

ROCHESTER RUNNERS REPORT

VOLUME 9 NUMBER 10

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Next Club Meeting:

7:00pm
Tuesday,
November 21, 2006

NEW meeting location:

25 Old Dover Rd.
(back side of building)
Rochester, NH
(see directions in newsletter)

Topic:

General Club Meeting

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President's Corner

Darryl Cauchon

As the years ramble on and my knees continue to hold out, longtime runners like myself begin to realize that, contrary to what my teenage daughters believe, we don't know it all when it comes to formulating our training regimens. More and more, we lend an ear to just about anyone, from Olympic gold medalist Joan Benoit-Samuels to our own club cohorts, to pick up motivational and training tips, racing advice, even fashion statements on warmups. With this said, my latest bit of motivation and goal-setting came, in a moment of literary reflection, from none other than my own previous column. For those few that bothered to delve into last month's presidential ramblings I spoke on my love of running. Alas, the column also covered my lack of dedication to serious training and overall acceptance to my lot in the overall scheme of racing times and finishes. Has it really been decades since I consistently ran 19 minute 5Ks, with the occasional 18 minute plus? Other than one brief five-month surge in mileage over 2005/2006 in preparation for the Boston Marathon, my training over the past 15 years has stagnated into a 30/35 mile a week rut. Training runs rarely surpassed the jog pace. I ate heartily and without thought or remorse. Hill and track workouts never crossed my mind. Yet, when giving last month's column a final read, I came to realize that, as I approach my 50th birthday, that perhaps the time has arrived to pick it up a notch. To put forth the effort to lose the weight, climb the hills, put in the mileage, consistently show up for track workouts, and all the little things it takes to reach one's peak performance. To give it one more shot before "real" old age sinks in. Why not? I've seen fellow runners like Scott Rowe, Alison Black, Robert Rondeau, to name a few, make the commitment to return to form or just get into shape after long layoffs. While they indeed played a part, it's been well documented that we are our own best motivator, and, well, I've decided to go for it. Three numbers stand out: 170, 3:30 and 19. These are short for the 170 pound weight I hope to get down to, the Boston Marathon qualifying time I hope to meet and the 19 minute (plus) 5K time I hope to attain sometime in 2007. Those are the goals to which I will measure my success in 2007. It's been a LONG time since I've set any actual, sincere goals in regards to my road racing. Over the last two hectic, child-rearing decades, my running and road racing has been viewed as little more than a stress reducer, a way to keep my weight down and an outlet to enjoy my lifelong love of running. It will be interesting to see if putting these goals in print for all to see will do the trick to motivate, or should I say "pressure", me to do what it takes to accomplish this. Wish me luck when you see me next, whenever that may be for I'm taking the month of November off from running in the hopes of knocking this mono out of my system and to rest my weary legs before starting up again. I hope to run the Music City Marathon in Nashville in April....it will interesting to see where I stand six months from now. Guess the pressure is on. Advice is welcome.

Life on the Run

Don Yeaton

Let's face it – unless you are a runner, a road race is not a very spectator friendly sport like the “ball/puck” sports. But this is a good thing because participating is the whole point – get off the bench and get in the race – fast or slow it doesn't matter as long as you are moving in a positive direction!

But in order for a road race to happen, it takes a great deal of behind the scenes effort to make the race a reality. And those behind the scenes efforts take volunteers who are willing to sacrifice their time for the benefit of “us” runners.

You know what is coming next don't you? Someone has wisely and truly said that in most organizations 80% of the work is done by 20% of the members. There are some good opportunities coming up for us to experience a race from a different perspective – as a volunteers. Sometimes it's a very good change to watch a race from the other side of the finish line. How many of us get to see the leaders finish in most road races? Unless we are right up there

in the front back, not many of us. Many of you have heard me talk about the great time I had at the Boston Marathon back in April as a volunteer at the finish – perhaps more fun than if I had run it!

One thing a race director never has is too much help and there are several opportunities in these next months to give back to those who have always been there for us. First opportunity is the Jingle Bell 10K in Portsmouth. Janet Bourne of the Arthritis Foundation has contacted me with a need for volunteers. Apparently they lost their race director and need help this year setting up the course – even to the point of being willingly to pay someone \$100 to do it if volunteer help isn't available. If interested, contact me at dryrun262@msn.com and I'll put you in touch with Janet.

