

ROCHESTER RUNNERS REPORT

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**Next Club
Meeting**

**Tuesday,
February 21, 2006
7:00pm**

**Community
Center
Rochester, NH**

**Annual Awards
Banquet!!!**

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President's Corner

Darryl Cauchon

Entering into my second month in the highly coveted and prestigious position as Rochester Runners president, well perhaps not coveted considering I was the lone candidate looking to replace our outgoing leader, Don Yeaton, I've certainly come to realize the dedication and devotion many members have for this club. Most everyone I come across for the first time speaks with pride on being a Rochester Runner. So much so, that I am no longer taken aback to hear them speak so. And as everyone's favorite ex-con Martha Stewart would say, that's a good thing.

Now that my direct participation in the club has increased, say, 100 percent since taking over the reins, more and more I am beginning to realize why this is so. Unlike so many other sports, if not ALL sports, running is often a lonely pursuit. Most all of us toil long hours and miles alone on the roads and in the gym in our endeavor, feeling lucky if we have a training partner once or twice a week. Team sports allow members to bond and see the positive end result of their joint efforts through long hours of practice. That seldom exists in running. Even for those on a running "team", busy schedules, the unnecessary need to train together, differing athletic abilities and what not force most to train alone. Sometimes it's simply more convenient that way.

That's where the Rochester Runners come in. This club seems to work in bringing about the close friendships in the running world often lost through training by oneself. Young, old, fast, slow, tall, short, male, female, this is not a select club. The Rochester Runners has some of the top runners in the area, other's are just learning the sport, yet from what I have witnessed thus far the cliques that could arise simply do not exist. All are made to feel welcome and comfortable and never to feel they do not belong because they're not "fast enough."

There is certainly not a shortage of ways to get involved, whether to have fun, meet new people, or get serious and improve your race times. It's all here for the taking.

Despite being the dead of winter, I've seen dozens of activities organized by members in just two short months. Pancake runs, award ceremonies, the Boston Marathon director coming to speak, trips to race in Boston, a New Year's Eve run, weekly track workouts, a bowling tournament, on and on it goes.

Surprisingly, I heard some concerned that the club needs to reach out to inactive members or seek new ones. This rings somewhat true, yet by my unscientific calculations it seems roughly half the club members are taking part in some capacity over the course of the year. Granted, there is a core group participating in most things offered, but that core group is large in relation to its overall membership. Don't be mistaken, everyone, including myself, would love to see more and more runners join or be more active but we must realize that not every member is as avid about running as others. Some race only once or twice a year, others won't train in winter, some are injured, and yeah, some just want the Red's discount. Yet we must honor these members wishes as well and when they show up once in a blue moon they should always be made to feel welcome then and welcome when they return a year later.

Most all clubs work that way. Little can be done to alter that fact. Actually it's nothing to fret about.

Comparatively, with so many options for people nowadays to spend their free time, the Rochester Runners are doing well and going strong. I'm told membership has held steady for a number of years now, so although things could always be better, there's definitely no need to panic that this club is dying.

Hopefully, it will stay for way many years down the line.

