

ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 4

APRIL, 2007

President
Don Yeaton
Dryrun262@msn.com
736-4610

Vice President
Judi Rogers
jwrogers515@hotmail.com
332-1350

Vice President
Diane Casselberry
d.casselberry@comcast.net
749-2875

Vice President/Apparel and
Uniforms
Kate Collopy
oysterriver@msn.com
868-1774

Vice President/Misc. Affairs
Janet Glazier
janetglazier@yahoo.com
743-4558

Vice President/Grand Prix and
Membership
Paul Lindsay
bplindsay@hotmail.com
942-5482

Next Club Meeting:
7:00pm
Tuesday,
April 17, 2007

**NEW meeting
location:**
25 Old Dover Rd.
(back side of building)
Rochester, NH
(see web site for directions:
www.rochesterrunners.com)

Topic:
Boston Marathon
Reflections

Secretary
Walter Shyska
abfg98@yahoo.com
463-5829

Webmaster
Scott Rowe
snrowe@verizon.net
740-7471

Publicity Director
Mary Ulinski
mulinski@fosters.com
740-8483

Race Director
Dave Abbett
d.abbett@strafhealth.com

Newsletter Editor
Alison Black
tennpurp@yahoo.com
860-4190

Treasurer
Darryl Cauchon
dcauchon@fosters.com
692-5828

The Rochester Runners web site: www.rochesterrunners.com
E-Mail: dcauchon@fosters.com

President's Corner

Don Yeaton

This particular time of year - the end of March into the middle of April - is one of my favorite segments of the whole year. At the tail end of March, spring has sprung and the results from the Mt. Washington Road Race lottery are released. (After getting in for the last 7 years, my streak has ended!) When April 1st hits, it means that the Boston Marathon is just around the corner. Three weeks and one day before Boston always means the Eastern States 20 Miler and the new half marathon this year. It always takes a great deal of time and effort to get all of you volunteers assigned to your particular spots on race day. It's a long day, but a fun one and a rewarding day helping so many runners complete that last long run before the big day in Hopkinton.

If I was in charge, Patriots Day would be a national holiday for runners - at least for us here in New England. Just as there are many New Yorkers who have never taken the trip up to the top of the Empire State Building and many New Englanders who have never been to the top of Mt. Washington, so there are many of you runners who have never taken advantage of the Boston Marathon.

What do I mean "taken advantage of the Boston Marathon?" Exactly that - one of the greatest races in the world is in our own backyard! One way of course would be to run the race and it truly is a thrill of a lifetime to cross that finish line on Boylston St.!! However that scenario is only a dream for many runners because it truly is a great accomplishment to run a qualifying time at another marathon to earn the privilege to run Boston. The only other way to run Boston is run for a charity and that entails raising at least \$3000 this year. There is one more way, but we as a running club must discourage our members from running Boston as a "bandit" - one who pays no entry fee and jumps into the race behind the qualified runners - but we won't get into that discussion!

However, just because you don't run Boston, it doesn't mean you can't enjoy the experience. I will never forget the thrill I got last year when Andy Schachat got me media credentials for Boston. I got to be one of the 1600!! media people at Boston last year and got to experience Boston from the "other" side of the finish line by being in the media center of the Copley Plaza Hotel and then working as a "spotter" for NH media as NH runners crossed the finish line. I will always remember the sight of Scott Rowe staggering into the finish area barely able to talk after leaving everything he had on this historic race course in 2:29.

You could join one of the thousands of volunteers who serve at the Boston Marathon every year. A couple friends come to mind: Peter Smith has been there as a volunteer ever since 1996 when he and I worked the finish area for the 100th edition of the race. Most years you will find Pete busy untying shoe laces to remove the Champion chips before placing that coveted medal around your neck. Sue Littlefield has served for years at the Elite Water Stop near Kenmore Square. There are other RR's as well and you know well what a thrill it is to be a part of something this big.

