

# ROCHESTER RUNNERS REPORT

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**Next Club Meeting:**  
7:00pm  
Tuesday,  
October 16<sup>th</sup>

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

**Speakers:**  
Craig Stephan and  
Lauren Winterholer,  
back from the Peace  
Corps in Swaziland

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## **President's Corner**

**Don Yeaton**

It's been a busy September! It began with the St. Charles 5K on Labor Day and a race every week on the remaining 4 Saturdays. A number of you made it to the September club meeting for some interesting Reach the Beach "war" stories, but for those of you who couldn't make it, there are several things that bear repeating.

This was my 6<sup>th</sup> RTB experience and each one is a little different. I was a driver for Dave Smith's "Kermit and the Frogs" team for two years and drove for Alison Black's team – Ali Baba and the Eleven Thieves – the first year she became a team captain. This year marked Alison's 4<sup>th</sup> year as a team captain and the 3<sup>rd</sup> year I have been a member of her "Purple People" team. Alison is Rochester Runners' newsletter editor and is one of the most organized people I have ever known! When she registered our team at Cannon Mt., the person behind the table thought he should deduct 10 minutes off our team time because she presented all the paperwork and required items with such expertise!

We were a 12 person mixed team and all of us went up to Cannon on Thursday afternoon (9/13) so we would be ready for our 8:25 AM start on Friday. There were 8 "newbies" – Christina, Jane, Dave, Dale, Peggy, Joe, Chris and Claudia – and 4 of us veterans – Mary, Alison, Luis and me. Four of us, Dave Abbett, Dale Post, Chris Bernier and myself, camped out in cool 40 degree weather next to a stream in Dale's tent in a camping area north of Franconia. The rest of our team "roughed" it at the Best Western of Franconia. We were greeted to a bright and sunny and cool and clear day on Friday. What a great day to be in the mountains of NH!

There were six of us in each van and Alison's van got to tackle the first 6 legs that made their way down the 28 mile Kancamagus Scenic Byway that climbs to nearly 3000 feet. Leg #3 was one of the toughest – a 7.7 mile steady climb of 1500 vertical feet.

I was the 12th person in the rotation so that meant that of the 36 total legs, I would be running legs 12, 24 and 36. My first leg was an easy 4 miler out of White Lakes State Park at about 5:30 PM on Friday September 14<sup>th</sup>. Since I had just run a PW – personal worst – 5K time at St. Charles because of a hamstring strain, I took it easy and finished in 36 minutes so that I would be ready for my next 2 more difficult legs.

Leg # 24 was on my home turf – 6.9 miles from the Epsom Traffic Circle to Bear Brook State Park. It was on this leg one year when Dave Smith caught Alison Black and Kermit's team went on to finish in 24 hours and 30 seconds! I have run and biked this leg many times as it is on my 15 mile Bear Brook loop from my house. It was here at the circle that we were greeted by our fellow Rochester Runners working the "graveyard" shift at this transition area from 2 AM to 8:30 AM. A big THANK YOU to Paul and Amy Lindsay, Bob Rondeau, Sue Littlefield, Liz Bowden, John Rancourt, Brian Geiger and one of his kids, Kevin Scott and Arlon Chaffee!! RTB wouldn't happen without all of you volunteers!

However, this time around, we didn't spot any of the "Frogs" until we were at the next to the last transition area and the end of leg #34. Remember we had started at 8:25 AM on Friday and

Dave's team didn't start running until 2:30 PM. We had a 6 hour head start. We found out that Dave was running this leg into Winnicunit High School, but our runner, Peggy Taylor, had a good lead on him. Peggy would hand off to me and I would have the honor of running the last leg of 4.3 miles into the finish at Hampton Beach State Park. Now I was getting nervous!! Who would I have to run this last leg against? When we got to the high school we talked to more of the "Frogs" and I asked John Tuttle if he was running the last leg. No, it would be George Stevens – the youngest "Frog" and one of Coach Johnny's fastest students. Peggy had an easy 3.3 mile leg to the high school and she ran her fastest pace ever on this leg since running her very first race last November at our Free Fall 5K.

Now the pressure was on – ME – could I hold off George until the finish? How close was he and how much of a lead did I have? As I was running along Hampton Beach, Kermit himself yelled out the window of their van that George was on the way. I didn't dare to turn around and look, I just kept running as fast as I could. But there was no way these 56 year old legs would be any match for those 18 year old legs of George. He passed me about ¼ mile from entrance to the Hampton Beach State Park. I was pushing my hamstring to as fast a pace as I could – 7:55 – and George was running 5:30's! (He later told me he had never run this fast a pace in a 5K race before!) Once into the park, we had to run in some soft beach sand for about 50 yards before the sprint to the finish. My fellow "Purple People" were waiting for me, screaming and cheering, and all of them ran to the finish with me. WOW – was that exciting! I gave it everything I had left and just about 10 yards before the finish, I felt this little "tear" in my right hamstring. It had held up for three legs – 15.2 miles – and now it was all done and so was I! What a great moment in time – one that rivaled the first time I broke 4 hours in the marathon when I ran 3:55 flat at the Bay State Marathon in October of 2000!

