

# ROCHESTER RUNNERS REPORT

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**Next Club  
Meeting:  
Tuesday,  
September 19, 2006**

**7:00pm**

**Location:  
NEW meeting  
location:  
25 Old Dover Rd.  
(back side of  
building)  
Rochester, NH  
See directions in  
newsletter!**

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## **President's Corner**

### **Darryl Cauchon**

Hang onto your hats and buckle your seat belts fellow Rochester Runners, it's going to be a wild ride as the club prepares for a visit by Olympic gold medalist and Boston Marathon record holder Joan Benoit Samuelson, perhaps the most recognizable "celebrity guest" ever to speak before the club.

Indeed, the name of Joan Benoit is known nationwide and, to an extent, worldwide. Yet celebrity worship aside, those who have heard her during other public appearances have told me she meets the three criteria our club most likely seeks from a speaker -- she's not afraid to voice her opinion on all matters running, she's informative and more than willing to provide tips on the finer points of running, and, best of all, is one heck of a nice person to be around.

Joan has agreed to come Tuesday, Oct. 3 and while the exact agenda is still being ironed out and brainstormed, she will likely join us for a club members-only light run beforehand, probably in the UNH area, followed by a talk/question-answer open to the public. A "Prepping for Joan Benoit's Visit" Committee has been formed, featuring a nice mix of enthusiasm and expertise in these type of big events, but we're always looking for a helping hand, big or small, to join the effort. Just drop me or Don Yeaton an e-mail ([dcauchon@fosters.com](mailto:dcauchon@fosters.com) or [dryrun262@msn.com](mailto:dryrun262@msn.com)) if you're interested in playing a part...be it helping at the door, set up, promotion, sponsorship.

We are hoping that we can set aside about 15 minutes before Joan joins us for the members run to allow any interested Rochester Runners to personally, albeit briefly, meet Joan, say hello, shake hands and if she is comfortable with it, obtain an autograph. Believing this might draw a large crowd of non-members, this hopefully will afford our members the opportunity to meet Joan Benoit in a more personal setting.

Fully realize that all matters on her visit, other than the date, are still tentative. Discussions must still be made with Joan in an effort to ensure her visit is an enjoyable one for everyone involved --- club members, the public (and potential members), and of course, Joan herself.

Let's hope this event does well in promoting the club in the short and long term. Keep in mind that the visit in March by Boston Marathon Director Dave McGillivray was said to have been the most well-attended meeting ever by the Rochester Runners, with many who seldom or never come to a monthly meeting in attendance. Many families were there, as well as young children. Several people who came to hear him speak joined the club.

Joan Benoit will likely be much bigger and help promote the club tenfold, it will be a special event that club members will remember and an interesting talk to hear. Let's cross our fingers all works out.

Several members have voiced concern that her appearance fee is too high and not something to be paid for through the club's coffers. Fortunately that will not be the case. With no effort, sponsors have already committed to over \$1,000...all of whom approached US upon hearing of Joan's visit and wanting to be involved. Money obtained at the gate should more than compensate for her appearance.

With the worry of cost behind us, let's mark our calendar and get ready to enjoy a very, very special night for the Rochester Runners. Quite frankly, if we properly prepare we should have a blast. A night to remember.

In this light, I STRONGLY, STRONGLY urge all Rochester Runners to make an effort to attend. Bring your friends and relatives. Families would also enjoy it all. Rumor has it that the UNH men's and women's cross country teams are going to be there to hear Joan speak.

Did I say Mark Your Calendars yet? If not, mark your calendars.

This should be an enjoyable, memorable visit by one the most accomplished runners in American history. How cool is that? (Editor's note: The date of this event will likely change to later in October. Please check your email and/or the club website for updates, or contact Darryl at 692-5828 or come to the September club meeting for more information.)