Then there is always the spectator route. Ron and Peggy Foster had their gang of RR groupies for many years at "their" spot in Wellsley Center - just about ½ mile beyond the screaming Wellsley College girls. It is such a great encouragement for a runner to actually see someone he or she knows in that sea of a half million spectators.

The one final way to experience Boston is to go to the Expo. You can find everything and anything even remotely related to running here and pick up all kinds of neat "free" stuff. I always

enjoy this every year and probably spend way too much time on my feet trying to check out every booth. Plus you get to see “up close and personal” the runners and movers and shakers that you see in the running mags. The Expo will be back at the Hynes Convention Center this year and they have added an extra day on Friday April 13th from 12:00 - 6:00 PM as well as 9:00 AM - 6:00 PM on Saturday April 14th and Sunday April 15th.

Have you experienced Boston yet? If not, why not check it out this year!

Happy Easter! Hope is real - the tomb is empty!

Running Notes

Don Yeaton

1. Track workouts with our coach John Tuttle, will resume outside at the Spaulding High School track on Wednesday April 4th at 5:30 PM. If you have never tried a track workout or thought you were too slow to run on the track - never fear! John will give you a workout based on your ability and you WILL get faster!
2. There's plenty of time to still register for the Big Lake Half Marathon in Alton on Lake Winni on Sat. May 12th. Go to: www.biglakehalfmarathon.com to register and for more details.
3. The American Cancer Societies' "Relay for Life" will be held on the Spaulding High School track from 4:00 PM on Friday June 22nd to 10 AM on Saturday June 23rd. Contact Don Yeaton if you would like to be on the team or would just like to sign up to run for a half hour or hour or longer!
4. The 30th Annual Utica Boilermaker 15K Road Race will be held in Utica, NY on Sunday July 8th at 8:00 AM. It's one of my favorite out-of-state races!! If you like to come along and run w/ Dan DeFrees and Don Yeaton, contact Don at dryrun262@msn.com

Rochester Runners at the Boston Marathon

Submitted by Don Yeaton

Scott Rowe, Dan Poliquin, Michael Richardson, Joe Harding, John Tuttle, Kevin Scott, Dick L'Heureux, Jeanette Lindsay, Britt Schuman, Jen Johnson, Amy Barr, Laura Harding, Sin Kounlasa, Faye Lowrey, Mary Ulinski, Bob Rondeau, Alison Black, Dave Abbett, Diane Casselberry, Don Yeaton, Judy Brenner and two who haven't renewed for 2007 yet are Bruce Lander and Laurie Gaudreau

Rochester Runners at the 47th Mt. Washington Road Race

Submitted by Don Yeaton

Congratulations to Ron Foster, Joe and Laura Harding, Dan Poliquin and Dave Rosania for getting selected in the lottery. If we missed your name - sorry - there's a lot of names to scan through!

2006 Rochester Runners Awards

These awards were distributed at the February Awards Banquet to recognize achievements made by Rochester Runners in 2006:

New Hampshire State Records

Men

5K	Age 12	18:18	Jack Collopy	Community Health (Derry)
Half Marathon	Age 31	1:11:48	Scott Rowe	Big Lake
Marathon	Age 59	3:14:45	Ken Houle	Clarence DeMar

Women

8K	Age 62	38:42	Faye Lowrey	Red's Shoe Barn
10K	Age 30	36:18	Danyelle Phelps	Market Square Day
Half Marathon	Age 50	1:39:03	Sin Kounlasa	Big Lake
Half Marathon	Age 62	1:48:42	Faye Lowrey	Big Lake
Marathon	Age 63	3:48:28	Faye Lowrey	Clarence DeMar

Club Awards

Male Runner of the Year:

Scott Rowe

Female Runner of the Year:

Laurie Gaudreau

Male Master Runner of the Year:

John Rancourt

Female Master Runner of the Year:

Sinthy Kounlasa

Most Improved Male Runner of the Year:

Michael Richardson

Honorable Mention: Chris Apkarian, Jack Collopy, Ben Jones

Most Improved Female Runner of the Year:

Alison Black

Honorable Mention: Judy Brenner, Lori Scott, Britt Ulinski Schuman

Outstanding Service Award:

Ron and Peggy Foster

Diane Casselberry

Outstanding Achievement Awards:

Laurel Valley

Faye Lowrey

Most Improved 5K Award

Jack Prescott for beating his 2005 Barnstead 5K time by 45 minutes!

