

ROCHESTER RUNNERS REPORT

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DECEMBER, 2006

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Next Club Meeting:

7:00pm

Tuesday,
December 19, 2006

NEW meeting location:

25 Old Dover Rd.
(back side of building)
Rochester, NH

(see web site for directions:
www.rochesterrunners.com)

Topic:

Holiday
Gathering/Yankee
Swap

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President's Corner

Darryl Cauchon

Well, the year is coming to an end and looking back, 2006 proved an ideal 12 months to be a member of the Rochester Runners. Several of our runners excelled, the club hosted some of its best guest speakers ever, visits that drew large crowds and provided name recognition to the Rochester Runners, and, as always, the club coordinated dozens of activities for members of all abilities.

The highlights, in no particular order, include:

A Visit by Joan Benoit-Samuelson - Well, in this instance, this certainly must rank as the number one event of the year for the club. In today's world of aloof and pompous athletes, the Olympic gold medalist and Boston Marathon winner proved humble, soft-spoken and accessible. The Maine native joined about 30 fellow RR's on a 3 mile fun run, chowed down on pizza, chatted with members, and spoke to over 200 people in the UNH Field House. Best of all, she even accepted our invitation to become a lifetime, honorary member. A real class act.

Boston Marathon Director Dave McGillvray gives motivational speech - If you ever need a "Win One For The Gipper" pep talk, McGillvray is the man to call. Addressing about 100 people at the Frisbie Memorial Hospital auditorium, most of whom were club members, McGillvray's hourlong talk left you feeling that if you set your mind to it, you can accomplish any realistic goal you set for yourself. What runner doesn't need a talk like this at some time or another? He made you believe in yourself despite what others might say about your ability. A heck of a nice guy to boot.

UNH Track Coach Rob Hoppler gives a running clinic - Hoppler turned out to be a living, breathing, walking encyclopedia of running knowledge. Hoppler rained down a fountain of minutiae on everything and anything dealing with running and racing....from proper running form to warm-ups to breathing techniques. It was evident from the quiet, attentive manner in which those who attended listened that Hoppler proved a hit.

Member Scott Rowe breaks 2:30 at Boston, betters it at Chicago - Rowe's meteoric rise from overweight also-ran to elite tape-breaker is well known by now. Yet, he'll be hard pressed to top 2006 with two outstanding marathons and other outstanding wins and showings at races closer to home. All this despite breaking a toe this summer.

Member Jack Collopy breaks state's 5K record for 12 year olds - It's frightening to envision the possible future running career for Jack "The Comet" Collopy. In what appeared effortless to the young, soft-spoken speedster, Jack surpassed the longstanding 5K boys record in July, finishing second OVERALL in the Derry race while doing so. He even won a race in Wakefield several weeks before, besting the entire field, let alone kids his age. Let's hope he stays motivated and injury free.

Once again **a number of members also fared well in races** throughout the Seacoast, including Rowe, Collopy, Nathan Huppe, Tom Watkins, Danyelle Phelps, John Tuttle, Dan Poliquin, Jennifer Johnson, etc... Needless to say, we more than held our own in age-categories with Faye Lowery, Mary Ulinski, Kevin Scott, Paul Lindsay, and many, many others taking home a share of awards.

Thin is in - Alison Black and Robert Rondeau backed up the notion that, more than anything, weight loss is likely the biggest factor in knocking minutes off one's race times. By no small coincidence, both ended up winning the club Grand Prix, netting mucho speed points.

Danyelle Phelps leaves club - On a sad note, elite runner Danyelle Phelps changed allegiances and left the Rochester Runners for "an offer she couldn't refuse" with Whirlaway. It always brought a smile to our faces to see Danyelle wearing her purple Rochester Runners singlet when pictured in the sports section of local newspapers after winning the women's portion of many races. In addition, she was a humble and pleasant person who took her running very seriously. She will be missed and a space on our roster is always open should she ever opt to return.

In addition, several former and current members passed away in 2006.

The Freefall Classic returns - After a one year hiatus, the club reinstates its annual Thanksgiving Day Freefall Classic 5K/10K road race. This year's race draws its biggest crowd ever, with nearly 200 finishers, and plans are already underway for its return next year. Dave Abbett has volunteered to run the show in 2007.

