

# ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 6

JUNE, 2007

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**Next Club Meeting:**  
7:00pm  
Tuesday,  
June 19, 2007

**Location:**  
25 Old Dover Rd.  
(back side of building)  
Rochester, NH  
(see web site for directions:  
[www.rochesterrunners.com](http://www.rochesterrunners.com))

**Speaker:**  
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Check your email for  
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## **President's Corner**

**Don Yeaton**

### **Relay for Life 2007**

Rochester Runner's Club has been involved with the American Cancer Society's Relay for Life since the late 1990's when Dan Beasley was our club President. Andy Schachat organized our team back then when the event was held in Portsmouth that year. We've been involved as a club for most of the intervening years, but we did miss the Relay 2 years ago because it fell on the same weekend as the Mt. Washington Road Race and a good number of us were running that year.

As a club we've taken a special interest in the American Cancer Society as a charity because we have at least 4 club members who are cancer survivors: Peggy Foster, Ann Littlefield, Jack Prescott and Phil Parker. Along with Andy and myself, there are other Rochester Runners who have organized our team in the past at the Relay – Ron and Peggy Foster, Sue Littlefield, Lori Scott and Jenny and Melissa McDevitt.

We also have lost two club members, two good friends and two great runners to cancer in the past 2 years – Mike Kimball in 2005 and John Racine in 2006. We would like to dedicate this year's Relay to these two runners. Those of you who knew them, know what a loss they are to our club!

If you have never taken part in a Relay event, I would encourage you to do so this year. We need you to join us on the track as we run for those 18 hours. There is something truly special about running in the middle of the night around the same track that so many of us use to hone our speed for racing. As we zoom around and through those walkers from the other teams, it makes our running even more enjoyable.

This year we are going to try a 5K race on the track at midnight. There will be a \$5/runner fee that will be added to the total monies raised for cancer research. Andy Schachat and I raced a 10K on this track 2 years ago at 3 AM – you'll get off easy with only 12 ½ laps to run!

It is quite a sight when all the luminaria bags are lit at around 9 PM and these flicking candles remind us for the remainder of the night of those people who have either died of cancer, currently suffer with cancer or who have survived cancer.

Finally, I would just encourage you to take part as you are able. If you can't come and run with us, please consider a donation to the American Cancer Society. ALL of us know someone close who has been affected by cancer and if you would like to decorate a luminaria bag for someone, please contact me at [dryrun262@msn.com](mailto:dryrun262@msn.com). Each bag costs \$10 and will help us reach the goal of \$200,000 for 2007 and help make Rochester's Relay for Life the biggest in the state!

## **New Club WebMaster Needed**

**Don Yeaton**

Scott Rowe has been serving as our webmaster for the past several years, but would like to pass the responsibility to another club member. He wants to focus on training for the Chicago Marathon this fall. He is willing to train you – if interested contact Don Yeaton at [dryrun262@msn.com](mailto:dryrun262@msn.com) and Scott at [snrowe@verizon.net](mailto:snrowe@verizon.net)

## **Reach the Beach Relay Race!**

**Alison Black**

There is only ONE female slot left on the 2007 Reach the Beach team! The 20-something hour race is scheduled for Friday, September 14<sup>th</sup> until Saturday, September 15<sup>th</sup>. There is a NEW starting area this year: Cannon Mountain. The first several legs will be brand new and will run along the Kancamagus Highway. Cost per runner is 80 dollars but the experience is priceless! Check out the Reach the Beach web site for more information: [www.rtbrelay.com](http://www.rtbrelay.com) or contact Alison Black at 603-860-4190 or [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com). Thanks.

## **Summer Newsletter**

**Alison Black**

Please note that there will not be a separate Rochester Runners newsletter for the months of July and August; instead, there will be a “summer newsletter” that covers both of these months. The deadline for submissions is Friday, July 13<sup>th</sup>; the newsletter should be distributed by Monday, July 20<sup>th</sup>. Thanks!

## **Summer Club Meetings**

**Don Yeaton**

Our July 17<sup>th</sup> club meeting and August 21<sup>st</sup> meeting will change to our relaxed summer format. In July we will meet at the home of Diane Casselberry at 21 Tennyson Ave. which is just off the Red’s Shoe Barn course. Go up Henry Law Ave. from the finish line of Red’s and Tennyson is on the right at the top of the hill. We are going to do the bike/run relay that we have done the past several summers. We team up in pairs with one bike. One team member rides the bike and the other team member runs. Team mates can swap anytime they want and they finish when both are across the finish line. The course will be part of the Red’s course. We will have ice cream and an informal meeting back at Diane’s when we are finished.

