

ROCHESTER RUNNERS REPORT

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MARCH, 2006

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**Next Club
Meeting:**

**Tuesday,
March 21, 2006
7:00pm
(club meeting)
7:30pm
(McGillivary speech)**

**Frisbie Hospital,
Rochester, NH**

**Speaker: Dave
McGillivary, Boston
Marathon Director**

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President's Corner

Darryl Cauchon

For those non-runners of the world, the month of March represents little more than 31 workdays devoid of holidays and vacations. Not so by any means for us year-round road runners, for March in our minds is equivalent to reaching the top of Heartbreak Hill. For both indicate that the worst is behind us and that the finish line is not far away. The light at the end of the tunnel, be it completing a crueling Boston Marathon or equally-crueling New England winter, is now within reach. Ah the nirvana of running in a T-shirt and a pair of shorts. It's a difficult concept for us non-treadmillers to even reignite from our repressed memories. But rest assured, mild winter aside, no longer dressing in layers is just around the corner.

Winter's upcoming demise is not the only good news your newly elected president has to report. This month also brings two big events for the Rochester Runners, one that includes one of the biggest and most charismatic speakers ever to pay a visit to a monthly meeting. Fellow Rochester Runners, mark your calendar for March 21 and tell your friends to do the same to ensure you do not miss guest speaker Dave McGillivray, the director of the Boston Marathon, when he travels up from his home in Massachusetts to tell his tale of overcoming obstacles in his life to achieve his athletic dreams. Several members who have heard McGillivray speak have told me that his talk is quite inspirational and moving, for not only runners but anyone who wants to succeed in life but believes too many roadblocks stand in their way. Bring your wife, take the flicker from your husband's hand and lug him out to hear this, encourage your fellow co-worker to do the same. Once again, if ever you plan to attend a meeting or hear a speaker, make McGillivray your choice. The club is putting the word out to the public, who are also encouraged to attend, through the media and other methods and we're hoping for a big turnout to the Frisbie Memorial Hospital Community Center where it is being held. Did I mention that if you ever plan to make a meeting to hear a speaker to make McGillivray your choice? If not, do so, do so, do so. Directions and more information are available on the club's website at www.rochesterrunners.com. Just five days after McGillivray's visit (Sunday, March 26th to be exact) is the Eastern States 20/10 race and as with previous years its race directors have turned to the Rochester Runners for volunteers; about 25 of us to be exact. Hopefully, if you are not taking part in the race you'll consider helping out. Best of all, the Eastern States race directors have promised \$1,500, no small sum for a club our size, to our organization if we come up with at least 25 people to help out. Jobs are varied and flexible and include, as expected, such things as traffic control, directing runners at turns, helping out at the start and finish lines, and pre- and post-race activities. It will provide you a different perspective to how a race is run. Give it some thought and contact Don Yeaton at dryrun262@msn.com or 736-4610 if you'd like to help out. Everyone involved will sincerely appreciate any help you can provide. That's it from your president this month. I'd like to again thank everyone who thus far have made the transfer of "power" from longtime president Don to myself a smooth transition.

Running Notes

Don Yeaton

1. We reported last month that one of our resident ultramarathoners, Laurel Valley, was going to be running a 24 hour track race in Ottawa Canada the weekend of March 11th. Due to funding problems on getting the facility, the race was canceled. However, it has been changed to a 12

hour race outside on a 10K loop. It might still be a little nippy up there in Canada this time of year. Good luck Laurel!

