

ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 11

DECEMBER, 2007

President
Don Yeaton
Dryrun262@msn.com
736-4610

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
ovsterriver@msn.com
868-1774

Vice President/Misc. Affairs
Janet Glazier
janetglazier@yahoo.com
743-4558

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

Next Club Meeting:
7:00pm
Tuesday,
December 11th

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

Topic:
Holiday Yankee
Swap, Officer
Elections, and
Dessert Social

Secretary
Walter Shyska
abfg98@yahoo.com
463-5829

Webmaster
Peter Brym
brym@metrocast.net
755-3646

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@somersworth.com
692-5828

The Rochester Runners web site: www.rochesterrunners.com
E-Mail: dryrun262@msn.com

President's Corner

Don Yeaton

Racing season is over for most of us. My last race of the year is usually the Jingle Bell 5K in Concord and it was very cold and windy this year on December 1st as it is most years. December is a good time for a little break from running as we enjoy that Thanksgiving to Christmas holiday season before we ramp up the training again for Boston or another spring marathon.

This is one of my favorite times of the year. I'm a driver for Domino's Pizza in Rochester on Thursday and Friday nights. Driving around the city with Christmas music on the radio and viewing all the Christmas lights is a great time and if it happens to be snowing – that's even better.

But for many people the holidays are not happy at all. They remind them of too many bad memories and they would just as soon fast forward to January 1st. While people are making merry around them, all they know is despair and despondency and for far too many, suicide becomes the only relief. I know this seems a little “heavy” for my December article, but there is a reason. There's a way that perhaps you can bring a smile to someone's face at this time of year.

One December 9th at 1:00 PM we will be leaving the Rochester Community Center for our Annual Christmas Caroling Fun Run. I think we've been doing this since the late 1990's and perhaps you've never joined us because you can't sing or would be too embarrassed to sing in front of people at the nursing homes. If that's your excuse, it's a pretty lame one! Come and join us anyway and bring your smile with you. Hey – some of those people in there are deaf anyways, so they won't know if you hit a bad note. And I know that nursing homes can be depressing places to visit. But that's the whole point! Here's your chance to bring a little Christmas cheer to people who really need it. And you know what? Some of US may be in their place in a nursing home someday and we'd be glad to have some runners come and sing for us and leave us some cookies. Am I laying a guilt trip on you? Yes, I am! So please make or buy some cookies, candy, etc. and drop them off at Judy Roger's place at 10 Copeland Drive off Charles St. in Rochester by noon on Sat. December 8th and then join us for the Fun Run on Sunday December 9th at 1:00 PM.

The TRUE meaning of Christmas is about giving as that very famous Bible verse says; “For God so loved the world that He GAVE His one and only Son that whoever believes in Him should not perish, but have everlasting life.” John 3:16 Running has GIVEN us so much, here's your opportunity to give back to those who could really use a smile and a song at this time of year!

Merry Christmas!

- Don Yeaton

P.S. I still like that bumper sticker I saw years ago – “Wise men still seek Him!”

