

ROCHESTER RUNNERS REPORT

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**Next Club
Meeting:**

**Tuesday,
April 18, 2006
6:30pm**

**Rochester Public
Library
(community room),
Rochester, NH**

**Annual Boston
Marathon Review**

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Important April Meeting Location/Time Change

The April club meeting is usually held at Red's Shoe Barn at 7:00pm. However, this year we will be meeting at **6:30pm** at the **Rochester Public Library** (in the community room). The Library is located at 65 South Main Street in Rochester. For directions, visit this web site: <http://www.rpl.lib.nh.us/contactus.htm>. You can also call the library at 603-332-1428. Hope to see you there!

President's Corner

Darryl Cauchon

Hello runners,

While brainstorming the topic of this month's column it finally dawned on me that the half dozen or so ideas floating around in my noggin all have merit, with none outshining the rest. In that light, here is an unprioritized list of tidbits, shorts, did-ya-knows and newsy items for those with short-attention spans to skim.

***Kudos to the Rochester Runners for the fine showing and hospitality we afforded Dave McGillivray, the Boston Marathon race director who took the time to make a pilgrimage up from Massachusetts to speak to our members. McGillivray lived up to the hype and was indeed an inspirational speaker, using loads of humor, reminisces and tales of road race struggles in which most everyone could relate. The event was well-attended and a real feather in the cap for the club.

***One point of note, holding the meeting at the Frisbie Memorial Hospital Community Center really got me thinking about finding a new location to hold our monthly meetings. As one member said to me afterward, it's going to be real hard to go back to hamburger after having steak. I believe most everyone would agree that the room we have been allotted in the Rochester Community Center does not promote the club in the overall positive, friendly and professional manner we wish to convey to new members checking us out for the first time. It's simply not comfortable as well. The possibility of finding a new location will be discussed at this month's officers meeting and, if they agree, will be brought up as a topic of debate in April or May. Perhaps there is a library room, meeting hall, large home or homes, to meet. Who knows. What I do ask is that members put on their thinking caps and think of an alternative - unless of course they are already content with our current location. Dr. Dinella was kind enough to suggest and provide a night at the hospital's community center, but continuing to do so would come at a high financial hit to the club over the long term.

***On a sadder note, the Rochester Runners lost one current and former member this month, both of whom added a lot to the club and, as expected, were avid runners. Paul "Cash" Leavitt died March 31 after a brief illness. Cash was the club's oldest member and a ran into his 80s, no small accomplishment. In addition, Anthony Scarlotto died at the young age of 48 after a longtime battle with early onset Alzheimer's disease on March 27. He was a frequent competitor of the Boston Marathon, coached the Dover High School track team and served as the Rochester Runners track coach for a brief time as well.

***Many suggestions have come my way on ideas for future meetings. Surprisingly, one request I most often and consistently receive is for the club to do, well quite frankly, nothing at all. In other words, no speaker, little if any club business, nothing formal, no games, no workout. Nothing but a general, overall social, get-to-know-your-fellow-runner gathering. Perfect for the new member to get a chance to rub elbows with the regulars. A chance to get to know you, getting to know everything about you. I like it, but I'm just the lowly president so what do I know, so e-mail me [...dcauchon@fosters.com...](mailto:dcauchon@fosters.com) if you think the idea has merit. Possibly for the month of May.

***I'm running, or perhaps the most proper word is attempting, the Boston Marathon this month. Considering I had not run a race or did a training run longer than a 10K in about 15 years prior to preparing for it, let's just say I'm a tad scared, no wait, not a tad, rather a whole lot of scared about tackling this type of race. Other veteran marathoners seem cool as cucumbers about April 17. Simply don't know how they do it. Twenty six miles is a long, long, long way for this Clydesdale. Laurel Valley I ain't.

