

ROCHESTER RUNNERS REPORT

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Next Club Meeting:
7:00pm
Tuesday,
November 20th

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

Speaker:
Special Surprise
(you don't want to
miss it!)

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President's Corner

Don Yeaton

Sometime in September of 2006, I received an e-mail from Sarah Huot who worked for the mayor's office in Manchester and was looking for volunteers to serve on a race committee for a new marathon to be held in the fall of 2007. Of course this idea intrigued me and since I had attended the NH Voc-Tech College in Manchester after high school from 1969 – 1971 and the fact that I made many trips to Manchester as a parts runner for my uncle's Chevy dealership, I wanted to see what this was all about. I attended the first race committee meeting on November 6, 2006 and saw the race come to completion just last weekend on November 4th.

After that first meeting, I was realized what a big job was ahead of us and what an ambitious project Sarah had chosen! Sarah is a marathon runner and wanted to bring the flavor and excitement of a big city marathon like NY or Boston to New Hampshire's biggest city – Manchester! She had an ambitious goal of 1500 runners for the first year. Could we draw that many people to a new race in NH on the same day as the NY City Marathon? How much was it going to cost and where would the money come from? Where would the course be located? Could we get enough volunteers to pull this off? These were just some of the questions that needed to be answered.

For those of you have worked on a race committee such as our Free Fall Race or the Meetinghouse 5K with Cathy Orlowicz, you know what a lot of planning and work it takes to pull off a successful race. But planning a full marathon in a city setting was a very different kind of race. Thankfully Sarah had pulled together some experienced committee members whose varied experiences all added to a great mix of talent. At least 6 of us were members of local running clubs who all had marathon experience and some were race directors for their own club races. Skip Cleaver and his ties to Coolrunning was a great asset to help spread the word about this new race.

From November '06 to September of '07, we faithfully met once a month on the 3rd floor of Manchester City Hall in one of the small conference rooms surrounded by political ads on the walls of campaigns of yesterday. One bit of history that was being resurrected was of course the marathon itself, for back in the 1930's, Manchester was home to the finish of what was once called the New England Marathon. Running legends like Clarence Demar, Tarzan Brown, Jock Semple and Fred Brown all had run this marathon.

Each month we would have a new tally of runner registrations and by late summer they were really beginning to pour in. So much so, that it appeared we really would hit that 1500 runner mark! Now we were meeting once a week and the little details were becoming more and more important as the day loomed near. The last week was hectic with a volunteer meeting, a final committee meeting and a bag stuffing night to fill the 1500+ bags for packet pickup at the Expo on Friday and Saturday.

Everything would be underway when the Expo opened on Friday at 2 PM. My job was to be packet pickup and once we were set up, I got to be the t-shirt guy! What a great time helping runners get all their stuff and having a chance to talk to them and wish them well. I talked to runners from all over the place – Texas, Florida, Ireland and a woman from NY City who was running her 100th marathon in Manchester. Sarah got her two bib # 100's – one to wear in the marathon and a second one to be autographed by Joan Benoit Samuelson who was there for the Expo on Saturday and who ran the Half Marathon on Sunday. (she was 6th overall and the 2nd female!)

Congratulations to all of you Rochester Runners who ran either the half or the full marathon and a special congrats to Scott Rowe for his first marathon win in 2:27!! I also want to thank Judy Brenner, Sinthy

Kounlasa and Wendy Stewart who helped us with packet pickup on Saturday. The race would not have happened without the huge number of volunteers who made it all work!

One final note: At the upcoming meeting to decide the races for next year's NE – USATF Grand Prix, Skip Cleaver is going to put the 2008 Manchester City Marathon up for bid. The New England Championship Marathon was held in Manchester 70 years ago so perhaps it is time for it to come full circle and be here in 2008!!

Web Site Feedback

In case you didn't know, we have a new Web Master, Peter Brym. Check out the web site if you haven't done so lately: www.rochesterrunners.com. Peter is very interested in your feedback about the site. You can submit comments to him at brym@metrocast.net or call him at home at 603-755-3646. Your feedback will help improve the site! (Editor's note: Thanks to Peter for his hard work!!)