The bike/run relay will START at 6:00 PM!

At our August 21<sup>st</sup> meeting, we will meet at our normal location on Old Dover Rd. for our handicap 5K. Paul Lindsay will figure out our handicaps so the slower runners will start first and the faster runners last

and see who gets to the finish first!! We call this the “I Beat Nathan Huppe Race” since Dan DeFrees was one of several runners who beat Nathan to the finish and made up a t-shirt to prove it!! Once again the run will begin at 6:00 PM with ice cream and a short meeting to follow.

## **Thank You to Red’s Shoe Barn Race Volunteers**

### **Ken Houle**

Thank You to all who volunteered at the 26th Annual Reds Race 5 Miler. You all did an extremely good job. No Bones about it. Susan Houle, Joanne Dubois, Mike Dubois, Kristin Houle, Jamie Houle, Brent Diesel, Amy Lindsay, Paul Lindsay, Kathy Paradis, Bill Paradis, Faye Lowrey, John Dinella, Ed Sharle, Walter Shyska, Darryl Cauchon, Lou Gagne, Rene Philpot, Pat Philpot, Peter Dubois, Chris Apkarian, Judy Rogers, Janet Glazier, Diane Cassleberry, Mike ( the ice man ) Andrews, Dave Abbett, Judy Brenner, Ernie Garland, Andy Schachat, and Bob Brown.

## **Age Group Winners in May**

### **Paul Lindsay**

Children’s Museum 5K: Jack Collopy, Mary Ulinski, Judy Brenner

Foothealth 5K: Sin Kounlasa

Seven Hills of Somersworth 5K: Nathan Huppe (winner), Dick L’Heureux, Faye Lowrey, Bob Randall, Judi Rogers

Big Lake Half Marathon: Scott Rowe (winner, course record), Kevin Scott, Sin Kounlasa, Judy Brenner

B 1st Peeper 5K: Jamie Houle, Britt Schuman, Mary Ulinski

Hampton Falls 5 mile: Bob Randall

Medical Center 6K: Jack Collopy, Hen Houle

Rock ‘n’ Race 5K: Judy Brenner

Get Fit in May 5K: Britt Schuman

Wakefield Pride 5K: Jack Collopy (winner), Mike Amero, Butch Lewis, Danielle Amero, Judi Lemaire, Bob Randall

Trav’s Trail Run 2.97 mile: Bob Randall

Redhook 5K: John Tuttle, Jack Collopy, Ken Houle

Vermont City Marathon: Sin Kounlasa

Pineland Farms 25K (trail): Faye Lowrey

## **Darryl and Walter’s Big Adventure: A report about Darryl Cauchon's and Walter Shyska's experience at the Eugene Oregon Marathon** **Walter Shyska**

The best way to describe Darryl at the finish area is to think back to the original “Frankenstein” movie when the "Frank" rises up from the table and begins staggering hunched over and stiff legged as he takes his first steps. That was Darryl emerging from a wooded area near the finish,

trying to stay upright while moaning about his aches and pains. It was not his best day. For a photo of Frankenstein, click here:

<http://nurple.com/modelkits/images/Frankenstein-Billiken-model.jpg>

Now click here for a race photo of Darryl:

[http://www.asiorders.com/view\\_user\\_photo.asp?EVENTID=15403&ID=34714855&FROM=photos&BIB=M1347](http://www.asiorders.com/view_user_photo.asp?EVENTID=15403&ID=34714855&FROM=photos&BIB=M1347)

Now back to the beginning. We flew from Boston to Portland OR on Friday, giving us a 2 days to adjust for the Sunday Marathon. We stayed at the host hotel, where they had their Expo. We met many "50 Staters" (people who run marathons in all 50 states) since this was the initial running of this race and lots of people needed Oregon to make their 50 state goal.

While walking through the Expo, Darryl was wearing his "Commemorative Marathon Shirt". I told him it was bad luck to wear a marathon race shirt before completing the event and sure enough - a crazed woman spotted Darryl in his shirt. She ran up to him and asked him if he was going to run the marathon (keep in mind we are in the marathon Expo area). Darry says, yes, I'm running it and she says, wow - me too - what a coincidence! I then tell the woman that Darryl is looking for bad luck wearing the shirt and she turns on me and wants to know what my problem is? She clearly thinks she and Darryl are the only 2 people in the room running the marathon. I then pull Darryl to the elevator and close the door on the woman who tries to get on the elevator with us. (Note: See photos above for further evidence of "bad luck").