Red's Shoe Barn 5 miler - The club voted to take over the popular Red's Shoe Barn 5 miler, often viewed as the kickoff of the racing season and a mainstay in the Seacoast region for decades. Although the Rochester Runners have long had their hand in helping to coordinate this race, in 2007 responsibility in making sure everything runs smoothly falls solely into our laps, with Red's still available with loads of advice. With Ken Houle and Chuck Zerbinopolous serving as co-directors things look well in hand.

Team takes second place at Lake Winni Relays - Missing first by a minute. Quite an accomplishment considering this draws some of the best teams in New England.

The list could go on and on we donated \$350 to send goods to help those in need in Africa; shoe boxes of toys for the St. Charles kids; \$200 to the UNH track team; several scholarships to high school track athletes; donated to the local homeless shelter in Rochester. Don't forget the track workouts, hill training, long runs, pancake runs, New Year's Day runs, and other related running events - hey, afterall, running is what we're all about.

One last point of note, this will be my final column as I am relinquishing my presidency to Don Yeaton, who we all know is more than up to the task. My one year as head honcho has really opened my eyes to all the work so many members dedicate to keeping the club active, interesting, vibrant and worthwhile. I would like to thank everyone who helped make this year a smooth one for me. I couldn't have pulled it off with you.

Take care and as I always ended all my e-mails...."See you on the roads."

Life on the Run: "Christmas is for Giving"

Don Yeaton

I'm always amazed at how fast you Rochester Runners adopt one of the St. Charles Eagles for a "shoe box gift" every year. You are to be commended for your willingness to want to help in so many ways. Within a week after the list came out, all the kids were taken and several of you were too late to get your name on the list.

Some of you e-mailed me with the question, "What's a shoe box gift?" We've been doing these for several years now and I don't really remember who came up with this idea, but it wasn't original with us. For years now there has been a ministry called "Operation Christmas Child" sponsored every Christmas season by Samaritan's Purse, a Christian relief organization headed by Franklin Graham, the son of Billy Graham. Churches from all over the USA are involved with assembling these shoe box gifts for kids all over the world. Many of these kids have never received a gift at any time, let alone Christmas time and the smiles of these kids makes it all worthwhile!

Many of you were involved in donating items for Ron and Peggy Foster to send to Craig and Lauren Stephan, who are serving with the Peace Corps in Swaziland. They have mailed off several boxes to them and hopefully they will arrive there in time for Christmas in this tiny African nation, whose claim to fame is being the AIDS capital of the world!

Most of us grew up very different from either the kids at St. Charles or those in Swaziland who may have lost their parents to AIDS and have the same disease or are HIV positive themselves. I got to talk with Sister Maximilian at the Jingle Bell 5K in Concord on December 2nd. She was excited that one of their kids was close to being adopted. What wonderful work they are doing with these kids that come from situations that are so sad!

A big thanks are due to many of you who helped Diane Casselberry with our Free Fall Classic 5K/10K on Thanksgiving morning. It was our 2nd best turnout in the history of the race and it wouldn't have happened without your help.

I've said it before, "running is a selfish sport" in many ways. It's all about ME and my race and my training and my PR. And yet we need to realize how grateful we ought to be that we are healthy enough to run like we do - whether that's fast or slow! We realize that good health is such a fragile commodity and even the smallest injury can put us on the sidelines.

So in this Christmas season filled with hope and love and forgiveness, remember that it truly is “more blessed to give than to receive”!

Running Notes

Don Yeaton

1. Christmas Caroling Fun Run – we will meet at the Rochester Community Center at 1:00 PM on Sunday Dec. 10th and run to SunBridge, Rochester Manor, St. Charles and the Gafney Home. There are 24 kids at the St. Charles Children’s Home who will be receiving shoe box gifts this year. We will put the food platters together at Judi Roger’s house on Sat. Dec. 9th at noon. We need cookies, candy, breads and fruit and you can drop them off (along with your shoe box gift) at Judi’s house at 10 Copeland Dr. in Rochester. This is off Charles St. between Sidney and Broad.
2. Millennium Mile – Dec. 31st at 2:00 PM in Londonderry
3. New Year’s Day Resolution Run – 9:00 AM at PSNH on Old Dover Rd. in Rochester
4. 7th Annual Pancake Run at Bill and Kathy Paradis’ house in North Berwick at 8:00 AM on Sat. Jan. 6th.
5. Our Annual Boston Trip and Fresh Pond Race will be held on Sat. Jan. 20th. We will leave the Shaw’s parking lot in Dover at 8 AM so that we can make it to the Fresh Pond 2.5 or 5 mile race at 10 AM. No entry fee and no t-shirt – just sign up and run either 1 lap or 2 laps. Then we visit the New Balance factory store in Brighton, find some lunch and whatever other sites our tour guide – Andy Schachat – takes us to see. Only three of us last year – come on out – we have a great time!!
6. 12th Annual Boston Prep 16 Miler in Derry on Sunday Jan. 21st at 10 AM – remember – it’s only “moderately challenging”!

