

# ROCHESTER RUNNERS REPORT

VOLUME 9 NUMBER 6

JUNE, 2006

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**Next Club  
Meeting:**

**Tuesday,  
June 20, 2006  
7:00pm**

**Location:  
Spaulding High  
School Track (next to  
Community Center)**

**Speaker:  
Rob Hoppler, UNH  
Track Coach**

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## **June Meeting Speaker Information**

### **Andy Schachat**

Rob Hoppler, one of the track coaches at UNH, will be the June guest speaker. The UNH track and cross country program has been one of the best in New England for a number of years, having won numerous conference championships. Coach Hoppler has been with UNH for over 10 years as both a cross country and track coach.

The meeting will be a chance for Rochester Runners to learn from one of the foremost track coaches in the area. Weather permitting, the meeting will be outside, at the Spaulding High track. Coach Hoppler will show the club various stretching techniques, critique running form, and answer various questions.

## **President's Corner**

### **Darryl Cauchon**

Greeting fellow Rochester Runners,

Finding a topic to kick off these monthly columns is actually proving quite easy, for what better way to begin than to send proud club-wide kudos for yet another member's outstanding achievement. Perhaps matching Scott Rowe's sub 3:30 time at the Boston Marathon in athletic accomplishment, Jack Collopy, one of our youngest members at the tender age of 12, broke the state 5K record for his age group, a record that had stood for nearly eight years. Surprisingly, this served as merely a follow up to his OVERALL victory in the Wakefield 5K just weeks before, battling fellow Rochester Runner Kevin Scott to the finish line. When you think about it, the 51-year-old Scott is old enough to be his grandfather.

It will be interesting to watch just how far this young man can take this. Hopefully, with proper coaching, he won't suffer burnout as he grows older but Jack seems mature beyond his years and let's all wish him the best. Don't look back Nathan and Scott, someone just might be catching up to you.

In other news of equal importance concerns the Red's Shoe Barn 5 Miler, held for decades every April in Dover and long viewed as the beginning of the road racing season, is looking to pass the torch of responsibility. The longtime sponsors and organizers of the race that bears its name is looking to transfer, with plenty of assistance in the conversion, to another person, company, or organization and are hoping the Rochester Runners, who have provided much assistance over the years, to consider doing so.

If the club decides to do so and it is run well, it would be a real feather in our cap and most likely help entice runners, new and old, to join. The officers of the Rochester Runners, however, considered this too big a decision to be made solely by a handful of members. With this in mind, a vote will be taken during the June 20 club meeting on whether we should take on this formidable, yet rewarding, endeavor. For those of you who can not attend the meeting on the 20th, we STRONGLY encourage you to vote via e-mail to me at [dcauchon@fosters.com](mailto:dcauchon@fosters.com) or Don Yeaton at [dryrun262@msn.com](mailto:dryrun262@msn.com) no later than June 23. A simple yes or no vote is all that is required. Each family member can cast an individual vote.

In the end, we owe it to the Red's Shoe Barn organizers to provide them with a quick response to allow them adequate time to find someone else if we decide against such a move. Whether taking on the Red's race will bring about the cancellation of the Freefall Classic, not this year but in the future, is still unclear.

Also, in preparation for the appearance of UNH track coach Rob Hoppler as our guest speaker at the June meeting, coach Hoppler is asking that any specific questions you might want addressed to be e-mailed to him in advance if possible. This will allow him time to better formulate an answer to fit a runner's specific needs. A short bio on your running experience, etc....might be of assistance to the coach.

Coach Hoppler will be available in person at the June meeting to answer those questions, provide training tips, critique our running form, give warm up suggestions, pre and post race tips, and so on. The list is long on the knowledge he can provide. Obviously, he will also be more than willing to answer any questions that arise over the course of his guest appearance. He could even run us through a brief workout, so come dressed in running gear just in case.

Questions can be sent to his e-mail at [rhoppler@cisunix.unh.edu](mailto:rhoppler@cisunix.unh.edu) or to Andy Schachat at [aschachat@ttl.net](mailto:aschachat@ttl.net) and he will forward them. Let's give the coach plenty of questions and not neglect to tap into his running knowledge. No questions is too small or too trivial, I hear he's a nice, yet professional, guy and more than willing to help out fellow runners.

Been taking part in the Wednesday night track workouts recently and, word to the wise, they do indeed make a difference in your race times. Be prepared, they are not the most pleasant of workouts but if your race times have stagnated lately, these types of rigorous training sessions might turn things around. Things more or less begin around 5:30 p.m. at the Spaulding High School track across from the Community Center.

