

# ROCHESTER RUNNERS REPORT

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**Next Club  
Meeting:**

**Tuesday,  
May 16, 2006  
7:00pm**

**Community Center  
(back to the “old”  
place!)**

**Socializing, Fun, and  
DESSERTS**  
(let Judi Rogers know if  
you plan to bring anything)

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## President's Corner

### Darryl Cauchon

If you've ever wanted to get to know your fellow Rochester Runners better, have we got a monthly meeting for you. Heeding the requests of many a member, I have pushed for, and been granted by our esteemed cast of officers, approval [for the club to host](#) a "dessert social." In other words, May's get-together will feature [what could best be termed](#) a non-meeting meeting. No speaker, little business, just members rubbing elbows, chit-chatting on everything from the world of running to the price of pork bellies in China, and, perhaps most of all, offer everyone a chance to make the acquaintance of someone new.

Members, new and old, should give it a try, Seek out someone outside your usual circle of running buddies. It will afford those who do not regularly attend a chance to meet and greet. Perhaps one day someone will say, 'we met at [the Rochester Runners dessert social](#) and now we're engaged.' Well, perhaps that's a bit of a stretch, but it should help extend the social aspect of the club. Hey, we're more than just a bunch of stoic, time-obsessed, [one-dimensional](#) running fanatics, are we not?

So cook up some cupcakes, bake up those brownies, and frost mom's-favorite-recipe cake and bring it, along with your winning smile and charming personality, to come and shoot the breeze with other club members. You can talk running all night long, what could be better than that?

Hope to see you there.

Will it never end? Lately the Rochesters Runners have shown why we are indeed a club to be proud of and one to be reckoned when we toe the starting line to compete. Following up our club's guest appearance of Boston Marathon race director Dave McGillivray, resulting in perhaps our largest attended meeting ever, many of our members shined brightly while competing in the Boston Marathon on April 17. As an encore, the club had a strong showing at the Red's Shoe Barn 5 miler a mere week later, a Grand Prix race that placed us on top of the leader board and featured members who had taken part in the marathon just six days prior.

The longer I serve as president, the more I begin to realize that this club is truly something special. For the third consecutive year, the Boston Marathon served as a showcase for our fine club. This time [around](#) it was the men who wowed us and the rest of the Seacoast running world. Following Faye Lowry winning her age division in 2004 and Danyelle Phelps being the top woman from New Hampshire in 2005, everyone's [local](#) fan favorite Scott Rowe continued his amazing comeback by placing 36th [OVERALL](#) in the men's division, [first among](#) top New Hampshire runners and second in all of New England.

Not sure if Boston Marathon officials track this information, but I'm curious to know what place Scott finished among those who hold down full-time (!!) jobs. Remove the 15 or so Kenyans who live to run and others who dedicate all their time to the pursuit of long distance competition and it'd be nice to see where Scott finished in this arena.

[Breathe easy fellow Rochester Runners](#). Scott also told me following the Red's race that word circulating around these parts that other clubs might be able to coerce him to leaving us and joining them are unfounded. Scott ensured me that he is a true-blue (true-purple?) Rochester Runner to the end and has no intention of leaving. Regardless, it won't hurt to circle the wagons and let Scott know how much we love having him as a member, not only for his outstanding race times, but because he's [one of the nicest guys around](#). I mean that and I'm sure everyone feels the same.

It would be nice to field a team at the next Boston Marathon. Not sure if they age-grade, but if they do, the likes of Lowry, John Tuttle, Mary Ulinski and Kevin Scott, among others, could really make a difference.

For what it's worth, here's four bits of advice on completing the Boston Marathon from a first time finisher:

Advice 1 and 2) Train hard and start the race out slow.

Advice 3 and 4) Train even harder and start the race out even slower.

Follow this advice and everything else will fall into place.

Congratulations on everyone who competed in the 110th Boston Marathon and good luck to those taking part in the Vermont Marathon in May. In the self-serving department, I'll be competing in my first Mount Washington race in June and would appreciate any advice on training and tackling the course. Feel free to e-mail me at [dcauchon@fosters.com](mailto:dcauchon@fosters.com) with any sage advice.

See you on the roads.

## **Running Notes**

### **Don Yeaton**

1. Only a small group of RR's at the 2<sup>nd</sup> NHGP race at the FootHealth 5K in Derry on May 6<sup>th</sup>. Nine of you ran and 7 of you scored a total of 23 points: Thanks to all of you for being there to represent our club. Hopefully we can have a better turnout for the Jackson 10K on June 3<sup>rd</sup>.