Secondly, plans for our Free Fall Classic 5K/10K on Thanksgiving morning are going well and apps are arriving almost daily. Have you sent yours yet? There are opportunities to help even if you want to run the race as well. Race director Diane Casselberry has put our President Darryl Cauchon in charge of volunteers – contact Diane at d.Casselberry@comcast.net or Darryl at dchauchon@fosters.com if you can help.

Thirdly, we've been asked by Don Allison to assist with the Eastern States 10/20 Mile Road Race again next year- probably to be held on Sunday March 25th. We will need about 25 volunteers to help our club receive \$1500 for our efforts.

Fourthly, co-race directors Chuck Zerpipopoulos and Ken Houle will need help for the Red's Shoe Barn 5 Miler next April. This will be the first year that we as a club have taken over the reigns of the race from club member, Bob Brown, who ably directed the race for 25 years. THANKS BOB!!!!

Have you ever been at a race that didn't go as smoothly as you expected? Well here's your chance to correct those problems by being a volunteer. If we all took a turn at helping out at a race, we could make the experience a much more positive one for everyone involved. To misquote JFK, "Don't ask what the race can do for you – ask what you can do for the race." And Harry Truman who said, "You can accomplish a lot - if you don't mind who gets the credit!"

Running Notes

Don Yeaton

1. Coming Events

Nov. 21 – monthly club meeting and election of officers for 2007

Nov. 23 –8:00 AM Free Fall 5K/10K – get your applications in!

Nov. 18th – Jingle Bell 10K in Portsmouth – volunteers needed!

Nov. 25 – 2nd Annual Reach the York Beach Relay – a relay comprised of teams of 3 – 5 runners and one bicycle. We start at the Rochester Community Center at 6:30 AM and run to the York Elementary School in time for the Turkey Trot 5K at 11:00 AM.

Dec. 2 – Jingle Bell 5K in Concord

Dec. 10th – Annual Christmas Caroling Fun Run. We leave the Rochester Community Center at 1:00 PM and run to SunBridge, Rochester Manor, St. Charles Children's Home and the Gafney Home. We will need cookie and candy donations for the food platters we leave at each destination. We are doing shoe box gifts for the 22 kids at St. Charles again this year. You can sign up to sponsor one of the kids at the Nov. 21 meeting.

Dec. 19th – Monthly meeting, Christmas party and Yankee Swap!

2. Marathon news: There have been a number of you who have run fall

marathons. Scott Rowe ran a 2:29:28 for only his 3rd marathon at Chicago 2 weeks ago.

This was a 14 second PR after his outstanding run at Boston back in April. Victoria Quinlan finished her first marathon (I think) at the very tough and hilly Mt. Desert Island Marathon in Bar Harbor, ME. We had 4 RR's at the Marine Corps Marathon back on 10/29 – Cathy Orlowicz, Mary Ulinski, Britt Shuman and Walter Shyska. Cathy was running in honor of Doug Scruton of New Durham. Doug was a former Marine and police officer who died very suddenly 2 years ago. Cathy has established a scholarship

fund in his memory and has raised over \$12,000 to date! Britt finished as the 2nd NH female out of 63 NH women who ran!

3. Free Fall Classic 5K/10K news: Applications are arriving daily as far away as Virginia and Chicago! As of 11/7 we have 52 runners. If you are planning to run, please send in your app before race day. There are still t-shirts available and this makes the registration process on race morning much easier.

Follow-Up to Joan Benoit Samuelson's Visit

Submitted by Darryl Cauchon

Dear fellow Rochester Runners,

A special thanks to all members who were able to make Joan Benoit's appearance in Durham in October! It truly turned out to be a night to remember. I mailed Joan a thank you card afterward, complete with notes about several of our runners and their successes, a copy of the Foster's write-up on her visit, and an offer to make her an honorary lifetime member of the Rochester Runners. Lo and behold, Joan (in a sincere showing of her class and humility) mailed me back a card herself with the following handwritten note below:

Oct. 24, 2006

Dear Darryl,

Having just returned from a marathon road trip that included the Rochester Runners event and appearances in Baltimore, Boston, Portland, OR and San Francisco, I wanted to take a minute or two to thank you and the Rochester Runners for the opportunity to run and talk with all of you at UNH. I really enjoyed my time with all of you and was inspired by all the enthusiasm and energy of the Club members. I also greatly appreciated your hospitality and accomodations. Thank you sharing a bit of the history of the RR with me. What an impressive history you have had at the Boston Marathon. Keep the high finishes coming! I'm flattered that you want to make me an honorary member of the Rochester Runners. I will happily accept the appointment and look forward to receiving your newsletters. Please never hesitate to ask me to be of any assistance to you or the club members. May the waning days of fall be good to you. I look forward to our next runs together. May the miles ahead be good to all of you.

