

ROCHESTER RUNNERS REPORT

VOLUME 9 NUMBER 7

SUMMER, 2006

President
Darryl Cauchon
Dcauchon@fosters.com
692-5828

Vice President/Membership
and Special Events
Don Yeaton
Dryrun262@msn.com
736-4610

Vice President
Mike Andrews
Mandr10197@metrocast.net
332-5700

Vice President
Judi Rogers
jwrogers515@hotmail.com
332-1350

Vice President/Apparel and
Uniforms
Dan DeFrees
dblddefrees@msn.com
335-7124

Vice President/Misc. Affairs
Janet Glazier
janetglazier@yahoo.com
743-4558

**Next Club
Meeting:
Tuesday,
August 15, 2006**

**6:00pm:
Fun Run**

**7:00pm:
Brief Meeting and
Social**

**Location:
Community Center,
Rochester, NH**

Vice President/Grand Prix
and Membership
Paul Lindsay
bplindsay@hotmail.com
942-5482

Secretary
Walter Shyska
wahon13@comcast.net
603-463-5829

Webmaster
Scott Rowe
snrowe@verizon.net
740-7471

Publicity Director
Mary Ulinski
mulinski@fosters.com
740-8483

Race Director
Diane Casselberry
d.casselberry@comcast.net
749-2875

Newsletter Editor
Alison Black
tennpurp@yahoo.com
860-4190

Treasurer
Chris Blanchette
cblanch1969@aol.com
335-2003

The Rochester Runners web site: www.rochesterrunners.com
E-Mail: dcauchon@fosters.com

President's Corner

Darryl Cauchon

Most likely the majority of us Rochester Runners spend a portion between sips of our Sunday morning coffee (after our run, of course) perusing Andy Schachat's column in Foster's Daily Democrat dealing with the local racing scene. At times he provides his own take on the finer nuances of running. In this light, it was with a heavy heart when Andy, a longtime, dedicated Rochester Runner himself, wrote that he had made up his mind to shut down his training and racing regimen and, worse of all, no longer considered himself a runner.

Andy's reasoning behind his decision centered on the belief that if he is no longer actively running and racing, he is no longer eligible to be listed under the category "runner."

Nothing could be farther from the truth.

As with former ballplayers, veteran soldiers and retired sailors, doctors, lawyers, Indian chiefs, or what not, once a runner, ALWAYS a runner. Let's face it, sooner or later, the aging process will take hold of our bodies and one day sadly shut us down for good. Although those of us who passionately love running and racing, we fully realize this moment will eventually arrive.

The two questions are when it will occur and what body part -- hips, knees, achilles, back, heart, ankles, feet, the list of possibilities is long -- will bring it on. Those with good genes, luck and careful attention to nutrition and exercise often last into their 70s and 80s.

Regardless, when the day arrives and your doctor, spouse or own mind tells you it's time to retire, and you hang up the sneakers for good, keep in mind that you will always remain a runner. Lance Armstrong will always be a biker. Mark Spitz, 30 years later, will always be viewed as a swimmer. Peggy Fleming a skater. Mia Hamm a soccer player.

So it is with us less-gifted runners. We may no longer be a racer, per se, but we'll always be a runner, always a Rochester Runner. That's why we're called the Rochester Runners, rather than Rochester Racers.

From the moment we first laced up our sneakers and hit the roads at an above-walking pace to when we finally say goodbye to the world, we, Andy included, will always be a runner. Never think otherwise.

On a more morbid note dealing with one's love of running, and my wife always tells me to "Stop talking like that" when I bring it up, but I have already determined how I wish to meet my maker one day. I figure it's a perfect plan. Granted, I want to run deep into old age but when my body finally begins to fail me and my legs cry 'No mas' I'm hoping to cross the finish line the day of my last race with a personal five year best, then simply lay down, close my eyes and say goodbye to the world. It'll be the equivalent of dying in one's sleep, peaceful and painless. Then again, my wife may be right in my thinking in this mindset.