January Meeting Speaker: Emily LeVan

Submitted by Darryl Cauchon

Emily LeVan will be the club's featured speaker in January. For those not already in the know, Emily has excelled in recent Boston Marathons. Yet for those hungry for more information, I stumbled upon the following profiles on Emily in the Official Boston Marathon Program given to all runners in 2006. Hope you make an effort to hear Emily speak, she surely will be able to provide loads of training advice for those readying to run Boston in 2007. Special thanks to Bill Paradis for arranging her visit.

Finishing 12th in the 2005 Boston Marathon in 2:43:14, LeVan went on to represent the United States at the IAAF World Championships in Helsinki in August 2005, placing 35th in a PR 2:38:32, the third American to finish. She was selected as New England Runner magazine's female Runner of the Year. LeVan was training for the Twin Cities Marathon when she got the call to run in Helsinki, only three weeks before the race. She sharpened up with a 35:53 at the Beach to Beacon 10K on August 6, then finished her greatly-abbreviated taper with the marathon on August 14. LeVan then weathered a three-week layoff in September of 2005, when she cut her foot moving a chicken pen on her organic farm in Wiscasset, Maine, where she lives with her husband. "I was frustrated when it happened," she said. "but I didn't have many races planned for the fall, so it couldn't have happened at a better time." Since getting back out on the roads, she's confident in her recovery. "Being able to discuss my training with Jeff Staab, the BAA coach, has helped me structure my training and turn up the intensity," she said. "The biggest difference has been getting down to do the training runs on the course. That's been really helpful." LeVan finished her nursing program at the University of Southern Maine in December and is now working in the Emergency Department at the Miles Memorial Hospital in Damriscotta, Maine. She's hoping for a PR ("Always a challenge on the Boston course") and an Olympic Trials "A" qualifying time - sub 2:39. In 2006, she improved at the Boston Marathon with a time of 2:37:01 and once again was the top American. She also led the Boston Athletic Association team to its first Women's Open title in four years.

The second profile is a first person account and goes as follows:

"A six-minute-per-mile pace had been the target throughout my training for the Boston Marathon, and my aim on race day was to run a personal best.

After negotiating the deceptively-tricky first five miles, I was pleased by how effortlessly I settled into my pace. By the time I saw my coach, Jeff Staab, at mile 10, I was in the zone and knew it was going to be a good day. I chuckled as I passed this mile marker with such confidence - quite a contrast to last year, when I tried to drop out at this same point.

For the next six miles, I was on autopilot, I hit my target pace within a couple of seconds for every mile. At times, my mind wandered, and I let the crowd entertain me and stave off boredom. Was that really a guy dressed like a mermaid? did I just hear Joe and Jerry on that radio saying that Big Papi hit a dinger? Which smells worse right now, those burgers and those brawts?

I regained my focus as I approached Heartbreak Hill, and was glad to have had a few training runs over this section of the course. I knew what was ahead and how to attack it. "Focus, focus, focus," I kept telling myself. I knew I might lose some time in these hills, but I would certainly make it up in the downhill sections. Once I crested the top and made my way down toward Boston College, I concentrated on maintaining my mental focus and smooth pace. I could see two women up ahead; could I catch them? Part of me said, "Of course, while another part of me took the more conservative approach of maintaining my pace and finishing strong and smooth.

I guess I fell somewhere in the middle, as I caught one of them, and finished 13th overall and the first American female. As I crossed the line, I remembered last year's experience as bittersweet: I was proud to be the first American female to cross the finish line, but I had been disappointed with how I felt during the race and with my overall time, which was six minutes slower. This year's experience was exceptionally gratifying, as I achieved my target time, as well as a personal best, and qualified for the Olympic Trials with an "A" standard time.

After a few weeks of rest and a break from the rigors of training, I'm looking forward to a summer of shorter races around New England and preparing for the U.S. Marathon Championships at the Twin Cities Marathon on October 1." --Emily Levan

Arkansas Traveler 100 Mile Race Report **Laurel Valley**

1 The Arkansas Traveler 100 started at a state park at 6:00 on the morning of October seventh. It was dark and cold so I sat in my car with the heat going until a few minutes before 6. I think about 120 people started the race. For the first mile or so, we ran down a paved road. I saw the woman who had won last year, Tracy Thomas. Last year she beat everyone, even all the men. I am a big fan of hers and I was hoping she'd do well again this year.

