

ROCHESTER RUNNERS REPORT

VOLUME 9 NUMBER 1

JANUARY, 2006

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Next Club Meeting

**Tuesday,
January 17, 2006
7:00pm**

**Community Center
Rochester, NH**

Speaker:

**Staff Member from
Rehab 3 to discuss
foot injuries
(prevention and
treatment)**

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President's Corner

Darryl Cauchon

A Happy New Year welcome from your new president. Hopefully all will go well during my tenure in this position and if last Wednesday's well-attended officers' meeting is any indication, I'm confident the conversion will likely run smoothly. Everyone seems more than willing to help out in one area or another, making the task of slicing up the pie in handling matters pertaining to the club much easier.

My first column could not be completed without paying proper tribute to Don Yeaton, who stepped down after many years as head honcho. Don's tireless effort, unselfish dedication, and sincere desire to keep the club active is a testament to the high regard he has for the Rochester Runners and subsequently, the high regard we have for him. Don will still be involved but in a position requiring less pressure and, hopefully, less time thus allowing him to spend more of it with his family.

First point of note for all members of the club, although I have never kept a high profile in club matters I encourage everyone to feel free to e-mail me (dcauchon@fosters.com) with any concerns, ideas, complaints, comments, suggestions, proposals, or what not and I'll immediately work toward getting it heard by the appropriate people and hopefully get it acted upon. Just let me know and I'll see what I can do. That's what I'm here for.

Although some Rochester Runners might not know me by name, you'll likely recognize me when we meet face to face if you are even remotely taking part in the local road race scene. While not exactly ready to pass the Scott Rowe's, Nathan Huppe's or John Tuttle's any time soon, I do manage to participate in about 25-30 races a year. So if you think you recognize me at a race, take a moment to come up and introduce yourself as a proud member of the Rochester Runners. I'd love to meet you. To make it easy on yourself, just go to the mile mark and that'll be me consistently crossing it around the 7 minute mark. Albeit trying to avoid sounding like a personal ad, here's a brief bio. I'm 47 years old, have been running since the age of 15, ran track and cross country for Dover High School, work as a copy editor/writer for Foster's, and am married to a wonderful woman and have three daughters, ages 19, 17, and 2. Also plan to run the Boston Marathon for the first time in April.

The Rochester Runners have a strong reputation as a dedicated, well-organized club and I will do my best to keep it as such. Each and every member, regardless of how active they are with the club, should feel free to contact me on any matter. Once again, that's what I'm here for. Hopefully you'll try to attend this month's meeting and take the time to say hello.