With every good wish,

Joan Benoit-Samuelson

P.S. Thanks also for your patience in trying to work out a date that would work for me and my crazy schedule.

NEW Meeting Location Directions

Judi Rogers

From the south:

Coming north from Dover on the Spaulding Turnpike, take the first exit after the Rochester toll, exit 11 (Old Dover Rd). At the bottom of the ramp turn left onto Old Dover Rd. Proceed approx .2 mile, on your left, passing the Rochester Public Works Garage, a stand of trees and then a driveway, on the backside of the Sherwin Williams paint

store building. Go between that tan building and the Nissen Bakery building, all the way to the back of the building. You will see picnic tables. Our entrance is a glass door.

From the north:

Traveling south on the Spaulding take the Rt 125 exit. At bottom of ramp take left on to Rt 125 north. At second light take right on to Old Dover Rd. (bank on right, mattress store on left). Travel about 100 yards and you'll see Sherwin Williams paint store on your right. Enter the driveway on the backside of Sherwin Williams between that tan building and the Nissen Bakery building. Go all the way to the back and you will see picnic tables. Our entrance is the glass door.

Congratulations, Chris Apkarian!

On November 4th, Chris Apkarian qualified for the HS New England XC championships. The state race was very competitive with very fast times. Top 25 individuals in this NH Meet of Champions go on to race next weekend at the New England XC Championship in RI. Chris ran a PR of 16:16 and tied for 25th place overall. For him, it all came down to the final 100m kick—those Wednesday night track workouts paid off! Chris worked really hard this past year to cut over 2 minutes off his 18:18 PR from last year's state meet and wants to thank everyone who trained with him over the summer months.

Freefall Classic Reminder from the Race Director

Diane Casselberry

The Free Fall Classic is being held on Thanksgiving Day, 11/23/06, starting at the Spaulding HS. We are looking for runners and volunteers. Please contact Diane Casselberry at (603)749-2875 to help. Hope to see you all there!!!

Upcoming Fun Run

Bill and Kathy Paradis

7th Annual "Pancake Run": Saturday, January 6th at 8:00am. We will be hosting the 7th annual "Pancake Run" from our house in North Berwick. Routes from 4 to 12 miles will be mapped out for every ability. But remember, the first ones back have to start cooking! Incentive to run LONG! Please RSVP! wparadis@maine.rr.com or call 207-676-5831

On a whim and and prayer, my day with Dean the Running Machine

Dan the shoe man (Dan DeFrees)

So you think it is marathon season. How about 50 marathons in 50 states in 50 consecutive days! That is what ultra-marathon runner Dean Karnazes is in the process of attempting to accomplish as we speak. He just finished marathon # 42 at Marine Corps on Sunday. He should finish up with # 50 next Sunday in New York. Wow!



Dean Karnazes (left) & Dan Defrees

I was lucky and bold enough to drop everything and make a 12 plus hour round trip to Stowe, Vt. last Thursday for # 33. I was not disappointed. (Special thanks to FF's own Tom Dannon for filling in for me at the store!) Fall in a beautiful New England setting with 30 plus other like minded runners from all over the country. What's not to like?

I was treated to a truly special day that I will not soon forget. Dean and his Endurance 50 crew could not have been better hosts, they were cordial and gracious in every way.

Dean made a point of making his way through the pack and talking to and getting to know as many of us as possible. The man is a machine! He runs 26 milers like most of us do our daily 5 milers.

I will be checking the Endurance50 web site, <http://endurance50.com>, all week right up to and including this week's New York Marathon. As much impressed by his physical accomplishment as by the way he is doing it and the message he is sending. I hope you will check it out too.

Slate of 2007 Officers Announced

Submitted by Nominating Committee: Janet Glazier and Judi Rogers

The proposed Slate of Officers for Jan 1 - Dec. 31, 2007 for the Rochester Runners Club are as follows:

President	Don Yeaton
VP - Special Events	Darryl Cauchon
VP	Judi Rogers *
VP	Diane Casselberry
Secretary	Walter Shyska *
Treasurer	Suzanne Gordon

Newsletter Editor	Alison Black *
VP Grand Prix and Membership	Paul Lindsay *
VP - Misc. Affairs	Janet Glazier *
VP - Apparel & Uniforms	Kate Collopy *
Webmaster	Scott Rowe *
Publicity Director	Mary Ulinski *
Race Director	Open at present

* Returning officers.