For the race, we drove to the start line at 6am and found a parking space right at the start. Unfortunately, the finish was 2 miles from the start area. We did our pre race rituals, listened to "Jarrod from Subway Sandwiches" announce the start and off we went. The weather was perfect (cloudy, 65 degrees) and the course was beautiful, running about 12 miles on a paved path along a river. The remainder of the course went through residential areas and the finish was at the Univ. of Oregon Stadium.

They had water stops every 2 miles. I took mixed water with Gatorade at every stop. I finished strongly, with the last 3 miles being my fastest. My time was 4:36, not bad for me, especially since I felt great after finishing. Darryl's time was 4:20. After finishing, I looked for Darryl (see photos above). I finally found him lurching out of some woods. We had to walk (Darryl staggered) a half mile to the shuttle bus area, but there were no busses when we got there, so I commandeered a taxi cab, telling the driver that Darryl was in extreme pain and we needed to get back to our car fast.

The cab driver was worried Darryl might "mess up" the back seat area, but he took us back to our car, where Darryl bolted from the cab to the bushes and felt much better after a few minutes. That's about it. We flew back on Monday morning and we are ready for our next big adventure.

## **Officers' Meeting Minutes, 5/297**

**Walter Shyska**

Location: Mary Ulinski's House

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

6:45 PM, President Don Yeaton presiding.

The following topics were discussed:

1. Next club meeting: Tuesday, June 19th. Possible speaker may be Steve Flanagan, Asics Rep. or Mike and Cathy O'brien.
2. Race Activity: It was noted that there were many Rochester Runners scoring well in their age divisions at recent races.  
Paul Lindsay to review recent results and submit a report for the newsletter.
3. Newsletter Deadline: June 3.
4. Don Yeaton attended the Homeless Shelter Annual Dinner and accepted a plaque for the club in recognition of our contribution from our race proceeds.
5. Relay for Life: Still looking for participants for early morning hours on the track. Also noted there will be a 5k race on the track at midnight.
6. Boilermaker 15k: 5 from club attending (Don Yeaton, Judy Brenner, Mary Ulinski, Britt Schuman and Dan Defrees)
7. Jackson 10k race: We will car pool from the Rec.Center, Sat. June 2 at 7am.
8. Webmaster: Scott Rowe is looking to pass on the webmaster duties to someone else. Scott hopes to qualify for the Olympic Trials and will be training intensively. Therefore, any Rochester Runners interested in the Webmaster duties should contact Don Yeaton or Scott.
9. July Club Meeting, Tuesday July 17th. At Diane Casselberry's house, same as last year. Will do a bike/run fun race. Ice Cream sundaes and desserts to follow. Also, can use the swimming pool.
10. August Club Meeting, Tuesday, August 21. Will do a handicap race, similar to past years, hopefully will be "Beat Nathan Huppe" if Nathan shows up!
11. Meetinghouse 5k will be held again this year.

Meeting ended at 7:45pm.

## The 2007 Rochester Runners Grand Prix Update

**Paul Lindsay**

**3Jun07 RRGP update:** This update includes the Wachusett Mtn. 4.3 mile, Luv2Run 5K in Portland, Snowy Egret 5K in Scarborough, York Hospital 3.5 mile cross-country race, Jackson Covered Bridge NHGP 10K, Covered Bridges Half Marathon in Woodstock & Queechee Vt., and Pack Monadnock 10 mile in Wilton. Forget about speed points in these races—the only ones eligible for speed points, Jackson and Pack, were far too hilly. Congratulations to age group winners **Brian Gallagher** and **Diane Levesque** in Portland, **Judy Brenner** (with another age-group asterisk) at CBHM, and **Sin Kounlasa** twice (in the two tough races, Jackson and Pack). Team RR's runners at Jackson were led by **Nathan Huppe** in 2nd place overall. Joining Nathan in earning team points for our club were **Sin Kounlasa**, **John Rancourt**, and **Alison Black**. **S**=speed points, **D**=distance points, **t**=team points, **T**=total points, and **n**=number of races. Send corrections, questions, and comments to [bplindsay@hotmail.com](mailto:bplindsay@hotmail.com). For a detailed explanation of the RRGP, visit [rochesterrunners.com](http://rochesterrunners.com).

