

ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 5

MAY, 2007

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Next Club Meeting:

7:00pm

Tuesday,
May 15, 2007

Location:

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

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

Speaker:

Dave Dunham,
Runner Extraordinaire
and author of the book
Just One Hill about the
Mt. Washington Road

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President's Corner

Don Yeaton

For many of us, the Boston Marathon and the Red's Shoe Barn 5 Mile Road Race mark the real beginning of the race season for us New Hampshire/Maine runners. May is one of my favorite months for running. The days are getting longer, we can shed the running tights and get out the running shorts and enjoy the cooler temps before the heat of summer hits us. Outdoor track sessions are back and we can begin building some speed for the onslaught of races that won't end now until late fall.

While most of us are dreaming of some new PR's as the race season begins, sometimes that doesn't happen. When the running is going good, you can run a longer race and every time you pass one of those shorter race distances, you realize that you just ran it faster than when you ran that shorter distance in the past. And it seemed so easy! However, at other times, it seems that the legs just won't move and the clock ticks too fast.

Some of you were disappointed with your times at the Boston Marathon this past April 16th. We were hoping for bragging rights that we survived the worst weather in it's 111 year history, but when the weather surprisingly turned out pretty good, we could no longer use that excuse. Many of you trained very hard all winter in all kinds of weather and then to finish in a less than desired time is a bitter pill to swallow.

I finished my 27th marathon and my 12th Boston Marathon on April 16th this year. It took me from 1994 to the year 2000 before I finally broke the 4 hour barrier and every time I ran one of these 42Kers, I learned something else about the marathon. One thing I learned is that there are just too many variables that you can't control and everything has to click to run a good race. All you can do is train properly and hope that you will hit a peak on the day of the marathon. Things like the weather, work, family situations and sickness are things you have little control over. I think the quote from marathon great, Bill Rodgers, says it best, "The marathon will humble you."

Remember this: Less than 1% of the world's population will ever run a marathon. If it were EASY, everyone would be doing it! You did something, whether fast or slow, that most people will only dream about.

I've always run a faster marathon later in the year than I have at Boston. After a summer of track workouts, hill runs and races, I'm always better prepared for a fall marathon.

So as we look forward to another racing season, remember it's a new year. Some of you will run much faster than last year. You are on that upward curve where every race seems to bring a new PR - that is so exciting! But some of us are on the downside of that curve. We will never run as fast as we once did, but we're not dead yet! We need new PR's for a new decade of running. Don't beat yourself up, beat that guy or gal next to you as you kick it in for that last 100 yards before the finish line. HAVE FUN!!

Running Notes

Don Yeaton

1. In case you haven't heard the news - our own Judy Benner is becoming world famous! Hopefully she will be available for autographs at our May club meeting. Not only did Judy finish in 6th place in her age group at the Boston Marathon this year, but last Thursday she nabbed an 18 year old shoplifter while working at the liquor store in Wolfeboro where she works part time. She sprinted 100 feet to catch up with the suspect who had walked out the door with a half gallon of whiskey under his jacket. Even Dan DeFrees out in Central NY heard about this story! This guy messed with the wrong clerk last Thursday. Way to GO Judy!!
2. The first NH Grand Prix race of the 7 race series for 2007 will be the FootHealth 5K in Derry at 9:00 AM on Saturday May 5th. Once again this year if you run 5 of the 7 races you will earn a jacket from Rochester Runner's Club. If you would like to car pool with us, we will be leaving from the Market Basket parking lot at the Lee Circle at 7:00 AM.
3. If want to race closer to home, our own ex-president, Darryl Cauchon, is the race director of the 3rd Seven Hills of Somersworth 5K Road Race also at 9:00 AM on Sat. The race begins and ends at the Somersworth Middle School and there's a free pancake breakfast after the race. Too bad these races weren't spread out a little so we could run both!
4. We're looking for a running shoe expert for our speaker at the June meeting. We've contacted Dan DeFrees and he suggested Steve Flanagan, an Asics rep who lives on the north shore in MA. Steve was the shoe rep speaker several years ago when we had our annual meeting at Red's Shoe Barn. Steve was a sub 3 hour marathoner in his prime, but his daughter is the famous one of the family. She is Shalane Flanagan and she is on the cover of the May '07 **Running Times** magazine. At the Reebok Boston Indoor Games back in January, she set a new American record for 3000 meters in 8:33:25. She won the Manchester Road Race last Thanksgiving and at the USATF national cross country championships, she finished 2nd to Deena Kastor. Dan is checking to see if he is available in June.
5. I'm still looking for runners who like to go with me to the 30th Utica Boilermaker 15K Road Race on July 8th. Come and join Dan DeFrees and I as we race on of my all time favorite races!
6. The American Cancer Society is sponsoring the Relay for Life at the Spaulding High Track on June 22 and 23. The 18 hour relay begins at 4 PM on Friday and ends at 10 AM on Saturday. Because there are 5 Saturdays in June this year, the Relay doesn't conflict with the Strawberry Festival 5 Miler in S. Berwick, ME this year. That race will be held on June 30th. We can have 15 team members and so far we have Ernie Garland, Judi Rogers, Mary Ulinski and Don Yeaton. You must pay a \$10 registration fee and try to raise \$100 for the ACS. We'll be signing up more team members at the May meeting.
7. Ryan Hall who set a new American record for the half marathon of 59:43 in Houston last January just ran his very first marathon in London. Would you believe a 7th place finish in 2:08:24 at age 24 on a hot day? His debut time is the fastest ever for someone born in the US. What makes this story even more interesting is that our own track coach, John Tuttle, coached Ryan when he was a student at Big Bear High School in California. Ryan was going to stay with John and run the Boston Marathon this year, but then changed his mind and went to London instead. In hind sight, that was a very good decision considering the weather conditions at Boston this year.

