Dan Poliquin	0	42	0	42	11	Alison Black	1	8	3	12	2	Peter Smith
13	45	18	76	12	John Tuttle	5	33	3	41	6	Lisa Hart	3	8	0	11	2	Alan Rainville
21	44	9	74	20	Bob Rondeau	7	30	3	40	7	Don Foley	3	8	0	11	2	Brenda Rainville
13	49	12	74	17	Chris Blanchette	2	34	3	39	7	Walter Shyska	3	8	0	11	2	Cathy Orlowicz
19	45	9	73	15	Sue Littlefield	9	25	3	37	6	Dennis Graves	3	8	0	11	2	Hanne Heinrich
15	49	9	73	18	Kevin Scott	9	25	3	37	6	Kristin Houle	1	10	0	11	2	Tony Federer
9	58	6	73	21	Bill Paradis	7	29	0	36	7	Ruthanne Laine	0	11	0	11	3	Emily Trespas
0	61	12	73	25	Sin Kounlasa	6	30	0	36	5	Keith Shields	0	8	3	11	2	Jen Daly
9	58	3	70	14	Laurie Gaudreau	7	25	3	35	6	Jamie Houle	2	8	0	10	2	Karen Langlois
6	52	12	70	25	Diane Levesque	2	30	3	35	7	John Dinella	0	10	0	10	2	Judy Brenner
7	58	3	68	10	Laurel Valley	9	22	3	34	5	Chuck Zerbinopoulos	0	8	0	8	2	Ernie Garland
17	43	6	66	18	Judi Lemaire	7	27	0	34	6	Dave Smith	0	8	0	8	2	Peter Laine
15	42	9	66	24	Cliff Parkinson	2	24	6	32	5	Manya Hult	3	4	0	7	1	Kathy Owen
4	59	3	66	14	Dawn Heinrich	0	31	0	31	5	Greg Gaudreau	3	4	0	7	1	Tom Dunnington
12	43	9	64	14	Nathan Huppe	1	26	3	30	6	Judi Rogers	2	5	0	7	1	Wendy Perillo
5	50	9	64	14	Pete Dubois	9	17	3	29	4	Don Norris	0	4	3	7	1	Charlie Nevejans
2	59	3	64	15	Dick L'Heureux	4	25	0	29	6	Joe Boyle	0	4	3	7	1	Ed Larkin
14	42	6	62	18	Darryl Cauchon	0	26	3	29	5	Craig Stephan	0	4	3	7	1	Lisa Houle
4	46	12	62	17	Ron Foster	7	21	0	28	5	Camden Moore	0	4	3	7	1	Rebecca Nevejans
3	47	12	62	18	Don Yeaton	3	20	3	26	5	Janet Glazier	2	4	0	6	1	Jim DeJohn
1	50	9	60	13	John Rancourt	0	26	0	26	6	Dong Nguyen	1	4	0	5	1	Douglas Foster
13	43	3	59	16	Bob Randall	6	18	0	24	4	Jen Johnson	0	5	0	5	1	Don Gagne
3	49	6	58	10	Joe Harding	4	20	0	24	5	Haley Heinrich	0	5	0	5	1	Jim Panaccione
3	41	12	56	10	Jack Prescott	7	16	0	23	4	Dave Butler	0	5	0	5	1	Ken Hult
2	41	12	55	14	Peggy Foster	4	18	0	22	4	Amy Lindsay	0	4	0	4	1	Brian Geiger
0	45	9	54	9	Laura Harding	0	21	0	21	3	Bruce Lander	0	4	0	4	1	Celeste Martel

10	34	9	53	8	Paul Lindsay	7	13	0	20	3	Clifford Russell	0	4	0	4	1	Kristie Della-Piana
7	43	3	53	11	Ken Houle	3	16	0	19	4	Nathan Rainville	0	4	0	4	1	Sue Houle
3	47	3	53	11	Mike Andrews	0	19	0	19	4	Elaine Parkinson	0	4	0	4	1	Matt Burns
13	36	3	52	7	Danyelle Phelps	6	12	0	18	3	Mark Chrusz	0	4	0	4	1	Jeff Crothers
2	35	15	52	8	Phil Parker	3	11	3	17	3	Dylan Tuttle	0	4	0	4	1	Mike Dubois
2	45	3	50	12	Dan DeFrees	0	13	3	16	2	John Racine	0	4	0	4	1	Jameson Harding
0	35	15	50	8	Pam Parker	3	12	0	15	3	Cash Leavitt	0	4	0	4	1	Stephanie Burrill
2	47	0	49	10	Tom Littlefield	3	8	3	14	2	Lori Scott	0	4	0	4	1	Scott Burrill
4	42	0	46	12	Andy Schachat	2	12	0	14	3	Michael Burns	0	4	0	4	1	Kelsey Burrill
6	34	3	43	7	Britt Ulinski Shuman	5	8	0	13	2	Michelle Crothers						
0	43	0	43	15	Diane Casselberry	3	7	3	13	2	Drew Tuttle						

Newsletter Submissions

Newsletter submissions are always welcome from any club member. Have a training tip you'd like to share? Want to share a race experience? Have a recipe? How about a great running quote? I'd like to hear from you! The next newsletter deadline will be Noon on Sunday, October 9th. Please submit your contributions via email to: tennpurp@yahoo.com or mail to: PO Box 397, Seabrook, NH 03874. Thanks!

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