

ROCHESTER RUNNERS REPORT

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President
Don Yeaton
Dryrun262@msn.com
736-4610

Vice President – Special Events
Darryl Cauchon
dcauchon@fosters.com
692-5828

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

Next Club Meeting:
7:00pm
Tuesday,
February 20, 2007

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

Topic:
Annual Awards
Banquet

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

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

"The SuperBowl of Running"

Yes, it's the weekend of the "Big Game" and No, I won't be watching it. If you are looking for me, call 1-800 Dominos' Pizza and leave the driving to me. I've never been a ball/puck sports fan. I would rather play it than watch it. The last time I sat or stood through an entire game of anything was when I watched my son, Matt, play basketball and run XC and track in high school and that was 13 years ago.

I've always liked this classic definition of football - "22 men desperately needing rest watched by 50,000 spectators desperately needing exercise". In this era of childhood obesity that has reached epidemic proportions, we are reaping the results of this "spectator mentality". Nike's slogan has been "Just Do It" not "Just Watch It" and this is what is so good about our sport of running. It's meant to be done, not watched. Many are always complaining that track and field and running don't get the TV coverage that the ball sports get and this all goes back to this "spectator mentality".

If I want to run, I don't need any special equipment except for a pair of running shoes. I don't need a helmet or body armor and I can even run in a cotton t-shirt if I want to (but I wouldn't). I don't need a special field and who cares what the weather is! We can run in the pouring rain in the middle of the night at the Reach the Beach Relay; at 3 above zero for 16 miles at the Boston Prep 16 Miler; in oppressive heat like we had at the Jackson 10K two years ago, in a snow storm that lasted for 16 miles at the Boston Prep race and even race a 10K on the track at 3 in the morning as Andy Schachat and I did at the Relay for Life in 2005.

The ultimate for a football player is get to be in the SuperBowl. As a runner, what is your "SuperBowl"? For me this has been the Boston Marathon since the first time I ran it back in 1994. It is just so awesome to be part of such a huge and historic event and to be competing in the same event with some of the best in the world. Think about this - the Boston Marathon course has to be the most trained on course in the entire world and think about how many of the world's best marathoners have run here! What other sport allows the average "Joe" or "Jane" to compete in the same event on the same course as the world class athletes?

But there are a couple of other races that I consider my "SuperBowl" as well. One of them is the Mt. Washington Road Race that includes New England's best as well as runners from all over the world. And my other choice has to be the Utica Boilermaker 15K, the largest 15K in the United States. For most the SuperBowl happens but once a year, for the runner, perhaps several times a year!

So the next time, your inner "Couch Potatoe" beckons you to the recliner, reach for your Nike's or Saucony's or Asics or Brooks or New Balance or LOCO's and "JUST DO IT".

Running Notes

Don Yeaton

1. We will raffle off the 15 free race apps for the Great Bay Half Marathon at the Feb. meeting. Those of you who have already registered for the race will be refunded your \$40 entry fee if you win a free one. If you can't make the meeting and would like to get in on the drawing, send me an e-mail (dryrun262@msn.com) with Great Bay in the subject line. Mike St.Laurent needs about 4 or 5 volunteers. If you work all day, you get free LOCO running shoes and if you can spare only a couple hours, you will receive a race tech top.
2. We have 12 signed up as volunteers for the Eastern States Half Marathon and 20 Miler. We need about 25 so please think about helping us and sign up at the Feb. meeting. There are several positions available that allow you to help out and still run too. If you are going to a race between now and March 25th, I have race apps that need to be distributed.

3. Manchester City Marathon update: Eliot Health System has signed on as the major sponsor for the marathon w/ a \$25,000 promise for the next three years. There will be a kids Fun Run held at the new Fishercats Stadium on Sat. Nov. 3rd. Preregistration for the event to be held on Nov. 4th is only \$45 for the marathon and \$35 for the half.

4. Tom Watkins recently underwent foot surgery and this means no running for awhile. If you would like to wish him well, I'm sure he would appreciate a card at 5 Strafford Rd., Dover, NH 03820.

5. Rochester Runner's Club has a 3rd charity runner at the Boston Marathon this year - Dave Abbett. (Bob Rondeau and Don Yeaton are both on the Run for Research Team of the American Liver Foundation) Dave is a member of the Dana-Farber Marathon Challenge and is raising money for the Dana Farber Cancer Institute:

"I am doing my part by running the 111th Boston Marathon to raise money through the Dana-Farber Marathon Challenge. My fundraising goal is to raise over \$10,000 to fight cancer.