There was a man who's heart monitor was beeping like crazy. Sometimes I wear one on training runs to measure how hard I am working, so I recognized the beep...beep...beep. I tried to pass him, but he was one of those men who hate to see a woman run faster than him, so he'd speed up every time I tried to go past and his heart monitor would go crazy from the effort. I thought it was ridiculous to be racing so hard in the first miles of a one hundred mile race, and the noise was driving me crazy. Then he said, "you make a lot of noise." I didn't know what he was talking about and wondered if he was being sarcastic. But he went on, "your water bottle is sloshing and your pack is clunking up and down, I don't know how you can stand it." I decided to drop back because we were obviously annoying each other. I passed him later on in the morning.

We turned off onto a dirt road, which was rough and rocky, not a road cars could drive on. I liked it, it reminded me of the logging roads I run on at home. A young guy with poofy girl hair kept passing me at a wild sprint and then slowing down further down the road and I would pass him back. I thought it was a strange race strategy, but whatever works. I got talking to some of the people around me but I can't remember any names other than the ones I gave them in my own head. There was Arkansas Chicken Farmer, Camelback from Colorado,

Handlebar Mustache, and of course, Poofy Girl Hair.

After the sun came up and it started getting a little warmer, I relaxed into a nice pace and tried to just enjoy myself. At about 8 miles we went into the woods on technical single track trail for another 8 miles. This took a lot of concentration, but it was a very pretty trail and I enjoyed it. When we came off of the trail and back onto dirt roads, I put on my headphones and listened to music on and off for the rest of the day. I never did this in a race before, it was nice and made the time go by faster. It helped me stop thinking about how many miles we had gone and how many we had left to go. I took the headphones off every time I came into an aid station and talked to the volunteers and other runners there. I tried to eat something at every aid station, a cookie, potato chips, a pancake, a piece of beef jerky, fried potatoes, boiled potatoes, soup, etc. I just took what ever they handed me. I tried to drink a whole bottle (24 ounces) of diluted Gatorade between each aid station.

It warmed up into the 80's, but the woods were dense and the roads we were on were narrow and shaded, so I felt pretty comfortable with the temperature most of the time. I took 2 electrolyte capsules every 2 hours while it was sunny and hot and cut back to 1 every 2 hours after the sun went down. I ate a packet of Power Gel every 2 hours in addition to all the aid station food. I think I had my hydration and nutrition needs well covered.

There was a long tough stretch up Smith Mountain on an old overgrown ATV trail that was hot and difficult. After the top there was a long downhill on the same type of trail. This is where I passed last year's winner, Tracy Thomas. I could tell she was having a bad time by the way she was stumbling along. I felt bad for her, she had such a great run last year and I think she felt a lot of pressure to do really well again this year. I didn't know what to say as I went by and stupidly asked, "how are you doing?" and she looked at me with a big smile and said cheerfully, "not so good." I later found out that she dropped out of the race a few miles later. If I had known I was going to meet up with one of my running idols on the trail I would have been prepared with some better remarks. Oh well, it gave me something to think about for the next hour or two, all the better things I might have said to her.

At about 55 miles, I stopped and got a long sleeved shirt out of my drop bag and re-filled my pack with Power Gels and electrolyte capsules. Soon, the first runner went by, heading back toward the finish. Only about 15 runners went by before I was at the turn around myself. Two of the runners who went by were women. The first place woman, Kathleen Daumer was smiling and chatting with her pacer. I figured she was about 30 minutes ahead of me. Sarah Almodover was right behind Kathleen, but didn't look like she was feeling so great. I didn't want to think about racing, I just wanted to run for myself, so I tried not to give the woman's race another thought.

At the turn-around I met back up with Camelback from Colorado and Handlebar Mustache. On the way back after the turn-around I saw Chicken Farmer and Heart Monitor and Poofy Girl Hair. We all cheered for each other, which was fun. The next woman behind me was Chrissy Ferguson, the race director. She got all excited and whooped and hollered for every runner who went by. I was cheering for everyone too, but it really made me smile to see how much Chrissy was enjoying herself.