LOCO Stone Church 5K

Arlon Chaffee

Sunday November 25th 11AM. Race Starts/Finishes at the Stone Church Music Club, Granite Street, Newmarket. Features: separate women's start, beer, chowdah and music! Great mesh hats for the first 250 entries. Field limited to 300 entries. Registration and more race info at: <http://www.locorunning.com/stonechurch.php> or call 659.8652.

Free Fall Classic Race

Dave Abbett, Race Director

Rochester Community Center, Rochester NH

Race begins at 8:00 a.m.

Sunshine Start for walkers at 7:45 a.m.

To Benefit: Strafford County Homeless Shelter

Cost: \$5 for individuals, \$15 for families

Flat, fast, out and back course

Still room for volunteers: contact Dave Abbett by email at abbettfamily@verizon.net

For application go to www.rochesterrunners.com

8th Annual Pancake Run

Mark your calendars! The 8th Annual Pancake Run at the Paradis home in North Berwick, Maine will be at 8:00am on Saturday, January 5th, 2008! Don't miss this favorite and famous event!

The Best Preparation Plan For Your Marathon

Carolyn Mather, RN, PhD/Running Journal/November 2007 (found on New England Runner magazine web site)

As you are preparing for your big winter or spring marathon I want you to include this holiday gift from me in your training package. Then when race day comes, you will have an arsenal of sound advice to prepare you for your best performance.

If you have put in all the prerequisite months of hard training you do not want to jeopardize your race with last minute glitches. While you are training, start making a list of anything that you use during training that works great for you. The right racing attire (jog bra, singlet, shorts, tights, shirt, hat, gloves, shoes, etc) should be put aside to take to your race. When you find something that is comfortable in all types of conditions, put it in your race kit. Develop this "perfect" kit as part of your training regimen.

Do not be fooled by "typical" winter/spring weather predictions. Take any type of clothing that might be needed for any weather situation. That windshirt really helps when the wind is howling and it is cold. If you are flying to your race, make sure you carry on every piece of your racing attire. And I do mean all of it, as the airline will surely misplace the luggage with that one piece of clothing you checked.

If at all possible, schedule to get to your race city two days before the race. This enables you to go to the expo, get your number, check out the lay of the land, and then have a day to really kick back. You will also avoid the lines and big crowds at the larger races. I strongly encourage you to run the last two or three miles of the course. Often marathoners get a bit foggy at the end of the race. It truly helps to see familiar landmarks as you near the end of the race. Also if you have any reserves at the end, then you will know when to pick it up. You have worked hard for this day, so give yourself that extra vacation day and go two days early.

While at the expo, please do not try any new foods or drinks. Hopefully you have been training with what fluids will be on the course and with what gels will be provided. Save any free samples for after the race. Many a marathoner has sabotaged all of their training with "sampling" at the expo. Do NOT go there. If you have a particular type of gel, make sure you take your tried and true flavors with you and plan to pin them to your shorts.

Once you have all the race stuff, have a good dinner and go to bed early. At many of the larger races you have to get up really early race morning to get to the start. More than likely you will sleep better two nights before the race than the night before the race. Do not set an alarm for that night. Let yourself sleep in if you can. You have worked very hard in training and deserve a full night's sleep.

When you awaken, have a good breakfast and then go for a short walk or jog. Do a few strides to get your legs feeling peppy. Go to a movie, take a nap, or do something restful. Please remember during all of the time you are at your race city DO NOT try anything new. And save your sightseeing for after the race when you need to be walking. Stick with what you have tested in

your training and what you know works for you. If you have friends or family with you, go to the finish area and pick a place to meet. That really helps when you have finished and are tired.

