

ROCHESTER RUNNERS REPORT

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JANUARY, 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,

January 16, 2006

NEW meeting location:

25 Old Dover Rd.

(back side of building)

Rochester, NH

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

Speaker:

Emily LeVan, “runner
extraordinaire” (see
article for more!)

Vice President/Grand Prix
and Membership

Paul Lindsay

bpilindsay@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

Suzanne Gordon

The Rochester Runners web site: www.rochesterrunners.com

E-Mail: dcauchon@fosters.com

President's Corner

Don Yeaton

“But this one thing I do; forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize.....” As we move into a new year – 2007 – these couple of verses from Paul’s letter to those in the church at Philippi in Greece back in the first century are a good challenge to us as runners as well. For some of you, 2006 was a great year!

Just look at what Alison Black and Bob Rondeau accomplished this year. They both set their eyes on the goal of being the two top scorers in our in-club Grand Prix and winning the Boston Marathon bibs from the Boston Athletic Association. They trained hard, lost weight, ran lots of races and persevered without looking back – and they are both relatively new runners! There are a number of you with similar stories in 2006 and this will be reflected in our awards to be made at the February meeting. (So please try to make the Feb. 20th meeting – Hint, Hint!)

On the other hand, some of you may have had a year like mine where injuries kept me on the bench much too long. Because of Achilles tendonitis/bursitis, I think I ran only 3 times from January to April, I wore a walking boot for the entire month of February and it required 25 physical therapy sessions to get me back on the road again. The rest of the year I played catchup and ran a number of PW’s – personal worsts!

But when you’ve been running as long as I have, it gets in your blood and fast or slow, ya gotta be out there! Plus when you get to my age, you finally begin to realize that it’s doubtful you will ever run as “fast” as you once did when in your prime. One other thing that kept me going was YOU! Unlike other sports, runners can take delight in the success of others. Two highlights for me was watching one of the Moulton brothers smash the 10 mile record at the Run to the Border 10 Miler last March and then seeing Scott Rowe finish his 2nd career marathon in an incredible 2:29 at Boston!

2006 was a washout for me as far as running goes and I am forgetting that and leaving it behind. I’m looking forward to a new year and the Boston Marathon and my 11th year on the “Run for Research Team” of the American Liver Foundation.

Remember – slow and steady wins the race! I wish you all success in all your running endeavors for 2007 and am grateful to once again be able to serve you as President of Rochester Runner’s Club. You are part of a rich running history that goes back to 1979 – now in our 28th year!!

Running Notes

Don Yeaton

1. I forgot to mention last month that back on Oct. 22nd, Tom Watkins ran in the 1st Annual Saint Johns Santa Monica 5000 in California. He was out there visiting relatives and ran an 18:49 – good enough for 29th of 618 and he was 3rd out of 34 in his age group. Good running Tom!
2. Saturday, January 20th marks the date of our Annual Trek to Boston and the Fresh Pond Race. We will leave the Shaw’s parking lot in Dover at 8:00 AM and make our way down to Cambridge to run the Fresh Pond Race at 10:00 AM. This race has been held every Saturday by the North Medford Club since the early ‘70s. Run 1 lap for about 2.5 miles or 2 for about 5 miles. No entry fee or T- shirt – just sign up and run. Then we will

make a stop at the New Balance factory store in Brighton followed by lunch and perhaps a stop at Nike Town, Marathon Sports or the Bill Rodgers Running Center. We should be back in Dover about 5 PM so come and join us!!

3. Four Rochester Runners were recently awarded an "Andy" award by the Foster's Daily Democrat sports columnist, Andy Schachat. Nathan Huppe received the Male Runner of the Year, John Tuttle was named Master Runner of the Year, Scott Rowe had the Best Performance of the year for his 2:29 finish at Boston and Cathy Orlowicz was named Race Director of the Year for her Meetinghouse 5K Road Race in New Durham. Red's Shoe Barn won the Best T-shirt Award for their red 25th anniversary long sleeve tech tops.
Faye Lowrey was chosen as the Female Veteran Runner of the Year by New England Runner magazine and Scott Rowe was chosen by WTSN sports as one of the top 5 sporting performances for the NH Seacoast.
4. Track workouts at the indoor track at UNH will begin on Wednesday January 17th at 5:30 PM. Our track coach, John Tuttle, tells us that they have been delayed this year because of high school meets on Jan. 3rd and 10th. You can park in "A" lot at UNH and take the tunnel under the main street and this will bring you to the entrance to the Sweet Oval indoor track.