It got dark and I had to use my flashlight. There were no other runners around at this point and the full moon was still too low in the sky to shine through the trees on the side of the trail. Soon I came upon Sarah, walking on a downhill. I said hi and tried talking to her a little. Her pacer answered me, but she just looked at me. She is a very competitive runner and I could tell she hated to see me go by. I used to race like that myself and it took me a long time to be able to just try to do my best without worrying about how it compares to other people. Sarah dropped out a few hours later. This isn't unusual in a 100 mile race, often half the field drops before the finish and the top runners drop just as frequently as the mid pack runners.

A while down the road we got back onto that tough overgrown ATV trail where I had passed Tracy Thomas earlier. Going uphill in the dark was OK, but coming down in the dark was very hard. I kept picking the wrong rocks to step on and they'd roll out from under my feet. I was picking my way along when a woman I thought was Sarah went flying by in an all out run over the rocks with her pacer in pursuit. I said "good job" and she grunted and was gone. Long after the race I found out that runner was actually Natalie Mcbee. Handlebar Mustache and I were passing each other back and forth through here and he said "her eyes are better in the dark because she is younger than you." I had never said how old I was and I think he had a heck of a nerve assuming that I am old with bad eyes. Anyway, that woman went on to finish about a half hour ahead of me, thanks to her youthful night vision.

Back out on the wider dirt roads, I was able to turn my flashlight off and run by moonlight. There were owls hooting and a lot of insect noises. It was very peaceful. Handlebar was up ahead and I was running all alone. I looked at my watch and thought I might make it in under 22 hours. I was still able to run all the downhills and flat stretches and could walk pretty fast on the uphills. This is unusual for me in the last part of a 100, I am usually barely able to shuffle. I was very tired, though, and I started having some hallucinations. I saw people leaning up against the trees on the side of the trail. There were hunters, policemen, firefighters, school children with lunch boxes... I was in the middle of the woods, so I knew this made no sense. I stopped and shone my flashlight on them

a few times and they would disappear. I knew I was hallucinating and it didn't bother me much. Then I saw two huge black leeches squirming on the side of the road. They were the size of squirrels! I stopped and bent over them, watching them move around and wondering what they were doing there and why they were so big. Then I said out loud, "wait a minute, there are no giant leeches in the Arkansas woods." and they disappeared. That made me laugh hysterically, I guess I was losing it.

I have succumbed to sore muscles, blisters, dehydration and low blood sugar in ultramarathons, but this was the first time sleep deprivation was getting to me. I stopped to fix my shoe, kneeling down with one knee on the ground. When I was done, I rested my head on the knee that wasn't on the ground and fell fast asleep. Luckily, I toppled over and woke up. I only had about 5 miles to go, no time to take a nap! I took a "double caffeine" power gel and in a few minutes I started to move faster again.

Soon I was on a better dirt road which eventually turned to pavement. Then I saw lights and the finish line, but no people seemed to be around. I was running without my flashlight. I decided to turn it on, hoping someone might notice I was finishing. As soon as I turned it on, car horns started beeping and people came piling out of their cars and tents and started cheering and whistling and a loudspeaker started blasting music. It turned into a very festive finish at 4:30 in the morning! The 100 miles had taken me 22 hours and 26 minutes. Within 15 minutes I was sound asleep in a sleeping bag in the back seat of my rental car with my shoes still on.

Marine Corps Marathon Special Tribute **Walter Shyska**

Editor's Note: This article was supposed to be included in the November newsletter (Veteran's Day time) but had to be omitted due to space restrictions. My apologies to Walter!

[I am running the Marine Corps Marathon this year. Here is my dedication to a friend who can be found on "Panel 07E - Line 15" on the Wall at the Vietnam Veterans Memorial in Washington DC.](#), along with the other 58,195 others who sacrificed their lives in service to their country during the Vietnam War.

"Longnecks and Walls"

Bill Wilkowsky and I enlisted into the U.S. Army together on October 10, 1965 in Nashua NH. The army recruiter, Sgt. Romeo Anger, picked us up at our homes early in the morning to make sure we didn't change our minds. We then drove to Grenier Field in Manchester (now the Manchester-Boston Airport) where we took our first plane rides ever on a Northeast Airlines DC3. I had my transistor radio on as we took off and Bill and I listened to radio station WFEA as the plane lifted while the signal faded. (There is a scene just like this in the movie American Graffiti, except the Richard Dreyfuss character is going off to college, not war). All Bill talked about during the trip was how he was getting married to the love of his life, Gloria, at Christmas time.