I've certainly received my fair share of advice on this endeavor but one stood out among the rest. A veteran marathoner suggested I dedicate each mile to someone close to me, memorize each one, and think of that person over the course of that particular mile, thus keeping my mind off how tired I might be and giving me strength over that stretch of road. Sounds good to me, but not sure if I want to acquaint my lovely wife with completing mile 26.

***Just wondering but do all of us non-elite runners end up with our own private competitions against other runners who often finish races about the same time as ourselves, whether they realize it or not? Over the years I have battled a handful of runners, both male and female, I consistently see over the course of any given race. In my earlier days, Lisa Hart and I alternated victories against each other until I slowed down and she later followed suit. I've gone head to head with the likes Sin Kounlasa, non-member Marie Vaselsky, Dong Nguyen, among others, just not sure they're aware of it yet.

***One last thing, I'd like to thank everyone what has helped make the changeover of presidents a smooth one. It's been a joy so far. It's the best job you don't get paid for. Wait, that line has already been taken.

Darryl Cauchon
President

Running Notes

Don Yeaton

1. Best wishes to all Rochester Runners who will be running the 110th Boston Marathon this year. It just seems like yesterday when we were looking forward to the 100th! Scott Rowe, Kevin Scott, Dan Poliquin, Chris "ROCK" Blanchette, Darryl Cauchon, Jen Johnson, Andy Schachat, Wendy Perillo, Mary Ulinski, Dong Nguyen, John Rancourt, Laurie Gaudreau, Dick L'Heureux, John Tuttle, Peter Dubois, Keith Shields, Lisa Hart and Sinthy Kounlasa. **WOW!**

18 of you – run like the wind! If I missed your name – we'll get you in next month's newsletter.

2. The American Cancer Societies' Relay for Life will be held at Spaulding High School again this on June 23 and 24. It begins on 4 PM on Friday afternoon and ends on Sat. at 10 AM. To be one of the 15 "official" team members you need to pay a \$10 registration fee and try to raise at least \$100 for the ACS. We need you to sign up to run or walk for a segment of the 18 hours – 30 minutes, 1 hour, 2 hours or whatever. Sinthy Kounlasa will be starting us off again this year with the 4 – 5 PM shift on Friday afternoon. Let me know your preference at dryrun262@msn.com.
3. The 2nd Annual Seven Hills of Somersworth Race will be held on Sat. May 6th at 9:30 AM. This of course conflicts with the 2nd NHGP race in Derry on the same day – the FootHealth 5K. Andy Schachat and Dan DeFrees have been working with the Seven Hills race committee and they are in need of several volunteers. We need every available RR to run in Derry to score points for the club, but if you aren't able to go and could help with the 7 Hills race, please let us know.
4. Thanks to all of 25 of you who helped with the Eastern States 20 Miler and the Run for the Border 10 Miler on March 26th. If any of you who ran or volunteered for the race have any comments or suggestions, please send them to me and I will forward them to Don Allison, the race director.
5. During the last week of March we lost two good friends of Rochester Runner's Club. Paul "Cash" Leavitt was our oldest active member and would have been 82 years old on March 29th. He was at SunBridge in Rochester recovering from back surgery, but had a stroke and died on March 28th. There was no funeral for him per his request, but we would like to put together a memory album for his family. I have a number of pictures and we need some brief words of remembrance from those of you who knew Cash. Please e-mail them to me at my address above.
Just about the same time, Tony Scarlotto died at the Riverside Nursing Home. He was only 48 years old and had been suffering from Alzhiemers disease for several years. Tony was a great runner in his younger years and served as our track coach back in the summer of 1996. We miss them both!!

Life on the Run

Don Yeaton

Since the 110th Boston Marathon is only 8 days away as I write this, it seems a good time to share some stories of Boston in the past from a former winner of the race. The featured speaker for the March meeting of the "Run for Research Team" of the American Liver Foundation was Jack Fultz, the 1976 winner of the Boston Marathon. He was a guest at the February meeting last year when Uta Pipigg and Nancy Clark spoke. Jack was introduced to us last year, but it wasn't until this year that we got to hear his story.