Spend some time laying out your stuff for race morning. Put your chip on your shoe and your number on your shirt or shorts. Pack your bag to take to the start. Include your gels, a bottle of water and a bottle of replacement fluid, lubricating gel, extra pins, an extra pair of shoe laces, a throwaway shirt to keep you warm while waiting for the start, toilet paper, tissues, and anything else you might need. A special note for the premenopausal ladies, take your tampons and ibuprofen as your period will often sneak up race morning. You should have made a list of your personal necessities during your months of training so you know exactly what you need. Do not depend on the race volunteers to have things you need race morning. Remember to take a throwaway shirt or wear a plastic bag to keep you warm and conserve energy before the start.

Bring your race morning food with you. You know what you need so have on hand. That way you can eat in your room and not have to worry about that special kind of bagel or cereal or whatever. If your hotel happens to have breakfast, make sure that you know what they have and what time you can get it race morning. It is really easier to have your own stuff ready to go. It spares a little morning stress. But you must put some food in your stomach before the race.

Again do not do anything new. Do not clip your toenails the night before the race. Have everything ready before you go to bed. This is also a good time to actually read those race day instructions you received in your packet. I guarantee you will find out something that you thought you knew and did not! Have a movie or a good book to help you relax and go to sleep. Do not depend on the hotel's wake up. Set several alarms and one that does not need electricity. Be sure to get up early enough to do whatever your morning routine is.

As I said before, if you have opted for one of the big city marathons you may want to take your breakfast to the start. In New York I think they start loading the busses around 4:00 a.m. Just make sure you prepare yourself the night before.

Once you get to the start (do NOT take the last bus), you should be one of the most prepared people there. Do your pre-race routine and try to relax. Take small sips of your replacement fluid every few minutes. Be calm and once you get to the start take it easy the first few miles. If you plan to run a certain time, hook up with one of the pace groups if the race provides them. This is a great way to run evenly and run with others who have the same goal. The pace leaders are generally very good and can actually add some fun to your race.

Make sure you organize your start to match your finish pace. Do not get trapped behind a lot of slower runners or you will expend too much energy trying to get around people. Most races use your chip time as your official time for qualifying purposes for other races like Boston. The only exceptions are the Olympic trials standard and for prize money where only gun time is used. Know how many aid stations there will be and do not stop at the first table but go on down the line. You will avoid congestion this way. Plan to drink at least a cup of replacement fluid at each station and make sure you get water to chase down your gel. Start drinking at the very first aid station and continue to do so throughout the race regardless of the temperature.

Have fun and save enough for the last mile. Look up at the finish and forget about your watch. Your finish line picture will look much better and you can see the clock. Now just do it!

Top 10 Winter Running Tips

Denny Watkins, November/December 2007 Chicago Athlete (found on New England Runner magazine web site)

Spring is a beautiful season for a marathon-cool, pleasant weather, flowering trees and fresh-smelling air. The only drawback? Training through the frozen, oppressively grey Chicago winter. But have faith: Running in winter can still be fun, if you're smart about it, and even offers a few unique advantages you'll get no other time of the year.

FACE THE COLD

Start your run into the wind, and then head home with the wind at your back. "Running into the wind prevents you from sweating," says Mark Buciak, running coach and a veteran of 28 Boston Marathons. Do it backward and your sweat will freeze as the wind blasts you on your way home.

ACCLIMATIZE YOURSELF

Your body can adapt to cold just like heat, but it takes up to six weeks of exposure, Buciak warns. Help the process by "cooling up" with an 8- to 12-minute walk before your jog. That will help relax stiff muscles and get your skin and lungs used to the frigid air.

RUN LESS, CROSS-TRAIN MORE

Frozen soil is just as hard on your joints as concrete. "That puts you even more at risk for injuries like plantar fasciitis than during the summer," says Michael Czuba, D.P.T, physical therapist for the Advanced Physicians Group. Substitute indoor cross training for one or two road runs per week: Try a spin class for speed, or pull 1500 meters on the rowing machine to build endurance.

BRING EXTRA WATER

Those nice drinking fountains along the Lakefront Path? They're all shut down during the winter. "It's easy to think that just because you're not hot you don't need water, but you need just as much, if not more, when it's cold," Buciak says. Fill your bottle with cool tap water, which won't freeze as fast as heated water. (Don't believe us? Try it!)