January Meeting Speaker: Emily LeVan **Submitted by Darryl Cauchon**

Emily LeVan will be the club's featured speaker in January. For those not already in the know, Emily has excelled in recent Boston Marathons. Yet for those hungry for more information, I stumbled upon the following profiles on Emily in the Official Boston Marathon Program given to all runners in 2006. Hope you make an effort to hear Emily speak, she surely will be able to provide loads of training advice for those readying to run Boston in 2007. Special thanks to Bill Paradis for arranging her visit.

Finishing 12th in the 2005 Boston Marathon in 2:43:14, LeVan went on to represent the United States at the IAAF World Championships in Helsinki in August 2005, placing 35th in a PR 2:38:32, the third American to finish. She was selected as New England Runner magazine's female Runner of the Year. LeVan was training for the Twin Cities Marathon when she got the call to run in Helsinki, only three weeks before the race. She sharpened up with a 35:53 at the Beach to Beacon 10K on August 6, then finished her greatly-abbreviated taper with the marathon on August 14. LeVan then weathered a three-week layoff in September of 2005, when she cut her foot moving a chicken pen on her organic farm in Wiscasset, Maine, where she lives with her husband. "I was frustrated when it happened," she said. "but I didn't have many races planned for the fall, so it couldn't have happened at a better time."

Since getting back out on the roads, she's confident in her recovery. "Being able to discuss my training with Jeff Staab, the BAA coach, has helped me structure my training and turn up the intensity," she said. "The biggest difference has been getting down to do the training runs on the course. That's been really helpful." LeVan finished her nursing program at the University of Southern Maine in December and is now working in the Emergency Department at the Miles Memorial Hospital in Damriscotta, Maine. She's hoping for a PR ("Always a challenge on the

Boston course") and an Olympic Trials "A" qualifying time - sub 2:39. In 2006, she improved at the Boston Marathon with a time of 2:37:01 and once again was the top American. She also led the Boston Athletic Association team to its first Women's Open title in four years.

The second profile is a first person account and goes as follows:

"A six-minute-per-mile pace had been the target throughout my training for the Boston Marathon, and my aim on race day was to run a personal best. After negotiating the deceptively-tricky first five miles, I was pleased by how effortlessly I settled into my pace. By the time I saw my coach, Jeff Staab, at mile 10, I was in the zone and knew it was going to be a good day. I chuckled as I passed this mile marker with such confidence - quite a contrast to last year, when I tried to drop out at this same point.

For the next six miles, I was on autopilot, I hit my target pace within a couple of seconds for every mile. At times, my mind wandered, and I let the crowd entertain me and stave off boredom. Was that really a guy dressed like a mermaid? did I just hear Joe and Jerry on that radio saying that Big Papi hit a dinger? Which smells worse right now, those burgers and those brats?

I regained my focus as I approached Heartbreak Hill, and was glad to have had a few training runs over this section of the course. I knew what was ahead and how to attack it. "Focus, focus, focus," I kept telling myself. I knew I might lose some time in these hills, but I would certainly make it up in the downhill sections. Once I crested the tope and made my way down toward Boston College, I concentrated on maintaining my mental focus and smooth pace. I could see two women up ahead; could I catch them? Part of me said, "Of course, while another part of me took the more conservative approach of maintaining my pace and finishing strong and smooth. I guess I fell somewhere in the middle, as I caught one of them, and finished 13th overall and the first American female. As I crossed the line, I remembered last year's experience as bittersweet: I was proud to be the first American female to cross the finish line, but I had been disappointed with how I felt during the race and with my overall time, which was six minutes slower. This year's experience was exceptionally gratifying, as I achieved my target time, as well as a personal best, and qualified for the Olympic Trials with an "A" standard time.

After a few weeks of rest and a break from the rigors of training, I'm looking forward to a summer of shorter races around New England and preparing for the U.S. Marathon Championships at the Twin Cities Marathon on October 1." --Emily LeVan

Red's Shoe Barn Race

Ken Houle

The Red's Shoe Barn Road Race is set for April, 22, 2007 at 10:00 AM. This race is going through a transition this year, from being a promotional race for Red's to a not for profit event. Red's is taking the position of being a major sponsor but is also helping us with the transition. We have a group of seven different non profit organizations involved with this event:

Community Partners Behavioral Health & Developmental Services of Strafford County.
Avis Goodwin Community Health Center.
Hub family resource center.