Rosie Ruiz 5K Shortcut Award

Kevin Scott, Dan Poliquin, and John Rancourt for being led off the course at the Concord Rock' Race in May, allowing them each to set PR's)

Innovative Race Apparel Award

Ernie Garland, for debuting a new line of Khaki running pants at the Lake Winni Relay

Chief Naysayer and Cheapskate Award

Chris Blanchette was presented this award on the back of an old race application, which had been filled out with crayon, so that we wouldn't waste the club's money

RRGP Mailbag

Subject: speed points

Hi Paul and Amy. Good seeing you on Sunday. Please Paul tell me how you figure out the amount on the speed points. Thank-you. Judy Brenner

Hi Judy—You can earn speed points in any race that is run on a USATF-certified, records-eligible course. The reasons why it has to be a certified course are (A) to avoid giving an unfair advantage to a runner with a fast time on a short or downhill course and (B) to avoid saddling that runner with an unrealistically low “baseline” for a whole year (more about baselines later). All your races last year were on certified courses except for the World Day 5K in Newmarket and Wicker's 3.2 mile Turkey Trot. The Covered Bridges Half Marathon is certified but is ineligible for speed points because it is a downhill course (dropping more than 1 meter per kilometer from start to finish). There are several ways you can find out whether a course is certified. Most races with certification state so on their applications. You can also search for certified courses on the USATF website or look at the list of certified courses in N.H. on the nhrunning.com website maintained by our state record keeper, Bill Spencer. The USATF website tells whether each certified course is records eligible. For marathons our RRG (Rochester Runners Grand

Prix) doesn't require the course to be strictly "records eligible" by USATF standards, as long as the finish isn't substantially lower than the start.

Once you know that a race you just ran is certified, here's how to figure the speed points. Speed points reflect how fast you run compared to your "baseline" (your fastest race in the 365 days preceding the current race). If your finish time is within 5% of your baseline, you earn 1 speed point, if it's within 3% you earn 2 speed points, or if it's within 1% you earn 3 speed points. For example, your 5K baseline is currently 25:58, so here are your 5K speed point goals: 27:16 or faster for 1 speed point, 26:45 or faster for 2 speed points, or 26:14 or faster for 3 speed points.

Now, what about races at distances other than 5K? Most runners won't have enough races at all distances to have a separate baseline for every distance. You will need a baseline when you run the Boston Marathon and you haven't run a marathon in several years. Therefore for the RRGP we convert all finish times at distances longer than 5K to an equivalent 5K time, so all races no matter what the distance are measured against your 5K baseline. How we calculate 5K equivalents is a topic for another day (!) but any club member can look up his or her speed point goals on our club website for 5K, 8K, 10K, half marathon, and marathon, or you can always ask me (your marathon goals are 4:29:12, 4:24:04, and 4:18:56). Note that your speed point goals are considerably faster than your USATF age-group performance standards (6:00:00 will get you an asterisk at Boston). That means you are a top-notch runner! Have a good race in Boston—I'll be looking for your times on the BAA website.