WINTERIZE YOUR SHOES

Invest in a set of lightweight strap-on cleats, such as Yaktrax Pro (\$30, yaktrax.com) or Get-a-Grip Ultra (\$15, surefoot.net). "They work just like chains on car tires to keep you from sliding around," says Jenny Hadfield, coach for the Antarctica Marathon and co-author of *Running for Mortals*.

BREAK NEW SNOW

Besides making for a gorgeous, whisper quiet milieu, two to three inches of fresh snow adds much-needed cushion to the trail. More than six inches? Even better. "Trudging through heavy snow makes for a great upper body and core workout," says Buciak.

REPEAT LOOPS

If you must run on treacherous ground, learn the terrain first. Instead of tackling one big circuit, run a shorter loop at a slow pace, then repeat that track two or three more times. "Once you've spotted the icy patches, you're less likely to slip on them and it's safe to speed up," says Buciak.

START OUT COOL

Dress for 15 to 20 degrees warmer weather than the outside temps. "If you sweat too much, the dampness mixed with the cold increases your risk of hypothermia," Hadfield says. Don't be afraid to strip off your gloves once you've warmed up. Stanford University researchers have found that cooling an athlete's hands helps prevent overheating and can double or triple performance.

TAKE TWO THINGS

When your body is expending energy to stay warm, your immune system gets less fuel to fight infection. Stave off the flu by taking a fish oil and coenzyme-Q supplement daily. "They help your cells become more energy-efficient," Dr. Czuba says. An added plus: A British study found that taking fish oil helps cure the winter blues.

WARM BACK UP FOR SPRING

Your hard-earned cold weather training could work against you on an extra-warm race day. "Two to three weeks before your race, hit the treadmill wearing a long-sleeved shirt," Hadfield says. The 70-degree indoor temps will get your body in gear for spring and into the summer.

The 2007 Rochester Runners Grand Prix Update

Paul Lindsay

6Nov07 RRGp update: This update includes results from the Great Pumpkin 10K in Saco, Halloween trail 5Ks in Baldwinsville and Marcellus N.Y., Great Bay 5K in Stratham, Great Osprey 10K in Freeport, Jack London trail 10K in Nashua, Flower Day 5K in Concord, Manchester City Marathon & Half Marathon, and New York City Marathon. Congratulations to **Scott Rowe**, winner of the inaugural Manchester City Marathon in 2:27:51 and to age group winners **Diane Levesque** in Nashua and **Dan Poliquin** in the Manchester half. Joining Scott with Boston qualifying marathon times were **Sin Kounlasa** in Manchester (her 6th qualifying time this year) and **Laura Harding** in New York.

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	0	52	6	58	23	Brian Gallagher	5	12	3	20	3	Guillaume Moreau
21	60	6	87	42	Sin Kounlasa	18	39	0	57	9	Chris Apkarian	4	12	3	19	3	Janet Glazier
21	52	12	85	27	Alison Black	7	46	3	56	10	Jennifer Johnson	4	14	0	18	3	Don Gagne
13	49	21	83	26	Bob Rondeau	9	46	0	55	10	Sue Littlefield	3	12	3	18	3	Dylan Tuttle
17	52	12	81	39	Diane Levesque	0	48	7	55	11	Mike Andrews	2	16	0	18	4	Mark Chrusz
26	43	9	78	16	Dave Poliquin	10	44	0	54	10	Judi Rogers	0	18	0	18	2	Laurel Valley
15	54	9	78	25	Dan Poliquin	4	43	6	53	9	Benjamin Jones	3	14	0	17	3	John DiNella
17	50	9	76	12	Mike Amero	0	53	0	53	13	Bill Paradis	0	16	1	17	3	Peter Whitten
11	46	18	75	19	Don Yeaton	6	46	0	52	13	Dan DeFrees	1	12	3	16	3	Rhiannon Amero
18	47	9	74	12	Danielle Amero	10	38	3	51	9	Kristin Houle	0	16	0	16	4	Kathy Paradis
25	45	3	73	13	Michael Richardson	2	48	0	50	10	Dick L'Heureux	3	12	0	15	3	Nanette Henderson
17	49	6	72	21	Walter Shyska	3	34	10	47	8	Wendy Stewart	0	15	0	15	4	Andy Schachat
14	49	9	72	12	John Tuttle	17	29	0	46	7	N. Daniel Stiegler III	0	12	3	15	3	Amy Lindsay
13	53	6	72	17	Lori Scott	7	38	0	45	8	Lisa Houle	6	8	0	14	2	Isaac Fithian
20	50	0	70	16	Britt Schuman	0	44	0	44	9	Dennis Graves	3	10	0	13	2	Patty Crothers
18	49	3	70	22	Clayton Lewis	0	40	3	43	9	Pete Dubois	0	13	0	13	3	Kristyn Nereson