Team = RR

Diane Levesque	52 F	121 Rochester NH	RR	7
Ronald Foster	71 M	5 Rochester NH	RR	5
Tom Littlefield	60 M	64 North Berwick ME	RR	5
Jack Prescott	74 M	6 Rochester NH	RR	3
Peggy Foster	54 F	4 Rochester NH	RR	1
Alison Black	36 F	31 Seabrook NH	RR	1
Benjamin Jones	36 M	59 Durham NH	RR	1
				23

This was new club member, Ben Jones, first time racing for us and he scored 1 point his first time out – Congrats Ben!!

2. Dan Poliquin successfully defended his title at the 2<sup>nd</sup> Annual 7 Hills of Somersworth Road Race on May 6<sup>th</sup>. It was a different and easier course than last year and Dan set a new course record for this course as well with a time of 19:45. Ann Rasmussen of Plymouth also got her 2<sup>nd</sup> win in as many times. Other club members who ran included Sin Kounlasa, Judi LeMaire, Kathy Paradis, Diane Casselberry and Dave Smith. Volunteers who were headed up by Andy Schachat included Kevin Scott, Mike Andrews, Peter Dubois, Chris Blanchette and Don Yeaton.

The race went off very well with better attendance than last year. Hopefully there won't be a conflict with a NHGP race next year so more of us can run this much improved course.

3. Bill Paradis completed his first 200K Brevet on May 6th. A what, you ask? A brevet is a long bike ride – in this case about 125 miles from Hanscom Air Field in MA to Concord, NH and back. Bill completed the loop in just over 10 hours.

4. This year's Relay for Life Team from Rochester Runner's Club has borrowed the name "Purple People" from our Reach the Beach Team and is composed of the following 15 members: Laurel Valley, Sinthy Kounlasa, Andy Schachat, Dan DeFrees, Mike Andrews, Ron and Peggy Foster, Jack Prescott, Tom and Ann Littlefield, Faye Lowrey, Bob Rondeau, Cathy Orlowicz, Don Yeaton and Jay Piwnicki. We are dedicating this year's Relay to club member John Racine, who died of stomach cancer back on

January 21<sup>st</sup>. Lisa Piwnicki is John's daughter and she and her husband Jay, have just sent the club a check for \$150 to pay for our team registration fee. If you have already paid your \$10 fee, you just got another \$10 credited to your fundraising total and if you haven't paid your registration fee yet – don't worry about it!. Jay and Lisa are going to raise some more \$\$ for the American Cancer Society as well and are hoping to get more members of their family involved.

So far the only time slots that are filled are 4 – 5 PM – Sinthy Kounlasa, 7 – 8 PM – Faye Lowrey and Tom Littlefield and 1 – 2 AM – Cathy Orłowicz. You DON'T have to be an official team member to help us out – so feel free to sign up for a time slot – ½ hour, 1 hour, 2 hours or whatever. We just ask that you make a donation to our team.

Once again this year, we have 3 cancer survivors on our team: Peggy Foster, Ann Littlefield and Jack Prescott. Come on down, support the team and join the fun. It all starts at 4 PM on Friday, June 23<sup>rd</sup> and ends at 10 AM on Saturday, June 24<sup>th</sup>.

5. We are putting together a photo memory book for the family of long time club member, Paul "Cash" Leavitt, who died back on March 28<sup>th</sup>, one day before his 82<sup>nd</sup> birthday. I need some more comments and memories of Cash from those of you who knew him. Just a short paragraph or a couple lines would be fine.

## **Life on the Run**

### **Don Yeaton**

My wife, Barbie, has this 3 heart decoration thing hanging next to one of the cupboard doors in the kitchen that reads: "Anything that takes me 2 hours to cook, should take you more than 2 minutes to eat!" I'm afraid some of us don't appreciate our mothers or spouses and all the work that they put into meal preparation, especially at holiday times.

I think some race directors might express the same sentiment. They spend months planning an event that can be over in such a short time – perhaps 15 minutes for a 1 mile race and about an hour for most shorter races. And what do they get for their efforts? Too often they get complaints and criticism about some little thing that went wrong and no thanks for all the things that went right.