Running Notes

Don Yeaton

- We have 17 of us signed up to volunteer for the Eastern States 20 Miler and ½ Marathon on March 30, 2008. We could use at least 25 volunteers and some positions will allow you to volunteer before the race and still be able to run. **If you have never helped out a race before**, I would encourage you to give it a try. You will get to view a road race from the other side of things, get to serve your fellow runners by making the race a pleasant experience for them and help the club earn the \$1500 that Don Allison pays us for working the race. It is a lot of work, but it's only one day and the club certainly benefits greatly from a financial standpoint.
- Some of you may remember Chris Dunn who was a trainer at the WORKS and spoke at club meeting back in the late '90's I think. He has put together 2 Snowshoe races this winter. The first one is the Cobble Mountain Snowshoe Classic at Gunstock on Sat. Jan. 26, 2008. The 2nd race is the Kingman Farm Moonlight Snowshoe 5K at 6:00 PM on Sat. Feb. 23, 2008 at the Madbury Townhall. I'll have more info at the next club meeting. I've always wanted to try a snowshoe race and now we have 2 races close to us. There will be a team category and Chris has challenged us to go for the team title!
- New Year's Day Resolution Run at PSNH on Old Dover Rd. in Rochester at 9:00 AM. Red's Shoe Barn gift certificates to the top 3 runners who most closely predict their time for the 5 mile run. Shorter loops are also available. Please bring some food item to share in the brunch to follow the run.
- Pancake Run at Bill and Kathy Paradis' in N. Berwick on Jan. 5th at 8 AM.
- Annual Boston Trip and Fresh Pond Race on Sat. Jan. 19th. We will run the Fresh Pond race in Cambridge at 10 AM – either 1 loop – 2.5 miles or 2 loops – 5 miles and then check out some running related stuff around Boston, i.e. New Balance Factory Outlet, Bill Rodger's Running Center, NikeTown, Marathon Sports, etc. The Fresh Pond race has been held every Saturday by the North Medford Club since 1972!!!! We will leave the Shaw's parking lot in Dover at 8:00 AM on Jan. 19th
- Remember!!!!!!!!!! The December club meeting will be held one week earlier than normal because of Christmas. We will meet on Tuesday Dec. 11th at 7:00 PM for election of officers for 2008, a Yankee Swap and dessert social. The club will provide the drinks –please bring a dessert to share –contact Janet Glazier if you have questions on what to bring – janetglazier@yahoo.com. Yankee Swap gifts should be in the \$10 range!

Reflections on the Rochester Runners

Alison Black, Newsletter Editor

Most of you know that this is my last newsletter after four years of serving as the Newsletter Editor. I am very excited that we have such a wonderful club member who will be taking over the newsletter duties: Peggy Taylor. Peggy was on my Reach the Beach team this year (Purple People) and I know she will bring a lot of enthusiasm to the position. Peggy's first issue will be in January.

As I wrap up my tenure as Newsletter Editor, I thought I should reflect upon my experiences as a Rochester Runner. There are many wonderful memories and many people to thank. A bit of history first: I joined the Rochester Runners in September of 2002, the same year I started running. At the time, I did not realize what a special group this was and how much the club would come to mean to me. I count many of you as very close friends and I feel so lucky to be a part of this wonderful club. Whenever I tell someone about the Rochester Runners, I beam with a smile. Many of you were there for me at the beginning when I could barely even run. Who would have predicted back then that I'd run 5 marathons over the course of the past 5 years?!

Here are some highlights of memories and people to thank. There is no way I could capture them all, but this is a start:

- REACH THE BEACH! I served as captain of the team in 2003, 2004, 2005, and 2007. Our first year we were Ali Baba and the 11 Thieves and since then we have been the Purple People. RTB has become my favorite race by far and I cannot even begin to recount all of the many fun memories! All I can say is....thank you to all of my teammates over the years for such a great time!!! I look forward to many more years.
- Hiking with fellow Rochester Runners, especially the Lindsays. One hike in particular stands out, and that is when Paul Lindsay, Brian Gallagher, Mike Dubois and I hiked Mt. Kearsarge in the North Conway area. I think Faye Lowrey might have been there as well, and perhaps Pat Jones? (My memory is starting to fail me!). Anyway, I had attempted that hike a year before when I was overweight and couldn't make it to the summit. On this day, I made it to the summit and even got a picture of Brian!!! It was a great day.
- Mystic Places Marathon and Scott Rowe. Scott eagerly agreed to travel with me to Mystic, CT to serve as my support person for my first marathon in 2003. Scott was the best support person ever!!! I still think so fondly of that experience, not only because it was my first marathon, but because Scott was absolutely amazing in his role. I am still grateful to him for all of his help and for knowing exactly how to deal with me on marathon weekend! ☺
- Christmas Caroling run. I've participated in a couple of these runs and have had such a great time singing (badly), providing smiles to our audiences, and seeing Walter in his Santa outfit!
- New Jersey Marathon. Laurel Valley and I signed up for this marathon in 2005 but neither of us finished it! We did travel down to NJ but I was injured so didn't start the race and Laurel had some dehydration issues and didn't finish. The heat was awful that day. We all know what a hearty and phenomenal runner Laurel is, so you can imagine that the conditions were not ripe. It was a great trip anyway! New Jersey pizza and Italian ices—yum!!
- Don Yeaton. Don is a memory all by himself because I cannot even begin to remember all of the great times we have shared. Don has been with me through thick and thin and has been such a great friend and running mentor. He has helped me out in many situations that extend well beyond the Rochester Runners. I think we can all agree that his enthusiasm for running is contagious and I know I can credit him with encouraging me to pursue my running

endeavors. I look forward to running on the American Liver Foundation team with him at the Boston Marathon in 2008. Thanks for everything, Don! You amaze me.