Point of note, a co-worker and I formed a running team at my workplace, Foster's Daily Democrat, and managed to encourage 17 participants to toe the line at the Redhook 5K over Memorial Day weekend. Several were first time runners who needed proper training guidance along the way, one of whom couldn't make it twice around the track when he first started. Take it from me, there are few greater joys than seeing that first time runner cross that line beaming with pride in their accomplishment. The work they put in just to get to that point, regardless of race time, equals or exceeds the efforts we put forth to finish with much swifter times.

With the road race scene in full swing, I'd like to wish everyone an injury free and speedy season. See you on the roads.

## **Life on the Run**

### **Don Yeaton**

Are you a fan of "reality" TV shows? My son, Matt, likes to follow "Survivor", but I just don't get it! What is so interesting about watching a canned, scripted reality show about people who are trying to do each other in and throw each other off whatever exotic piece of real estate that this episode finds them on! Do you know any actual "Real" people who act like this? I don't think I want to!

I really find these shows to be indicative of what's wrong with us today. In an age of both childhood and adult obesity, we find people trying to live vicariously through the exploits of

others. You want reality? Those of you brave souls who made the trek to Jackson last weekend for the Jackson Covered Bridge 10K Road Race found REAL life. There were “real” big hills and “real” soaking to the skin rain and “real” steep downhills. We all ran this in our “real” bodies and we survived it and many a Rochester Runner had a “real” PR to boot!

We live in a “spectator” society. There are lots of sports fans rooting for their favorite teams from their favorite chair whose only exercise is shuffling to the frig during half time for another beer or Twinkie. They need to get off their butts and get in the GAME!

It always amazed me that the two times in my life that I had a gym membership – once to Gold’s Gym in Dover and once to Planet Fitness – that most of the people on the treadmills never put that training and exercise to good use by actually running outside and in a “real” race. What’s the point if you’re not going to put yourself to the test?

I think this is why I enjoy marathons so much. There are few things in life anymore that actually teach us. We are soft! When you compare ourselves to our ancestors of 2 or 3 generations ago, we have life so easy. They actually had to “work” for a living with “real” physical work. There is little in our normal daily living that challenges us physically. When you run a marathon or any long race, you get to find out what you are really made of. When you get to that “Wall” and you can’t go on anymore, but you keep going anyways, that’s “real” living. There is such a sense of accomplishment in completing something that is hard and tough..

Summer is almost here (if it ever stops raining – “Noah, how long can you tread water?”) and it’s time to get out there and enjoy the good weather. So whether it’s walking, hiking, running or cycling, it’s time to get in the GAME and get REAL! I’ll see ya out there!

## **Running Notes**

### **Don Yeaton**

1. The club is going to need someone to take over Dan DeFrees position of club clothing manager. It would involve keeping track of our supply of t-shirts, singlets and jackets, ordering more from Red’s Shoe Barn when needed and making the clothing available to club members at meetings. If you are interested, contact any one of the club officers and the job is yours!
2. Have you heard about the next exploit of Ultraman, Dean Karnezes – 50 marathons in 50 states in 50 days!! Check it out at: <http://www.enduranceis.com/e50/>
3. Our Relay for Life Team that will be running in memory of John Racine this year on June 23 and 24 is comprised of the following club members and friends: Laurel Valley, Andy Schachat, Dan DeFrees, Mike Andrews, Ron and Peggy Foster, Jack Prescott, Tom and Ann Littlefield, Faye Lowrey, Jay Piwnicki (John’s son-in-law), Bob Rondeau, Sinthy Kounlasa, Cathy Orlowicz and Don Yeaton. You don’t have to be an official team member to join us on the track at Spaulding High School, so come on down and join the fun and fundraising for the American Cancer Society. We have lots of open slots to fill from 4 PM on Friday to 10 AM on Saturday – especially the grave yard shift early Saturday morning. Let me know when you can help us out by running or walking on the track.