Thanks again to my teammates and vanmates. We had such a good time. Next year when we begin talking about RTB 2008, why not think about it? One final note: All of us "put the Hammer down" for our last leg and I think all of us ran our last leg faster than the previous 2 legs on little or NO sleep. Amazing!!

## **Running Notes**

### **Don Yeaton**

1. We've had to change our October speaker. It was to have been Willem Verveij, a physical therapist from Rochester who belongs to our club and who helped me heal my Achilles injury back in the winter of 2006. He has finally found another therapist to join him to take some of the workload off himself. We will reschedule him for a later date.
2. Craig and Lauren Stephan are back from a two year stint with the Peace Corps in Swaziland in Africa. They will be telling of their unique experiences at our next monthly club meeting on October 16<sup>th</sup> at 7:00 PM.
3. Scott Rowe is hoping to make club history on Sunday, October 9<sup>th</sup> at the Chicago Marathon. Scott is trying to run a sub 2:22 to qualify for the Olympic Trials next year. Scott ran 2:29 there last year under windy conditions and with his recent half marathon win and PR of 1:09:08 at the Swanzy Covered Bridges Half Marathon, it appears doable. GO SCOTTY!!

## **Free Fall Classic Race**

**Dave Abbett, Race Director**

This year's race will be held at 8:00am (7:45 for walkers) on Thanksgiving Day at the Rochester Community Center and we will run/walk the old St. Charles 5k course. This course is an out and back, fast and flat 5k that heads out Chestnut Hill Road, turns around near the entrance to Roger Allen Park and returns to end on the Spaulding Track. The course has now been certified!

Please check out the web site for more information, including a race application!

[www.rochesterrunners.com](http://www.rochesterrunners.com)

## **Reflections on Bar Harbor and the Rochester Runners**

**Kathy Paradis**

We had a great time at Bar Harbor and Acadia National Park. We started our weekend with a huge meal hosted by Mama DiMatteos & Parkside Restaurants . . . all the lasagna, bread, veggie pasta, and salad you could eat. So, we were all carbo loaded to do Saturday's Race.

We tented all weekend at Blackwoods Campground, inside the National Park. It was right across the road from where we hiked on Sunday.

I got a 1st place award in my age category at the Bar Harbor 5K on Saturday. It felt so good. Now I know how the other "fast" runners feel! This was a small race and I only ran 31:05 minutes (it was a tough, long uphill at the beginning - must of been 1/2 mile long or more!) so, I was happy with my effort. And no, I wasn't the only one in my division! Ha, ha!

Bill ran The Bar Harbor 1/2 Marathon Trail Race and his time was 1:50:30. He felt good with that, for it was raining most of the race.

At the dinner on Friday, we met a couple from Vermont. They were very impressed with our running club and wished that they had one too. Terri (she ran the 5K with me) wanted to know what kept our club cohesive. I said, "Well, a lot of things. First of all, our president, who gives a tremendous amount of his personal time. Secondly, Paul Lindsay, who keeps charts & graphs on all club members for our In Club Grand Prix - And lots and lots of caring people." I told her of the many friendships we have made and how fortunate we feel, having stumbled into Ron Foster at Red's Shoe Barn in 1999.

I guess I never realized how important it is, being a Rochester Runner until she asked that question!

## **A Small Race to Remember**

**Bob Rondeau**

I went to a small race last weekend. It was supposed to start at 3:30pm but never got started till after 4:00pm. When I got there, some people were drinking and smoking. I registered for the race and asked if there were shirts for the race and was told that only volunteers got a shirt.

We had to wait for the fire department to get there because they were the ones doing the timing. So as I am waiting I see that I am the oldest one there. I thought “this is crazy, I had no business doing this race.” Everyone who ran the race was young.

So the fire department showed up and I thought “this is great, I won’t be the oldest one here now.” So they did the opening ceremonies, and then we headed to the start of the race. Now this was supposed to be a 5k race. We started in a parking lot and finished there. So we lined up for the race and I have never been this close to the front of the start before. We started the race and I was doing fine. After one mile I’m at a 7min pace; this is fast for me but the course was flat until I had to run down a set of stairs. So I am looking for a time between 21-23 min. As I am at the end of mile 2 they say “right up to the parking lot and you’re finished.” I said we had another mile to go but someone gave the wrong turn and we ended up only doing 2 miles.