The Boston Marathon back in the 70's was much different than the race of today.. The Boston that many of us have experienced came about as a result of John Hancock becoming the sponsor back in 1986. Back in the 70's there were NO official water stops and NO clocks on the course. Those early red LED digital watches were the latest tech time pieces of that era. When Jack won Boston in 1976, he didn't even know what his winning time was until about 15 minutes after he finished.

What made the 1976 Boston Marathon unique was that this was an Olympic year and the Trials were to be held a month after Boston in Eugene, Oregon. Most of the top Americans were

not running Boston for this very reason. Jack wanted to run in the Trials, but had yet to qualify with a sub 2:23 marathon. If he wanted a free ride to Eugene, he would have to go sub-2:20. The other slight problem was the temperature – just before the noon time start in Hopkinton, Jack noticed a thermometer at a gas station, it read 96 DEGREES! On the advice of other runners, Jack ran a smart race and let the leaders come back to him. He won with a 2:20:19! In spite of all of his efforts in this horrible heat, the U.S. Olympic Committee wouldn't budge on the free ticket to Eugene.

He also related the other major difference between Boston then and now – no crowd control! This was the big problem at the 1978 edition of the race where Jack ran his fastest marathon – 2:11:17 – and finished 4th. Towards the end of the race, the press bus kept getting in his path. The crowds were so thick at times, that the bus came to a complete stop and Fultz would have to squeeze by the best that he could. This happened several times before the bus made its last stop near Kenmore Square. The bus kept inching its way to the curb and at the same time Jack was running along side the bus, pounding on the side of the bus with his fist. Finally the bus came to a stop and opened the door right in front of him. Somehow he managed to avoid the door and a National Guardsman who was also on the side of the road.

Jack is now the marathon coach for Dana Farber and lives near Boston.

Volunteers for Red's Shoe Barn Race Needed

If you are not running the Red's Shoe Barn race at 10:00am on Sunday April 23rd, please consider volunteering. It would be great to have 10-15 volunteers from the club for the race. If you are available and interested, please contact Judi Rogers at jwrogers515@hotmail.com or 603-332-1350.

RR Clothing Update

Dan DeFrees

RR Clothing On Sale Now!!!!!!

For the Month of April only!! Take advantage of these special prices on RR Apparel. Show your RR pride at all the Spring and Summer Races!!!

All long and short sleeve Tech Tops are now \$20.00!!! reg. \$23.00/\$21.00
RR Singlets now \$12.00 reg. \$15.00 RR Jackets now \$40.00 reg. \$50.00

Free RR 20th Anniversary tees with any purchase/ while supplies last

I will have the Apparel at our April Meeting or contact me @ DBLDdefrees@msn.com

March Meeting Photo

Mary Ulinski

[EDITOR'S NOTE: SEE WEB SITE FOR PHOTO. I AM UNABLE TO EMAIL IT BECAUSE OF THE MEMORY IT REQUIRES.]

Andy Schachat introduces speaker Dave McGillivray, race director for the Boston Marathon, at the March 21 meeting of Rochester Runners, held at the Frisbie Memorial Hospital's Education Center. McGillivray wove motivational messages through his tales of overcoming obstacles in his life. He urged setting goals, making a commitment and working hard to reach those goals. His new book, "The Last Pick" is due out this month. Rehab 3 sponsored the talk and monies raised from donations at the door covered the \$500 expense of McGillivray's visit, which goes toward his foundation, the DMSE Children's Fitness Foundation to fight childhood obesity.