2. Rochester Runner's Club has three charity runners at the Boston Marathon this year. There are about 20 charities who will have a total of about 1000 runners at Boston on April 17th. Dong Nyugen is one of 11 runners on the Cystic Fibrosis team and Wendy Perillo and Don Yeaton are part of the 215 runners on the "Run for Research Team" of the American Liver Foundation. This will be Wendy's first marathon and it may be the first for Dong as well. It would have been the 10th year that Don has run for the ALF, but due to an Achilles heel bursitis/tendonitis problem, he will have to be a spectator at Boston this time around. Each of them must raise at least \$2500 for their respective charities so if you would like to support them, please contact them:
Dong: s.nguyen@comcast.net
Wendy: DPerillo@metrocast.net
Don: dryrun262@msn.com
3. Last November, LOCO Sports, the makers of LOCO running shoes contacted us about the possibility of donating 25 pair of running shoes to the St. Charles Eagles of the St. Charles Children's Home. We contacted Sister Maximilian and of course she was thrilled with the idea. When we got a list of sizes that they would need, Dan DeFrees of Red's Shoe Barn offered to get the smaller kid's sizes from New Balance since LOCO's don't run that small. On Friday night, March 3rd, all the Eagles and the Sisters got fitted to a new pair of running shoes! It is truly "more blessed to give than to receive!" There should be a story and a picture in the Foster's Daily Democrat the week of March 13th. Thank you LOCO Sports and Red's Shoe Barn! There will be some pictures posted on our web site
4. The Relay for Life of the American Cancer Society will be held at the Spaulding High School track from 4 PM on June 23rd to 10 AM on June 24th. Each team can have up to 15 members. Each member must pay a \$10 registration fee and be willing to raise at least \$100 for the American Cancer Society. Our club has been involved with this event for a number of years since 1997. I'd like to see us field two teams this year – perhaps the men against the women. Who can raise the most \$\$ and run/walk the most laps on the track?? We have only 4 signed up so far, if interested contact Don Yeaton at the above e-mail address.

Life on the Run

Don Yeaton

I've often said that one of the best parts of running a race is the great people that you meet. Runners as a whole just seem to be such friendly people. I've lost count of the times that I've gone to a race and it may be a race where I don't know anyone else and I've left with a new friend. I have no idea of what runners at the elite level think, but for us average runners, there is a very real bond that comes from running. We understand what running entails – the pain and suffering at times – and the other guy is not the enemy. You may want to beat him, but he's your friend and fellow runner.

I've been racing since 1989 and over the years I've gotten to meet and to know a lot of runners – both at the elite and famous level and average "folks" like you and me. I've been on the "Run for Research Team" of the American Liver Foundation since 1996 and through that association with the Boston Marathon and the Expo, the Utica Boilermaker Road Race and the National Distance Running Hall of Fame, and the Beach to Beacon 10K, I've gotten to see, hear, and talk to many of the greats in our sport.

With that connection with the ALF, I've gotten to hear Nancy Clark speak twice in the last 2 years. You may recognize her name as the nutritionist who writes a monthly column for New England Runner magazine and has a private practice out of the Healthworks Fitness Center in Chestnut Hill, MA. She

works with many pro athletes including those of the Boston Red Sox and Celtics and elite athletes from a variety of sports. She also is a runner and a cyclist and a great speaker to listen to!

Nancy spoke at our Run for Research team meeting at the Westin Hotel in Boston back on Feb. 8th. She addressed the specific needs of us who are training for the Boston Marathon. One of the most interesting statements that she made was that the biggest mistake made by Boston marathoners is eating too little before the race. Since Boston has a noon start, you need to eat twice before the race. You need to eat a good breakfast and then another small meal between 10 and 11 AM.

She made us realize that eating is part of training and to look at food as fuel for our running. How much should we eat? You should multiply your weight X 10 and this will give you the number of calories just to stay alive and function normally. If you have moderate activity you should increase that number by 50%. If you weight 140#, you would need 1400 calories per day to live and if you exercise, you would add at least another 700 calories to that for a total intake of 2100/day. Then you should divide that total intake by 4 and eat 4 meals a day every 4 hours to keep your blood sugar levels up. She told us that if we crave sweets, it's because we are too hungry – we should have eaten a better and bigger breakfast.

Are you trying to lose weight by running? It may not happen even if you are involved in a marathon training program. Nancy sighted a study that compared the weight loss of a group of men and women in an 18 week marathon training program. The men lost an average of 5 pounds while the women lost little if any weight. The reason for this, besides the fact that men can lose weight easier than women, is that the increased activity of marathon training causes us to need more fuel.