- Holiday Yankee Swap. This annual tradition at the December club meeting is always such a great time. The gifts are often very funny and it's great to see everyone so festive.
- Track workouts and group runs. Back in the days when I lived in New Hampshire, I participated actively in track workouts (and runs on the road in the winter). I often drove an hour to be there. I always did my own workout but it was the camaraderie of the club members that kept me motivated to come.
- Races. The best part of going to races (and you know I do a lot of them!) is ALWAYS the friendly faces I see. If I go to a race in NH, I know I will almost always see at least one Rochester Runner. It is so awesome to me to see a friendly smiling face with whom I can catch up. It makes the travel so worth it!!!
- Paul Lindsay. I have to give special recognition to Paul because he works so hard and so diligently on many things, especially the Rochester Runners Grand Prix. Paul's attention to detail and the "magic" he does with charts and baselines and all that sort of stuff is absolutely amazing. I am so grateful to have the information that Paul provides. I think we should all count ourselves lucky to have everything that Paul provides for us!

I could go on and on with more memories and more people to thank but I don't want to take up too much space in the newsletter. I have made many, many good friends through the club. I won't name them all for fear of leaving someone out, but I think those of you who I would include know who you are!! But truly everyone in the club makes me smile and I am so glad I was able to serve you in my role over the past four years.

My only regret in my role as newsletter editor is that I had always wanted to "jazz up" the newsletter and make it appear more professional. However, I never made the time for that and I am sorry. It was all I could do to get the newsletter out each month and I always felt badly that it wasn't always my best effort.

Although I live in Massachusetts now, I will continue to be a Rochester Runner and will participate in as many things as possible. Thank you all for everything!!

Officers' Meeting Minutes

Walter Shyska

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

The following topics were discussed:

1. Christmas Caroling fun run: 11 people signed up for platters. Need to bring to Judy Roger's

house at 12 noon on Saturday.

2. Next Meeting: Tuesday, Dec. 11. 7PM, Dessert Buffet and Yankee Gift Swap.

3. Election of Officers: Need one more nominee for the "Officer's Group".

Although this position replaces Paul Lindsay's position, Paul will continue to do the Club Grand Prix and membership activities. Duties of this position will be to assist the Executive council of officers in planning meetings, getting speakers, activities, etc. In summary, we are looking for a person who wants to be active in planning the direction and activities of the club.

4. Dues expires December 31. Dues should be forwarded to Don Yeaton.

5. New Year's Day run with Mike Andrews at Rochester PSNH operations center. Details to be announced. Several distances available.

6. Pancake Run at Bill Paradis home - Jan. 5th, 8am.

7. Boston Trip and Fresh Pond Race: Sat. Jan. 19th. Don Yeaton to coordinate. Further details forthcoming.

8. Speaker for January meeting: Willem Verweij.

9. Eastern States 20 Miler: 17 volunteers currently signed up. Need 8 more to for our 25 volunteer goal.

10. Feb. 19th meeting: Awards Dinner.

11. Snowshoe Races: Jan. 26th at Gunstock Ski area and Feb. 23 (night) at Kingman Farm in Durham. Further details to be announced.

12. Raffles for future meetings. It was discussed that "raffles" have not been part of the monthly meetings for the past year. We will discuss if we want to purchase items and/or try to get them donated from some of our "sponsor partners" such as "Reds", Bootleggers, others.

13. RR will again donate \$100 to Community Partners to thank them for allowing us to use their facility for our monthly meetings.

HAVE YOU EVER DREAMED OF HOLDING POLITICAL OFFICE?