Taking it one step further, I have also instructed my wife to bury me with a Rochester Runners jersey under my suit as I plan to run the stairs leading up to St. Peter's gate. Why not, I've done just about every other race around. I wonder how long that course is.

Under the "Oops" department my last column noted Scott Rowe had run a 3:30 Boston Marathon, rather than his actual sub 2:30 time. Sorry for the typo. Speaking of Scott, let's wish him well as he recovers from a broken toe suffered while he took a spill during the beginning of the Boilermaker 15K road race in New York. Let's keep him in our prayers for a speedy recovery.

I turn 48 on August 27 and runners must be one of the few groups of people who wish to get older. Trust me, I can't wait to get out of the 40-49 male division. Check out the final results of any race and you'll discover an average of 17/18 of the top 40 males finishers are in this age group. The age of 50 can not come soon enough.

Hope you get a chance to attend this month's club meeting, as I have heard the staggered start race, designed to have all runners more or less finish simultaneously, proved quite entertaining last year.

See you on the roads.

Running Notes

Don Yeaton

1. Reach the Beach has asked us to staff the transition area once again this year at the Country Cookin' Restaurant at the Epsom Traffic Circle from about 1:00 AM to 7:00 AM on Saturday September 16th. They need about 7 or 8 volunteers and they pay our club \$50 per person. Let me know if you would like to help – dryrun262@msn.com
3. One of our youngest and fastest Rochester Runners, twelve year old Jack Collopy from Durham, finished 12th in the 3000 meter run at the USATF National Junior Olympic Track and Field Championships at Morgan State University in Baltimore on Friday morning July 28th! It was so hot that one of the 33 runners dropped out and the winner collapsed at the finish line. Jack ran a 10:49 and the winning time was 10:03. Congratulations Jack!!
4. Nathan Huppe has gotten himself one win and a second place finish in the month of July. Nathan won the Bill Luti 8k under very hot conditions back on July 15th and took 2nd at the Dublin 5K on July 22nd. Nathan had led the race from the start but lost his lead in the end of the last uphill mile when he was passed by George Adams from Gilsum, NH who finished 5th in 2:41:00 at the Clarence Demar Marathon last year. Way to run Nathan! There were only 13 of us from the club for the NHGP race in Dublin, but 9 of you were able to score 49 points for a 5th place team finish. Thanks to all of you who made the LONG trip out to Dublin for a well organized race!
5. There are still a few slots open for our teams at the Lake Winnepesaukee Relay on Saturday September 23rd. We will have 3 teams with 8 runners per team and the 8 legs are from 4 miles to 11 miles long. If interested, let me know soon – registration for our teams in due by August 20th – dryrun262@msn.com
6. In another outstanding feat of running wonderment, Laurel Valley recently ran the Vermont 100 Miler on July 15th. Do you remember how hot that weekend was? Imagine 100 miles in it in 24:09:18 – good enough for 13th female and 65th overall out of 152 runners who finished under the 30 hour cut off. WOW!!
7. It was a great day for the 7th Meetinghouse 5K in New Durham on July 29th. Race director Cathy Orlowicz was hoping for around 100 runners this year, down from the 200+ two years ago, but since the race was canceled last year, she knew the numbers would be down this year. She was close – there were 82 registrations and 74 finishers. Two Rochester Runners took 2nd and 3rd place – Eric Couture and Chris Apkarian – and there were a lot more of you behind them! It's a small race with big things going for it – great

food, a massage therapist, lots of awards, finish line video taping and first class announcing by our own club member Andy Schachat!

8. One more story: Sinthy Kounlasa just happened to be on vacation in Salt Lake City, Utah on July 24th and guess what? there was a marathon out there –the Desert Morning News/KJZZ-TV Marathon. So of course she had to run it! This course has a 3200 foot elevation DROP and Sinthy finished in 86th place w/ another BQ of 3:40:17! She was the 13th female and took 2nd place in her 50 – 54 age category. Plus she was scheduled to run the Jay Mountain Marathon on July 29th. This is a tough 30.5 mile off road marathon in northern Vermont. The race director warns that if you haven't run a sub 5:30 marathon in the past 12 months, don't even think about it!! No results as of yet!