We are all vulnerable to this disease and for that reason, I run. I run because of the pain and suffering so many have felt and I do not wish this pain on others. You can take satisfaction that EVERY PENNY collected goes to the research efforts of the Claudia Adams Barr Program. Thank you in advance for your generosity.

Therefore, if you would like to do your part for this very worthy cause, you can do so in the following ways:

If you wish to donate directly to my fundraising efforts please log on to www.dfmarathon.kintera.org and Click Support a Runner (on the left).

Enter Runner's Name: David Abbett

Click on David Abbett.

Enter donation amount

OR you can mail your check made out to the Dana-Farber Marathon Challenge to Dave Abbett, 27 Ledgeview Drive, Rochester, NH 03839."

6. Don't forget the very important February Awards meeting on Tuesday Feb. 20th at 7:00 PM. If you can only make one meeting a year, you ought to make this one. The award recipients have been chosen and YOU might be one of them! So come as we recognize the outstanding running achievements of our fellow Rochester Runners!

7. Our resident Ultramarathoner, Laurel Valley, will be our featured speaker for March. If you remember her great article from last month's newsletter, you can be sure she will have some great stories to share with us.

Thank You from the Strafford County Homeless Shelter

To all the members of the Rochester Runners,

I wish to thank you for your incredibly generous donation of \$2800 to the shelter. This money you raised during your Free Fall Classic Run is such a blessing. I assure you this money will be used to help better the lives of many adults and children. Thank you all so very much! Keep on running.

Sincere thanks to you,

Nancy Lawrence

Chi Running?

Submitted by Manya Hult

Manya has the opportunity to attend a clinic on chi running and is wondering if it would be worth her time and money. She has never heard of this approach to running. Have any Rochester Runners heard about it? What is your opinion? E-mail Manya at mahult2@yahoo.com with your thoughts.

Emily LeVan Visit Kathy Paradis



“ENJOYED Emily and her talk! So inspired - great presentation - came across open, honest, natural, relaxed, just a neat lady! Great job getting her to speak.”
~ Judy Brenner, club member

Hearing Emily LeVan speak was one of the most gratifying experiences that Bill and I have had as Rochester Runners.

When I first met Emily in our kitchen on Tuesday, January 16th, I felt such positive energy. She exudes warmth and confidence.

Upon first looking at her, one would think that she doesn't have the build of the elite runner that she is. She looks more like a soccer player, which was one of the sports that she played in school. At the meeting, we all wanted to know

“How did you start running?” She gave us two of her defining running moments. The first was when she was in second grade; it is no surprise that Emily started competing at a young age. Her mom had been shuttling her back and forth to tennis lessons. She had been competing against children her own age, doing very well. Somebody thought it would be a good idea to pit her against a boy two years older than she. Well, according to Emily “It wasn't pretty.” She got very frustrated, threw her tennis racket, and made quite a spectacle of herself. Upon returning home, her mother, who wasn't very impressed with Emily's unsportsmanslike behavior, said “Your racket is going on top of the refrigerator until your attitude improves.” As far as Emily knows, the racket is still sitting there! The second defining moment was when she decided to run her first marathon, the Sugarloaf Marathon in Maine. She had never run 26.2 miles before. When she registered for the race, the race director wasn't even sure the race was going to take place and told Emily “We don't have many water stops; you pretty much have to line up your own support on the race course.” So, Emily's husband, Brad Johnson, supported her as she ran. At mile 20 he said “Hey, you have never run this far before!” She thought, “Why did he have to say that?!” She was hooked . . .

The rest, as they say, is running history! Emily went on set the women's state record in **2004**, by placing **1st** at the **Sportshoe Center Maine Marathon**, with a time of **2:39:54** (this was the first sub-2:40 marathon in the state of Maine by a female); placed **1st**

American woman in the **2005 Boston Marathon** (12th over female finisher) with a time of **2:43:14**; competed in the **2005 IAFF World Championships in Helsinki, Finland**, competing in the Womens's Marathon with a time of **2:38:32!** She placed 35th overall and **3rd** among **American** females; and in **2006**, another impressive time of **2:37:01** (*personal best*) in the B.A.A. Boston Marathon, placing **1st American** woman and 13th woman

“I wish more from the club could have heard her - just amazing - so articulate and down to earth! She's definitely at the top of the list among the best speakers we have ever had at a club meeting!”
~ Don Yeaton, President

again . **WOW!** Because of her finishing times, Emily has qualified to compete in the Woman's Olympic Trials, to be held in Boston, in April, 2008, one day before the regular Boston Marathon. Emily is thrilled that the Olympic Trials are being held so close to home. And now that she is a member of B.A.A. she is having better luck getting a sponsor (ADIDAS) which helps with the expense of running attire and running shoes.