## My Mother's Day

### Marilyn Metcalf

Hi All,

"Everything is Fine" - But we had a close call on "Mothers Day". Bob was under our house pumping the water out to keep our water pump and furnace from flooding. He was almost done - when I heard him yell up to me - "kill the power", "kill the power" and I ran to the electric box and I killed all the power. I yelled down to him - but he didn't answer. I ran down under our house and he was on his side in some water and he was not breathing. I couldn't believe it - he was not breathing. I didn't know how much of an electrical shock he had gotten him. I was positive that he wasn't breathing. So, I had to do CPR so I crawled down under the house - I turned him over on his back - unzipped his jacket and started CPR right away. I pumped his chest 15 times and blew in his mouth twice and in between I yelled at him.. I was so 'angry' - I think that's the only reason I didn't panic. I kept doing the CPR - but I didn't think he was responding - I almost gave up and stopped. But I thought well maybe if I pushed down on his chest really 'hard' and blew in his mouth really 'hard' that would work - and luckily after a couple times I heard him give a 'gurgle' sound then he just 'gasped' for air. He just literally gasped for air - like he was just getting air for the first time. I yelled at him to calm down and breath slowly and that he was going to be fine - I yelled it several times and he did finally calm down and he started to breath smoother - but then he looked like he was having a stroke. His left side was not moving and he couldn't make his left hand move. He looked really spaced out like he didn't know where he was or anything. I said - Bob your going to be fine. Your going to be fine. Then after a minute or two he said; call the ambulance. I ran down to my neighbors house and beat on their door and yelled my husband has been electrocuted and I had given him CPR but to call 911. The ambulance arrived at our house in 10-15 minutes and took us to the ER. The EMT's did an excellent job monitoring him.

We got to the ER and the doctor checked him over and said - he had a classic dislocated shoulder from a major electrical shock and he proceeded to tell me I just saved my husbands' life. They all said I was the hero for the day. :-) ME !!! Imagine that. They said the CPR saved his life. The doctor gave him some meds and a huge needle and proceeded to put his shoulder back in place. He stayed in CCU for a couple days for observation - but he had no other complications. He will see an orthopedic surgeon next Friday.. Not that he needs surgery - but he'll read his MRI and antherogram and then we'll decide what needs to be done next - if anything.

Now for the really good news - when he's all better - I'm going to strangle the #@\*%^\$ \_+ out of him :-)

Today (Saturday) almost a week later - we got to come home as the water table had finally gone down and we had a guy come this morning and pump the rest of the water out from under our house and get our water pump operating again.

If you are ever offered a CPR course - I highly recommend it. I'm so glad I had taken the CPR course and remembered what to do. :-)

I told Bob next year for Mother's Day - he's to sit in his recliner and he's not allowed to move out of it for the entire day !!!

## **Running Scholarships Awarded**

On Monday, June 5th the Rochester Runners Club awarded its \$200 scholarships to two Spaulding High runners, Jaz Blanchette and Eric Couture. The scholarships are awarded to Spaulding seniors who plan on continuing cross country and track in college. Representing the club at the Spaulding High awards night was Andy Schachat

## **Bike Ride for Charity**

**Judi Rogers**

Various bike riders are planning a bike ride from Rochester to Hilton Park in Newington and back. The purpose is to raise some money to give to Victims Inc. in memory of Fran Nardello. Fran used to ride with a group and they wanted to ride a favorite route in his memory. The ride is scheduled for 6/18/06, a Fathers' Day tradition, rain or shine. Meeting place is Mark and Leanne Hourihane's house, 2 Vinewood Lane, Rochester. Meet at approx 7:00am with departure to follow soon after. A shuttle can be discussed if there is interest in riding one way. If you have any questions can Leanne at 332-8466 or Judi Rogers at 332-1350. Checks may be made payable to Victims, Inc.

## **Rochester Runners Grand Prix Update**

**Paul Lindsay**

**5Jun06 RRGp update:** Includes the Lowell Spinners 5 mile, Jackson Covered Bridge 10K (the 3rd of 7 NHGP races), York Hospital 5K, Community Health 5K in Derry, Covered Bridges Half Marathon in Vermont, and Pack Monadnock 10 mile. **Scott Rowe** was one of four runners to break the course record, and **Nathan Huppe, John Rancourt, Sin Kounlasa,** and **Faye Lowrey** won their age groups on that tough Jackson course. Team RR now leads two of the NHGP divisions, the male open tied for first and the 60+ women with a solid lead. **Jack Collopy** had quite a day for himself in Derry, finishing 2nd overall, winning his age group, earning an asterisk for a time under his USATF age group standard, and lowering his RRGp baseline by over half a minute! **Sin Kounlasa** and **Diane Levesque** didn't get enough of a workout in Jackson (considered to be New England's toughest 10K), so the following day they ran the Pack Monadnock 10 mile, which is even tougher. Sin was rewarded for her efforts with her 2nd age group win of the weekend. Congratulations to **Judy Brenner**, whose strong half marathon in Vermont added another asterisk to her resume. Best wishes to **Liz Bowden** for a speedy recovery from the blood clot in her leg; she was able to walk/jog in the Bolder Boulder 10K in Colorado over Memorial Day weekend and is looking forward to another outing at Market Square Day. **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](mailto:bplindsay@hotmail.com). For a detailed explanation of the RRGp, visit the club grand prix section of [rochesterrunners.com](http://rochesterrunners.com).