Running Notes

Don Yeaton

1. Have you heard about the new 202 mile relay race in Vermont this June? It's called the Green Mountain Relay and will be held on June 10th and 11th. The 36 leg relay will start in Jeffersonville, just north of Stow and end in Bennington. Sounds like a great course that has seven covered bridges along the route. Check it out on Coolrunning.com
2. There was a good group of RR's at the Mid Winter Classic 10 Miler on Sunday Feb. 5th. Many of you placed 1st or 2nd in your age group. Chris "ROCK" Blanchette was the speediest RR finishing in 35th place, 3rd in his age group and in a great time of 1:03:35. Ron Foster finished 1st in his age group of the 70+ crowd in 489th place in 1:45:45. Congrats to all of you!
3. The Relay for Life of the American Cancer Society will be held at the Spaulding Track in Rochester this year on June 23 and 24. A \$10 registration fee will get you signed up on our team and you need to try to raise at least \$100. We have one team and I'd like to see us field another one. How about the female RR's against the male RR's? We could see who could run/walk the most laps in 18 hours and who could raise the most \$\$ for the American Cancer Society. Is there any female RR ready to accept the challenge? Laurel Valley is the first person who has signed for our team. The next team meeting is on Wed. night at the Frisbie Education Building. E-mail Don at dryrun262@msn.com if interested.
4. Speaking of Laurel, she recently told me she will doing a 24 hour race on a quarter mile track in Ottawa on March 10 and 11. She hopes to be able to cover 100 – 110 miles in the 24 hours. She will be all warmed up for the Relay for Life ladies, so here's your chance to get her on your team!
5. In case you missed the e-mail, our own track coach, John Tuttle, has been ranked 4th male in the country for road races. What a great honor! You can check out the rankings at www.runningusa.org We are very fortunate to have John as our coach. In case you never heard the story about how John got to be a Rochester Runner, here is the story: I was running the Gilmanton 5K on March 30, 2002. John saw my Rochester Runner's singlet and came up to me with some questions about the club. I got his address and said I would send him a club application. It was during the awards ceremony that I realized what a good runner he was. John had finished 10th overall in 18:11 and had won his age category - he was 46 at the time. And the rest is history!
6. Our 6th Annual Boston Trip was enjoyed by only 3 of us this year – Andy Schachat, Bob Rondeau and Don Yeaton. We were greeted by unseasonably warm temps at the Fresh Pond race this time around. About 30 or 40 of us ran either the one lap or 2 laps for the race. From there we headed to the New Balance store in Brighton for some good bargains. Andy gave us a tour of Harvard Square and when we ended up on Comm Ave, we decided to drive the whole Boston Marathon course out to Hopkinton. Bob had never seen it before and I've only seen most of it on Marathon Day. You can definitely get a feel for the fact that Boston is a downhill course when you have to drive UP to Hopkinton. I got a picture of Andy and Bob at the starting line – the Rondeau – Schachat showdown saga continues! We drove back to Boston and made it to the finish line in just over one hour and 19 minutes. We were starving by this time so Andy took us to the North End for some Regina Pizza. The place was packed so we got two pies to go and chowed down on the way home. Thanks again Andy for being our Boston tour guide!

Life (and death) on the Run

Don Yeaton

It seemed so fitting for many of us to have to park at the Alton School for John Racine's Memorial Service back on January 24th. The Alton Community Church where John served as a Deacon was packed, so many of us had to walk the quarter of a mile from the school where we register for the Big Lake Half Marathon. John had run Big Lake in 2004 and just beat John Rancourt by a few seconds.

The church was so full that about 30 of us had to stand in the fellowship hall behind the sanctuary as we listened to the service. This was by far the BEST funeral/memorial service I have ever attended. And it was so for two reasons. Most funerals are dark, depressing, sad, morbid, hopeless affairs and whatever other negative words you can think of. But this one was very different because it was a celebration of John's life. I was not sad for John for I know I will see him again and Connie (John's wife) wrote to me that he was no doubt "running in heaven with his dog that died two years ago", when she told me that John had died on January 21st. At the service, the pastor of the church remarked that John was now running on "heaven's streets of gold" that the Bible talks about.

It is so interesting that running is truly a metaphor for life and that the writers of the Bible often used the theme of running to make a spiritual point. The pastor read 3 or 4 Scripture passages that all dealt with running and life. After the organist played the theme song from the "Chariot's of Fire" movie, the pastor invited several people to come up to the pulpit to say a few words about John. He had been a member of the NH National Guard for 29 years, he was a member of the Lion's Club and the Christian Motorcycle Association and of course, a Rochester Runner. Some of you never got to meet John because often the Christian Motorcycle Association had their monthly meetings on the same Tuesday nights as our Rochester Runner's Club meeting. Everyone who spoke had nothing but good things to say about John, but it was different than most eulogies. It wasn't this "triumph of the human spirit mumbo-jumbo", but people were impressed because of the fact that John was a Christian and wasn't hesitant about letting people know about what God had done in and through him. John was authentic and the real deal!

When it was my turn to say a few words about John as a Rochester Runner, I related to the audience that the last time I saw John was at the 2005 Boston Marathon. Many of you received that picture I sent of John and John Rancourt at the Athlete's Village in Hopkinton. I was not aware of John's stomach cancer until another Rochester Runner gave me the heads up. Nan Henderson (who just moved to FL) was working as a nurse at the Cancer Center at Wentworth Douglass Hospital. She was the first person John spoke to when he went there for treatment. Nan is a Christian and a Rochester Runner as well so they had something in common right from the start. Sometime last summer, Nan left a message on my answering machine to call her back. When I did, she asked if I knew that John wasn't running anymore. I said that I didn't and asked her why he wasn't running. Of course she couldn't tell me why because of medical confidentiality, but said I should call John. So, I emailed him and mentioned that I hadn't seen him at any races since Boston. Connie e-mailed me back with the sad news – John had been diagnosed with stomach cancer just a few days before the Boston Marathon. John, of course, was not going to back out now and although he had some struggles, he finished his second Boston Marathon and beat me too!