Dover Adult Learning Center.
Monarch School of New England.
Malley Farm Boys Home.
Dover Recreation Department.

Chuck and I have been meeting with these folks for several months now; they are working on getting major sponsors for our event and in turn we will be giving them any profits from the race.

A special note here must go to Gary Bannon Recreation Program Superintendent of Dover, without his help this event would not be possible.

We now have a checking account and a PO Box number for the race, it
Reds Race
PO Box 232
Dover, NH 03820

All the companies that supported the race last year have stepped up to the plate for this year's race. Red's, Nissens, Brooks, Pepsi, Rehab 3. We also have added Hannaford's Super Market Dover and Loco Sports. New possible major sponsors include Liberty Mutual, Delta Dental and Dover Honda.

We will be giving out 300 short sleeve HIGH TEC shirts to the first 300 to register, and all the volunteers will receive a High Tec shirt.

We will have a special registration and packet pick up on Saturday the 21st from 10AM to 1PM with shoe reps available to answer questions. Also: special prices on running shoes.

The division awards will be the same as in the past: 1st place overall male and female;
1st and 2nd place male and female in 12 divisions.

Prizes are \$100.00 gift certificates to Red's for overall male and female.

1st place division winners will receive \$40.00 gift certificates to Red's

2nd place division winners will receive \$20.00 gift certificates to Red's

In addition all winners will receive a 16oz commemorative glass.

A very special feature for this race will be division records recognition, I've researched all the division records for both male and females and if anyone breaks any of these records they will receive a personalized plaque with their name time and date on it.

Finally, and most importantly (to some), there will be an awesome raffle with prizes including running shoes!!

Reach the Beach 2007

Alison Black

Hello to former participants in the Reach the Beach Relay race and to prospective participants! After taking a break in 2006, I am going to organize a team again for 2007. For those of you unfamiliar with the race, check out www.rtbrelay.com on the internet, or look on our club web site for pictures and stories (www.rochesterrunners.com). I am looking to fill a co-ed team of 12 people that will be in it “just for the fun” and not for the finish time! Dates this year are Friday to Saturday, September 14 to 15. We typically leave VERY early on Friday morning and are finished by dinner on Saturday. Cost is \$80.00 per person; this might seem like a lot (and it is!) but just talk to anyone who has participated and they will probably tell you that it is worth it. Entry fee includes: an RTB race shirt, a race medal, a 5x7 team photo, completely marked course, and post race lunch/dinner. PLUS, of course, LOTS of fun, craziness, and running! Please contact me ASAP to secure your spot; there seems to be a lot of interest this year. You can email me at tennpurp@yahoo.com or call me at 603-860-4190. Thanks! And don't hesitate to contact me if you have any questions.

Great Bay Half Marathon

Arlon Chaffee

LOCO Sports is proud to introduce a new race partner and sponsor, the Rochester Runners will be helping sponsor and organize this inaugural race. With the main sponsors LOCO and the Exeter Hospital, the race will be held on April 1, 2007. The race features a scenic course that offers several spectacular views of Great Bay, the inland estuarine jewel of New Hampshire's coast. The course itself is challenging and runs mostly over paved roads, with some packed gravel surfaces and winds its way through Newmarket and parts of Durham, NH. A wheel-measured course, lifestyle expo, on-course musical entertainment, enthusiastic water stop crews, and post-race party are just some of the amenities planned for race participants. LOCO, which is principally a running shoe company, has produced many running events since the company was founded in 2004. CEO Mike St. Laurent explains, “At LOCO, our mission is to support the running community, with our products and our deeds. The Great Bay Half Marathon provides us with a perfect opportunity to partner with Exeter Hospital, whose mission includes promoting healthy lifestyles. It's also an opportunity for LOCO to throw a first class runners' party in our own hometown!” Registration for the event opened up the day after Thanksgiving and over 300 runners from all over the US have already signed up. Race organizers hope to exceed 1,000 participants in the event's inaugural year. Exeter Hospital is the lead sponsor, with additional sponsor opportunities still available. For more information about the event go to <http://www.locorunning.com/greathalf.php>

Annual Club Banquet and Awards Night

Janet Glazier

ATTENTION ALL MEMBERS--

Our Annual Rochester Runners Awards Meeting/Banquet will be held during the February meeting time - 7 p.m. on Feb. 20 at our new location on Old Dover Road. Judi Rogers and I will be organizing the "banquet" but need some food/drinks brought as well.