Team Hoyt News

Alison Black

If you don't know who I mean by "Team Hoyt," then check out their web site at: www.teamhoyt.com. I have gotten to know Dick and Rick Hoyt over the past few months and have spoken quite a bit with Kathy of Team Hoyt. I asked Kathy for any news or information that might be helpful for our club newsletter. Here is what she sent me:

- Team Hoyt has a feature story in the May issue of Runner's World magazine. (Editor's note: I have read this article and it is excellent!)
- Team Hoyt is planning to have a "Team" at the Rock N Roll Half Marathon in Virginia Beach on September 3, 2006. See the following website for more information: www.teamhoyt.zrainmedia.com. To have a brochure mailed to you email Kathy at teamhoyt@cox.net
- Dick does motivational speaking engagements around the country, most recently for Allstate Insurance, GlaxoSmithKline, and Morgan Stanley. For more information, contact Kathy at teamhoyt@cox.net
- Team Hoyt has a book and DVD available - please email Kathy at teamhoyt@cox.net for more information. (Editor's note: I have read the book and seen the DVD and highly recommend both!)

Rochester Runners Grand Prix Update

Paul Lindsay

Racing activity began to pick up in March and early April, with RRs running in various races in Mass. & Maine as well as a few early season N.H. races. At the Eastern States 20 mile, starting in Kittery, Me., running along the whole N.H. seacoast, and finishing at the state line at Salisbury, Mass., there were 13 RRs who raced the 20 miles, while about 25 club members worked as volunteers (some did both!). The

first RR to cross the Eastern States finish line was **Bruce Lander**, in 2:14:58. Bruce, along with **Dan Poliquin, Laurie Gaudreau**, and **Dick L'Heureux** all finished in the top 10% of their age groups in a field of about 550. A week earlier, **Scott Rowe, Nathan Huppe, John Tuttle, Dan Poliquin**, and **Chris Blanchette** ran to a very respectable 10th place team finish out of 24 male open teams in the New Bedford Half Marathon, a New England Grand Prix race featuring much of New England's top running talent. Back in early March, **Nathan Huppe** finished 2nd overall and **Laurie Gaudreau** was the overall women's winner in the Claddagh Pub 4 mile in Lawrence and **Diane Levesque** placed in the top 10% of her age group in the Run to Remember Half Marathon in Boston. **Laurie Gaudreau** picked up another win in the April Fools 4 mile in Salisbury. Belated congratulations to **Judy Brenner** (overlooked in last month's newsletter) for her fine race in the Cape Elizabeth 10 mile in February, where she won her age group, beat her age group standard, and lowered her RRGP baseline. Todd's Trot 5K in Durham featured 15 speed points all in one family. **Jack Collopy's** 19:08 was good enough to beat all 14 other RRs, place 1st out of 40 in the 11-14 age group, and earn an asterisk for running faster than his USATF age-group standard, while his sisters **Allie, Meg, Erin**, and **Maura Collopy** each also earned three speed points. **Laura Harding** and **Manya Hult** joined Jack as age group winners at Todd's Trot. Besides the Collopy siblings, other RRs who recently ran their best times in over a year were **Laura Harding, Diane Levesque, Scott Rowe, Darryl Cauchon, Walter Shyska, Jeff Crothers**, and **Alison Black**. Look for an e-mail update including the Girls Inc. 5K results, which were not available at the newsletter deadline. Good luck to the several club members running the Boston Marathon on April 17th and join us either as a runner or a volunteer at the 25th running of the Red's Shoe Barn 5 mile road race on April 23rd, which will be the first N.H. Grand Prix race for 2006. **S**=speed points, **D**=distance points, **t**=team points, **T**=total points, and **n**=number of races. Send corrections, questions, and comments to bplindsay@hotmail.com. For a detailed explanation of the RRGP, visit rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
3	40	0	43	7	Sin Kounlasa	0	13	0	13	3	Ron Foster	0	7	0	7	2	Andy Schachat
6	33	0	39	6	Diane Levesque	2	10	0	12	2	Nathan Huppe	2	4	0	6	1	Amy Lindsay
0	37	0	37	7	Brian Gallagher	1	11	0	12	2	John Rancourt	1	5	0	6	1	Joe Harding
4	31	0	35	6	Laurie Gaudreau	0	12	0	12	2	Britt Ulinski Shuman	0	6	0	6	1	Bruce Lander
6	27	0	33	5	Darryl Cauchon	0	11	0	11	2	Mike Andrews	0	6	0	6	1	Dave Smith
5	28	0	33	5	Laura Harding	0	11	0	11	2	Pete Dubois	0	6	0	6	1	Elizabeth Beecher
6	23	0	29	5	Alison Black	1	9	0	10	2	Joe Boyle	0	6	0	6	1	Jeannette Lindsay
2	27	0	29	5	Dick L'Heureux	0	10	0	10	2	Greg Gaudreau	1	4	0	5	1	John Dinella
2	24	0	26	4	Dan Poliquin	3	6	0	9	1	Scott Rowe	0	5	0	5	1	Sue Littlefield
1	24	0	25	5	Cliff Parkinson	3	6	0	9	1	Paul Serrano	0	5	0	5	1	Ken Houle
3	17	0	20	3	Chris Blanchette	0	8	0	8	2	Dennis Graves	0	5	0	5	1	Laurel Valley
3	16	0	19	4	Bob Randall	0	8	0	8	2	Rick Collopy	0	5	0	5	1	Lori Scott
3	16	0	19	3	Walter Shyska	0	8	0	8	2	Diane Casselberry	0	4	0	4	1	Jack Prescott
0	18	0	18	4	Bob Rondeau	3	4	0	7	1	Jeff Crothers	0	4	0	4	1	Peggy Foster
0	18	0	18	3	Lisa Hart	3	4	0	7	1	Manya Hult	0	4	0	4	1	Ben Jones
1	16	0	17	3	Mary Ulinski	3	4	0	7	1	Allie Collopy	0	4	0	4	1	Sarah Crothers
3	13	0	16	3	Jack Collopy	3	4	0	7	1	Meg Collopy	0	4	0	4	1	Jameson Harding
6	9	0	15	2	Judy Brenner	3	4	0	7	1	Erin Collopy	0	4	0	4	1	Paul Lindsay
3	11	0	14	2	Bill Paradis	3	4	0	7	1	Maura Collopy	0	3	0	3	1	Don Yeaton
3	11	0	14	2	Chuck Zerbinopoulos	1	6	0	7	1	Tom Littlefield						
2	11	0	13	2	Kevin Scott	0	7	0	7	1	Peter Whitten						