I asked where I placed in the results and one runner that belongs to the Rochester Runners said you finished 5<sup>th</sup>. We got back to the award ceremony, and they were reading off the winners and my name was not mentioned for 5<sup>th</sup> or not even on the list at all. The person in charge asked if I wanted her to call someone to find out where I finished in the race. I said no that it was not that important. Now this is the fifth time this race has been run. They also had a small cookout far from the race also. I will always remember this race, and it will be one of my worst times at a race.

## **Newsletter Editor Needed**

**Alison Black**

I am stepping as Newsletter Editor after four years of service. I am willing to complete my official term, which ends with the December newsletter. It would be helpful to train someone some time this fall. If you are interested in learning more about the position, please email me at [tennpurp@yahoo.com](mailto:tennpurp@yahoo.com). Thanks!

# The 2007 Rochester Runners Grand Prix Update

**Paul Lindsay**

**30Oct07 RRGp update:** This update includes results from the Reach the Beach Relay, Bar Harbor Half Marathon and 5K, Lobster Dash 5 mile in Ogunquit, Portland Trails 10K, Winnepesaukee Relay, Maine Coast Half Marathon, Falling Leaves 14K in Utica N.Y., Eliot Festival Day 5K, N.H. Marathon 10K in Bristol, Clarence DeMar Marathon in Keene, and Rochester (N.Y.) Autumn Duathlon. Congratulations to **Kathy Paradis** for her first age group win and to **Sin Kounlasa** for an outstanding marathon at DeMar, where she not only met her Boston qualifying standard (again) but improved her time by over 4 minutes to earn the asterisk for surpassing her national age-group performance standard. Other age group winners included **Judy Brenner** and **Ken Houle**, who both also earned age-group asterisks. RRs who recently ran their best races in at least a year and lowered their baselines were **Diane Levesque**, **Sue Littlefield**, **Dave Poliquin**, **Steve Estabrook**, **Mike Amero**, and **Jim DeJohn**.

**S**=speed points, **D**=distance points, **t**=team points, **T**=total points (for best 10 races), and **n**=number of races (check to see that all yours are accounted for). For a detailed explanation of the RRGp, visit [rochesterrunners.com](http://rochesterrunners.com). Please send corrections, questions, and comments to [bplindsay@hotmail.com](mailto:bplindsay@hotmail.com).

<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>	
19	57	9	85	34	Sin Kounlasa	0	49	6	55	20	Brian Gallagher	6	11	3	20	2	Amy Barr
22	50	12	84	25	Alison Black	0	48	7	55	11	Mike Andrews	5	12	3	20	3	Guillaume Moreau
19	44	18	81	16	Brian Geiger	4	43	6	53	9	Benjamin Jones	4	12	3	19	3	Janet Glazier
14	47	18	79	23	Bob Rondeau	0	53	0	53	13	Bill Paradis	4	14	0	18	3	Don Gagne
25	45	3	73	12	Michael Richardson	7	42	3	52	9	Jennifer Johnson	3	12	3	18	3	Dylan Tuttle
13	45	15	73	17	Don Yeaton	6	46	0	52	11	Dan DeFrees	2	16	0	18	4	Mark Chrusz
22	44	6	72	13	Dave Poliquin	9	42	0	51	9	Sue Littlefield	3	14	0	17	3	John DiNella
14	52	6	72	20	Dan Poliquin	5	46	0	51	8	Laura Harding	0	16	1	17	3	Peter Whitten
13	53	6	72	16	Lori Scott	10	40	0	50	9	Judi Rogers	1	12	3	16	3	Rhiannon Amero
11	52	9	72	34	Diane Levesque	9	38	3	50	7	Scott Rowe	0	16	0	16	4	Kathy Paradis
17	48	6	71	19	Walter Shyska	2	48	0	50	10	Dick L'Heureux	3	12	0	15	3	Nanette Henderson
20	50	0	70	16	Britt Schuman	17	29	0	46	7	N. Daniel Stiegler III	0	15	0	15	4	Andy Schachat
16	48	6	70	10	Danielle Amero	0	40	3	43	9	Pete Dubois	0	12	3	15	3	Amy Lindsay
18	48	3	69	20	Clayton Lewis	0	41	0	41	9	Chris Blanchette	6	8	0	14	2	Isaac Fithian
18	41	9	68	16	Ken Houle	7	30	3	40	7	Kristin Houle	3	10	0	13	2	Patty Crothers
17	42	9	68	13	Nathan Huppe	0	37	0	37	8	Don Norris	0	13	0	13	3	Kristyn Nereson
12	48	6	66	11	John Tuttle	0	37	0	37	8	Dennis Graves	4	8	0	12	2	Jim DeJohn
20	42	3	65	10	Jamie Houle	7	28	0	35	6	Lisa Houle	0	8	3	11	2	Jack Prescott
5	51	9	65	20	Judy Brenner	3	25	7	35	6	Wendy Stewart	0	8	3	11	2	Ron Foster
0	50	15	65	22	Cliff Parkinson	6	25	3	34	6	Stephen Estabrook	0	10	0	10	1	Laurel Valley
15	46	3	64	27	Bob Randall	0	29	3	32	7	Dave Butler	0	10	0	10	2	Ford Bishop
15	46	3	64	9	Dave Abbett	3	28	0	31	6	Dave Rosania	0	9	0	9	2	Mike Dubois
13	48	3	64	14	Randy Spencer	3	28	0	31	5	Joe Harding	0	9	0	9	2	Tracy Jones
6	55	3	64	16	Kevin Scott	6	24	0	30	5	Dale Post	0	8	0	8	2	Karen Norris
17	42	3	62	16	Jack Collopy	10	16	3	29	4	Drew Tuttle	0	8	0	8	2	Armida Geiger
14	44	4	62	12	Mark Galarneau	8	21	0	29	5	Michelle Grenier	3	4	0	7	1	Jameson Harding
0	56	6	62	28	Mary Ulinski	1	25	3	29	6	John Rancourt	3	4	0	7	1	Ed Larkin
3	51	6	60	15	Darryl Cauchon	9	16	3	28	4	Rick Collopy	3	4	0	7	1	Ken Hult
10	43	6	59	20	Judi Lemaire	5	23	0	28	5	Petr Brym	3	4	0	7	1	Kimberly Spencer
16	42	0	58	12	Joe Boyle	5	20	3	28	5	Nancy Moonsamy	0	6	0	6	1	Tom Littlefield
10	45	3	58	13	Liz Bowden	6	18	3	27	4	Manya Hult	0	6	0	6	1	Willem Verweij