<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>	
8	60	6	74	14	Sin Kounlasa	3	22	3	28	5	Dave Smith	3	8	0	11	2	Karla Martin
13	54	6	73	12	Dan Poliquin	7	17	3	27	4	Lori Scott	3	8	0	11	2	Erin Collopy
6	55	6	67	17	Diane Levesque	9	14	3	26	3	Jeff Crothers	3	8	0	11	2	Meg Collopy
11	45	9	65	10	Bob Rondeau	5	17	3	25	3	Jeannette Lindsay	0	11	0	11	2	Victoria Quinlan
9	50	6	65	13	Darryl Cauchon	4	18	3	25	4	Jen Daly	0	8	3	11	2	Kathy Paradis
14	41	6	61	9	Alison Black	0	25	0	25	6	Andy Schachat	0	8	3	11	2	Don Norris
4	52	3	59	10	Mary Ulinski	5	19	0	24	3	Bruce Lander	0	8	3	11	2	Janet Glazier
10	44	3	57	9	Kevin Scott	1	23	0	24	5	Michael Amero	3	4	3	10	1	Jim DeJohn
5	45	6	56	10	Cliff Parkinson	5	18	0	23	4	Danielle Amero	3	4	3	10	1	Don Gagne
0	56	0	56	11	Brian Gallagher	0	20	3	23	5	Diane Casselberry	3	4	3	10	1	Pam Parker
11	33	9	53	8	Ben Jones	2	17	3	22	3	John Tuttle	2	4	3	9	1	Phil Parker
9	41	3	53	9	Judy Brenner	2	17	3	22	3	Peter Whitten	0	9	0	9	2	Liz Bowden
13	35	3	51	7	Britt Schuman	0	16	6	22	4	Peggy Foster	3	4	0	7	1	Bob Lemaire
11	36	3	50	7	Chris Blanchette	6	15	0	21	3	Chuck Zerbinopoulos	3	4	0	7	1	Drew Tuttle
13	33	3	49	8	Jack Collopy	6	12	3	21	3	Dan DeFrees	3	4	0	7	1	Stephanie Cole
9	39	0	48	7	Laura Harding	6	12	3	21	3	Karen Norris	0	4	3	7	1	Camden Moore
5	42	0	47	8	Laurie Gaudreau	2	13	6	21	3	Don Foley	0	4	3	7	1	Edwin Charle
9	37	0	46	7	Randy Spencer	0	21	0	21	4	Greg Gaudreau	0	4	3	7	1	Leanne Hourihane
6	37	3	46	7	Walter Shyska	5	12	3	20	3	John Dinella	2	4	0	6	1	Amy Lindsay
7	31	6	44	7	Nathan Huppe	5	12	3	20	3	Tracy Burns	2	4	0	6	1	Ruthanne Laine
9	28	3	40	5	Scott Rowe	5	10	3	18	2	Arlon Chaffee	2	4	0	6	1	Tom Watkins
7	30	3	40	6	John Rancourt	3	15	0	18	3	Jen Johnson	1	5	0	6	1	Joe Harding
3	36	0	39	9	Bob Randall	3	14	0	17	3	Becky Sherburne	0	6	0	6	1	Elizabeth Beecher
0	33	6	39	8	Ron Foster	5	8	3	16	2	Jamie Houle	0	5	0	5	1	Ken Houle
8	24	6	38	5	Tom Littlefield	5	8	3	16	2	Lisa Houle	0	5	0	5	1	Dave Rosania
5	27	6	38	6	Dave Poliquin	3	13	0	16	2	Paul Serrano	0	4	0	4	1	Jameson Harding
2	34	0	36	6	Dick L'Heureux	0	13	3	16	3	Don Yeaton	0	4	0	4	1	Paul Lindsay
0	33	3	36	7	Dennis Graves	3	12	0	15	3	Tracy Jones	0	4	0	4	1	Sarah Crothers
0	30	6	36	6	Mike Andrews	2	10	3	15	2	Patty Crothers	0	4	0	4	1	Bill Ingram
2	30	3	35	7	Judi Lemaire	0	12	3	15	3	Jack Prescott	0	4	0	4	1	Dave Abbett
1	30	3	34	6	Pete Dubois	6	8	0	14	2	Allie Collopy	0	4	0	4	1	Nancy Moonsamy
7	21	3	31	4	Bill Paradis	3	11	0	14	2	Wendy Perillo	0	4	0	4	1	Dave Butler
7	20	3	30	5	Judi Rogers	1	13	0	14	3	Joe Boyle	0	4	0	4	1	Desi Moonsamy
7	20	3	30	5	Rick Collopy	5	8	0	13	2	Brian Geiger	0	4	0	4	1	Ken Hult
0	30	0	30	4	Laurel Valley	2	8	3	13	2	Kristin Houle	0	4	0	4	1	Michelle Olsen
6	17	6	29	4	Manya Hult	0	10	3	13	2	Sue Littlefield	0	4	0	4	1	Michael Cole
0	29	0	29	5	Lisa Hart	4	8	0	12	2	Maura Collopy						

