

ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 3

MARCH, 2007

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,
March 20, 2007

NEW meeting location:

25 Old Dover Rd.
(back side of building)
Rochester, NH

(see web site for directions:
www.rochesterrunners.com)

Speaker:

Our very own Laurel Valley,
Ultra Marathoner
“Extraordinaire”

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

Perhaps you were aware that the month of February was Black History Month here in the United States and while it is now over, I thought that there were two great black athletes who deserved to be mentioned.

However, before I mention them, I've been hearing a great deal about another man who also deserves some recognition. This one was not black, nor an athlete or even an American, but an Englishman whose perseverance over a span of over 20 years, changed the course of history in the UK and the world. His name was William Wilberforce who worked tirelessly in the English Parliament against the slave trade. He helped draft a law that outlawed the slave trade in 1807 and just two days before his death, witnessed Parliament outlaw slavery altogether in England in 1833. How odd it seems that it took our country another 30 years to abolish slavery under President Lincoln in 1863. How true it is that the love of money corrupts peoples' ideas of right and wrong.

This great sin of racism also figures into the story of this first great black athlete - Jesse Owen. There is a nice story about Jesse in the March issue of Runner's World magazine entitled "The Olympian and the Dictator" taken from a new book by Jeremy Schaap called "Triumph: The Untold Story of Jesse Owens and Hitler's Olympics". Although slavery had long since disappeared in the USA, being black in the 1930's was not an easy life. There was controversy brewing in Germany over the Jews and in 1935, the Nuremberg Laws were passed that denied citizenship to the Jews of Germany. There was talk of a boycott by the US because of their blatant racism, but ultimately the boycott was defeated and our American athletes would have their chance to show up Hitler's best in 1936. Jesse went on to win 4 gold medals in four events- the 100 meters, the 300 meters and the broad jump. He was added to a final event just days before the race for the 4 x 100 meter relay. The US team set a world record of 39.8.

This second great black athlete is now in his 80's and I have had the pleasure of seeing him a number of times at the Utica Boilermaker 15K Road Race. He was inducted into the National Distance Hall of Fame in Utica, NY in the charter year of 1998, along with Bill Rodgers, Frank Shorter, Katherine Switzer and Joan Benoit Samuelson. Ted has been called the "Father of Distance Running" and he pioneered ultra-marathoning in the United States when most thought that the marathon was the limit of human endurance. He ran 199 marathons and ultra-marathons in his career and was a member of the 1952 U.S. Olympic marathon team. His other great accomplishment is that he was largely responsible for the movement to stick to strict measurement criteria and course measurement. He went on to be a highly regarded physical therapist in New York City. George Hirsch of Runner's World magazine relates a story about Ted. George told his wife he was going to the store and would be back in a few minutes. He met Ted on the way who was out for one of his "long" runs. Two hours later, George returns home to his wife who wondered what happened to him!

Isn't it great that running is a color blind sport? It doesn't matter who you are or where you are from - everyone has the same goal to get to that finish line as quickly as possible. Those of you who have run the Boston Marathon have seen this fleshed out on marathon day in Hopkinton - runners from all over the world joined together for this great event!!

Running Notes

Don Yeaton

1. I could still use about 10 more volunteers to help with the Eastern States 20 Miler and ½ Marathon on Sunday March 25th. I need people to help w/ registration, water stops, baggage, traffic control and the finish line. Some of these jobs can be done before the race so that you could volunteer and run the race as well. Contact Don Yeaton at dryrun262@msn.com if you can help. Remember - this is our biggest fundraiser for our club - one day's work nets the club \$1500 from Race Director Don Allison.
2. Mike St. Laurent could use about 4 or 5 people to help with the Great Bay Half Marathon on April 1st. Registration is now up to 1400!! Wow!
3. The 30th Utica Boilermaker 15K Road Race will be held on Sunday July 8th this year. It's time to start thinking about making that trip this summer. It's a great weekend trip - leave early Saturday morning and get home early Sunday night. In between you'll find one of the greatest race experiences in the world! Dan DeFrees and I will be there - let me know if you'd like to come along!

March Club Meeting Speaker

Submitted by Darryl Cauchon

Ultramarathoner Laurel Valley will be the guest speaker in March. She will be taking part in a "Meet The Press" interview style program, allowing her to simply answer questions proposed to her by an "Ace Newsmen." Members will also be given the opportunity to ask Laurel questions on surviving and training for this rigorous sport.

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.