Reach the Beach Relay Race!

Alison Black

There are only THREE slots left on the 2007 Reach the Beach team! The 20-something hour race is scheduled for Friday, September 14th until Saturday, September 15th. 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 or contact Alison Black at 603-860-4190 or tennpurp@yahoo.com. Thanks.

Boston Marathon Reflections

Judy Brenner

The weather was so stressful days before the Marathon by the time I got to the starting line my old body said forget it Jude you aint't setting any records so forget about time and place just run this easy like a nice long training run.

Which of course I tried to do. My times were pretty consistent averaging 11:30 min mile pace. With warning of hyperthermia I was overdressed - had too much on! Lost 10 min. or so rearranging wardrobe around the 5 mile mark. Stripped my gortex pants, couple of shirts, threw away one jacket, tied the other jacket around my waist along with the pants. Shirts tied around my neck. Carried a bag with extra hat, mittens, and GU. I looked like a "bag lady" from the big city!

Found my friend at 13 miles giving her my extra clothing, now I was about 10 lbs lighter!

Coming up on 16 miles there was Bill P. and Tom L. watching the "girls go by" And they were a blessing! Jumped in and entertained me the last 10 miles! Bill hi-fived everyone along the route and fed me potatoes chips, drinks, and a long line while Tom pointed out all my competition.

Of course the crowds were awesome - hills were ok and reading Dave McGillivray's book: "The Last Pick" a week before Boston turned out to be a smart move -- when my bunions, hams strings, and calves started to complain around 18 miles or so, I thought of the many miles Dave ran in pain and injured. Well - if he could run cross country in 80 days, I can surely finish this 26.2 mile jaunt!

Turning onto Boylston Street and seeing the *BLUE BANNER* was such a thrill!! Having something left, I hot footed it to the finish line and started screaming: "CAROLINE, CAROLINE, Where are you? I did this for you!! CAROLINE!!" Caroline is my 38 year old daughter who as a RN was working the medical tent at finish line. Oh how excited she was, how excited I was!! (Bill thought Judy has lost it!) The No. 1 highlight of the entire day was crossing the finish line and finding Caroline waiting for her Mom. Hope she picked up

on my attitude: if there is something that you want bad enough, put your mind to it and GO FOR IT!

Getting baggage, and finding the 'changing tent' led up to the 2nd highlight of the day: I went into the lady's entrance found Allison and about 6 other ladies in different stages of dress and undress. Promptly sat down on the floor, immediately my calves got wicked cramps. What pain! I screamed, ladies came to my aid, but to no avail. Pain increased, with a good pair of lungs I screamed: "Bill, Bill, Bill"! Well, he comes to my aid, into the tent and dear Allison said, " Don't worry ladies, I've slept with Bill and he is harmless" Bill massaged my calves, got me into a presentable state - then am not too sure, but did I hear correctly, Bill saying: "Anyone else need help?" All this while, Tom is trying to keep guys outside the tent calm. One guy yells: "What's going on in there, my girlfriend is in there!"