Those of you who received the e-mail from me with the pictures from the 25<sup>th</sup> Anniversary Red's Shoe Barn 5 Mile Road Race will recall that one of the last ones I took was of Dan DeFrees (alias Dan Dan the ShoeMan). He was in the Butterfield Gym in Dover at the end of the awards ceremony, carrying a box on his shoulder. The race was over and most everyone was ready to go home, but here was Dan and others still hard at work. For who? - for us runners!!

Any of you who have ever been a race director or on a race committee or a volunteer at race, know what a task it is to put a race together. Thanks to Andy Schachat this year, I got to experience the 110th Boston Marathon from the other side of the finish line. While many of you were out on the course setting a new PR or qualifying for Boston again or for the first time, I got a behind the scenes look at this world class event because of my media credentials. The media center in the Copley Plaza Hotel is an amazing place! Along with copious amounts of free food (right Andy?), there is the large "Leader Board" that covers one whole wall, large screen TVs, phone banks and computers to track the runners as they cover that historic path from Hopkinton to Boston. Did you realize that there were 1600 media credentials given out at Boston this year? So much media in fact that Boston has become the 2<sup>nd</sup> largest media sports event in the USA. Only the SuperBowl is bigger!

When you come to experience all that goes on behind the scenes at a road race, you realize that it is people who make the difference. Did you have a good experience at the Foothealth 5K or the 7 Hills of Somersworth Race on May 6<sup>th</sup>? If so, send them an e-mail or a card to let them know you appreciate their efforts. They NEED to know this because they hear "thank you" all too seldom. Race directing is a thankless job and it sure gets tough when it's time to start planning for another year and you wonder if anyone really cares about what you do. Do you want your favorite race to continue? Let someone know because "eating and running" just isn't polite!

## **Free Fall Classic Race Meeting**

**Diane Casselberry**

There will be a meeting on May 30, at 6:30pm at my house in Dover, on 21 Tennyson Ave to discuss the Free Fall Classic road race we are having on Thanksgiving Day. I need people to help contact potential sponsors (we still need a few hundred more), to send out thank you letters, and to get donations for post-race snacks. If you are interested in attending, please email me at [d.casselberry@comcast.net](mailto:d.casselberry@comcast.net) or call me at 749-2875. Thanks for helping to make this event a success - the Strafford County Homeless Shelter is counting on us!

## **RR Clothing Update**

**Dan DeFrees**

**RR Clothing--On Sale Now!!!!!!** EXTENDED to the month of May!! Take advantage of these special prices on RR Apparel. Show your RR pride at all the Spring and Summer Races!!!

All long and short sleeve Tech Tops are now \$20.00!!! reg. \$23.00/\$21.00  
RR Singlets now \$12.00 reg. \$15.00 RR Jackets now \$40.00 reg. \$50.00

Free RR 20th Anniversary tees with any purchase/ while supplies last. Please contact me at [DBLDdefrees@msn.com](mailto:DBLDdefrees@msn.com).

## **Running Progress Update**

**Bob Rondeau**

Hello Rochester Runners! I would like to write to you all about my running progress. I have been running now going on three years. My goal this year is to run my first marathon. When I first started to run I couldn't even run one mile around the track without tiring out. I have kept a record of when I first started to run and can you believe this I was running one mile at 900min pace. I never knew all you had to do is put one foot in front of the other. So in my 3 years of running I have run from 5k to half marathons to the great Mount Washington road race. My 5k time now is under 24 minutes. So now I would like to thank Don for getting me involved into running; if not getting involved I would still be a couch potato. Also like to thank John for all the track workouts we have done and both UNH and at Spaulding track. I know for a fact that last year I couldn't finish the track workout; now I can.

## **RRGP Mailbag: Point Scoring for Ultras & Trail Races**

**Paul Lindsay**

Hi Paul, you missed a couple of my races. I won a 6 hour race in Ottawa, the Rideaux Canal 6 Hour Race, in February with 39 miles (don't know how you'd score that one anyway), and ran the Bull Run 50 mile trail race in Manassas, VA on 4/8 (toughest trail conditions I have ever seen! I've decided that Mud is much worse than snow). See their web page at [www.vhtrc.org](http://www.vhtrc.org). Next up is a 6 hour trail race in May,

followed by a 50K trail race also in May. Trying to stay off the roads and enjoy the scenery more. Just want to make sure you know I'm not lazing around, I'm out there racing in the woods! Laurel