Paul

The 2007 Rochester Runners Grand Prix Has Begun

Paul Lindsay

March brought a few RRs out of hibernation, though racing opportunities were limited. Congratulations to **Chris Apkarian**, who finished first in his age group at the Hynes 5 mile in Lowell. Club members turned out in good numbers at the Run to the Border Half Marathon and Eastern States 20 mile on March 25th, with about 25 volunteers and 20 runners. Age group winners included **Dan Poliquin** in the half marathon and **Kevin Scott, Faye Lowrey, Sin Kounlasa** and **Judy Brenner** in the 20 mile, as several RRs tuned up for the Boston Marathon. **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	
5	31	0	36	6	Alison Black	1	11	0	12	2	Bob Rondeau	0	6	0	6	1	Danielle Amero
1	31	0	32	5	Sin Kounlasa	1	11	0	12	2	Joe Harding	0	6	0	6	1	Dick L'Heureux
0	22	0	22	4	Mary Ulinski	0	12	0	12	2	Darryl Cauchon	0	6	0	6	1	Jeannette Lindsay
0	22	0	22	4	Walter Shyska	0	12	0	12	2	Britt Schuman	0	6	0	6	1	Dave Abbett
0	21	0	21	4	Randy Spencer	0	12	0	12	2	Mike Amero	0	6	0	6	1	Diane Casselberry
0	20	0	20	4	Diane Levesque	0	11	0	11	2	Chris Blanchette	0	5	0	5	1	Pete Dubois
1	17	0	18	3	Judy Brenner	0	11	0	11	2	Kevin Scott	0	5	0	5	1	Chuck Zerbinopolous
1	17	0	18	3	Dan Poliquin	0	11	0	11	2	Dave Poliquin	0	5	0	5	1	Dennis Graves
0	18	0	18	3	Bill Paradis	0	11	0	11	2	Peter Whitten	0	5	0	5	1	Scott Rowe
0	18	0	18	3	Laura Harding	0	11	0	11	2	Benjamin Jones	0	5	0	5	1	Mike Andrews
0	17	0	17	3	Cliff Parkinson	0	10	0	10	2	Dave Rosania	0	4	0	4	1	Jack Collopy
0	16	0	16	3	Brian Gallagher	0	7	0	7	1	Clayton Lewis	0	4	0	4	1	Rick Collopy
3	11	0	14	2	Lori Scott	1	5	0	6	1	Paul Lindsay	0	4	0	4	1	Chris Apkarian

Somersworth Race

Darryl Cauchon

Fellow runners,

Hopefully as many Rochester Runners as possible can fit into their racing schedule the 3rd annual Seven Hills of Somersworth 5K Road Race this spring. Set to kick off on Saturday, May 5 at 9 a.m. at the Somersworth Middle School on Memorial Drive this challenging course winds its way through the historic district in the city. The race will quickly provide runners the reason Somersworth is called the Hilltop City. Legend has it that the Somersworth high school football team that went 75-1 over a span of time used this set of hills to train. Hope you get a chance to run it this year.

Officers' Meeting Minutes, 4/3/07

Walter Shyska

President Don Yeaton presiding.
Location: Mary Ulinski's house.

In attendance: Walter Shyska, Mary Ulinski, Darryl Cauchon, Janet Glazier, Don Yeaton, Judi Rogers

1. April Meeting, annual "After Boston Marathon Meeting". Reds Shoe Barn to supply food and raffle prizes.
Meeting at 25 Old Dover Road, Rochester (our regular meeting place, Judi Rogers workplace)
2. Boston Marathon: 23 Rochester Runners registered this year.
3. Meeting Place: Will contribute \$100 per year to Community Partners for the use of their room.
4. Income & Expense Budget: Will solicit input from members for future spending priorities. Will put in May newsletter.
5. May speaker: Dave Dunham. (Will solicit Bill Rogers for a fall meeting.)
6. Relay for Life: Don Yeaton coordinating, team is registered on line. June 22&23, sign ups at April meeting.
7. Mt. Washington: 5 Rochester Runners registered.

8. Red's Shoe Barn 5 Miler, April 22. DAN-DAN THE SHOE MAN will attend.
9. Boilermaker 15K - Utica NY - July 8th. Contact Don Yeaton for more info.
10. Eastern States 20 miler. Comments: No water at finish for 3+ hour finishers.
LOCO 1/2 Marathon: Comments: Well organized, well run.
11. Scholarships - Spaulding Students: \$200 to Male & Female students.

Respectfully submitted,
Walter Shyska, Secretary

Rochester Runners Club
PO Box 727
Rochester, NH 03866