Diane Levesque



If you have ever dreamed of holding political office or working as an executive, here's your chance. Your running club needs you. We are currently looking for suitable candidates to replace our departing capable executives. Elections for Rochester Runner officers will be held at the club meeting on December 11. There are several vice president positions open for which we are recruiting. This is your chance to give back to the running community. Don't be shy. If you would like to be considered for a VP position OR if you know of another club member who is interested in providing excellent service to the club in such a position, please contact Diane Levesque at (603) 781-5839 or (603) 335-8636 or juryhelp@metrocast.net. Thank you.

8th Annual Pancake Run

Bill and Kathy Paradis



Join us, and start your spring marathon training.

Mark your calendar for Saturday, **January 5th at 8:00** for the **8th** annual "Pancake Run". Several loops will be mapped out to give everyone a route they will be comfortable with. Loops will be from 3.3 to 12 miles.

Bring your cross country skis and /or snowshoes to explore the woods and fields around our house, if you prefer not to run.

Remember, the first ones back, have to start the pancakes!

RSVP @ 207-676-5831 or email us: wparadis@maine.rr.com, (to help with head-count).

Snow date: Saturday, January 12th.

Directions to our house:

From the intersection of RT 236 and 4, Cumberland Farms in Berwick: Drive East on Rte.9, 4.9 miles and turn right on to Randall Road. We are 6/10ths mi. on the right – yellow ranch - # 164 on mailbox.

The 2007 Rochester Runners Grand Prix Update

Paul Lindsay

3Dec07 RRGP update: This update includes results from the Philadelphia Marathon, several Thanksgiving races and turkey trots, the Stone Church 5K in Newmarket, and the Concord Jingle Bell 5K. Congratulations to **John Rancourt** for his Boston-qualifying time in Philadelphia and to age group winners **Jen Johnson** and **Bob Randall** in Newmarket. A big thank-you to race director **Dave Abbett**, to our generous sponsors, and to the many volunteers and runners for a fine event at our FreeFall 5K on Thanksgiving morning. Good weather and the fast newly-certified FreeFall course enabled 9 RRs to speed to their best race performances in a year or more: **Isaac Fithian, Mike Amero, Jim DeJohn, Danielle Amero, Lori Scott, Colin Johnson, Mary Ulinski, Rhiannon Amero, and Ernie Garland.** Very impressive improvements this year have come from **Wendy Stewart**, who has steadily improved from 44:22 in her first 5K in August to 33:37 at the Jingle Bell 5K, and **Rhiannon Amero**, who improved from 50:24 at the Redhook 5K in May to 33:07 at the FreeFall 5K.