## **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.

## **Running Notes**

### **Don Yeaton**

1. You may have heard about Ultra Marathon Man, Dean Karnezes', goal of running 50 marathons in fifty states in 50 days.. Thanks to Bob Rondeau ordering some more SOLE insoles for his running shoes – one of the sponsors of this unique event, Bob and Don Yeaton will be part of a small group of runners who get to run his choice of marathon in NH – the New Hampshire Marathon in Bristol on Wed. October 18<sup>th</sup> . And the best part, they get to run if for FREE!
2. The next NHGP race will be the Union Leader Classic 8K in Manchester on Sat. September 9<sup>th</sup> at 9:00 AM. We will car pool from the Rochester Community Center at 7 AM.
3. Remember the great 4 mile road race that the Cocheco Valley Human Society used to sponsor? Well the race is gone but for all you dog owners out there, they are having a Walk-A-Doggie-Thon on Sunday September 17<sup>th</sup> at 9:30 AM at the Henry Law Park in Dover. Contact Sue Littlefield for more info at: [brandy\\_mydog@yahoo.com](mailto:brandy_mydog@yahoo.com)
4. The 6<sup>th</sup> Annual Harding Metals Run to Fall XC 5K will be held at Coe Brown Academy in Northwood at 10 AM on Sunday September 10<sup>th</sup>.

# Life on the Run

**Don Yeaton**

“Don, as far as that PR - I know its hard to do - as so many get caught up in their 'times' they forget about the FUN they shared with others that day. Bob would always say to me when I didn't do my best time: He would say: Did you have FUN - and I would say YES - BUT I wish I had ran faster. Then he would say - YOU had FUN and that's all that matters.. He said: HE could never do what I did and I should be patting myself on my back for what I 'did' do and not what I didn't do. Please don't be so hard on yourself. I know we work years and years to get out 'times' down and we become so proud of our 'times' - it makes it even more difficult when we lose 'time' - but please remember its not the race 'time' that matters - its all about the journey. New goals can be accomplished anytime with perserverance. But, getting out with your friends and having FUN is a truly fantastic day. :-) Memories are so wonderful. I can remember every race and every detail. I had so many laughs. Rochester Runners were a fantastic group of friends. I wish I could run today - but I'm just learning to walk again. Its not easy to accept ones limitations. But the sooner I accept it the sooner I can get on and enjoy what life still has to offer me. I know in my heart I will find new goals to accomplish and much happiness with everyday life - I learned from my running - like in 'life' - you just need to put one foot in front of the other and take chances and walk on.. :-) and enjoy every new adventure as if you were running with the wind.”

This is a quote from an e-mail that Marilyn Metcalf sent back to me after I responded to her news that she and her husband Bob were moving to Tennessee. I had mentioned that my Achilles was doing much better and that I had run a good race at the Cigna/Eliot 5K, but was about 5 minutes slower than my 5K PR that I had set there back in 2002.

Marilyn is SO right and often it takes a hardship to finally realize what you really have and what's really important. As many of you know, Marilyn has heart disease and is unable to run as she once did – in spite of her condition. She is truly an inspiration to those of us who know her!

She got me to thinking about the stages we runners pass through I this journey called LIFE. It seems that there are 3 stages. The first stage is when a runner just starts out in this new endeavor. He or she improves very rapidly and soon every new race brings a new PR. Remember that year when you did so well and set so many PRs? It was amazing that you were running faster 5K, 4 mile, 5 mile and 10K times while you were running a longer race! For me that year was 1996 and then again from 2000 to 2002. Club member Bob Rondeau is in the stage right now and has recently set 4 new PR's this summer in as many races.

After this initial “honeymoon” stage comes the plateau stage. Experts tell us that most runners have a 7 to 10 year window for improvement to take place and then you hit the PLATEAU! You just seem not to improve anymore.

Then the final stage creeps in when your race times seem to slip away and PR's become a distant memory after a period of inactivity usually due to an injury. This can be a depressing time and we tend to get down on ourselves for being “so slow”. However, one thing that I have noted in my comeback this year after a bout w/ Achilles tendonitis that started 14 months ago – even though the clock says something else – the effort feels the same. You are giving it all you have and whereas once you could run 7's, now 8 minute miles are all your legs will give you. But the effort seems the same and crossing that finish line is still exciting.

So.....whatever stage you are in, enjoy the moment and celebrate the run and the race with your friends! And don't give up on the PR idea! While it's true that we slow down with age, there are plenty of “mature” runners out there running some impressive times. Avoid the trap of comparing yourself to the next guy – we are an experiment of one. Take Marilyn's advice and HAVE FUN!