This is the "proposed" slate that is open for comments, suggestion, changes, more volunteers, etc. and will be voted on at the meeting Nov 21 2006. Please come to the meeting on November to vote, ask questions, etc.!! See you there!

Greetings from CNY!!!

Dan DeFrees

I have finally had some time to put some thoughts down since my move back to Central New York. First of all a HUGE Thank-You to all of my great friends. That would be everyone involved with the Rochester, NH Runners. I am so thankful to be a Member for Life!! It was truly special to know each and everyone of you. I really miss our Tuesday and Sunday runs. All the fun runs the club does, the club 1/2, New Years, track work outs etc. You guys are Special, I miss you all, especially Nathan!

Things are going quite well here, work and home life is settling in to something approaching normal. After a summer of inconsistent running I am getting used to a new routine and new group of training partners. There is and should only be one Mikey Andrews, what we would call irreplaceable.

I hope to get back to the seacoast sometime next Spring, I will update you with more details soon. Of course it will have to be planned around some sort of running event! Maybe the Red's Race or Boston Marathon, we'll see. Until then all the best, and keep putting one foot in front of the other, because there is no finish line.

Your friend in life and running,

Dan the Shoe Man

My First Marathon

Bob Rondeau

Hello Rochester Runners! The month of October has been great for me. First of all I have been running for three years now. I thought back in the winter months it was time to run a marathon. So I started training and registered for the Maine marathon. I did the short runs on the weekdays and the long runs on the weekends like most people who train for a marathon. So on marathon day I was all geared up and thought I could run the marathon in four hours wrong. The first half was ok I ran in one hour and fifty-four minutes, I said ok I can make in four hours, that was until I ran into tight quads and never recovered from it. I had to walk the most of the remaining course because the pain was that bad. My time was not that great but I finished. So my second story is running with Joan Benoit Samuelson, it way great to run with an Olympian and the stories she told us. I t was a great night for all of us that

had a chance to meet her. Now on to my third story of October. This is how I got started following Dean Carnages. Last year Don invited me to go with him down to the expo center in Boston . The expo is great so much to see and buy. As we were going through the expo we saw this company called sole. I was impressed by them that I bought a pair of them. As the winter months went by I followed Dean by magazines or on line. So one day I saw that he was training to do 50-50-50 I couldn't believe anyone could do this but he has two more to go as I am writing this newsletter. I need to get another pair of soles so I called the people at soles and that's when they ask if I wanted to run with dean and if I had friend that wanted to run also. I asked what the cost was and they said it was free I said sure. So I registered but there was some confusion with Don getting registered and wasn't able to run with dean, but he was there taking photos and meeting dean and his crew. On the day I ran with dean it started out raining but once the time to start the marathon it had stopped raining. It was an exciting day from the get go. As we were meeting Dean the photos were being taken from the time he got out of his vehicle to the end of the run. So we had a team photo taken and we were off. Dean said we were going to go slow and take five hours to complete the course because he had done Maine the day before. We started off slow going at 10min pace until mile 13. We were greeted by children from the elementary school that was great. So I got past mile 17 no problem until mile 21 and the quads again but I got some advice to use biofreeze which I did and the pain went away instantly. I continue on and finished the course in 4:38. As I was finishing the course the children were there to cheer us on. When I finished I received all kinds of free stuff including a watch from Timex and etc. It was great day to run with dean and to see what you can really do when you put one foot in front of the other. As Dean would say run when you can walk when you have to crawl if you must but never give up. As I close for now my next step would be to run the Boston marathon. I want to thank everyone who has given me advice in running or what I should do to improve. Thanks Rochester Runners.