Officers' Meeting Minutes, 4/3/06

Walter Shyska

Place: Held at the Mary Ulinski/Walter Shyska homestead.

In attendance: Daryl Cauchon, Don Yeaton, Andy Schachat, Alison Black, Diane Casselberry, Walter Shyska, Mary Ulinski, Janet Glazier, Judi Rogers.

...New RR Recording Secretary: Walter Shyska has assumed the duties of Secretary for the club from outgoing Secretary Laurel Valley.

...Membership Update: Renewal "reminder" Postcards were sent out. Seemed to have a good response. Formal report to be made by Paul Lindsay.

...BULLETIN: Dave Smith just renewed his membership!!

...Eastern States Race: Don reports we will receive our \$1500 payment for our volunteer efforts very soon.

...Eastern States Comments: Suggested that comments be sent to Race Director Don:

1. Not enough portapotties. 2. ran out of pre-paid shirts. Note: It was emphasized that this was a somewhat "different" type of race, being 20 miles and created as a prep. run, 3 weeks before Boston.

...March meeting with speaker Dave McGillivray update: The club paid a contribution to Dave's charity of \$500 from club treasury. However, Ww received cash contributions at the door of \$255, plus \$250 from Rehab 3 to cover that fee.

...Treasurer's Report: Treasurer Chris Blanchette was not in attendance, however, it was reported by Don Yeaton the "...the club is in good shape" financially. Formal report due at next meeting.