## **Strength Training: A beneficial and safe supplement to your running program**

**Tim Merchant, Rehab 3**

As runners we are always looking for ways to make ourselves better at our sport. There seems to be an endless supply of training programs available to us as runners. These programs include any number of training regiments and methods depending upon the variables we provide: distance of the race, amount of time allotted for training, previous experience and current performance level. For many of us, finding the right program means finding ways to keep our bodies healthy enough to stay on the road. Overuse injuries are a common problem among runners and often difficult to overcome. Regardless of the training program you choose, strength training is an essential component of that program. Comprehensive, total body strength training programs have been shown to improve a runner's performance as well as decrease susceptibility to overuse injuries.

Runners who integrate a carefully planned strength training program into their running programs can expect significant gains in strength with little or no increase in girth measurements and body weight. Improvements in strength without increases in weight correlates with improved running times. If a strength program is conducted in the correct manner, the common fears of becoming heavy and "muscle bound" are a non-issue.

Strength training is effective method for reducing injury potential as well as rehabilitating current injuries. Physical therapists, athletic trainers and strength and conditioning coaches use strength training as the primary component in their programs when treating and preventing both traumatic and overuse injuries. Strength training can correct muscle imbalances, provide stability to joints and enable more efficient movement and gait patterns.

## **Free Fall Classic Race Meeting**

**Diane Casselberry**

The race is in just three months, and we need to start thinking about either volunteering or running in it. I'd like to have a meeting at my house (21 Tennyson Ave, Dover NH) on September 14 at 7 pm (anyone who would like to meet beforehand for a group run at 6, let me know!). I can be reached either by email at [d.casselberry@comcast.net](mailto:d.casselberry@comcast.net) or on my home phone at 749-2875.

## **Marathon Training Advice Needed**

**Bob Rondeau**

The Maine Marathon on October 1<sup>st</sup> will be my first marathon and I think I have done the training for it. I know some weeks I have not been able to get the miles into the training because of work or other commitments. I have enjoyed the training from the track workouts on Wednesday nights to the long runs on Sunday with Mike and the rest of the guys. I ran races; this past month I set new pr for myself which is a plus. I never thought I could run under 24 minutes for a 5k but as they say just put one foot in front of the other and you can do anything. So leading up to these last few weeks before a marathon I like to get some input on others that have run marathons and how to prepare for the last few days before the race. As I close now I want to thank everyone that has help me out on the training and I'll see on the roads or the next race. (Editor's note: Bob can be reached via email at [rambler@metrocast.net](mailto:rambler@metrocast.net))

# **Timberman Triathlon Race Experience**

**Diane Casselberry**

As you all know, I have been training very hard these past few months for the Timberman triathlon. So, instead of telling the story over and over again, I thought I would give you all the play-by-play.

The Start. Well, we didn't. Apparently there was an accident on the bike portion, and it started half an hour late. If I wasn't already nervous enough, the extra 1/2 hour had me shaking so much it looked like I was being electrocuted. Finally, they called for the beginners to go out. We went into the water - BRRR!  
It was

C-O-L-D!!! The course is set up so that you go out, then turn right at this tetrahedron. When I got there, it was chaotic! People were flailing around and not really moving. I looked to my left just in time to get pummeled by a tsunami! I went under. My pulse raced to 300 bpm! I yelled "HELP" to some big guy with a wetsuit. Thoughts raced through my head:

My daughter is going to be an orphan

Woohoo!! I don't have to go back to school this fall!

Chris Blanchette is going to beat me on the swim. If there was any chance of surviving, I couldn't live with this one.

I got smacked with a noodle. Tossing all my pride out the door, I grabbed it. Panting like a rabid dog in heat, I tried to get myself to calm down. After what seemed like an eternity, but was probably only a couple of minutes, I took off again on my swim. There was a woman in front of me that I was trying to get around. As I went to pass her on the left, she went left. After a few times of this I yelled out "Hey! Move it!" I finally got past her, only to see her grab the canoe, for the second time. Yup! I one-upped her AND passed her!