I spoke to John several times after that and he always was hopeful to beat this cancer and run Boston with us again this year. The last time I spoke to him was on September 24^h of last year as I was on my way home from the Lake Winni Relay. I filled him in on how well our teams had done at the relay. I often thought of John over Christmas and meant to call him but never did. I tried a couple of weeks later, but there was no one home.

I closed my remarks by showing the audience my orange wrist band that Fritz Newman of our Reach the Beach Team had brought me back from the Akron Marathon. The bracelet reads "Finish Well" and is taken from Paul's words in II Timothy 4:7; "I have fought the good fight, I have finished the course, I have kept the faith." John – you finished well!!

Although John can't run Boston with us this year, I would challenge those of you who are, to run in John's memory and honor this year by putting "For John" on the front of your singlet.

In Memory of John

Fay Lowrey

While listening to testimony given at John Racine's memorial service, I realized I knew very little about John. He had overcome many obstacles during his lifetime, but he never gave up. John was an active member of the NH National Guard, as a deacon he was actively involved in his church, was a member of the Christian Motorcycle Association, the Lions Club, the American Legion, the Rochester Runner's Club, and had other varied interests. It was obvious that he took great pride in his running abilities. During a moment of silence, the organist played "Chariots of Fire," and many stories centered around his love for running. The 8 X 10 picture at the front of the church wasn't John in his military uniform, or John on his motorcycle. It was John in his Rochester Running shorts and singlet. His Boston Marathon medal hung from one side of the frame. What a difference a pair of shoes and the desire to run a great race made to John. He is now running on streets paved with gold and will be sadly missed by family and friends. Farewell to a fellow runner.

Question of the Month

Submitted by Laurel Valley

What is your favorite Boston Marathon memory? (Please keep your response to one short paragraph so that all submissions can be printed in the March newsletter. Submit by March 5th via email to tennpurp@yahoo.com or send to A. Black at PO Box 397, Seabrook, NH 03874. Thanks!)

Mark Your Calendars!

Bob Dawber

The Somersworth Main Street organization will be holding the 2nd annual 7 Hills Road Race on May 6th. A better course layout will be developed in the coming weeks as well.

February Awards Meeting/Dinner

Don't forget our annual awards meeting/dinner will be held on Tuesday, February 21st at 7:00pm at the Community Center in Rochester. Pizza will be provided by Domino's, and we already have enough plates and napkins. However, we need dessert, drinks, salads, cups, and utensils. A sign-up sheet for these items will be at the January club meeting, or you can email or call Vice President Judi Rogers with what you plan to bring. Judi can be reached at jwrogers515@hotmail.com or 332-1350. Thanks! We hope to see you at this wonderful annual event. You never know when you might get recognized!

Foot Health

Kathy Paradis

Web Site of the Month: www.heelspurs.com

This winter, I have been plagued by plantar faciitis (a.k.a. heel spurs), which is an inflammation of the plantar fascia. "Plantar" means the bottom of the foot, "fascia" is a type of connective tissue, and "itis" means inflammation. This website gives advice, suggested remedies & products that could help those of us who run or power walk. On this website, there is a three step process for taping the bottom of your foot (before running). It was helpful for me, so wanted to share this information, just in case it might help someone else.

Below are suggestions (from the website) in helping Plantar Faciitis:

1. **Stretching** the calf muscles several times a day.
2. **Ice** after activity.
3. **Tape** when applied properly (technique is shown on website). I use Coaches tape, avail. @ any drugstore.
4. **Rest** (run less and run slower - - - which isn't always easy advice to follow!)
5. **Arch Support** (esp. if you have flat feet).
6. **Heel pads** (read warnings before using).
7. **Losing weight** if possible. Women are 6 times more likely than men to get plantar fasciitis because fat deposits lower on the body in women than in men. This lowers the center of gravity which will cause excess tension in the plantar fasciitis.

Freefall Classic is Back!

Yes, we WILL have a club-sponsored race in 2006! After taking a hiatus in 2005, the Rochester Runners will again host the Freefall Classic on Thanksgiving Day in 2006. We'll have both a 5K and a 10K race. Diane Casselberry graciously stepped in as our new Race Director and is looking for club members to join the race committee. If you are interested in helping out with the race, please contact Diane at 749-2875 or d.casselberry@comcast.net. We need to get things underway soon, so please consider volunteering to help plan!