Rochester Runners Grand Prix Update

Paul Lindsay

Races most popular with RRs this past month included the Maine Half Marathon, Great Island 5K, UNH Homecoming 5K, Delta Dental NHGP 10K, Great Bay 5K, and World Day Stone Church 5K, all with over a dozen club members participating. Marathons for RRs in October included Maine, Greater Hartford, BayState, Chicago, Marine Corps, and Cape Cod. Congratulations to the RR team of **Faye Lowrey, Manya Hult, Mary Ulinski, and Judy Brenner** for winning the F60+ division of the 2006 N.H. Grand Prix, to **Faye Lowrey** for winning the NHGP women's individual age-graded title for 2006, and to **Bob Rondeau** for earning his Granite Runner shirt for competing in all seven NHGP races this year. Other notable accomplishments included **Laurel Valley's** age group win in the Arkansas Traveller 100 mile trail race, **Scott Rowe's** 2:29:28 finish in Chicago, and **Sin Kounlasa's** three marathons in October that were all more than 25 minutes under her Boston qualifying standard. Club members lowering their baselines by running their best races in over a year included **Alison Black, Bill Paradis, Manya Hult, Laura Harding, Jamie Houle, Dave Abbett, Scott Rowe, Laurie Gaudreau, and Amy Lindsay**. **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 rochesterrunners.com's club grand prix section for a detailed explanation of the RRGP, to look at your chart, 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	
22	51	15	88	20	Alison Black	15	40	3	58	10	John DiNella	3	17	0	20	3	Wendy Perillo
16	60	9	85	36	Sin Kounlasa	14	42	1	57	9	Karla Martin	0	16	3	19	4	Kathy Paradis
18	46	18	82	24	Bob Rondeau	19	34	3	56	8	Jamie Houle	0	16	3	19	4	Janet Glazier
25	55	0	80	16	Laura Harding	5	48	3	56	12	Dennis Graves	6	12	0	18	3	Rhiannon Amero
13	52	12	77	35	Cliff Parkinson	16	38	1	55	8	Clayton Lewis	3	15	0	18	4	Drew Tuttle
20	44	12	76	18	Nathan Huppe	9	43	3	55	15	Diane Casselberry	3	13	1	17	3	Adam Sandahl
											Chuck						
22	50	3	75	19	Chris Blanchette	9	45	0	54	10	Zerbinopoulos	3	13	1	17	3	Denise Sandahl
18	42	15	75	20	Ben Jones	4	46	3	53	12	Sue Littlefield	0	17	0	17	3	Victoria Quinlan
17	49	9	75	27	Dan Poliquin	8	41	3	52	9	Dan DeFrees	5	8	3	16	2	Phil Parker
16	52	6	74	12	Bill Paradis	6	46	0	52	9	Greg Gaudreau	0	16	0	16	4	Jake Gaudreau
12	50	12	74	10	Tom Littlefield	12	35	3	50	6	Scott Rowe	3	12	0	15	3	Eric Couture
30	42	0	72	15	Chris Apkarian	5	40	4	49	9	Dave Smith	2	10	3	15	2	Patty Crothers
18	51	3	72	13	Britt Schuman	4	45	0	49	13	Dave Rosania	6	8	0	14	2	Allie Collopy