Finally, I see the arches signaling the swim is almost over. I look to my right, a guy is standing. I got up on my feet and walked out of the water. I made my way over to the transition area to grab my 50-pound, second hand hybrid bike. I had already biked the course well and felt confident that I would not have to walk any of it. It starts off with a hill, and I was surprised that I actually passed a guy on the hill! Not to be outdone by a first timer on a mountain bike, he flew past me on the downhill. This started a competition between me and this guy in the white T-shirt. Still hyperventilating from my near-death swimming experience, at about mile 6 I started having an imaginary conversation with my friend, Chip Cody. Chip has accompanied me on much of my on-land training. Luckily I was able to get my breath back just in the time for the turn around and the mammoth hill I was about to climb. About a mile later, I see the truck going by with a "Last biker" sign. Uh-oh, I'd only seen a few people behind me. But, I felt good, and was able to make up some ground. I started passing a few people on the bike, and was no longer in fear of coming in dead last. I saw David Adams, who biked with me for a few miles. And, for the record, I did beat the guy in the white T-shirt. I also passed a guy on a road bike on the last uphill :)

I made it to the transition area again and dumped the bike to start the run. Thank God! Something I can do! There were still a lot of people on the course. I passed several of them. Most of them, we can call "walkers", but I passed a few people who were running, also. As I came to the turn around, I saw a lot of

people behind me. Where did they come from? Were they finishers who came back to boost my confidence? Who cares! I finished strong on the run! All in under two hours! Might not sound like a "brag about" PR, but hey, to all of you who didn't even step foot in those treacherous waters - I BEAT YOU!!! And, I beat Chris Blanchette on the swim ;)

## **Response to Diane's Timberman Triathlon Experience** **Kathy Paradis**

Hi Diane,

First of all, congratulations on not sinking to the bottom of Winnepausakie!  
Dredging for bodies is terrible business, and I wouldn't wish that upon any volunteer!

Glad that you finished under two hours. I was glad to finish the bike in under an hour, finishing in about 57 minutes. I was hoping to do it in 55 minutes, but as you know, it is more difficult than you first think. But, our team finished 19 out of 25 and a lot of those teams were mixed female/male. It feels good to beat the mixed teams!

I saw Dave at the corner, after coming down the big hill. I didn't know that you knew him. He is in our bike club, The Granite State Wheelmen. He was in a bad bicycling accident in Colorado, but he still went on to do the Rag Ride in Iowa. It was nice that he was there to support you in the end! He is a nice guy and an experienced bicyclist.

Unfortunately, you have to teach Geometry in September. But, if you wanted to start a new career, you could become a triathlete! I read a story in Triathlete Magazine about a young woman who switched careers and gave up medical school to become a professional biker! Just a thought.

Anyhow, YOU DID IT!! Congratulations again!

Maybe I will do a full tri, one of these days.

Keep the rubber side down,

Kathy Paradis

(Editor's Note: Kathy participated on a relay team at the Timberman Triathlon called Splash, Crash, and Dash a.k.a., Betsy Carrol - Kathy Paradis - Nancy Hunt. They came in 19th out of 25. As Kathy says: "At least we weren't last!!")

## **Fall Beginner Groups!!**

**Jeanine Sylvester, Runner's Alley**

Fall Beginner Groups!!

It's time to think about BACK TO SCHOOL, and getting BACK TO RUNNING!! We know summer can be tough to stick to a workout schedule, but there's no better time than fall to start a new training program! Our next beginner group will start Tuesday night September 5th at 6:00PM at Runner's Alley in Portsmouth.

MOM's We Care About You too!!!!

Mom's groups will start Wednesday, September 6th at 9:00AM.

Both groups will train for the Great Bay 5k on October 28th. Group will meet for 8 consecutive weeks, feel free to show up at either group or both groups!

Your \$49.00 will include a highly desirable Runner's Alley Long Sleeve Coolmax Shirt by Brooks Sports, Entry fee into the Great Bay 5k, stretching, nutrition, and shoe buying tips as well as 8 weeks of fun getting into shape and meeting new friends!!

Don't miss out on this great opportunity to finally run that 5k you've always wanted to run!!

Sign up at the store beforehand or just show up on September 5th and/or 6th!!