The club will provide pizza, paper goods/cups/silverware/coffee/etc. We ask that you think about bringing a salad, a dessert, an appetizer, or drinks. If you have a question, or want to sign up early, please e-mail to Janet at janetglazier@yahoo.com or Judi at jwrogers515@hotmail.com.

We will also have signup sheets at the Jan. 16th meeting.

It is always a good time, so bring your camera, your party shoes, any wild tales or stories, etc. And if there is anything you'd care to announce or bring up, please let us know, or your leader, Don.

This is YOUR banquet and we want everyone to enjoy themselves!

Thanks to all and Happy New Year!

Janet 🤗 and Judi 🇺🇸

7th Annual Pancake Fun Run

Bill and Kathy Paradis

7 th Annual Pancake Fun Run, Jan. 6, 2007

Hosted by: Bill & Kathy Paradis

The weather was amazingly balmy! Was it really January?!

It started out rainy - but who cared? It was WARM!



Records were set. No, not for running! The temperature rose to over 60 degrees! Lori Scott showed up in shorts. . . 8:00 in the morning, and Faye, Tom, and Darryl were also in shorts! *Unbelievable*. We had the exact same number of people as last year: Sixteen. Those that ran/walked either 3, 5, 8, or 12 miles were: **Judy Brenner, Faye Lowrey, Tom Littlefield, Laurel Valley, John Rancourt, Ron & Peggy Foster, Andy Schachat, Darryl Cauchon, Janet Glazier, Chuck Zerbinopoulos, Lori & Kevin Scott, Sue Littlefield, and the hosts**. Ron donated his jug of maple syrup from a race he ran last year, which tasted good. Some others brought juice & blueberries. Kevin brought Hazelnut coffee (the girls were very appreciative!!) - Yes, *real men* can admit to enjoying flavored coffee, too! Ha! Ha! Seriously, the comrade was great. Judy and Faye never cease to amaze us with their running prowess! Chuck never ceases to amaze us with his pancake eating prowess! Darryl was in awe of Chuck's bottomless pit! Where does he put all those pancakes? We don't own a dog, so he wasn't slipping them under the table! Good thing he runs! See you all next year . . .

Boston Marathon Qualifying Times

Paul Lindsay

Boston-Qualifying Times Run by Rochester Runners in 2006
(age groups reflect age as of next April)

Under 3:10 for men 18-34:

2:29:28 Scott Rowe (Chicago)
2:29:42 Scott Rowe (Boston)

Under 3:15 for men 35-39:

3:03:41 Chris Blanchette (Boston)

Under 3:20 for men 40-44:

3:13:12 Dan Poliquin (Boston)

Under 3:30 for men 45-49:

3:06:12 Bruce Lander (Cape Cod)
3:11:54 Bruce Lander (Boston)
3:17:41 Michael Richardson (BayState)
3:23:56 Joe Harding (Philadelphia)

Under 3:35 for men 50-54:

3:03:04 John Tuttle (Boston)
3:21:03 Kevin Scott (Boston)
3:23:34 Dick L'Heureux (Boston)

Under 4:00 for men 60-64:

3:14:45 Ken Houle (Clarence DeMar)
2:55:34 Danyelle Phelps (Hartford)

3:32:33 Jeanette Lindsay (Boston)
3:33:37 Britt Schuman (Vermont City)
3:36:30 Jen Johnson (Boston)

Under 3:45 for women 35-39:

3:21:00 Laurie Gaudreau (Boston)

Under 3:50 for women 40-44:

3:20:34 Laura Harding (London)
3:21:05 Laura Harding (Cape Cod)

Under 4:05 for women 50-54:

3:32:46 Sin Kounlasa (Maine)
3:32:46 Sin Kounlasa (BayState)
3:33:18 Sin Kounlasa (Cape Cod)
3:38:53 Sin Kounlasa (Boston)
3:40:19 Sin Kounlasa (Mt. Deseret)
3:41:53 Sin Kounlasa (Hyannis)
3:45:46 Sin Kounlasa (Vermont City)
3:50:01 Sin Kounlasa (Arizona)

Under 4:30 for women 60-64:

3:48:28 Faye Lowrey (Clarence DeMar)
4:20:55 Mary Ulinski (Boston)
4:27:26 Mary Ulinski (Vermont City)

Rochester Runners Club
PO Box 727
Rochester, NH 03866