## **Officers' Meeting Minutes, 6/6/06**

### **Walter Shyska**

The meeting began at 7pm.

In attendance:

Walter Shyska, Mary Ulinski, Daryl Cauchon, Judy Rogers, Diane Casselberry, Paul Lindsay, Don Yeaton, Mike Andrews, Dan Defrees

The following topics were discussed:

1. Daryl asked if there was any interest in (the club) assisting R.R. member Jack Collopy, who is 12 years old, but has been outstanding in his races. Daryl will speak with his parents for direction. Further discussion at general meeting.

2. June 20<sup>th</sup> General Meeting: Discussion on what we want the UNH Track Coach to do at the meeting, to be held at the Spaulding track. Ideas were: ...warmup drills; ...½ hour workout; ...individual tips; ...Q&A.

Other ideas will be solicited in the newsletter.

3. July meeting: Will have ice cream and be a social meeting. Possibly do a “handicap” race similar to last year (“Beat Nathan Huppe”). Discuss at General meeting.

4. Red’s Race – 2007 and beyond: Red’s has solicited the club to “oversee/run” the race in the future. Red’s will continue to sponsor, print applications and take apps at the store. RR would do data entry and perform race day functions. We should look to find a local charity to affiliate with. Suggested was to give a Dover scholarship from the funds.

If we agree, planning would need to start in November 2006. It was suggested that Foster’s Daily Democrat might get involved/sponsor as the race starts directly in front of their downtown office.

It was suggested we consider offering a 5k as well, however, this was not favorably received by the officers.

Note: If we agree to “run” Red’s, it should not interfere with future “Free Fall Classics” on Thanksgiving Day. These would continue.

To be discussed at June General meeting.

5. New Meeting Location: Starting with the September meeting, Judy Rogers offered her office building as a new meeting facility. It is located at 25 Old Dover Rd.

To be checked out by the officers prior to September for final approval.

6. Free Fall Classic:

...Working on getting apps out at future races.

...Police Costs: If we have less than 200 runners, then no cost, but higher participation may need a special detail.

...Details being finalized.

7. Fall Meeting (Sept/Oct) – Prominent Guest Speaker.

Possibility: Joan Benoit Samuelson. Daryl will get specifics/costs, see what charity she may want affiliated.

Could solicit other running clubs for speaker of this stature.

8. Relay for Life: Don stated that contributions should be in hand by “Bank Night”, June 21.

9. Internet Access Bill: \$180 per year, being paid.

10. Membership: Noted that Danyelle Phelps has re-newed her membership. She is back to running after being injured, will run Market Square (need to include her in the RR Team). Total Membership now at 123 (includes families)

11. Club Grand Prix: Paul will try and get a screen and projector to do a “Powerpoint” like presentation of the graphs and details. Also, will list the speed point goals of each runner on the web site.

12. R.R. Clothing: Dan is leaving, need new person to maintain clothing and sell at meetings etc.

The meeting concluded at 8: 30 pm.

Respectfully submitted,  
Walter A. Shyska



The flyer is enclosed in a teal border. At the top, a teal banner contains the text "4th Annual RUN FOR THE GYM 5K" in white. Below the banner, on the left, is a circular logo with a teal background. The logo features a stylized building with a sun above it, and a group of runners below. The text "run for the gym 5k" is written in a teal arc at the top of the circle. Below the runners, it says "Nasson Community Center Springvale, Maine". To the right of the logo, the event details are listed in teal text: "July 8, 2006 6:00 PM", "Nasson Common", "457 Main Street", "Springvale, Maine". Below this, contact information is provided: "FMI: Contact Bob at (207) 490-1386 or via e-mail at runbob@metrocast.net". At the bottom right of the flyer is the Nasson Community Center logo, which consists of a stylized red figure and the text "NASSON COMMUNITY CENTER".

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