Running is only a small part of the Emily LeVan equation; her life has so many facets. *Talk about a motivated person!* She became pregnant, after that impressive sub 2:40 marathon in Maine. Many people asked her "Did you do this on purpose?!" YES she did. Her three year old daughter, Maddie, keeps herself entertained while "mom" does miles and miles on the treadmill (her miles go quicker than ours; still, most of us groaned when Emily said she had done 18 miles on the treadmill before driving to No. Berwick). After graduating from Bowdoin College, where she met Brad, she decided she wanted to do something different other than teaching Spanish and Environmental Studies, and enrolled in the University of Southern Maine's Nursing program, receiving her B.S. in 2005 (she is an Emergency Room Nurse). Before Maddie was born, she and Brad hiked the entire Appalachian Trail in '01. Before starting their hike, she found out that her husband developed Type 1 diabetes. This was a shock and they had to rethink the way they approached food on the trail (as though it wasn't challenging enough!). Some nights it was so cold that Emily had to sleep with his insulin, just to keep it from freezing. His parents mailed him medicine, to be picked up at different Post Offices along the way. Brad and Emily spent five months together, day and night. Emily said "If that doesn't test a marriage, what will!"

Emily and her family live in Wiscasset, Maine. She and Brad work for the Chewonki Foundation www.chewonki.org - We checked out the website. They do very impressive things. Brad works for the foundation full time, doing farming, working the land, and helping with summer camp. They eat mostly organic food that they raise on the farm. Her coach said "Eat when you are hungry." So, I guess the secret to running fast is "EAT ORGANIC??" It works for Emily.

In closing, we want to say how humbled we were that Emily took the time to speak to our small running club. Emily had just flown in from visiting family in Okalahoma City, where she is from, after an airport layover caused by an ice storm. Her birthday was Monday, the day before our meeting. Her daughter's birthday was two days after our meeting. She must have been exhausted. But we keep forgetting, this is Emily LeVan, *super-marathon woman!* Club Member and Boston Marathon Division winner, **Faye Lowrey**, who shares a picture in B.A.A.'s '05 Official Program with Emily, summed it up perfectly "I was so excited from hearing her speak, that I had trouble sleeping." **THANK-YOU, Emily. Good luck in 2008!** We will all be here, cheering for you!

Annual Club Banquet and Awards Night

Submitted by Judi Rogers

We are looking forward to the banquet/recognition night and the mystery pot-luck and pizza on February 20, 2007. Right now the whole thing is a mystery since Judi misplaced the sign-up list for the food. If you signed up at the last meeting or you missed signing up but would like to bring something, please contact Janet: janetglazier@yahoo.com or 743-4558 or Judi: jwrogers515@hotmail.com or 332-1350. Choices are a salad, dessert or drinks (2 liters plus 1 gallon water). Apologies from Judi. Please reduce her angst (and embarrassment) by letting either of them know what you would like to bring.

Long Pond Winter Fun

Paul and Amy Lindsay

Bring the family over to Paul and Amy's home in Northwood for an afternoon of winter activities on Saturday February 10th. Currently (Feb. 4th) the skiing is marginal in the woods but very good on the pond and a neighbor has cleared a skating area. If we get more snow, we can head out on snowshoes and XC skis on the nearby network of snowmobile trails and logging roads. Other options would be hiking or running, whatever best fits the weather and snow conditions of the day. Afterward, we'll have a big pot of chili with corn bread, and there's the outdoor hot tub. Raining? Bring an indoor game instead of your snowshoes & running shoes and come on over anyway! Call or e-mail ahead (603-942-5482 or bplindsay@hotmail.com) so we'll know how much chili to fix, and bring some appetizer or dessert to share.

Time: 2:00 pm. **Directions:** Take Route 202 from Rochester or Route 9 from Dover to Route 4 west toward Northwood. Turn right onto Route 107 North ("Northwood Narrows") and go 1.1 miles. Bear right onto Jenness Pond Road and go 0.3 miles. Turn right onto Long Pond Road (gravel) and go 1.3 miles. Stay right where Lookout Point Rd branches left, you're almost there. Our house is the next to last one on the left—you'll see a brown garage with a big white number 265 on it. The house is behind the garage, downhill (be careful on the gravel steps, it's icy). Hope to see you on the 10th.