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**. Charts and speed point goals should be updated on our website soon. Please send corrections, questions, and comments to **bplindsay@hotmail.com**.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
21	46	21	88	18	Brian Geiger	9	50	0	59	16	Chuck Zerbinopoulos	9	12	0	21	3	Isaac Fithian
21	60	6	87	45	Sin Kounlasa	0	53	6	59	25	Brian Gallagher	6	14	0	20	3	Evan Thompson
24	52	9	85	29	Alison Black	10	46	0	56	11	Sue Littlefield	6	11	3	20	2	Amy Barr
20	54	9	83	43	Diane Levesque	7	46	3	56	12	Jennifer Johnson	7	12	0	19	3	Jim DeJohn
13	49	21	83	26	Bob Rondeau	0	56	0	56	14	Bill Paradis	4	12	3	19	3	Janet Glazier
26	43	9	78	17	Dave Poliquin	3	49	3	55	10	John Rancourt	4	14	0	18	3	Don Gagne
18	54	6	78	20	Lori Scott	0	48	7	55	12	Mike Andrews	3	12	3	18	3	Dylan Tuttle
15	54	9	78	26	Dan Poliquin	10	44	0	54	10	Judi Rogers	2	16	0	18	4	Mark Chrusz
20	48	9	77	13	Mike Amero	4	43	6	53	9	Benjamin Jones	0	18	0	18	2	Laurel Valley
21	45	9	75	14	Danielle Amero	6	46	0	52	13	Dan DeFrees	3	14	0	17	3	John DiNella
11	46	18	75	21	Don Yeaton	18	33	0	51	8	Norman Stiegler	0	16	1	17	3	Peter Whitten
26	45	3	74	15	Michael Richardson	10	38	3	51	9	Kristin Houle	0	16	0	16	4	Kathy Paradis
14	57	3	74	11	Scott Rowe	3	38	10	51	9	Wendy Stewart	3	12	0	15	3	Nanette Henderson
19	48	6	73	22	Walter Shyska	2	48	0	50	11	Dick L'Heureux	3	12	0	15	2	Jennifer Borda
14	49	9	72	13	John Tuttle	8	40	0	48	7	Joe Harding	3	12	0	15	2	Willem Verweij
20	50	0	70	17	Britt Schuman	10	34	3	47	8	Stephen Estabrook	0	15	0	15	4	Andy Schachat
19	48	3	70	25	Clayton Lewis	0	44	3	47	10	Pete Dubois	0	12	3	15	3	Amy Lindsay
17	43	9	69	18	Ken Houle	10	33	3	46	8	Nancy Moonsamy	3	10	0	13	2	Patty Crothers
17	43	9	69	16	Nathan Huppe	11	31	3	45	7	Guillaume Moreau	0	13	0	13	3	Kristyn Nereson
8	55	6	69	34	Mary Ulinski	7	38	0	45	8	Lisa Houle	3	8	0	11	2	Ernie Garland
19	46	3	68	17	Randy Spencer	0	44	0	44	9	Dennis Graves	0	8	3	11	2	Jack Prescott
10	55	3	68	20	Kevin Scott	0	41	0	41	9	Chris Blanchette	0	8	3	11	2	Ron Foster
0	50	18	68	27	Cliff Parkinson	0	41	0	41	9	Don Norris	0	10	0	10	2	Ford Bishop
22	42	3	67	12	Jamie Houle	3	36	0	39	8	Dave Rosania	0	9	0	9	2	Mike Dubois
16	44	6	66	14	Peggy Taylor	12	22	3	37	5	Rick Collopy	0	9	0	9	2	Tracy Jones
15	48	3	66	33	Bob Randall	6	31	0	37	6	Dale Post	0	8	0	8	2	Karen Norris
11	45	9	65	25	Judi Lemaire	8	24	3	35	5	Manya Hult	0	8	0	8	2	Armida Geiger
5	51	9	65	20	Judy Brenner	8	25	0	33	6	Michelle Grenier	0	8	0	8	2	Anthony Vittorioso
15	46	3	64	9	Dave Abbett	9	20	3	32	5	Lindsey Richardson	3	4	0	7	1	Jameson Harding

13	51	0	64	12	Jeannette Lindsay	5	27	0	32	6	Petr Brym	3	4	0	7	1	Ed Larkin
11	53	0	64	15	Diane Casselberry	0	29	3	32	7	Dave Butler	3	4	0	7	1	Ken Hult
9	43	12	64	10	Paul Lindsay	4	27	0	31	5	Arlon Chaffee	3	4	0	7	1	Kimberly Spencer
18	44	0	62	10	Chris Apkarian	10	16	3	29	4	Drew Tuttle	0	6	0	6	1	Tom Littlefield
17	42	3	62	17	Jack Collopy	9	16	3	28	4	Colin Johnson	0	4	0	4	1	Elizabeth Beecher
14	44	4	62	12	Mark Galarneau	4	20	3	27	5	Rhiannon Amero	0	4	0	4	1	Luminita Post
12	45	3	60	17	Liz Bowden	4	21	0	25	4	Sarah Naleid	0	4	0	4	1	Sarah Crothers
7	53	0	60	9	Laura Harding	3	20	1	24	4	George Stevens	0	4	0	4	1	Matthew Cashman
3	51	6	60	16	Darryl Cauchon	6	16	0	22	4	Christine Leonard	0	4	0	4	1	Jeff Crothers
16	43	0	59	14	Joe Boyle	3	16	3	22	4	Jacob Richardson						

Rochester Runners Club
PO Box 727
Rochester, NH 03866