*Hi Laurel, I meant to check with you about the Ottawa race but forgot, so thanks (and congratulations for your win!). Some of your races can be a challenge to fit into the RRGP point system, but let's take a look. There aren't enough data to enable us to reliably equate speed at ultra distances to speed in a 5K, so we don't calculate speed points for races longer than 50K. Most ultras aren't on certified courses, so they wouldn't qualify for speed points anyway. As for distance points--trail races and mountain races can sometimes earn more distance points than if they were just based on the nominal race distance, to fairly reflect the extra effort involved. The same is true for ultras, and here's how it works: the median finish time for the race is used as a measure of the effort required to run that race compared to standard road distances. For example, if the median finish time is 4:30:00 or longer, like the Rideaux Canal race, the race is scored as 8 distance points (compared to 7 for a standard marathon). If the distance points based on median time are more than the usual distance points for the race distance, you get the higher value. This way, for example, Mt. Washington scores more "distance" points than for a level 7.6-mile race. The complete scale from 4 to 10 distance points based on median race times is shown at [rochesterrunners.com](http://rochesterrunners.com) in the club grand prix section. Thanks for the Bull Run web address; for any of your races that aren't listed on Coolrunning, let me know if there is a race website where I can find the finish times. Good luck in your May trail races, and keep ahead of those black flies! Let's try to organize a club hike in the Whites this summer. Paul*

## **Rochester Runners Grand Prix Update**

**Paul Lindsay**

**7May06 RRGP update:** Since last month's newsletter update, the races with the biggest club participation were the Girls Inc. 5K in Rochester, the Boston Marathon, and the first N.H. Grand Prix race of the season—Red's Shoe Barn 5 mile in Dover. At Girls Inc., RRs placed first in several age groups in addition to **Tom Watkins** and **Jen Johnson** taking home the men's and women's overall winner's trophies. On Patriots Day, 18 RRs earned their BAA finisher medals, 12 of them with times fast enough to qualify them for next year's race, led by an outstanding run by **Scott Rowe** in 43rd place overall in 2:29:42! The following week 56 RRs kicked off the 2006 NHGP season in style, finishing in first place in three of the nine divisions (M open, F50s, and F60+) and 2nd in three others (M50s, M60s, and F open), while **Joe Boyle** kept his streak alive as the only runner to have run in all 25 Red's races since the event was founded in 1982. **Faye Lowrey**, **Mary Ulinski**, **Manya Hult**, and **Judy Brenner** swept the top four positions in their division and all finished in times below their national age-group standards. **John Tuttle** and **Judy Brenner** were the day's winners in the NHGP individual age-graded competition. Compared to Red's, the Foothealth 5K NHGP race in Derry saw a disappointing RR turnout, good enough for only 23 points, the fifth highest total for the day. Other recent RR racing accomplishments included half marathon age group wins for **Brian Gallagher** in Ohio and **Diane Levesque** in Arkansas, a 50-mile trail run in Virginia and a win in a 6-hour race in Ottawa for **Laurel Valley**, and an excellent 3:20 at the London Marathon for **Laura Harding**, which is not only well below her Boston qualifying standard, but also lowered her baseline. Other RRs who lowered their baselines in the past month by running their best times in over a year were **Jen Johnson**, **Darryl Cauchon**, **John Rancourt**, **Wendy Perillo**, **Tom Littlefield**, **Ben Jones**, **Tracy Burns**, **Judi Rogers**, **Scott Rowe**, **Dan Poliquin**, **Arlon Chaffee**, **John DiNella**, **Jim Dejohn**, **Rick Collopy**, **Jeff Crothers**, **Britt Ulinski-Schuman**, **Walter**

**Shyska, Don Gagne, Tom Littlefield, Manya Hult, Judy Brenner, Jen Daly, Lori Scott, Alison Black, Karen Norris, and Jack Collopy.** 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 [rochesterrunners.com](http://rochesterrunners.com).