Running Notes

Don Yeaton

1. Thanks again to Bill and Kathy Paradis for hosting the 6th Annual Pancake Run. There were 16 of us who ran loops from 5 – 12 miles in beautiful weather conditions and then feasted on blueberry pancakes, bacon and pumpkin muffins.
2. Cathy Orlowicz, race director of the Meetinghouse 5K in New Durham (the race WILL be back in 2006 on July 29th) has started a scholarship fund in memory of Douglas Scruton who died very suddenly back in July of 2004 just a few days before the race. Doug was the Police Chief in New Durham and we always saw him helping out with the race every year. Cathy is attempting to raise \$50,000 for a fund in Doug's memory to help students from New Durham. To date she has raised just over \$7000. If you would like to donate to this worthy cause set up by one of our region's best race directors, send your donations to: Douglas Scruton Memorial Scholarship, New Durham Police Association, P.O. Box 207, New Durham, NH 03855. Cathy will also be running her 2nd marathon in Doug's memory at the Marine Corps Marathon in October. (Doug was a Marine)
3. Once again this year, our club has the opportunity to earn \$1500 by supplying volunteers for the Eastern States 20 Mile Road Race and the Run to the Border 10 Miler on Sunday, March 26th. We need 25 to 30 volunteers to help with registration, water stops, loading the buses, handling baggage, traffic control and finish line help. We have a great time so if you can help please RSVP to Don Yeaton at dryrun262@msn.com There will be a sign-up sheet at the Jan. 17th meeting,
4. Jan. 28th is the date for our annual Boston Trip. We will be leaving the Shaw's parking lot in Dover at 8 AM so the we can make it to Cambridge in time for the Fresh Pond race at 10 AM. No entry fee, no t-shirt, just sign up and run either one loop for 2.5 miles or 2 loops for 5 miles. After this, Andy Schachat will be our Boston tour guide to check out such sites as the New Balance Factory Outlet, Nike Town, the Bill Rodgers Running Center and Marathon Sports. We will stop for lunch somewhere along the tour and those who are interested can stay for the Boston Indoor Games at the Reggie Lewis Track from 5:30 to 8:00 PM. For those of you who can't stay, we will be home between 5 and 6 PM.
5. Plan now to attend our Annual Awards Dinner on February 21st. The club will be buying the pizza and we will need some of you to bring salads, drinks and dessert. A sign up sheet will be ready for you at the Jan. meeting.
6. Thanks are also due to Mike Andrews for hosting our Annual New Year's Day Resolution Run at PSNH. There were 19 of us present and the three winners whose estimated finishing times were closest to their actual times were Faye Lowrey – only 15 seconds off her predicted time for the 5.2 mile loop, Bob Rondeau – 45 seconds off and Tom Littlefield – 48 seconds off. They won \$25, \$15 and \$10 gift certificates to Red's Shoe Barn.
7. Stay tuned for more info on the upcoming 1st Annual Rochester Runner's Club Bowling Tournament. Yes, we said "bowling" – a great mid-winter cross training exercise!

Life on the Run

Don Yeaton

Even though I've been writing the "President's Corner" article for the past 6 years, (now ably handled by our new El Presidente – Darryl Cauchon!) I still have more stuff to write about. Actually this column ought to be entitled "Life on the Sidelines" this month, since I'm still recovering from heel bursitis. Hopefully some PT is going to be the answer!

Why is it that we runners get so upset when we get injured and can't run? Those on the outside looking in – nonrunners that is – might think that this might be something good. We get a break from this madness called running and end to the constant pounding of the roads, running to nowhere. But in one sense they are right. A break from running – even a forced one caused by an injury can be a good thing at times. BLASPHEMY you say! How can not running be a good thing??

As I've gotten older and a little more mature hopefully, I tend to look at things a little differently. This injury has been bugging me on and on for almost 6 months. If this had happened to me 20 years ago, I would have been very upset and depressed about the whole thing – the "Why me?" scenario. I think what I miss the most is the fellowship and camaraderie of running with my friends – the track workouts, the hill runs, the long runs, and, of course, the races that I had wanted to do.

You are faced with two choices. You can drop out of sight for awhile and be miserable because you can't run and can't stand being around those who still can OR you can be on the other side for awhile. You can be a spectator and a volunteer. Let's face it – running is not a very spectator friendly sport – especially road races where you may not see the runners again for several hours.

However, if you really love running, you can be excited for another runner who does well and can be there for them in their moment of glory. Let me give you an example of what I mean and I want to use Scott Rowe as Exhibit #1.

Back in early August, Scott contracted poison ivy at the Yankee Homecoming 10 Miler. He got it so bad that his legs and kness swelled up and he couldn't run – for about a month. Scott was having a phenomenal year and was looking forward to his marathon debut at Baystate in October. Those plans had to be scrapped, but after that forced rest period, Scott came back and ran a 2:36 for his first marathon at the Philadelphia Marathon about a month later. Was that bout with poison ivy a good thing or a bad thing? Perhaps it was a good thing because that rest caused Scott to come back stronger than ever.