The best way to lose weight – knock off calories at the end of the day. If you can cut 100 calories at the end of each day – foregoing those 2 Oreos before bed – you can lose 10 pounds in a year. If you wake up hungry in the morning, you've lost weight over night! She said that most Americans eat wrong. We tend to eat the most calories at the end of the day, instead of the most at the beginning of the day when we are coming off an overnight fast – thus the term BreakFast!

What's the best recovery drink after a run? Lowfat chocolate milk since it provides you with both carbs and protein. How much should drink during the marathon? It depends on your sweat rate, An easy way to determine your fluid intake needs is to weight yourself naked before you run for an hour. Don't drink during your run and weight yourself naked again when you finish. If you lost 2 pounds, that's 2 pints or 1 quart of liquid, so you ought to drink 8 ounces every 15 minutes during the race to keep up with your sweat rate.

You can find more neat info and Nancy's books on nutrition for athletes at <http://www.nancyclarkrd.com/index.html>

Thank You TO Judi!

Our special "THANKS" to VP Judi Rogers who organized a WONDERFUL dinner for our Feb. 21st awards dinner/meeting. Not just tablecloths, great food, but even purple and white flowers! A great time was had by all and Judi made the best of the facility with her clever decorating and table setups--Thanks from everyone!

Thank You FROM Judi!

Judi Rogers

As self designated VP of banquet food, I would like to pass on a big thank you for all the great variety of wonderful salads, yummy desserts, and variety of drinks for our banquet. A thank you too, to Don for the many pizzas from Domino's. I think that everyone's effort, and contributions in many ways, speak to how important the club and the friendships are to each of us. I think a good time was had by all.

Volunteers for the Eastern States 20 Miler and Run to the Border 10 Miler

Don Yeaton

Here is the list of those of you who have volunteered to help at the race. If I have listed your name or you aren't going to be able to help, please let me know. I have tentatively assigned everyone to a spot. Thanks for your help – here's your chance to make a great race even better!! We could still use 2 or 3 more people; if you could help, please contact me!

Registration and baggage at Traip Academy:

Darryl Cauchon
Andy Schachat
Chuck Zerbinopoulos
Alison Black

10 Mile registration, water stop and baggage:

Ron and Peggy Foster
Manya Hult
Janet Glazier
Tracy Burns
Judi Rogers
Cliff and Elaine Parkinson
Liz Bowden

15 Mile water stop:

Kate Collopy
Celeste Martel
Diane Casselberry

17 Mile water stop:

Dan and Jake DeFrees

Bus loading at Hampton Beach Casino, traffic control and finish line:

Bill Paradis
Mike Andrews
Don Yeaton
Paul and Amy Lindsay

Boston Marathon Memories

Laurel Valley:

The last time I ran Boston was at the 100th running in 1995. I was passed by a clown in full costume, big floppy shoes, and a huge bunch of colorful balloons. The first time he went by I thought "wow, he's going pretty fast in those floppy shoes!" But then he passed me 3 more times without my ever passing him. I have never had any respect for clowns since that day.

Kathy Paradis:

I believe it was April 2002. The weather was summer-like. It was a great weekend to be in Boston. Bill & I had just spent Saturday and Sunday with **Randy** and **Nadine Gookin**, staying at the **Mariner House** in Boston's beautiful, historic North End. On Sunday, Randy, Bill, Randy's daughter, Heather, and I ran **The Freedom Run** (a free race) which is a 2.5 mile loop along the Freedom Trail. On Monday, I went to meet **Lori Scott**, who was staying at the **Weston**. After a confusing ride on the T, I finally hooked up with her. Lori and I went shopping, asking the clerks if they could recommend a nice restaurant. One clerk mentioned **The Cheesecake Factory**, so we decided to try it. Lori and I sat down and looked at their extensive menu. I said "What are you getting?" She said something like "Chicken Fingers," which was the \$6.99 special. I said "I'm ordering the Filet Mignon." "Filet Mignon is kinda of expensive," she said "but it sure sounds good." I said "Lori, our husbands each spent \$90.00 to run this marathon. If they can spend that kind of money on themselves, then you and I can surely spend \$25 bucks on a nice meal!" It didn't take much convincing. About 20 minutes later, Lori and I were gorging ourselves, enjoying a very tasty Filet Mignon. We felt so naughty, splurging like that. We couldn't stop smiling. Our only regret was that we were too full for CHEESECAKE!