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
6	55	3	64	11	Diane Levesque	4	14	3	21	3	Nathan Huppe	3	4	3	10	1	Karen Norris
9	46	6	61	9	Darryl Cauchon	0	21	0	21	5	Andy Schachat	3	4	3	10	1	Arlon Chaffee
6	51	3	60	9	Sin Kounlasa	5	12	3	20	3	John Dinella	3	4	3	10	1	Jamie Houle
0	55	0	55	10	Brian Gallagher	6	13	0	19	2	Scott Rowe	2	4	3	9	1	Lisa Houle
11	31	6	48	6	Alison Black	4	15	0	19	3	John Rancourt	2	4	3	9	1	Phil Parker
8	35	0	43	6	Laura Harding	3	12	3	18	3	Rick Collopy	2	4	3	9	1	Don Foley
7	30	6	43	7	Bob Rondeau	0	15	3	18	3	Mike Andrews	1	4	3	8	1	Kristin Houle
5	38	0	43	7	Laurie Gaudreau	6	8	3	17	2	Jeff Crothers	3	4	0	7	1	Allie Collopy
5	35	3	43	6	Dan Poliquin	6	8	3	17	2	Manya Hult	3	4	0	7	1	Erin Collopy
7	28	3	38	5	Chris Blanchette	5	8	3	16	2	Judi Rogers	3	4	0	7	1	Maura Collopy
3	31	3	37	6	Mary Ulinski	5	8	3	16	2	Tracy Burns	3	4	0	7	1	Meg Collopy
2	34	0	36	6	Dick L'Heureux	3	13	0	16	2	Paul Serrano	0	4	3	7	1	Camden Moore
5	26	3	34	5	Kevin Scott	2	11	3	16	2	Peter Whitten	0	4	3	7	1	Don Norris
9	21	3	33	5	Judy Brenner	0	16	0	16	3	Greg Gaudreau	0	4	3	7	1	Kathy Paradis
8	18	6	32	4	Tom Littlefield	4	8	3	15	2	Dan DeFrees	0	4	3	7	1	Janet Glazier
1	28	3	32	6	Cliff Parkinson	3	9	3	15	2	Lori Scott	0	4	3	7	1	Edwin Charle
7	21	3	31	5	Jack Collopy	2	13	0	15	2	Bruce Lander	0	4	3	7	1	Patty Crothers
3	28	0	31	7	Bob Randall	0	12	3	15	3	Diane Casselberry	0	4	3	7	1	Leanne Hourihane
0	25	6	31	6	Ron Foster	0	12	3	15	3	Jack Prescott	2	4	0	6	1	Amy Lindsay
7	16	6	29	4	Ben Jones	3	11	0	14	2	Chuck Zerbinopoulos	2	4	0	6	1	Ruthanne Laine
6	20	3	29	4	Walter Shyska	3	11	0	14	2	Jen Johnson	2	4	0	6	1	Tom Watkins
5	20	3	28	4	Britt Schuman	3	11	0	14	2	Wendy Perillo	1	5	0	6	1	Joe Harding
1	22	3	26	4	Pete Dubois	3	8	3	14	2	Jen Daly	0	6	0	6	1	Elizabeth Beecher
5	17	3	25	3	Jeannette Lindsay	1	13	0	14	3	Joe Boyle	0	5	0	5	1	Ken Houle
0	25	0	25	4	Lisa Hart	1	10	3	14	2	Dave Smith	0	5	0	5	1	Sue Littlefield
0	20	3	23	5	Dennis Graves	2	8	3	13	2	Judi Lemaire	0	4	0	4	1	Jameson Harding
4	15	3	22	3	Bill Paradis	0	9	3	12	2	Dave Poliquin	0	4	0	4	1	Liz Bowden
2	17	3	22	3	John Tuttle	3	4	3	10	1	Jim DeJohn	0	4	0	4	1	Paul Lindsay
0	22	0	22	3	Laurel Valley	3	4	3	10	1	Don Gagne	0	4	0	4	1	Sarah Crothers
0	16	6	22	4	Peggy Foster	3	4	3	10	1	Pam Parker	0	3	0	3	1	Don Yeaton

## New Hampshire Grand Prix Update

### **Paul Lindsay**

Red's 5 mile in Dover and the Foothealth 5K in Derry were the first two of seven N.H. Grand Prix races for 2006. The NHGP (not to be confused with our own RRGP) consists of selected races where nine N.H. running clubs compete against each other in nine age and gender divisions (male open, female open, M40s, F40s, M50s, F50s, M60s, F60+, and M70+). In addition to the competition among clubs, these races afford an opportunity to travel to races outside our local racing area with a group of RR friends, as well as a chance to get to know runners from some of the other running clubs. The top three finishers for a club in each division earn team points up to a maximum of 10 runners per division. Even if you don't finish in the top 10 in your division, you still could earn points if some other clubs placed more than three runners ahead of you, because only the top three count for each club. Below is a list of runners who have scored points for Team RR so far after Red's and Foothealth. At our club website

**[rochesterrunners.com](http://rochesterrunners.com)**, you can find a more detailed summary for each race and each division that includes all the clubs, plus the standing for the individual age-graded competition. There is also a list of the races in the series and contact information for upcoming races.