3rd Annual RR Mini Triathlon

Paul Lindsay

Saturday August 26th at 10am: You are invited to participate in the Rochester Runners third annual mini triathlon and cookout at Paul & Amy Lindsay's in Northwood. The short course is designed to take roughly 45 minutes to an hour to complete. The first leg is a short swim from the beach out to a marker and back (1/4 mile total), followed by a 7-mile bike ride around Jenness Pond, and then a 2-mile run back to the beach. Distances are approximate (this is not a certified course!). After finishing, plan on cooling down in the pond and then heading over to a pot-luck cook-out at our place. We are at 265 Long Pond Road in Northwood. Let us know if you can come so we can plan the amount of meat for grilling (942-5482 or onthepond@metrocast.net).

RRGP Charts and Speed Point Goals Are Now Available Online

Paul Lindsay

We have recently added two more sections to our club website to give you ready access to your Rochester Runners Grand Prix information. One shows the race data, RRGp scoring, and race graphs. The other lists the current baseline race and RRGp speed point goals for common race distances for all club members.

Your RRGp data are available to look at whenever you want, in an Excel spreadsheet posted in the club grand prix section of rochesterrunners.com. If you have run at least five or so races in the past year you will have your own worksheet with a graph in addition to a table of your race data. If you haven't run enough races to make a meaningful graph, your races are listed in the "not graphed" worksheet at the end. Each chart consists of a data table plus a graph. The graph includes all races, no matter what the distance, on a single "5K equivalent" scale for comparison. This way you can see which were your best and worst races, look for an overall pattern of improvement or consistency, and see how you did compared to your speed point goals. Go first to the "Introduction to RRGp Charts" page to see where to find your chart and for a detailed orientation to the information displayed in the data table. Check it out and send your questions, corrections, and comments to Paul Lindsay at bplindsay@hotmail.com.

Do you know what your RRGp baseline is? How fast do you need to run your next race to get speed points? This information is shown on the race graphs for many club members, but it is also summarized in tables for all members on a separate web page. Under the Club Events heading on the left of our home page, click on “Club Grand Prix” and then click on “Check Out Your Baseline and Speed Point Goals.” This opens a spreadsheet with several worksheets, which you can select by clicking on the tabs at the bottom. First check out the “explanation” worksheet, which tells how baselines and speed points work and gives an orientation to the other worksheets.

On the “baseline” worksheet you can see what race we are using for your baseline and what it equates to for a 5K if it was a longer race. Then there is a separate worksheet for each of five common race distances (5K, 8K, 10K, half marathon, and marathon) showing both finish time and pace per mile goals for 1, 2, and 3 speed points.

This should help clarify why you got the number of speed points you see in the standings updates. It can also be a helpful way to focus on your next race. If you are feeling fit and the conditions are favorable, go for broke and see if you can earn the maximum of 3 speed points. Check your splits at the mile markers and adjust your pace to match or beat your 3-point pace per mile goal. Perhaps it’s hot or hilly though, or your training hasn’t been all it could be lately—then maybe your 1-point goal is still achievable. If you have only run shorter races and are moving up to a longer distance, then this can give you a realistic goal that takes into account the slower pace that is appropriate for the longer distance.

RRGP Mailbag: certified courses

Paul Lindsay

The course I am running in N.J. on July 4th is apparently certified, but not by the USATF (According to the race director: “yes!!! this course is certified!! freehold area running club certifies the course !!”). Will I be eligible for speed points at this race? I just want to know how hard to push myself! :)

It certainly is possible that the Firecracker 5 course is at least as long as advertised, but without USATF certification there is no way for us to really know. Some race organizers who are too cheap or too lazy (you can certify a course yourself without hiring a professional) promote their races as "accurate wheel-measured" or some other claim short of actual USATF certification, but we don't award RRGp speed points for those uncertified courses. There are plenty of bona fide certified races to choose from if someone wants to try for an honest PR, a state or national age record, or speed points. Also, in the interest of objectivity and practicality in administering the RRGp, we use the criterion of USATF certification, which I can check on the USATF website for any race in the country, without having to make any judgement calls for individual races. I would recommend enjoying the N.J. race while you are down there, but focusing your hardest efforts for some fast certified races later in the season. Have an enjoyable holiday!