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
8	60	6	74	15	Sin Kounlasa	9	21	0	30	5	Joe Boyle	3	8	0	11	2	Colin Johnson
10	56	3	69	14	Alison Black	3	27	0	30	5	Mike Amero	0	11	0	11	2	Peter Whitten
19	45	0	64	9	Britt Schuman	9	20	0	29	5	Mark Galarneau	3	7	0	10	1	Amy Barr
9	45	6	60	9	Bob Rondeau	4	25	0	29	5	John Tuttle	3	6	0	9	1	Patty Crothers
4	51	0	55	9	Dan Poliquin	4	23	0	27	4	Diane Casselberry	0	9	0	9	2	Pete Dubois
3	52	0	55	10	Judy Brenner	8	18	0	26	4	Liz Bowden	0	8	0	8	2	Karen Norris
3	49	0	52	15	Diane Levesque	6	20	0	26	5	Ken Houle	3	4	0	7	1	Jameson Harding
4	47	0	51	9	Walter Shyska	3	23	0	26	5	Dave Poliquin	3	4	0	7	1	Don Gagne
0	51	0	51	12	Mary Ulinski	3	22	0	25	4	Joe Harding	3	4	0	7	1	Ed Larkin
14	36	0	50	9	Jack Collopy	6	18	0	24	4	Dale Post	3	4	0	7	1	Lisa Houle
7	43	0	50	9	Clayton Lewis	0	24	0	24	5	Don Norris	3	4	0	7	1	Manya Hult
2	45	0	47	8	Kevin Scott	4	19	0	23	4	Jennifer Johnson	3	4	0	7	1	Ken Hult
0	38	6	44	8	Cliff Parkinson	2	21	0	23	4	Jeannette Lindsay	3	4	0	7	1	Drew Tuttle
1	40	0	41	13	Bob Randall	0	20	3	23	4	Mike Andrews	3	4	0	7	1	Dylan Tuttle
3	37	0	40	7	Darryl Cauchon	3	18	0	21	3	Scott Rowe	1	6	0	7	1	Sue Littlefield
6	32	0	38	6	Lori Scott	1	17	3	21	4	John Rancourt	1	6	0	7	1	Arlon Chaffee
9	27	0	36	5	Dave Abbett	0	17	3	20	4	Nathan Huppe	1	6	0	7	1	Sarah Naleid
4	31	0	35	6	Randy Spencer	0	19	0	19	4	Dennis Graves	0	7	0	7	2	Andy Schachat
0	35	0	35	8	Brian Gallagher	6	12	0	18	3	Lindsey Richardson	2	4	0	6	1	Mark Chrusz
8	26	0	34	5	Danielle Amero	0	18	0	18	3	Benjamin Jones	0	6	0	6	1	Tom Littlefield
6	22	6	34	5	Brian Geiger	5	12	0	17	3	Judi Rogers	1	4	0	5	1	Stephen Estabrook
3	31	0	34	7	Dan DeFrees	3	14	0	17	3	John DiNella	1	4	0	5	1	Jim DeJohn
0	34	0	34	6	Bill Paradis	4	12	0	16	3	Nancy Moonsamy	1	4	0	5	1	Rhiannon Amero
8	25	0	33	5	Michael Richardson	3	12	0	15	3	Chris Apkarian	0	4	0	4	1	Mike Dubois
3	30	0	33	6	Chuck Zerbinopoulos	3	12	0	15	3	Jacob Richardson	0	4	0	4	1	Amy Lindsay
2	31	0	33	6	Dick L'Heureux	2	13	0	15	3	Paul Lindsay	0	4	0	4	1	Jack Prescott
3	29	0	32	5	Laura Harding	0	15	0	15	3	Chris Blanchette	0	4	0	4	1	Ron Foster
2	30	0	32	7	Judi Lemaire	1	12	0	13	3	Kristin Houle	0	4	0	4	1	Elizabeth Beecher
11	20	0	31	5	Jamie Houle	4	8	0	12	2	Janet Glazier	0	4	0	4	1	Luminita Post
5	20	6	31	4	Don Yeaton	0	12	0	12	3	Dave Butler	0	4	0	4	1	Armida Geiger
3	28	0	31	6	Dave Rosania	3	8	0	11	2	Rick Collopy						

**5th Annual  
RUN AND WALK FOR THE GYM 5K**



**July 7, 2007 6:00 PM**  
**Nasson Common**  
**457 Main Street**  
**Springvale, Maine**  
INCLUDEPICTURE "http://home.banksis.net/i

**FMI: Contact Bob**  
**at (207) 490-1386**  
**or via e-mail at**  
**runbob@metrocast.net**



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