17	43	9	69	18	Ken Houle	1	38	3	42	8	John Rancourt	4	8	0	12	2	Jim DeJohn
17	42	9	68	13	Nathan Huppe	9	29	3	41	7	Stephen Estabrook	0	8	3	11	2	Jack Prescott
0	50	18	68	25	Cliff Parkinson	0	41	0	41	9	Chris Blanchette	0	8	3	11	2	Ron Foster
22	42	3	67	12	Jamie Houle	5	34	0	39	6	Joe Harding	0	10	0	10	2	Ford Bishop
12	52	3	67	9	Scott Rowe	6	31	0	37	6	Dale Post	0	9	0	9	2	Mike Dubois
15	48	3	66	31	Bob Randall	0	37	0	37	8	Don Norris	0	9	0	9	2	Tracy Jones
15	48	3	66	15	Randy Spencer	3	32	0	35	7	Dave Rosania	0	8	0	8	2	Karen Norris
11	45	9	65	24	Judi Lemaire	6	24	3	33	6	Nancy Moonsamy	0	8	0	8	2	Armida Geiger
5	51	9	65	20	Judy Brenner	5	27	0	32	6	Petr Brym	3	4	0	7	1	Jameson Harding
15	46	3	64	9	Dave Abbett	0	29	3	32	7	Dave Butler	3	4	0	7	1	Ed Larkin
14	44	6	64	13	Peggy Taylor	10	16	3	29	4	Drew Tuttle	3	4	0	7	1	Ken Hult
9	43	12	64	10	Paul Lindsay	8	21	0	29	5	Michelle Grenier	3	4	0	7	1	Kimberly Spencer
6	55	3	64	17	Kevin Scott	9	16	3	28	4	Rick Collopy	0	6	0	6	1	Tom Littlefield
0	58	6	64	31	Mary Ulinski	6	18	3	27	4	Manya Hult	0	6	0	6	1	Willem Verweij
17	42	3	62	16	Jack Collopy	4	23	0	27	4	Arlon Chaffee	0	6	0	6	1	Jennifer Borda
14	44	4	62	12	Mark Galarneau	7	16	3	26	4	Lindsey Richardson	0	4	0	4	1	Elizabeth Beecher
12	45	3	60	15	Liz Bowden	4	21	0	25	4	Sarah Naleid	0	4	0	4	1	Luminita Post
7	53	0	60	9	Laura Harding	3	20	1	24	4	George Stevens	0	4	0	4	1	Sarah Crothers
3	51	6	60	15	Darryl Cauchon	6	16	0	22	4	Christine Leonard	0	4	0	4	1	Matthew Cashman
16	43	0	59	13	Joe Boyle	3	16	3	22	4	Jacob Richardson	0	4	0	4	1	Ernie Garland
10	49	0	59	10	Jeannette Lindsay	6	12	3	21	3	Colin Johnson	0	4	0	4	1	Jeff Crothers
9	49	0	58	15	Chuck Zerbinopoulos	6	14	0	20	3	Evan Thompson						
7	51	0	58	13	Diane Casselberry	6	11	3	20	2	Amy Barr						

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