2006 Membership Dues are Overdue

Reminder: the club membership calendar changed to the calendar year (January to December), so if you haven't renewed, your dues are overdue. Please send your dues ((\$15.00 for an individual, \$20.00 for a family) to: Rochester Runners Club, PO Box 727, Rochester, NH 03866. Or, you can pay your dues at the February club meeting.

Rochester Runners Clothing Now Available

Dan DeFrees

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

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

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

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

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

Club Grand Prix Update

Paul Lindsay

It's been pretty quiet on the racing scene since December, giving us a chance to congratulate RRs who had outstanding seasons in 2005 and to look forward to '06. In our 2005 Rochester Runners Grand Prix, **Brian Gallagher** established an early lead by Valentine's Day and never looked back, finishing first with 88 points for his best 10 races of the year and ending the ladies' streak of domination (the previous winners were **Diane Levesque** twice, **Laurie Gaudreau**, and **Laura Harding**). Rounding out the top 10 in 2005 were **Dan Poliquin** (86), **Scott Rowe** (85), **Kevin Scott** (83), **Mary Ulinski** (82), **John Tuttle** (82), **Sin Kounlasa** (81), **Bill Paradis** (81), **Laurie Gaudreau** (79), and **Bob Rondeau** (78). It's nice to see that under our RRGP scoring system the top 10 included a healthy diversity of running types: male & female, younger & older, faster & slower, new runners & veterans, and marathoners & short distance racers. Please join us at our annual awards dinner on 21Feb to honor these and other RRs recognized for their accomplishments in 2005. Congratulations to the 126 club members who ran a combined total of 1,241 races for the year.

For 2006, we plan to continue the RRGP under the same ground rules as last year. All club members are automatic participants—you don't have to run any specified races, but instead every race you run is worth a certain number of points, based on the total of distance points, speed points, and team points. If you run more than 10 races in the year, your score will be the total of your 10 best races. We compile the results by looking for club members' names in local race results on Coolrunning and report them in e-mail updates and the newsletter. Please let us know if we miss one of your races, particularly if you race out of the local area. Details of the scoring are explained on our club website rochesterrunners.com and I will be happy to answer any questions. Key points to remember are (1) only races on USATF-certified records-eligible courses are eligible for speed points and (2) speed points measure how fast you run compared to your own previous races, not compared to other runners in the club. To kick off the 2006 RRGP, we have results from WCRC's Hangover 10K and 5K on New Year's Day and the Boston Prep 16

mile in Derry so far. These results include only club members who have already renewed for 2006 (S=speed points, D=distance points, t=team points, and T=total points):

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
0	11	0	11	2	Sin Kounlasa	0	6	0	6	1	Lisa Hart	0	5	0	5	1	Ken Houle
0	11	0	11	2	Diane Levesque	0	6	0	6	1	Britt Ulinski Shuman	0	5	0	5	1	Cliff Parkinson
0	11	0	11	2	Brian Gallagher	0	6	0	6	1	Walter Shyska	0	4	0	4	1	Rick Collopy
0	6	0	6	1	Dan Poliquin	0	6	0	6	1	Mary Ulinski	0	4	0	4	1	Bob Rondeau
0	6	0	6	1	Darrel Cauchon	0	5	0	5	1	Jack Collopy	0	4	0	4	1	Diane Casselberry

While planning your racing schedule for 2006, don't forget that other grand prix, the **New Hampshire Grand Prix** series. This is different from the RR Grand Prix, although participation in NHGP races will boost your RRGP score through the team points. The NHGP is a series of selected races where members of nine N.H. running clubs compete in nine different age and gender divisions. Last year our own **John Tuttle** won the men's individual age-graded competition and Team RR finished first in the male open, male 70+ and female 60+ divisions; second in M40s, M50s, and F50s; and third in female open. Please join us in the camaraderie of some or all of the races in the 2006 series: **Red's Shoe Barn 5 mile in Dover 23Apr**, Foothealth 5K in Derry in May, Jackson Covered Bridge 10K 3Jun, Dublin Days 5K 22Jul, Moose Milers 10 mile trail run in Nashua 20Aug, Union Leader 8K in Manchester 9Sep, and Delta Dental 10K in Concord 22Oct.

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