9	43	6	58	9	Mike Amero	7	16	3	26	4	Lindsey Richardson	0	6	0	6	1	Jennifer Borda
7	51	0	58	11	Diane Casselberry	4	21	0	25	4	Sarah Naleid	0	4	0	4	1	Elizabeth Beecher
18	39	0	57	9	Chris Apkarian	3	20	1	24	4	George Stevens	0	4	0	4	1	Luminita Post
10	40	6	56	9	Peggy Taylor	3	16	3	22	4	Jacob Richardson	0	4	0	4	1	Sarah Crothers
9	38	9	56	9	Paul Lindsay	6	12	3	21	3	Colin Johnson	0	4	0	4	1	Matthew Cashman
7	49	0	56	13	Chuck Zerbinopoulos	4	17	0	21	3	Arlon Chaffee	0	4	0	4	1	Ernie Garland
10	45	0	55	9	Jeannette Lindsay	6	14	0	20	3	Evan Thompson	0	4	0	4	1	Jeff Crothers

## **Rochester Runners Officers' Meeting Minutes—10/9/07**

### **Walter Shyska**

Meeting called to order at 6:40 PM by President Don Yeaton

In attendance: Walter Shyska, Mary Ulinski, Janet Glazier, Judy Rogers, Don Yeaton, Dave Abbett, Paul Lindsay.

1. October Meeting: Craig and Lauren Stephan  
Original speaker Wilhem, Physical Therast, will schedule for a later month.
  
2. Christmas Caroling with St. Charles children in Rochester will be held on Sunday, December 9th at 1PM.  
Reserve the date, further reminders will be forthcoming.
  
3. Manchester City Marathon - all on schedule. Andy Schachat will be the announcer.  
1120 now registered. Hoping for 1500 total for Full Marathon and Half Marathon  
Still looking for volunteers for either Saturday (expo) and Sunday. Notify Don Yeaton if you want  
to volunteer.  
Race starts at 8:50 am and the start will be shown live on Channel 9, WMUR TV
  
4. Free Fall Race. Paul and Dave report that the course is now USATF certified.  
Ron Fitzpatrick, an official "certifier", assisted Dave and Paul.  
Certification process involved first measuring the 5000 kilometers by hand using a steel measuring tape.  
This was done twice, once from each end. Next the course is measured using a special measuring device attached to bicycle.  
Dave planning the registration tables: 1. Actual Registration, 2 Packet pickup, 3. T shirt pickup, 4. Place to fill out the registrations.  
T-Shirt, being designed by Judy Brenner.  
Raffle Prizes: Being solicited. Fuel belts.  
Awards: Gift Cert. \$50 from Bootleggers Shoes for race winners M&F.  
Apple Pies from Shaws/Market Basket for age division winners, 10 year divisions.

5. Election of Officers. Need nominating committee. Final vote will be held at the December 11 meeting.

Need volunteers for the committee, will solicit at October meeting.

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