Gotta Run!!  
Jeanine and Staff  
Runner's Alley  
603-430-1212

## **USATF New England Annual Meeting and Elections**

**Janet Glazier**

The USATF New England Annual Meeting and Elections is Sept 19 at 7 p.m. at the Newton Marriott in Newton MA. Membership in the organization can be had at [membership@usatf.org](mailto:membership@usatf.org). The by-laws and info can be found at [www.usatfne.org](http://www.usatfne.org)

The Annual meeting of the association provides individual and club members an opportunity to voice their opinion, ask questions, and elect the Board of Governors that works on behalf of the membership throughout the year. Positions are open if YOU want to volunteer to run for the board and attend monthly meeting and have a say in the racing scene in New England!

# Rochester Runners Grand Prix Update

**Paul Lindsay**

Despite a hot summer, RRs ran in lots of races. The more popular ones were Meetinghouse 5K in New Durham, Yankee Homecoming 10 mile in Newburyport, CIGNA 5K in Manchester, Lamprey Health 5K in Newmarket, Barnstead 5K, and especially Saunders 10K in Rye (37 RRs). Some of the highlights included **Danyelle Phelps** winning her age group as N.H.'s 2nd finisher behind Patrick Moulton in Newburyport; **Bruce Lander** paddling, biking, and running from New Castle to the summit of Mt. Washington in the Sea to Summit triathlon; **Sin Kounlasa** conquering the very challenging Jay Mountain "Marathon" across 31.5 miles of mountains, rivers, and trail-less woods; **Nathan Huppe** finishing in the top 1% in the Beach to Beacon 10K in a field that included several world class runners; **John Tuttle** winning his home town Alton Old Home Day 5K; **Manya Hult** winning her age group in the Timberman Triathlon at Lake Winnepesaukee; and **Alison Black**'s outstanding run in the Moose on the Loose 10-mile trail race in the N.H. Grand Prix series. Several RRs ran their best races of the past year, enabling them to set new RRGP baselines: **Chris Apkarian, John Rancourt** (twice), **Dave Abbett, Peter Laine, Diane Casselberry, Bob Rondeau** (twice), **Phil Parker, Greg Gaudreau, Cliff Parkinson** (twice), **Chris Blanchette, Ken Houle, Dave Poliquin, Michael Richardson, Ruthanne Laine, Karla Martin, Lori Scott, Don Foley, Peggy Foster, and Mark Chrusz**. 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). Visit [rochesterrunners.com](http://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. Please join us next Saturday Sept. 8th for the next **New Hampshire Grand Prix** race, the Union Leader 8K in Manchester. This is a reasonably fast certified course for a potential of scoring 10 RRGP points. We currently are in first place in the F60+ division and are within striking distance (4 points behind) in the male open division. There are two races left in the series, with the other one being the Northeast Delta Dental 10K in Concord on Oct. 22nd.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
9	64	6	79	24	Sin Kounlasa	14	26	3	43	6	Jamie Houle	5	12	0	17	3	Peter Laine
18	45	15	78	18	Bob Rondeau	3	40	0	43	17	Bob Randall	5	8	3	16	2	Phil Parker
18	47	12	77	14	Alison Black	16	26	0	42	6	Michael Richardson	0	16	0	16	4	Jake Gaudreau
20	42	12	74	17	Ben Jones	8	30	3	41	7	Dan DeFrees	3	12	0	15	3	Eric Couture
15	50	9	74	20	Dan Poliquin	6	26	9	41	6	Manya Hult	2	10	3	15	2	Patty Crothers
30	42	0	72	15	Chris Apkarian	0	38	3	41	8	Dennis Graves	0	12	3	15	3	Kathy Paradis
17	51	3	71	14	Chris Blanchette	11	26	3	40	6	Kristin Houle	6	8	0	14	2	Allie Collopy
12	47	12	71	24	Cliff Parkinson	9	28	3	40	5	Scott Rowe	3	11	0	14	2	Wendy Perillo
17	50	3	70	10	Britt Schuman	4	33	3	40	7	John Tuttle	3	11	0	14	3	Drew Tuttle
17	44	9	70	14	Nathan Huppe	0	40	0	40	5	Laurel Valley	4	8	0	12	2	Maura Collopy
16	54	0	70	12	Laura Harding	14	25	0	39	6	Brian Geiger	3	8	0	11	2	Erin Collopy
9	50	9	68	24	Darryl Cauchon	9	29	0	38	6	Chuck Zerbinopoulos	3	8	0	11	2	Meg Collopy
6	56	6	68	20	Diane Levesque	10	24	3	37	6	John DiNella	3	8	0	11	2	Nancy Moonsamy
15	46	6	67	12	Dave Poliquin	7	26	3	36	6	Paul Lindsay	3	8	0	11	2	Rhiannon Amero
7	55	3	65	21	Mary Ulinski	3	30	3	36	7	Dave Smith	2	9	0	11	2	Amy Lindsay
15	46	3	64	14	John Rancourt	0	36	0	36	8	Dave Rosania	0	11	0	11	2	Victoria Quinlan
12	49	3	64	16	Kevin Scott	3	27	3	33	5	Peter Whitten	0	11	0	11	3	Dave Butler
13	50	0	63	11	Randy Spencer	2	24	6	32	6	Jack Prescott	0	8	3	11	2	Janet Glazier
17	42	3	62	12	Jack Collopy	7	24	0	31	5	Becky Sherburne	3	4	3	10	1	Jim DeJohn
7	55	0	62	19	Laurie Gaudreau	5	23	3	31	5	Jen Daly	3	4	3	10	1	Pam Parker