<b>Runner</b>	<b>Total</b>	<b>Reds</b>	<b>Foot</b>
Tom Littlefield	11	6	5
Nathan Huppe	10	10	
John Tuttle	9	9	
Kevin Scott	9	9	
James Dejohn	9	9	
Ron Foster	8	3	5
Leanne Hourihane	8	8	
Faye Lowrey	8	8	
Judi Lemaire	7	7	
Diane Levesque	7		7
Mary Ulinski	7	7	
Britt Ulinski-Schuman	6	6	
Patricia Crothers	6	6	
Manya Hult	6	6	
Dan Poliquin	5	5	
Sin Kounlasa	5	5	
Pamela Parker	5	5	
Chris Blanchette	4	4	
Jeannette Lindsay	4	4	
John DiNella	3	3	
Jack Prescott	3		3
Lisa Houle	3	3	
Benjamin Jones	1		1
Donald Norris	1	1	
Alison Black	1		1
Peggy Foster	1		1

## **Officers' Meeting Minutes, 5/2/06**

### **Walter Shyska**

6:30 PM

Meeting held at home of Mary Ulinski.

In attendance: Daryl Cauchon, Don Yeaton, Diane Casselberry, Walter Shyska, Mary Ulinski, Janet Glazier, Judy Rogers, Paul Lindsay

The following was discussed:

...May General Membership meeting:

Agreed it would be informal – no speaker

Members can socialize

Food will be desserts, soda, water, other. , Judi Rogers coordinating.

Meeting Location: To be announced in Newsletter, may be Judi Roger's workplace.

...Future Meetings location: Still under discussion for possible permanent new place in the fall. Possibilities include Judi Roger's workplace, Rochester Library (except it closes at 8:30pm). To be discussed.

...June General Membership meeting:

Location to be Spaulding Track outdoors.

Spaulding Track coach to give tips, etc. to individual members as needed

Andy is talking with track coach.

...Race Focus Discussion: Should we focus more intensively on the NH Grand Prix races and not (overly) promote other, competing races on same day? Agreed we should focus on Grand Prix races, with exception for some local races, unless there is a conflict. Need to print list of GP races again (and regularly) in the Newsletter.

...Scholarship, Spaulding High: Selection being made by Dave Colson, Spaulding administrator.

...Award for Runners who run all NH Grand Prix races: It was suggested that the club give an (annual) award (RR Windbreaker Jacket) to club members who run 6 of the 7 GP races (5 of 7 this year due to late date). This suggestion was agreed upon. To be announced at future meeting.

...Race Subsidies: It was noted that the White Mountain Milers give their runners a subsidy (\$600?) if they run all of the GP races.

...Free Fall Race:

Apps. Being finalized. Problem with getting Logo onto app.. Need computer expert help – will talk to Scott Rowe.

Need to start to get apps. Out at races.

Race Committee meeting: being scheduled for first week of June.

Suggested we put actual Race Registration Form into the newsletter.

Working on Food needs for race, should be "light", since it is Thanksgiving Day

And most people will leave right after race – no socializing.

...Red's Shoe Barn race follow – up: Dan Defrees is moving out of state. Asked if RR would consider doing more formal "sponsorship" of Red's race. To be discussed.

...Relay for Life: Don reports he has 14 official members (need 1 more). Track time schedule being developed, would like to know what "times" people may be on track.

...Membership: 8 new members signed up at Red's. Now have 114 members.

Meeting concluded at 8:10 pm.

Respectfully submitted,

Walter Shyska

EDITOR'S NOTE: I apologize for any omissions, errors, and a general lack of editing. I am getting ready to close on my new condo and move, so I had little time for the newsletter this month. Sorry!

**4th Annual  
RUN FOR THE GYM 5K**



Nasson Community Center  
Springvale, Maine

**July 8, 2006 6:00 PM**  
**Nasson Common**  
**457 Main Street**  
**Springvale, Maine**

**FMI: Contact Bob**  
**at (207) 490-1386**  
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**[runbob@metrocast.net](mailto:runbob@metrocast.net)**



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