Bill and I spent the next 9 weeks together at Fort Dix NJ in basic training – Company P, 4th Platoon. He had the top bunk. For Thanksgiving, we got a 2 day pass and went overnight to NYC, stayed at the YMCA and saw the Macy's Parade. That night, we ate at a diner, where we could drink beers legally for the first time (we were 19 at the time). We drank "*Longneck Budweisers*" - and now, whenever I drink a "*Longneck*", I think of Bill Wilkowsky.

We survived basic training, though Bill caught pneumonia after the 3rd week. However, because he was so motivated to marry Gloria during his Christmas leave, he struggled through some tough days in the field and actually qualified on the rifle range during this period (it seems if you missed more than one week during basic training, they set you back another 3 or 4 weeks, so he could not risk not getting married during Xmas). He was unbelievably tenacious and motivated.

On Dec 10, 1965 we "graduated" from basic training and flew back to Boston where my father picked us up for the drive back to Nashua for our 2 week Christmas furlough. Bill proceeded to marry Gloria. Gloria had been wheelchair bound since childhood with leg braces from Polio, but I don't recall much more about her except to say she was very pretty with a beautiful smile. Bill was truly her knight in shining armor.

On a humorous note, for some reason, Bill did not have any "civilian clothes" while home on leave, so he wore his "Class A" army dress uniform everywhere, and at home, he ran around in his army issue long johns. Then 2 days after Christmas, we had to return to the Army, with Bill going to Fort Benning in Georgia for Infantry Training. I went to Fort Gordon GA to a communications school. Just prior to leaving for Georgia, my Grandfather (charter founding member of Nashua's Polish American Club) insisted that we stop in at the Polish Club for a beer - so we did - in full uniform - and our reception there was fabulous. They bought us all the beers we could drink (at the time, they had 10 cent drafts) even though we were "underage". (Good thing Emile Bozek, the "liquor inspector" of that time wasn't around!). And Grandpa gave us each a ten dollar bill, a lot of money back then (our army salary was \$75 per month).

Then 4 months later, in May 1966, I was at Fort Bragg NC. I always got the Nashua Telegraph newspaper mailed to me (3rd class mail) but they often came 10 at a time, 10 days late. I can remember lying on my bunk on that Saturday afternoon, unrolling the paper and having the front page headline hit me that Bill had died in Vietnam on April 30, 1966. He was truly a really good guy, as were all of the other 58,195 soldiers found on "The Wall" at the Vietnam Veterans Memorial in Washington DC.

It was an extremely emotional occasion when I visited "The Wall" for the first time in 1987. It was truly overwhelming and the most moving experience of my life. Try and picture the visual - you walk around a corner and come upon one tombstone with 58,195 names on it. I went early in the morning. After a few minutes, I found Bill's name, touched it and stared at it for a long time. I then felt I should "do something" and noticed that others had left all types of mementos on the ground under the panel where they had found their soldier's name (all of the items left are stored in a warehouse for some future exhibit). I felt badly that I had nothing to leave - then I realized that I was wearing my Red Sox hat that was at least 15 years old. It was so old, I had re-sewn the "B" back onto it myself a couple of times and it was now a crooked "B". I then knew I should leave this hat, because I loved it and had worn it to so many ball games and fishing trips and hikes and parties. It had great Karma in it. I truly loved that hat, so it was the perfect gift. I was never so moved.

Now on October 29, 2006, I am running the Marine Corp Marathon and will run by and visit Bill at "Panel 07E - Line 15" on the wall. I will wear his name on my shirt. I have run 7 other marathons and Bill has helped me finish every one of them. I always "hit the wall" at mile 20 - then I think of Bill and the others "On The Wall" and I have always been able to finish, regardless of the pain. That evening, after I finish (and I will finish), I will toast Bill with another "Longneck" and thank him again. I hope he likes the Red Sox hat, because I'm a Yankee's Fan now!

Free Fall Classic Follow-Up **Don Yeaton**

We certainly had some things to be thankful to God for on this past Thanksgiving Day!! The threats of nasty weather w/ freezing rain and wind proved to be overstated and the rain held off until almost noon time. As you can see from some of the pictures, the sun was so bright that some of my pictures taken at the end of Hanson St. were affected by it.

As of Tuesday night after our club meeting, I sent 75 pre-registrations to Yankee Timing. On race day we were pleasantly (or not so pleasantly if you were working the registration table - IT WAS A ZOO!) swamped with race day sign ups - about 129 of them. In fact, I think this was the best weather we have ever had for our race and we were expecting some of the worst!