Paul Lindsay:

The early part of the race provided a stunning visual impact, with a solid "sea" of bobbing heads stretching ahead as far as I could see, but my most lasting memory will be seeing my wife Amy and daughter Abby cheering for me near my uncle's house in Newton, at the same street corner where I once stood as a boy and joined in the cheers for Johnny Kelley.

Bill Paradis:

April 19 2004, about 6:00 PM.

As we headed for home, we are all a little tierd, a little hot, yet a little curious . . .

Faye Lowrey, Tom Littlefield and I are at the top steps of the T, ready to head home before we convinced Faye that we should check the results to see how she finished.

After a long walk to find the results kiosk and then having to wait in line for awhile, Faye showed her bib and asked about her results. After a long pause, the women told us Faye's time. We all said, in unison, "But how did she place?" A few seconds later, the lady in the kiosk said "FIRST!"

That was my most exciting Boston memory - Faye Lowrey winning the Senior Age Divison!

Faye Lowrey:

My most memorable moments at Boston have been accepting my award at the Copley Hotel, first on April 19, 2004 and again on April 18, 2005. The awards are held in a room illuminated by beautiful, elegant chandeliers. Tom, Bill and I arrived late as we walked all over the Boston, first trying to find Bill, then trying to find the kiosk, then trying to someone who knew where the awards were being held. We finally made it to the Copley. There were no seats available, so we stood on the side about two-thirds of the way back in the room. The runners receiving their awards were all showered and in street clothes. I had changed into dry shorts and running shirt. They had started with the senior awards and had already done my division. Bill found a volunteer and told her I was late arriving, but had placed first in the 60-69 division. After certifying that I was legit, she got word to the person doing the awards. They finished doing the masters and then called me up. What an awesome feeling walking up the center aisle in a place filled with the world's elite runners. I had to go up a ramp which they used for the wheelchair awards, still not believing I was really there. I received my award and didn't want to walk down the center aisle

again. So I used some stairs just to the side of the stage. At that moment, the announcer commented that if he had just run a marathon, he wouldn't be using the stairs when there was a ramp available! What a terrific moment.

Kathy Paradis:

"Out of the mouths of babes"

My friend, Marie, who has a tendency to be naive, said "Kath, when you and Bill are down in Boston, I will keep the t.v. on channel 5 and try to see if I see you on television!" I said, "Marie, there are at least a million people down there this weekend ; you aren't going to see us on t.v.!" Well, when Bill and I got back to Maine, on Tuesday, the first person to call us, telling us that they had seen us on t.v. was our son, Wayne, who had just gotten back from a trip to Florida. "Mom, I saw you and Dad, talking to a cop in Boston, while channel surfing!" Then, sweet, naive Marie called "Kath, it was so neat, just like I told ya, I saw you and Bill on t.v.!" I hung up thinking "who is naive now?!"