For my first marathon in 21 years, it was pretty eventful, and quite enjoyable. Looking forward to running Boston again next year!

I really appreciate all the support, suggestions, comments, tips etc. from members of the Rochester Runners Club.

[**Editor's Note:** To keep all of the gossip at bay, I'd like to clarify that Bill and I slept in the same bed the night before the Reach the Beach Relay in 2003. I kept one leg on the floor at all times. And don't worry, Kathy knows about it!]

Boston Marathon Reflections, Part Two

Bob Rondeau

I want to thank the Rochester Runners for the bib number to enter into the Boston Marathon. It takes a lot of work and dedication to run a marathon. The Boston Marathon is a special marathon, because of the number of runners and spectators. Also it was a pleasure to run with the liver foundation to support a great cause. It was not a great day because of the weather, cold windy and raining at times. My problem occurred around mile 13 when I got a blister and leg cramps. I ran and walked until mile 22 when I went to the medical tent and got the blister taken care of. They ask if I was going to continue, I said yes even if I had to crawl to the finish line. So my time was not great; I finished in 4:58:42. So I will continue to train to accomplish the four hour marathon. Thank you again and hope to see you on the roads.

Boston Marathon Reflections, Part Three

Alison Black

First of all, MANY thanks to the Rochester Runners, for without them I would not have run Boston this year. Thanks to our Grand Prix competition, I was able to get a bib to run in Boston. I wasn't so sure I wanted to run another marathon so soon after the Hartford Marathon in October of 2006, but once I knew the Boston bib was in reach, I went for it!

Boy, am I glad I did. I loved every minute of it! I never knew a marathon could be so much fun. I expected the spectator turnout to be low due to the weather, and from what I heard it was definitely a lot less crowded. However, I did not notice at all and have to thank the spectators for my solid finish. I literally had a smile on my face for the last 3 or 4 miles because people were screaming my name, chanting my name, and saying fun and crazy things to me. It was much more than I ever dreamed. The crowd literally carried me through for the last 4 miles.

As for the infamous Newton hills, they did not bother me at all. Yes, I felt my heart pumping and yes, I became a bit out of breath. But the change in terrain was a welcome relief to my lower shins. I ran up every one of those hills. In fact, I did not walk at all during the marathon except for a few steps at the water stops I chose to stop at. Bill Paradis did say that I had my “game face” on during one of the Newton hills, but I just ignored him and kept plugging away. I was blessed to see both Bill and Tom Littlefield for quite a bit of the Newton hills. Bill scared the heck out of me when he ran up behind me and whacked me on the rear end!

I finished (5:04:54) a few minutes after Bob Rondeau but I didn’t see him until the baggage bus. And I finished around the same time as Judy Brenner, who was in pain due to calf cramps. In fact, I was so worried about her that I let Bill come in the women’s changing tent to help her! After Reach the Beach he had seen all I have to offer, so I reassured the other women in there that he was “safe.” Boy, did I fool them! ☺

Apparently I passed Don at some point in the second half but I never did see him.

I really wasn’t sure I wanted to work really hard to get the bib again this year, and I’m still not so sure about it. But I definitely wouldn’t complain if I did! I will definitely do Boston again some year, some way some how. It was more fun than I ever imagined.

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.

New All-Women's Half Marathon in Maine

Mike St. Laurent

On September 23rd there will be an all-women's half marathon in York Maine, put on by LOCO and other sponsors.

The all women's field also includes a lottery for 1 lucky guy. The lottery costs \$10 and the winner gets to run with all the women and win of course the male division, as well as be world famous. Stay tuned to www.locorunning.com.

Officers' Meeting Minutes, 5/1/07

Walter Shyska

6:30 PM at Mary Ulinski's House.

President Don Yeaton, presiding.

In attendance: Walter Shyska, Mary Ulinski, Paul Lindsay, Judi Rogers.