A big thanks to Mike Amerillo of Yankee Timing for straightening out the race results after he left. Some apps had no age filled in and there were at least 8 runners who switched from the 5K to the 10K while they were running. It sure pays and saves us a lot of headaches by letting the experts handle the timing for us!

And thanks to Diane Casselberry, our race director, and all of you who helped her. If you think putting on a race is easy - just try it sometime. Dave Smith and Peter Dubois deserve a mention for the great job they did in setting up the course w/ all the signs, detours and barricades.

And one more thanks to our sponsors that made this all possible. We received \$500 each from Bootleggers, Rehab 3 and Harding Metals. Mike Andrews was able to secure us a donation of \$300 from Walmart and Bernier Insurance donated \$100.

Country Music Marathon, Anyone?

Darryl Cauchon

Hello fellow RRs,

I plan on participating in next year's Music City Marathon in Nashville, Tenn., taking place on April 28. Any members interested in joining me among the thousands on race day are more than welcome. With my lovely wife opting to stay home with our 3-year-old, familiar company would help make for a more enjoyable experience. Information on the race can be obtained at www.cmymarathon.com. E-mail me at dcauchon@fosters.com or at 692-5828 if you're interested. Perhaps if our abilities are not too far apart, we could do some long runs together as well. Hope to hear from you.

Rochester Runners Grand Prix Update

Paul Lindsay

RRGP update through 2Dec06: The main action for RRs this past month included the Seacoast Half Marathon (Portsmouth), the Portsmouth Jingle Bell 10K, and our own FreeFall 5K and 10K (Rochester). Thanks to race director **Diane Casselberry** and the many RR volunteers for their hard work at the FreeFall on Thanksgiving morning. Congratulations to race winners **Laurie Gaudreau** (tied for first woman at Seacoast), **Scott Rowe** (Jingle Bell 10K), and **John Tuttle** (FreeFall 5K), and also to several RRs who ran their best races in over a year: **Sarah Avery-Leaf, Alison Black, Laurie Gaudreau, Dave Poliquin, Peter Whitten, John DiNella, Amy Lindsay, Joe Harding, and Don Norris**. **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. Visit rochesterrunners.com's club grand prix section for a detailed explanation of the RRGp, to look at your chart, and to check out your baseline race and speed point goals.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
22	53	15	90	23	Alison Black	5	49	7	61	12	Mike Andrews	0	20	3	23	5	Janet Glazier
16	60	9	85	39	Sin Kounlasa	6	50	4	60	13	Pete Dubois	5	17	0	22	3	Paul Serrano
18	46	18	82	26	Bob Rondeau	0	47	13	60	16	Don Yeaton	3	17	0	20	4	Tracy Jones
25	55	0	80	16	Laura Harding	11	45	3	59	16	Diane Casselberry	3	17	0	20	3	Wendy Perillo
23	46	9	78	12	Paul Lindsay	9	46	3	58	10	Dan DeFrees	6	12	0	18	3	Rhiannon Amero
16	55	6	77	14	Bill Paradis	15	39	3	57	9	Brian Geiger	3	15	0	18	4	Drew Tuttle
15	53	9	77	39	Cliff Parkinson	14	42	1	57	9	Karla Martin	3	13	1	17	3	Adam Sandahl
20	44	12	76	19	Nathan Huppe	19	34	3	56	8	Jamie Houle	3	13	1	17	3	Denise Sandahl
17	50	9	76	29	Dan Poliquin	13	43	0	56	8	Joe Harding	5	8	3	16	2	Phil Parker
22	50	3	75	19	Chris Blanchette	13	40	3	56	7	Scott Rowe	3	12	0	15	3	Eric Couture
18	57	0	75	26	Laurie Gaudreau	5	48	3	56	12	Dennis Graves	2	10	3	15	2	Patty Crothers
18	42	15	75	22	Ben Jones	9	46	0	55	11	Chuck Zerbinopoulos	6	8	0	14	2	Allie Collopy
12	50	12	74	10	Tom Littlefield	4	46	3	53	12	Sue Littlefield	3	8	3	14	2	Jim DeJohn
30	42	0	72	15	Chris Apkarian	4	48	0	52	15	Dave Rosania	0	11	3	14	2	Leanne Hourihane
18	51	3	72	14	Britt Schuman	9	41	0	50	13	Joe Boyle	4	8	0	12	2	Maura Collopy
21	44	6	71	20	Dave Poliquin	5	40	4	49	9	Dave Smith	0	9	3	12	2	Celeste Martel
0	70	1	71	9	Laurel Valley	0	44	1	45	12	Andy Schachat	3	8	0	11	2	Erin Collopy
21	45	4	70	12	Judi Rogers	11	30	3	44	7	Kristin Houle	3	8	0	11	2	Meg Collopy