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/l's 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

Rochester Runners Grand Prix Update

Paul Lindsay

Although there wasn't much racing in N.H. in February, Rochester Runners weren't idle. Several club members traveled to the Mid-Winter 10 mile in Cape Elizabeth (16 RRs) and the Hyannis Half Marathon (12 RRs), and some managed to find a few races in Mass. (including the Martha's Vineyard 20 mile) and as far away as Florida. **Bob Randall** came back from the sunshine state with a couple of age group wins and **Laurie Gaudreau** and **Dick L'Heureux** placed well in their divisions in the Half Shell Half

Marathon in Key West. Back in frosty New England **Laurie Gaudreau, Diane Levesque, and Ron Foster** were age group winners in Cape Elizabeth. In Hyannis, **Laurel Valley** was top master in the 10K, **Faye Lowrey** beat her age-group time standard and **Kevin Scott** and **Diane Levesque** placed in their divisions among some stiff competition at the half, and **Sin Kounlasa** ran to her 8th marathon finish below her BAA qualifying standard in the span of one year. **Chuck Zerbinopoulos, Lori Scott, and Alison Black** distinguished themselves with race times noticeably improved over their races of last year. **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. For a detailed explanation of the RRGP, visit rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
2	30	0	32	5	Sin Kounlasa	1	11	0	12	2	John Rancourt	0	6	0	6	1	Walter Shyska
0	26	0	26	5	Brian Gallagher	0	12	0	12	2	Dan Poliquin	0	6	0	6	1	Mary Ulinski
3	22	0	25	4	Diane Levesque	0	12	0	12	2	Lisa Hart	0	6	0	6	1	Greg Gaudreau
4	17	0	21	3	Laurie Gaudreau	0	12	0	12	2	Laura Harding	0	5	0	5	1	Jack Collopy
1	20	0	21	4	Cliff Parkinson	0	11	0	11	2	Mike Andrews	0	5	0	5	1	Ken Houle
3	11	0	14	2	Darryl Cauchon	0	11	0	11	2	Pete Dubois	0	5	0	5	1	Joe Boyle
3	11	0	14	2	Bill Paradis	0	9	0	9	2	Bob Rondeau	0	5	0	5	1	Laurel Valley
3	11	0	14	2	Alison Black	0	9	0	9	2	Ron Foster	0	5	0	5	1	Lori Scott
											Chuck						
2	11	0	13	2	Dick L'Heureux	3	5	0	8	1	Zerbinopoulos	0	4	0	4	1	Rick Collopy
2	11	0	13	2	Chris Blanchette	1	6	0	7	1	Tom Littlefield	0	4	0	4	1	Diane Casselberry
2	11	0	13	2	Kevin Scott	1	5	0	6	1	Joe Harding						
1	12	0	13	3	Bob Randall	0	6	0	6	1	Britt Ulinski Shuman						

February Banquet Award Winners

If you missed the February Awards Banquet, here are the people who were recognized:

Male Runner of the Year: John Tuttle
 Female Runner of the Year: Danyelle Phelps
 Male Masters Runner of the Year: Kevin Scott
 Female Masters Runner of the Year: Mary Ulinski
 Most Improved Male Runner: Don Foley
 Most Improved Female Runner: Sue Littlefield
 Service Award: Mike Andrews

Top Ten Rochester Runners Grand Prix:

1. Brian Gallagher
2. Dan Poliquin
3. Scott Rowe
4. Kevin Scott
5. Mary Ulinski
6. John Tuttle
7. Sin Kounlasa
8. Bill Paradis
9. Laurie Gaudreau
10. Bob Rondeau

Most Races (36): Diane Levesque and Mary Ulinski

Most Mileage (3,911.6): Scott Rowe

Most Road Race Wins (6): Nathan Huppe and Scott Rowe

“Comeback Kid”: Tom Littlefield

“Tough Man” Award: Ron Foster

The Golden GPS Award for continuously getting lost on the way to races): Nathan Huppe

State Record Holders in 2005:

John Tuttle (age 48): 6K (21:11), 8K (first at 28:02 and then at 27:36), 12K (43:05)

Faye Lowrey (age 61): 6K (30:19), 8K (first at 38:06 and then at 37:55)

Scott Rowe (age 30): 6K (20:06), Half Marathon (1:12:11)

Laura Harding (age 38): 6K (25:10)

Tom Watkins (age 46): 6K (22:05)

Congratulations to everyone!!!!!!

Rochester Runners Club
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