I would have loved to have gone down to run with the five club members who went to Philly since I lived near there for three years while I was going to seminary. Even though I wasn't in shape to run a marathon, I could still be a good spectator even though I was 8 hours away. I couldn't wait to see the results and had to wait awhile to get them, but I remember how excited I was when I heard how well Scott had run.

So..... if you should be injured in the future and I hope you aren't, remember these two truths. Some down time and rest might actually be good for you and take pleasure is watching how well you club mates are doing and encourage them to give it their best shot – just like you would if you could!!

Sixth Annual Pancake Run

Kathy and Bill Paradis



SIXTH ANNUAL



PANCAKE RUN



Sixteen hardy souls ventured out into the cool roads of North Berwick on Saturday, January 7th, 2006, for the “Sixth Annual Pancake Run.” People decided to break into two groups. Those running the 12 mile route were: **Faye Lowrey, Diane Levesque, Mike Andrews, Pete Dubois, Nathan Huppe, Tom Littlefield, John Rancourt, and Bill Paradis.** Those running the 5 mile route were: **Andy Schachat, Don Yeaton, Tracy Burns, Janet Glazier, Sue Littlefield, Judi Rogers, Lori Scott, and Kathy Paradis.** It will be mentioned, that the old rule “the first one back has to start the pancakes” was broken, and Don and Andy didn’t start mixing up the pancake batter! So, Bill’s incentive “to run long” which would save you from “having to cook” – Well, lets just say that theory just went out the window! Which is probably a good thing, as the blueberry pancakes tasted awesome. Adding to the pancake’s savory delight, was a jug of Pure Maple Syrup, from Hutchinson’s Family Sugar House of Canterbury, N.H., Diane’s prize from a past race. We are sure that you runners out there will all agree that it is better to win stuff that you can eat, verses tall, metal trophies. And, have you ever heard of someone not attending a Pancake Run, but sending food anyway? That is what Peggy and Ron Foster did. They sent over some pre-cooked bacon. They had RSVP’d they were coming, but had a flu bug (so did Kevin Scott – what’s in that Rochester water?) Hey, we missed you, but more bacon for us!! Just kidding. It was a good run, with good people. It was a bonus to have the weather co-operate this year.

~ Bill and Kathy Paradis ~

Mark Your Calendars!

The Somersworth Main Street organization will be holding the 2nd annual 7 Hills Road Race on May 13th- details will be released by next week’s end. Be on the lookout for more information!

February Awards Meeting/Dinner

As Don mentioned in his Running Notes, 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!

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. She'll announce the first race committee meeting at the club meeting on January 17th, or you can 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 Due

Reminder: the club membership calendar changed to the calendar year (January to December), so if you haven't renewed, your dues are overdue. This will be your last newsletter if you do not renew this month. 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 January club meeting.

Newsletter Submissions Needed

Newsletter submissions are needed for the February newsletter. Please consider submitting an article about a race, a training tip, a recipe, or anything you think club members might enjoy. Preferred method of submission is a Microsoft Word document attached to an email. Contact Alison Black at tennpurp@yahoo.com by Sunday, February 5th at noon. Thanks!

2006 New Hampshire Grand Prix Schedule

Mark your calendars!

[25th Annual Red's Shoe Barn 5 Mile Road Race](#)

Sunday, April 23, 2006 - Dover, NH

15th Annual Foot Health 5K Road Race

Saturday, May 6, 2006 - Derry, NH

[28th Annual Jackson Covered Bridge 10K Foot Race](#)

Saturday, June 3, 2006 - Jackson, NH

6th Annual Terry Dwyer Memorial Dublin 5K Road Race

Saturday, July 22, 2006 - Dublin, NH

[Moose On The Loose 10 Mile Trail Race](#)

Sunday, August 20, 2006 - Nashua, NH

[24th Annual Union Leader Classic 8K Road Race](#)

Saturday, September 9, 2006 - Manchester, NH

Delta Dental 10K Road Race

Sunday, October 22, 2006 - Concord, NH

Rochester Runners Club
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