Rochester Runners Member Spotlight –

An Intimate Look at the Lives and Loves of Rochester Runners

SPECIAL VALENTINES DAY EDITION

By Diane Levesque

MARY ULINSKI AND WALTER SHYSKA

Age Division: Veteran

Marital Status: We'll get to that

Occupation: Mary – Community News Editor, Fosters Daily Democrat

Walter – Does something with the Public Utilities Commission – may be person to talk to if your electric bill is too high or you can call Mike Andrews

Home Town: Dover

Introduction

This running love story begins with an ad placed by Walter in what used to be the Dateline Magazine. No one seems to remember exactly what it was that he wrote in that ad, but Mary recalls that she responded by telling him "that he was chivalrous and that I was a fan of Don Quixote." When Walter read her response, he thought, "Well, this sounds interesting. And she was a runner." Thus, the two agreed to a meeting at the Café Brioche – another institution gone by the wayside. That meeting occurred in May of 1998. In 1999 the two became engaged.

Extra! Extra! Read All About It!

Can these two ever keep a secret! When I contacted Walter about writing this article, one of my first questions was, “What are you two doing for Valentines Day?” His response: “Going to the Florida Keys for a honeymoon.” Yes, that’s right -- these two eloped last Wednesday. Now that’s original. How many couples do you know that have been married on a Wednesday? I’m told that aside from the Dover City Clerk, the only other witness was Britt who happened by from her run to snap a photo.

Walter really wanted to have a major celebration type wedding – “like at a Rochester Runner’s meeting, but Mary would have none of that.” They both claim that the reason for rushing into marriage the way that they did had to do with “financial reasons.” But I think we all know the truth – it’s hard to live in the same house and not consummate the relationship. They just couldn’t wait any longer.

As for the wedding attire, Walter says that he wore a Patriots topcoat purchased from Goodwill. “Mary wore black jeans and a nice sweater.” That would be all right, except that Mary corrected him in that she wore a black skirt. (Further evidence that the clothes probably didn’t stay on that long.)

Walter says that the two do plan to host some kind of run in celebration of the running couple’s formalized union. And since they were engaged, Mary says that Walter has always been very sweet and romantic -- for example, he sends flowers to her work every Valentine’s Day – but since they were married, he has been even more attentive.

Running Into The Sunset

Mary and Walter do not have any particular running goals for this year other than to keep running. Walter is planning to do the 1st Annual Eugene Marathon in Eugene, Oregon this year along with President Emeritus Darryl. As Walter points out, Eugene is where modern day running originated.

Mary and Walter do train together every Sunday at Hampton Beach where they run between 12 and 20 miles. Mary is amused that Walter always says, “I love to run with my Mary, and then takes off ahead of me. Once in awhile I catch up to him.” But the thought of a Sunday run together at the beach even if you’re not quite going at each other’s pace is quite romantic. If you’ve ever read singles ads, you’ll see that everyone says that they love walking on the beach. But if that were true, wouldn’t the beach be crowded with single people walking around? Anyway, these two are actually there and enjoying it.

I asked the couple about what were their favorite races. They responded that there are so many that they could not be specific although Walter offered that Mary’s favorite race “is her next one.” From what I’ve seen, that does sound pretty accurate.

So while I congratulate the couple for making their union legit, I’m sorry to see them drop out of the ranks of the permanently engaged. First it was Sin, now Walter and Mary. What is the world coming to? Let’s all wish them well on their special honeymoon.

Officers’ Meeting Minutes, 1/30/07

Walter Shyska

Held at Mary Ulinski’s home.

The meeting started at 6:45pm.

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

Presiding: Don Yeaton, President

The following topics were discussed:

1. Newsletter articles due Sunday, Feb. 4, 2007
2. Don suggested we give Lifetime memberships, Jack Prescott (oldest active runner, age 76 & Lou Gagnon, age 80). Approved by officers. We hope they can attend the February awards meeting.
3. Awards meeting. Plaques and certificates are ready. Will also give out 3 Red's certificates. Also, free entries to the Great Bay Newmarket 1/2 Marathon will be raffled off.
4. Food for meeting. 12 Pizzas, plus.
5. Still soliciting donations for John Tuttle, track coach. \$50 so far, may take some extra money out of treasury to make same amount as last year \$150.
6. Manchester City Marathon, Nov. 4th. \$25K from Elliott Health Systems. Planning continues.
7. Thank you note received from Strafford County Homeless Shelter.
8. Speaker (suggested) for March and later:
 - ..Panel of current and former Boston marathon runners for Q&A with members.
 - ..Christine Kennedy, Massage TherapistFuture Speakers:
 - ..Laurel Valley – speaking about her experience – can use “interview” format.
 - ..Will solicit more suggestions in the newsletter.Possible: Bill Rodgers; Darryl will investigate availability and cost. Laurel Valley, re; Ultras
Possible: Informal discussions from members on topics of interest.
9. Eastern states 20 miler. Need more volunteers. Will put in newsletter.
10. NHGP jackets -being printed. Will give out at awards meeting.
11. Granite Runners shirts. All NH clubs agreed and paid for last year.
12. Free Fall.
 - ..Timing, will use Yankee.
 - ..Race Course: Looking at doing a different 5k and 10k course. Dave Abbett and Paul Lindsay offer to certify the courses, using the USATF materials.
 - Can do "out and backs" on Chestnut Hill Rd.
 - ..Need to investigate availability of Community Center. Otherwise, will use High School.
 - ..Raffle - need to have during "downtime" before awards ceremonies.

Meeting ended at 8pm.

Letter from Bob Rondeau

Bob Rondeau

Hello Rochester Runners I am writing this newsletter submission for two reasons. One is this will be my first Boston Marathon and second will be first time to run with the Liver Foundation. This will be a challenge just like any race that I have done in the past but I will be ready on April 16, 2007. This has

been a great year for me for a number of reasons. One is I never thought I could do a marathon (not one but two in the same month). Also, I had the chance to run with Dean Karnazes, the machine man. In addition, I want to thank John for the track workouts; they might be tough at times but we made it through them. Also, the Sunday morning gang at the P.S.N.H. This is a tough group of people; you can depend on someone being there at 7:00am on any given Sunday morning. Also thanks goes out to Don, Darryl, Chris, Pete, Andy and others for the support they have given to me. I will give my best effort on April 16, 2007 and hope to see you all on the roads at some time.



Dear friends and Family:

Seasons greetings! I hope this holiday season finds you happy and healthy.

I am writing this letter because I have some great news. I have been running for over three years now, and this will be my first year to run in the Boston Marathon. Also this will be the first time to team up with the American Liver Foundation's Run for Research Team on April 17, 2007. People might think I'm crazy but I am not doing the Boston Marathon because of the medal. I will be doing it to support the thousands of patients and families affected by liver disease.

There are more than 100 liver diseases (hepatitis A, B and C are the most common) and 30 million Americans - 1 in 10 - are affected by a liver, bile duct or gall bladder disease. Liver disease is the 7th leading cause of death among adults age 25-64 in the U.S. About 15,000 children are hospitalized every year with pediatric liver disease or disorders. More than four million Americans have been infected with hepatitis C and it is responsible for 8,000- 10,000 deaths annually. In 2004 nearly 18,000 individuals were on the waiting list for a liver transplant - 1,300 of them died while waiting for a suitable donor. I am proud to be to be part of the 2007 Run for Research Team.

I have inserted a picture after I completed the NH Marathon back on Oct. 18, 2006. Pictured from left to right is Don Yeaton, Dean Karnazes and myself. Don gave me the inspiration to run and I have continue to run ever since he told me all you have to is put one foot in front of the other. Dean is a tremendous runner and ultramarathoner and this past fall he ran 50 marathons in 50 states in 50 days. That's 26.2 miles every day for 50 days in a row!! He also has given me the inspiration to run and his saying is, "Run when you can, walk if you have to, crawl if you must, but always finish." I am committed to fundraise for the American Liver Foundation. My personal goal is to raise at least \$350.00 to help fight liver disease. 84.3% of all donations go directly to research, education and advocacy programs.

I thank you in advance if you are able to make a donation to the American Liver Foundation. Any contribution of any size is greatly appreciated. If you cannot contribute at this time, please think of me (as well as all of those affected by liver disease) on April 17, 2007 as I "Run for Research". Thank you so much for your support. It means a lot to have friends and family standing behind me along my way to 26. miles! Go Liver!! Please make your tax-deductible donation payable to the **American Liver Foundation** and mail it to me at: Robert Rondeau 3 Dow Court, Rochester, 03867.

Runner: Bob Rondeau – 3 Dow Court, Rochester, NH 03867 rambler@metrocast.net
Please check one: _____ \$100 _____ \$2/mile-\$52.40 _____ \$1/mile-\$26.20 _____ Other _____
Sponsor: _____ E-mail _____
Address: _____
City _____ State _____ Zip _____

Rochester Runners Club
PO Box 727
Rochester, NH 03866