...Need picture of Dave McGillivray for newsletter and website; Mary Ulinski to follow-up.

...Scholarship – Spaulding High students: A discussion took place regarding giving the same amounts as last year: \$200 each, male and female student. The recipients are chosen by the Spaulding students. Andy Schachat volunteered to make the presentation when they have their presentations at the school.

...New venue for monthly meetings – discussion:

..Current facility/room (Rec. Center) not the most comfortable or professional looking locale.

..Not good for guest speakers.

..Possible new locations: Library? Hospital? Need room for between 30 and 50 attendees.

...Will try to get "other room" at the Rec. Center.

...To be discussed at April business meeting.

...Location for April Club Meeting (April 18) will be same – Community Center. Red's not available this year for "Post Boston Marathon" speeches.

...May Club Meeting: Suggested by Daryl to be a “non- speaker” meeting. Have a fun run, bring desserts and let members socialize. To be discussed further.

...June Club Meeting: Suggested by Andy to be held at Spaulding Track with the UNH Track Coach helping runners with tips, etc.

...July and August meetings: Suggested that either may be held outside in conjunction with a fun run, ice cream, etc.. Possibly at the home of a member. To be discussed

...Sept/Oct/Nov meeting: Daryl suggested that we should try and get a “Big Name” speaker. Suggested by Andy was Tom Derderian of Boston Marathon fame (wrote the book). Also suggested were Joan Benoit Samuelson (Andy follow-up), Dick and Rick Hoyt (Alison to follow-up)

Meeting could be held at place like “Red Hook” (big name speakers usually want a \$\$ contribution), possibly involve another running club, other organization to help maximize attendance.

...Red’s Race: Volunteers. Andy commented that Red’s has not solicited volunteers from the club, however, many have volunteered in the past.

...Red’s Race Course Clean up: Will be held on Sat. April 22, same as previous years, to be discussed at meeting.

Club Race – RR Thanksgiving 5k, 10k: Diane reports sponsors of Bernier’s Insurance (\$100) and Rehab 3 (\$500). Pending is Miltner’s Shoes.

Andy suggested future solicitations for sponsors could include a “checklist” of cost items, such as: 1. Timing (n\$) 2. Police (\$n) 3. School Fee (n\$); allowing a potential sponsor to sponsor a specific item. To be discussed.

T-shirts: Runners will pay extra \$10 (basic race fee = \$5). Shirts to be all prepaid and ordered 3 weeks in advance.

Race App/Brochure: Hoped to be done for availability at Red’s (April 22, 23).

Need to put onto Coolrunning.

Sponsor solicitation and thanks: Need members to help solicit more sponsors. Also to send thank you letters when received. Then thank you letters after race, commenting on the success of race. Andy and Britt Ulinski will help.

...Craig and Lauren: Don reported that Sue Littlefield mailed the “Care Package” to them – but is cost her \$60 in postage. Can the club pay this postage? To be discussed, no objections by the officers.

...Cash Leavitt: 1. Create “memory book” of photos along with personal messages to be given to his loved one’s. 2. Future Award such as a plaque to which names can be added as a “Continuing Memorial”. Need further discussion. 3. Moment of silence at the Girl’s Inc. race.

...Race – 7 Hills of Somersworth: Needs help, May 6 – but – is same day as NH Grand Prix Foothealth in Derry. Will do the best we can.

...Business Cards: Will print up Rochester Runners official business cards – to be handed out as needed to prospective members, sponsors, media, etc.

Will print 500 at free website (we pay postage) at vistaprint.com. Janet to coordinate.

...Relay for Life: Per Don, June 23 & 24. Club needs 15 members for an official team. Registration fee = \$10 each, each person should try and raise \$100 each. Will discuss at meeting.

Meeting concluded at 8pm.

Rochester Runners Club
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