John Racine Memorial Bike Ride

Saturday, August 5, 2006

Rain or Shine – Car or bike (motorcycle)

MEET: 10AM at “Wayside” (Alton traffic circle).

LEAVE: 10:30 AM

LUNCH: Scarecrow Pub & Grill North Conway, NH

AFTER LUNCH: John’s favorite ride, the Kangamangus Highway. We will stop at the top for a group picture.

STRETCH BREAK: Dunkin Donuts in Lincoln.

CONTINUE: Route 3 to Route 175 then back on Route 3 in Plymouth, stopping for ice cream just outside Ashland.

Any questions? Contact Don Yeaton (contact information on front of newsletter).

Rochester Runners Grand Prix Update

Paul Lindsay

This update includes the Dublin Days 5K NHGP race. (More recent races, including the Meetinghouse 5K will be included soon in an e-mail update but didn’t make the newsletter deadline.) The biggest club turnouts in races since the June newsletter were at Market Square 10K and Harbour Trail 5K in Portsmouth (32 RRs each), Strawberry Festival 8K in South Berwick (23), York 4 on the 4th (23), Mt. Washington (10), and Run for the Gym 5K in Springvale (10). **Danyelle Phelps** (2nd woman and 1st out of 190 in her age group) and **Jack Collopy** (3rd RR and a time faster than his national age group standard) both had outstanding runs on Market Square Day. **Laura Harding** was the first RR to the summit of Mt. Washington. Club members who recently ran their best races in the past year to set new baselines were **Jamie Houle, Chuck Zerbinopoulos, Lisa Houle, Brian Geiger, Greg Gaudreau, Lori Scott, Kristin Houle, Ben Jones, Lisa Hart, Sarah Avery-Leaf, Rhiannon Amero, and Alison Black**. Alison not only lowered her baseline, but she did it at the Dublin Days 5K, where the heat and hills were too much for all 13 other RRs, who were not able to earn a single speed point among them! **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 the club grand prix section of rochesterrunners.com for a detailed explanation of the RRGP 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	
20	42	12	74	12	Ben Jones	9	25	3	37	5	Bill Paradis	1	13	0	14	3	Joe Boyle
9	59	6	74	19	Sin Kounlasa	6	31	0	37	7	Danielle Amero	1	12	0	13	3	Dave Abbett
18	46	9	73	13	Alison Black	0	28	9	37	7	Peggy Foster	4	8	0	12	2	Maura Collopy
11	53	9	73	16	Dan Poliquin	6	21	9	36	5	Manya Hult	2	10	0	12	2	Joe Harding
11	48	12	71	13	Bob Rondeau	0	33	3	36	7	Dennis Graves	0	12	0	12	3	Jake Gaudreau
9	50	9	68	21	Darryl Cauchon	11	21	3	35	5	Jamie Houle	3	8	0	11	2	Erin Collopy
6	55	6	67	19	Diane Levesque	13	21	0	34	5	Michael Richardson	3	8	0	11	2	Meg Collopy