8	44	9	61	10	Don Foley	0	28	3	31	6	Sue Littlefield	1	8	0	9	2	Paul DiNella
19	38	3	60	9	Judi Rogers	7	20	3	30	5	Rick Collopy	1	8	0	9	2	Joe Tostado
0	57	3	60	15	Brian Gallagher	7	20	3	30	5	Karen Norris	0	9	0	9	2	Ken Hult
8	45	6	59	18	Judi Lemaire	1	29	0	30	7	Joe Boyle	0	8	0	8	2	Lynn Tostado
6	50	3	59	10	Walter Shyska	6	20	3	29	4	Arlon Chaffee	0	5	3	8	1	Celeste Martel
11	47	0	58	13	Ken Houle	5	24	0	29	5	Joe Harding	3	4	0	7	1	Bob Lemaire
4	48	6	58	10	Mike Andrews	0	29	0	29	7	Andy Schachat	3	4	0	7	1	Stephanie Cole
9	45	3	57	11	Judy Brenner	8	17	3	28	4	Lisa Houle	0	7	0	7	2	Dylan Tuttle
2	54	0	56	15	Dick L'Heureux	0	28	0	28	6	Liz Bowden	0	4	3	7	1	Camden Moore
4	47	3	54	11	Pete Dubois	9	14	3	26	3	Jeff Crothers	0	4	3	7	1	Edwin Charle
1	44	9	54	14	Ron Foster	8	18	0	26	4	Karla Martin	0	4	3	7	1	Leanne Hourihane
16	34	3	53	8	Lori Scott	7	19	0	26	4	Danyelle Phelps	2	4	0	6	1	Michelle Crothers
3	49	0	52	9	Lisa Hart	5	17	3	25	3	Jeannette Lindsay	0	6	0	6	1	Elizabeth Beecher
3	46	3	52	12	Mike Amero	5	17	3	25	4	Don Gagne	0	5	0	5	1	Tom Dunnington
5	43	3	51	12	Diane Casselberry	3	21	0	24	5	Mark Chrusz	0	4	0	4	1	Bill Ingram
0	45	6	51	11	Don Yeaton	5	17	0	22	3	Paul Serrano	0	4	0	4	1	Desi Moonsamy
10	34	6	50	7	Tom Littlefield	3	19	0	22	4	Jen Johnson	0	4	0	4	1	Jameson Harding
12	34	3	49	7	Bill Paradis	5	15	0	20	3	Sarah Avery-Leaf	0	4	0	4	1	Michael Cole
9	40	0	49	9	Danielle Amero	5	12	3	20	3	Tracy Burns	0	4	0	4	1	Michelle Olsen
3	36	9	48	9	Peggy Foster	4	16	0	20	4	Dave Abbett	0	4	0	4	1	Sarah Crothers
13	34	0	47	8	Ruthanne Laine	3	17	0	20	4	Tracy Jones	0	4	0	4	1	Kimberly Spencer
6	40	0	46	8	Greg Gaudreau	3	16	0	19	4	Tom Watkins						
5	39	0	44	6	Bruce Lander	0	16	3	19	4	Don Norris						

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