1. Eugene marathon. Walter and Darryl had a good time at the Eugene Oregon Marathon. Course and organization were great, along with the weather.
2. Ryan Hall, 24. 2.08.24 London. Trained by John Tuttle.
3. May speaker. Dave Dunham Will speak about The Mt. Washington Road Race and his running experiences. Dave will bring some copies of his book: "Just One Hill" - about the history and lore of the Mt. Washington race.
4. 3 Races this weekend: Derry Foothealth 5k (a club Grand Prix race), Somersworth 7 hills (Darryl Cauchon, race director) and Children's Museum in Portsmouth.
5. Jackets - club members who run 5 out the 7 club Grand Prix will earn a special jacket with RR and Grand Prix Logo for 2007. Note: You can also earn a "Granite Runner Shirt" if you run all 7 GP races
6. Manchester Marathon: Course is being certified. Much organizing and planning place, race is on schedule. Will be kid's fun run also at Fisher Cats stadium. Looking for running clubs to work water stops.
7. Relay for Life. Looking for more people. Contact Don Yeaton for more info. June 22 & 23.
8. June meeting. Need to come up with an activity/speaker. Possibly fun run with Ice Cream. Speaker on shoes? Massage?

9. Spaulding High scholarship. will be presented by school, no RR presenter this year.
10. Reach the Beach. 350 teams this year. Still 3 openings for Alison's team. RR members will man "Country Kitchen Restaurant" area (8 volunteers).

Meeting concluded at 7:50pm, Respectfully submitted, Walter Shyska, Secretary

The 2007 Rochester Runners Grand Prix Update

Paul Lindsay

Road racing picked up steam in April for RRs, when the favorite races were the Great Bay Half Marathon in Newmarket, Todd's Trot 5K in Durham, the Boston Marathon, Red's Shoe Barn 5 mile in Dover, and Girls Inc. 5K in Rochester. In **John Tuttle's** first race as a senior (Great Bay), he placed first out of 75 in his division and 11th out of 1,248 overall. Among the 20,348 marathoners in Boston, **Scott Rowe** finished in the top half of 1% and **Laura Harding, Amy Barr, and Britt Schuman** beat their best marathon times of last year. Congratulations to **Judy Brenner** and **Ken Houle** for multiple races exceeding their USATF age group performance standards, and to several RRs who lowered their baselines with their best races in a year or more: **Britt Schuman, Patty Crothers, Dave Abbett, Rick Collopy, Jameson Harding, Mark Galarneau, Don Gagne, Ed Larkin, Joe Boyle, Jamie Houle** (2nd overall at Girls Inc.), **Dale Post, Lisa Houle, Lindsey Richardson, Jacob Richardson, Colin Johnson, 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. For a detailed explanation of the RRGP, visit rochesterrunners.com.

Please note, if you have run some races this year but don't see your name below, it might be that we missed you when looking up race results, but it could be because you forgot to renew your membership for 2007 (check your membership card—January was renewal month—or contact Don Yeaton if you aren't sure).