14	49	3	66	11	Chris Blanchette	9	21	3	33	5	Kristin Houle	3	8	0	11	2	Rhiannon Amero
11	45	9	65	18	Cliff Parkinson	8	25	0	33	6	Ruthanne Laine	3	8	0	11	2	Nancy Moonsamy
17	42	3	62	11	Jack Collopy	3	26	3	32	6	Dave Smith	0	11	0	11	2	Victoria Quinlan
12	50	0	62	10	Randy Spencer	11	20	0	31	5	Brian Geiger	0	8	3	11	2	Kathy Paradis
11	50	0	61	9	Laura Harding	5	23	3	31	5	Jen Daly	0	8	3	11	2	Don Norris
8	44	9	61	10	Nathan Huppe	7	20	3	30	5	Rick Collopy	0	8	3	11	2	Janet Glazier
7	54	0	61	16	Laurie Gaudreau	9	20	0	29	4	Chuck Zerbinopoulos	3	4	3	10	1	Jim DeJohn
9	48	3	60	12	Kevin Scott	0	29	0	29	7	Andy Schachat	3	4	3	10	1	Pam Parker
4	53	3	60	15	Mary Ulinski	8	17	3	28	4	Lisa Houle	2	8	0	10	2	Tom Watkins
13	41	3	57	8	Britt Schuman	2	22	3	27	4	Peter Whitten	2	8	0	10	2	Peter Laine
9	45	3	57	10	Judy Brenner	9	14	3	26	3	Jeff Crothers	2	4	3	9	1	Phil Parker
0	56	0	56	12	Brian Gallagher	7	16	3	26	4	John Dinella	0	8	0	8	2	Mark Chrusz
9	40	6	55	9	Dave Poliquin	0	23	3	26	5	Sue Littlefield	3	4	0	7	1	Bob Lemaire
6	46	3	55	11	John Rancourt	6	19	0	25	4	Becky Sherburne	3	4	0	7	1	Drew Tuttle
6	45	3	54	9	Walter Shyska	5	17	3	25	3	Jeannette Lindsay	3	4	0	7	1	Stephanie Cole
2	52	0	54	11	Dick L'Heureux	5	19	0	24	3	Bruce Lander	0	4	3	7	1	Camden Moore
0	44	9	53	12	Ron Foster	5	16	3	24	3	Arlon Chaffee	0	4	3	7	1	Edwin Charle
16	33	3	52	8	Judi Rogers	5	17	0	22	3	Paul Serrano	0	4	3	7	1	Leanne Hourihane
3	43	6	52	11	Judi Lemaire	2	17	3	22	3	John Tuttle	2	4	0	6	1	Amy Lindsay
3	43	0	46	8	Lisa Hart	0	22	0	22	5	Dave Rosania	2	4	0	6	1	Michelle Crothers
1	42	3	46	9	Pete Dubois	0	16	6	22	4	Jack Prescott	0	6	0	6	1	Elizabeth Beecher
13	29	3	45	7	Lori Scott	6	12	3	21	3	Karen Norris	0	4	0	4	1	Jameson Harding
4	41	0	45	9	Ken Houle	4	17	0	21	4	Paul Lindsay	0	4	0	4	1	Sarah Crothers
0	39	6	45	8	Mike Andrews	5	15	0	20	3	Sarah Avery-Leaf	0	4	0	4	1	Bill Ingram
3	40	0	43	11	Bob Randall	5	12	3	20	3	Tracy Burns	0	4	0	4	1	Dave Butler
2	37	3	42	9	Diane Casselberry	5	13	0	18	3	Karla Martin	0	4	0	4	1	Desi Moonsamy
8	30	3	41	7	Dan DeFrees	3	15	0	18	3	Jen Johnson	0	4	0	4	1	Ken Hult
1	40	0	41	9	Michael Amero	0	18	0	18	4	Liz Bowden	0	4	0	4	1	Michelle Olsen
9	28	3	40	5	Scott Rowe	3	12	0	15	3	Tracy Jones	0	4	0	4	1	Michael Cole
5	26	9	40	6	Don Foley	2	10	3	15	2	Patty Crothers	0	4	0	4	1	Paul Dinella
0	40	0	40	5	Laurel Valley	6	8	0	14	2	Allie Collopy	0	4	0	4	1	Joe Tostado
3	36	0	39	7	Greg Gaudreau	4	10	0	14	2	Danyelle Phelps	0	4	0	4	1	Lynn Tostado
8	24	6	38	5	Tom Littlefield	3	11	0	14	2	Wendy Perillo						
0	32	6	38	7	Don Yeaton	3	8	3	14	2	Don Gagne						

Rochester Runners Club
PO Box 727
Rochester, NH 03866