The 2007 Rochester Runners Grand Prix Has Begun

Paul Lindsay

Before launching into 2007, lets first congratulate the top scorers from 2006. The following RRs won prizes (including two entries into the Boston Marathon and assorted running goodies) and recognition at our February awards dinner as the top ten club members in last year's RRGP, in order from first to 10th place: **Alison Black, Sin Kounlasa, Bob Rondeau, Laura Harding, Bill Paradis, Cliff Parkinson, Nathan Huppe, Dan Poliquin, Chris Blanchette, and Laurie Gaudreau.** If you know these runners, you can see that the list covers a wide spectrum of age and speed for both genders, so the top scores aren't just for the fast runners. Consistent performance and especially improvement are important, along with participation in some longer race distances and representing the club in New Hampshire Grand Prix races: *you could be one of our top runners in 2007.*

Thanks to **Ron Foster** for helping to look up club members' race results on the internet—the 2006 RRGP included 146 club members who ran a combined total of 1,344 races.

Now here are some early 2007 race results and standings (for club members who had renewed their memberships as of 29Jan). The most popular race venues so far this year for RRs have been the Boston Prep 16 mile in Derry, the Midwinter 10 mile in Cape Elizabeth, the Martha's Vineyard 20 mile, and the Hyannis Marathon/Half Marathon/10K. **Judy Brenner** won her age group at Derry and Cape Elizabeth and **Sin Kounlasa** won her age group in Derry. Both Judy and Sin earned asterisks by meeting their USATF age group performance standards at Cape Elizabeth. Congratulations to **Lori Scott**, who ran an excellent race in Cape Elizabeth and lowered her RRGP baseline on a cold and windy day when less than half of the RRs were able to earn even a single speed point, and to **Alison Black**, who continued the pattern that earned her the "Most Improved Female Runner of 2006" recognition by lowering her 5K baseline by over half a minute at the half marathon in Hyannis. **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	
1	31	0	32	5	Sin Kounlasa	1	5	0	6	1	Paul Lindsay	0	5	0	5	1	Dave Poliquin
5	19	0	24	4	Alison Black	0	6	0	6	1	Danielle Amero	0	5	0	5	1	Pete Dubois
0	18	0	18	3	Bill Paradis	0	6	0	6	1	Dick L'Heureux	0	5	0	5	1	Chuck Zerbinopolous
0	17	0	17	3	Cliff Parkinson	0	6	0	6	1	Britt Schuman	0	5	0	5	1	Dennis Graves
1	11	0	12	2	Bob Rondeau	0	6	0	6	1	Mike Amero	0	5	0	5	1	Peter Whitten
1	11	0	12	2	Judy Brenner	0	6	0	6	1	Darryl Cauchon	0	5	0	5	1	Benjamin Jones
1	11	0	12	2	Dan Poliquin	0	6	0	6	1	Mary Ulinski	0	4	0	4	1	Jack Collopy
0	11	0	11	2	Chris Blanchette	0	6	0	6	1	Walter Shyska	0	4	0	4	1	Rick Collopy
0	10	0	10	2	Diane Levesque	0	6	0	6	1	Brian Gallagher	0	4	0	4	1	Dave Rosania
3	5	0	8	1	Lori Scott	0	5	0	5	1	Kevin Scott						

An Invitation to.....

WHO: Any and all Rochester Runners
WHAT: Run 4 or 8 miles; Eat waffles, coffees, fruits and berries
WHY: Celebrate the recent marriage of Mary and Walter
WHEN: Sunday, April 8, 8:30AM
WHERE: Mary's House: 1 Sunset Drive, Dover

RSVP would be appreciated; email: mulinski@fosters.com
Or phone @ 740-8483.

Be There – Or Be Square!

Officers' Meeting Minutes, 1/30/07

Walter Shyska

March 6, 2007, 6:45PM

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

Don Yeaton, President, presiding.

The following topics were discussed:

1. March 20 meeting. Laurel Valley, all set. Format will be Q&A. \$25 Certificate, Red's.

Future meetings: Donation for use of Judi's place. To be discussed.

2. Boston Marathon wrap up meeting, April 17th. Location= regular meeting place.

3. May Meeting, Bill Rodgers. Use Frisbie hospital room. Need volunteer to coordinate. Need sponsors.

Need to fix a date, or change month.

4. Manchester marathon. Free booth at Expo for running clubs. Need volunteers to man booth. Course now seems to be all set with Hooksett and Goffstown.
5. Membership - now at 91 individual and families. Judi Rogers to send out reminders.
6. Eastern States volunteers. Need 10 more. Sign up at meeting
7. Great Bay half marathon.. Need more volunteers. Don to give them RR insurance cert.
8. Thank you from Alison. Most improved female.

Meeting adjourned at 7:45PM.

Rochester Runners Club
PO Box 727
Rochester, NH 03866