| S | D | t | T | n | | S | D | t | T | n | | S | D | t | T | n | |
|----|----|---|----|----|--------------------|---|----|---|----|---|-----------------|---|---|---|---|---|--------------------|
| 10 | 53 | 0 | 63 | 10 | Alison Black | 6 | 12 | 0 | 18 | 3 | Joe Boyle | 1 | 8 | 0 | 9 | 2 | John Rancourt |
| 1 | 50 | 0 | 51 | 8 | Sin Kounlasa | 6 | 12 | 0 | 18 | 3 | Mark Galarneau | 0 | 8 | 0 | 8 | 2 | Chris Apkarian |
| 0 | 39 | 0 | 39 | 7 | Mary Ulinski | 0 | 18 | 0 | 18 | 3 | Benjamin Jones | 0 | 8 | 0 | 8 | 2 | Dave Butler |
| 8 | 29 | 0 | 37 | 5 | Britt Schuman | 5 | 12 | 0 | 17 | 3 | Jamie Houle | 3 | 4 | 0 | 7 | 1 | Jameson Harding |
| 3 | 34 | 0 | 37 | 6 | Dan Poliquin | 3 | 14 | 0 | 17 | 3 | John DiNella | 3 | 4 | 0 | 7 | 1 | Don Gagne |
| 0 | 35 | 0 | 35 | 6 | Walter Shyska | 0 | 17 | 0 | 17 | 3 | Cliff Parkinson | 3 | 4 | 0 | 7 | 1 | Ed Larkin |
| 6 | 28 | 0 | 34 | 5 | Bob Rondeau | 0 | 16 | 0 | 16 | 4 | Jack Collopy | 3 | 4 | 0 | 7 | 1 | Lisa Houle |
| 1 | 32 | 0 | 33 | 6 | Judy Brenner | 3 | 12 | 0 | 15 | 3 | Hen Houle | 3 | 4 | 0 | 7 | 1 | Colin Johnson |
| 0 | 33 | 0 | 33 | 7 | Diane Levesque | 0 | 15 | 0 | 15 | 3 | Dave Poliquin | 3 | 4 | 0 | 7 | 1 | Lindsey Richardson |
| 3 | 29 | 0 | 32 | 5 | Laura Harding | 0 | 15 | 0 | 15 | 3 | Mike Andrews | 3 | 4 | 0 | 7 | 1 | Jacob Richardson |
| 6 | 23 | 0 | 29 | 4 | Dave Abbett | 5 | 8 | 0 | 13 | 2 | Judi Rogers | 1 | 6 | 0 | 7 | 1 | Sue Littlefield |
| 1 | 28 | 0 | 29 | 5 | Kevin Scott | 3 | 10 | 0 | 13 | 2 | Liz Bowden | 2 | 4 | 0 | 6 | 1 | Mark Chrusz |
| 0 | 29 | 0 | 29 | 5 | Darryl Cauchon | 3 | 10 | 0 | 13 | 2 | Dale Post | 1 | 4 | 0 | 5 | 1 | Stephen Estabrook |
| 3 | 25 | 0 | 28 | 5 | Randy Spencer | 2 | 11 | 0 | 13 | 2 | Don Yeaton | 1 | 4 | 0 | 5 | 1 | Jim DeJohn |
| 2 | 25 | 0 | 27 | 5 | Clayton Lewis | 0 | 13 | 0 | 13 | 3 | Dennis Graves | 1 | 4 | 0 | 5 | 1 | Dan DeFrees |
| 5 | 21 | 0 | 26 | 4 | Lori Scott | 0 | 12 | 0 | 12 | 2 | Mike Amero | 1 | 4 | 0 | 5 | 1 | Nancy Moonsamy |
| 5 | 21 | 0 | 26 | 4 | Michael Richardson | 0 | 12 | 0 | 12 | 2 | Scott Rowe | 0 | 5 | 0 | 5 | 1 | Pete Dubois |
| 2 | 24 | 0 | 26 | 5 | Dave Rosania | 0 | 12 | 0 | 12 | 3 | Judi Lemaire | 0 | 4 | 0 | 4 | 1 | Mike Dubois |

| | | | | | | | | | | | | | | | | | |
|---|----|---|----|---|-------------------|---|----|---|----|---|---------------------|---|---|---|---|---|-------------------|
| 3 | 22 | 0 | 25 | 4 | Joe Harding | 3 | 8 | 0 | 11 | 2 | Rick Collopy | 0 | 4 | 0 | 4 | 1 | Amy Lindsay |
| 1 | 23 | 0 | 24 | 4 | Dick L'Heureux | 0 | 11 | 0 | 11 | 2 | Chris Blanchette | 0 | 4 | 0 | 4 | 1 | Karen Norris |
| 0 | 24 | 0 | 24 | 4 | Bill Paradis | 0 | 11 | 0 | 11 | 2 | Peter Whitten | 0 | 4 | 0 | 4 | 1 | Jack Prescott |
| 0 | 24 | 0 | 24 | 5 | Brian Gallagher | 0 | 11 | 0 | 11 | 2 | Chuck Zerbinopolous | 0 | 4 | 0 | 4 | 1 | Ron Foster |
| 0 | 24 | 0 | 24 | 6 | Bob Randall | 0 | 11 | 0 | 11 | 2 | Jennifer Johnson | 0 | 4 | 0 | 4 | 1 | Kristin Houle |
| 2 | 21 | 0 | 23 | 4 | John Tuttle | 3 | 7 | 0 | 10 | 1 | Amy Barr | 0 | 4 | 0 | 4 | 1 | Elizabeth Beecher |
| 2 | 21 | 0 | 23 | 4 | Jeannette Lindsay | 1 | 9 | 0 | 10 | 2 | Paul Lindsay | 0 | 3 | 0 | 3 | 1 | Andy Schachat |
| 1 | 19 | 0 | 20 | 3 | Diane Casselberry | 0 | 10 | 0 | 10 | 2 | Don Norris | | | | | | |
| 3 | 16 | 0 | 19 | 3 | Danielle Amero | 3 | 6 | 0 | 9 | 1 | Patty Crothers | | | | | | |

**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**



Rochester Runners Club
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Rochester, NH 03866