13	58	0	71	23	Laurie Gaudreau	15	29	3	47	7	Brian Geiger	0	11	3	14	2	Leanne Hourihane
0	70	1	71	9	Laurel Valley	6	41	0	47	11	Joe Boyle	4	8	0	12	2	Maura Collopy
21	45	4	70	12	Judi Rogers	10	36	0	46	7	Joe Harding	3	8	0	11	2	Erin Collopy
6	55	9	70	29	Diane Levesque	3	38	4	45	7	Peter Whitten	3	8	0	11	2	Meg Collopy
22	44	3	69	13	Lori Scott	11	30	3	44	7	Kristin Houle	0	11	0	11	3	Dylan Tuttle
20	43	6	69	18	Dave Poliquin	0	44	0	44	12	Liz Bowden	3	4	3	10	1	Jim DeJohn
14	43	12	69	10	Manya Hult	0	43	1	44	11	Andy Schachat	3	4	3	10	1	Pam Parker
8	49	12	69	25	Judi Lemaire	3	40	0	43	20	Bob Randall	1	8	0	9	2	Paul DiNella
14	51	3	68	22	Kevin Scott	2	28	6	36	7	Jack Prescott	1	8	0	9	2	Joe Tostado
9	50	9	68	30	Darryl Cauchon	9	26	0	35	5	Danyelle Phelps	0	9	0	9	2	Ken Hult
5	59	4	68	29	Mary Ulinski	7	28	0	35	6	Becky Sherburne	1	7	0	8	1	Ed Larkin
14	47	6	67	18	Mike Amero	10	21	3	34	5	Lisa Houle	0	8	0	8	2	Lynn Tostado
6	45	16	67	19	Ron Foster	5	29	0	34	6	Jen Johnson	0	8	0	8	2	Desi Moonsamy
21	45	0	66	10	Michael Richardson	5	23	3	31	5	Jen Daly	0	8	0	8	2	Jacob Richardson
18	45	3	66	17	Danielle Amero	5	23	3	31	5	Don Gagne	0	5	3	8	1	Celeste Martel
14	52	0	66	14	Randy Spencer	7	20	3	30	5	Rick Collopy	3	4	0	7	1	Bob Lemaire
13	49	4	66	16	John Rancourt	7	20	3	30	5	Karen Norris	3	4	0	7	1	Stephanie Cole
11	55	0	66	12	Lisa Hart	6	20	3	29	4	Arlon Chaffee	0	7	0	7	1	Cathy Orłowicz
11	45	10	66	14	Don Foley	5	24	0	29	6	Tom Watkins	0	4	3	7	1	Camden Moore
2	58	6	66	22	Brian Gallagher	5	21	3	29	4	Jeannette Lindsay	0	4	3	7	1	Edwin Charle
21	44	0	65	12	Ruthanne Laine	0	25	4	29	6	Don Norris	2	4	0	6	1	Michelle Crothers
9	56	0	65	9	Bruce Lander	8	17	3	28	4	Amy Lindsay	0	6	0	6	1	Elizabeth Beecher
9	50	6	65	17	Judy Brenner	3	25	0	28	6	Mark Chrusz	0	5	1	6	1	Ernie Garland
16	39	9	64	9	Paul Lindsay	1	27	0	28	7	Dave Butler	0	5	0	5	1	Tom Dunnington
8	41	15	64	13	Peggy Foster	7	20	0	27	5	Dave Abbett	0	4	0	4	1	Bill Ingram
6	54	4	64	14	Walter Shyska	9	14	3	26	3	Jeff Crothers	0	4	0	4	1	Jameson Harding
14	49	0	63	16	Ken Houle	5	20	1	26	5	George Stevens	0	4	0	4	1	Michael Cole
8	47	8	63	11	John Tuttle	9	16	0	25	4	Nancy Moonsamy	0	4	0	4	1	Michelle Olsen
17	42	3	62	12	Jack Collopy	8	16	0	24	4	Peter Laine	0	4	0	4	1	Sarah Crothers
5	49	7	61	12	Mike Andrews	5	17	0	22	3	Paul Serrano	0	4	0	4	1	Kimberly Spencer
2	59	0	61	20	Dick L'Heureux	5	15	0	20	3	Sarah Avery-Leaf	0	4	0	4	1	Peter Laine (jr)
6	50	4	60	13	Pete Dubois	5	12	3	20	3	Tracy Burns	0	4	0	4	1	Lindsey Richardson
0	47	13	60	14	Don Yeaton	3	17	0	20	4	Tracy Jones	0	4	0	4	1	Laura Cauchon

Rochester Runners Officer's Meeting Minutes, 11/1/06

Walter Shyska

In attendance: Darryl Cauchon, Scott Rowe, Mary Ulinski, Walter Shyska, Diane Casselberry, Don Yeaton, Judi Rogers.

Daryl; Read letter from Joan Benoit. Will be included newsletter. Joan looks forward to being an honorary member of RR and receiving the newsletter. Don suggested we get a group to go Beach to Beacon race in Maine which is directed by Joan.

Free fall classic. Dave Smith will mark course.

Need to finalize assignments of volunteers. Darryl in charge of volunteers.

Bootleggers giving us bags and water bottles. Food being worked on. To be discussed at next meeting.

Shirts will be available at the race. Shirt will be purple with white printing.

December: Christmas Party. Will have it at December meeting. Tuesday, December 19th.

Caroling with St. Charles on Sunday, December 10th, 1PM. St. Charles will send in names of kids for shoe box gifts. Will meet at Rec.Center.

Club Half Marathon. November 5th. Don to send out email.

November meeting. Marathon stories, officers elections.

Items for Swaziland. Need to discuss what has been done and what more we can do.

Election of officers, Election nominating committee members Janet. & Judy report: Please see separate section of newsletter for slate of officers.

Need coordinator for leadership to get members to run in the Grand Prix races, set goal to win first place next year. Discuss at next meeting.

Eastern States 20 miler. Need about 25 volunteers. Will pay club \$1500.

Clothing issues: Need to bring samples to meetings. Don Yeaton to follow up.

Event Calendar: It was discussed that we need an "Event Calendar" to help people plan their running/racing year, particularly for Grand Prix events. Can be put into the Newsletter. To be discussed further.

The meeting concluded at 8PM.

Rochester Runners Club
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