6	55	9	70	31	Diane Levesque	10	30	4	44	7	Don Norris	0	11	0	11	3	Dylan Tuttle
22	44	3	69	13	Lori Scott	0	44	0	44	13	Liz Bowden	3	4	3	10	1	Pam Parker
16	47	6	69	19	Mike Amero	14	26	3	43	6	Amy Lindsay	0	9	1	10	2	Ernie Garland
14	43	12	69	10	Manya Hult	3	40	0	43	21	Bob Randall	1	8	0	9	2	Paul DiNella
8	49	12	69	26	Judi Lemaire	7	32	0	39	7	Becky Sherburne	1	8	0	9	2	Joe Tostado
14	51	3	68	23	Kevin Scott	7	29	3	39	6	Don Gagne	0	9	0	9	2	Ken Hult
14	45	9	68	17	Don Foley	10	25	3	38	6	Lisa Houle	1	7	0	8	1	Ed Larkin
11	51	6	68	19	Judy Brenner	5	33	0	38	7	Jen Johnson	0	8	0	8	2	Lynn Tostado
9	50	9	68	32	Darryl Cauchon	2	28	6	36	7	Jack Prescott	0	8	0	8	2	Desi Moonsamy
5	59	4	68	29	Mary Ulinski	9	26	0	35	5	Danyelle Phelps	0	8	0	8	2	Jacob Richardson
18	46	3	67	18	Danielle Amero	9	26	0	35	6	Kathy Owen	3	4	0	7	1	Bob Lemaire
13	51	3	67	18	John Rancourt	7	24	3	34	6	Rick Collopy	3	4	0	7	1	Stephanie Cole
6	45	16	67	19	Ron Foster	8	25	0	33	6	Dave Abbett	0	7	0	7	1	Cathy Orlowicz
21	45	0	66	11	Michael Richardson	5	23	3	31	5	Jen Daly	0	4	3	7	1	Camden Moore
14	52	0	66	15	Randy Spencer	7	20	3	30	5	Karen Norris	0	4	3	7	1	Edwin Charle
13	53	0	66	14	Lisa Hart	0	30	0	30	5	Victoria Quinlan	2	4	0	6	1	Michelle Crothers
2	58	6	66	23	Brian Gallagher	9	20	0	29	5	Nancy Moonsamy	0	6	0	6	1	Elizabeth Beecher
21	44	0	65	12	Ruthanne Laine	8	21	0	29	4	Sarah Avery-Leaf	0	6	0	6	1	Jennifer Borda
9	56	0	65	9	Bruce Lander	6	20	3	29	4	Arlon Chaffee	0	6	0	6	1	Willem Verweij
6	55	4	65	15	Walter Shyska	5	24	0	29	6	Tom Watkins	0	5	0	5	1	Tom Dunnington
8	41	15	64	13	Peggy Foster	5	21	3	29	4	Jeannette Lindsay	0	4	0	4	1	Bill Ingram
14	49	0	63	16	Ken Houle	3	25	0	28	6	Mark Chrusz	0	4	0	4	1	Jameson Harding
8	47	8	63	12	John Tuttle	3	25	0	28	6	Jake Gaudreau	0	4	0	4	1	Michael Cole
4	59	0	63	22	Dick L'Heureux	1	27	0	28	7	Dave Butler	0	4	0	4	1	Michelle Olsen
18	41	3	62	11	John DiNella	9	14	3	26	3	Jeff Crothers	0	4	0	4	1	Sarah Crothers
17	42	3	62	13	Jack Collopy	5	20	1	26	5	George Stevens	0	4	0	4	1	Kimberly Spencer
17	43	1	61	9	Clayton Lewis	8	16	0	24	4	Peter Laine	0	4	0	4	1	Peter Laine (jr)
9	52	0	61	11	Greg Gaudreau	5	16	3	24	4	Tracy Burns	0	4	0	4	1	Lindsey Richardson
9	48	4	61	9	Peter Whitten	0	20	3	23	5	Kathy Paradis	0	4	0	4	1	Laura Cauchon

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