

ROCHESTER RUNNERS REPORT

VOLUME 4 NUMBER 4

April 2008

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Next Club Meeting:
7:00pm
Tuesday,
April 22nd

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

**Guest Speaker
To be
Announced**

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The Rochester Runners web site: www.rochesterrunners.com
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From the Editor:

To those of you running the Boston Marathon we wish you the best of running

Alison Black, Don Yeaton, Mike Amero, Sin Kounlasa, Dan Poliquin, Ben Jones, and Britt Ulinski Schuman.

President's Corner

Random Running Ramblings

At the inaugural Redhook Snowshoe Racing Series organized by Chris Dunn of acidotic Racing, our Rochester Runner's Club Team placed 4th overall in the team standings of the 17 teams who participated. We scored 276 points against the 417 points by the winning team from acidotic Racing. Not too bad for our first attempt at this new to us winter sport!!

What makes this even more interesting is the way the teams are scored. Everyone on the team who finishes scores points. If there were 50 finishers in a race, the 1st place snowshoer would score 50 points while the 50th place runner who earn 1 point. The Rochester Runners who took part in our team this winter were Wendy Stewart, Mark Chrusz, Brian Gallagher, Diane Levesque, Kathy Paradis, Liz Bowden, Tom Littlefield, Sinthy Kounlasa and Don Yeaton. We all would encourage more of you to try this next year. If you can run, you can race in snowshoes!

While looking for some shoe gaiters for snowshoe racing at the new EMS store in Newington. one of the clerks handed me a card with this web site where we can buy gaiters for only \$13 instead of the \$30 at EMS: www.dirtygirlgaiters.com. This clerk has a lot of credibility since he was one of the finishers at the Snowshoe Marathon in Pittsfield, VT back in February!

Four Rochester Runners competed in the **2008 USA Masters Indoor Track & Field Championships** at the Reggie Lewis Track in Boston on March 28th and 29th. Our track coach, John Tuttle, Tom Watkins, Dan Poliquin and Mike Richardson competed in several events including the mile, 3000 meters, the 800 and the 4X800 meter relay. They were pleasantly surprised to win the 4X800 relay of their age group. Congratulations to all of you!

Best wishes to all of you who will be running (and volunteering) at this year's Boston Marathon on April 21st. The weather certainly can't be bad as last year – we hope!!

- Don Yeaton

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Rochester Runners Officers Meeting
March 31, 2008

In attendance: Don Yeaton, Judy Rogers, Mary Ulinski, Walter Shyska, Dave Abbett, Wendy Stewart, Dennis Graves.

President Don Yeaton, presiding.

1. April Meeting: Will be on Tuesday, April 22 (day after Boston Marathon) pending availability.
Don Yeaton will inform members again after final approval.
2. April Newsletter due on April 1.
3. Rochester Runners (9 members) took 4th place as a snowshoe team for Chris Dunn Snow shoe races.
4. RRC track team won 4 x 800 on last Saturday for Reggie Lewis race in Boston.
5. May meeting - Willem Veriej scheduled to be speaker.
6. "Friends of UNH Track and Field" - will send check to them for \$300 for use of their track this past for period December thru April. Will vote to approve at April regular meeting.
7. Eastern States 20 miler. Wonderful experience for RRC members who ran and volunteers at the start, water stops, and finish area. Special recognition for RRC age division 1st place winners Faye Lowery and Sin Kounlasa in the 20 miler and Diane Levesque (Half Marathon).
8. Tribute to Bill Paradis being created for RRC website. If any members have pictures or other items to contribute, contact Don Yeaton.
9. Reds Shoe Barn Race: Preperation going well. Race will be dedicated to Bill Paradis.
10. New RRC clothing: Looking into obtaining winter hats and baseball type hats with Rochester Runners logo.
11. Reach the Beach (200 mile. Sept. 2008) relay team - "The Ultra Challenged" will be a 6 member team. Anyone interested in possibly joining contact Dave Abbett.

2008 Rochester Runners Grand Prix

Races in March for RRs included the NHTI Spring Ahead 3 mile in Concord, Hynes 5 mile in Lowell, Kerryman Pub 5K in Saco, Run for the Border half marathon (Rye to Salisbury) and Eastern States 20 mile (Kittery to Salisbury). Congratulations to new member **Mike Barry** (first 50+ in Concord), to Eastern States age group winners **Sin Kounlasa** and **Faye Lowrey**, and to April Fools age group winners **Jack Collopy** and **Bob Randall**. Good luck to all the club members who have trained for the Boston Marathon this winter under challenging weather and road conditions! **S**=speed points, **D**=distance points, **t**=team points, **T**=total points, and **n**=number of races (check to see that all yours are accounted for). Send corrections, questions, and comments to bplindsay@hotmail.com. For a detailed explanation of the RRGP, visit rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
3	30	0	33	5	Sin Kounlasa	2	11	0	13	2	Diane Levesque	0	9	0	9	2	Jeff Crothers
3	23	0	26	4	Kevin Scott	0	13	0	13	2	Mary Ulinski	1	7	0	8	2	Mike Barry
0	25	0	25	4	Britt Schuman	0	12	0	12	2	Walter Shyska	1	5	0	6	1	Bill Paradis
4	19	0	23	4	Randy Spencer	0	12	0	12	2	Michael Richardson	0	6	0	6	1	Scott Rowe
2	15	0	17	3	Patty Crothers	1	10	0	11	2	Alison Black	0	6	0	6	1	Dave Poliquin
0	16	0	16	3	Bob Randall	1	10	0	11	2	Dave Rosania	0	6	0	6	1	Dick L'Heureux
0	16	0	16	4	Jack Collopy	0	11	0	11	2	Cliff Parkinson	0	6	0	6	1	Laurel Valley
0	16	0	16	4	Rick Collopy	0	11	0	11	2	Brian Geiger	0	6	0	6	1	Dennis Graves
3	12	0	15	2	Jen Johnson	0	11	0	11	2	Chuck Zerbinopoulos	0	5	0	5	1	Darryl Cauchon
0	15	0	15	3	Diane Casselberry	0	11	0	11	2	Brian Gallagher	0	5	0	5	1	Tom Littlefield
3	11	0	14	2	Lori Scott	1	9	0	10	2	Nathan Huppe	0	5	0	5	1	Cristyn Peters
2	12	0	14	2	Dan Poliquin	0	10	0	10	2	Becky Sherburne	0	4	0	4	1	Don Yeaton
3	10	0	13	2	Bill Buckley	3	6	0	9	1	Mike Andrews	0	4	0	4	1	Wendy Stewart
2	11	0	13	2	Mike Amero	0	9	0	9	2	Mark Chrusz	0	4	0	4	1	Damian Rowe

NEWS, REPORTS AND SUBMISSIONS:

Thank you!

Thank you Rochester Runners for your caring support, gift card and get-well wishes for Walter following his accident Feb. 27 while he was out in Illinois. He slipped on a patch of ice and fell on the pavement when exiting a restaurant in the town of Manteno, where he was taking a work-related class. After being hospitalized for a month, it's great to have him home now. He gets better every day. He has even started running again and enjoyed helping at the 17-mile water stop of the Eastern States 20-miler.

The thoughtfulness and concern of members during his recovery have been greatly appreciated. We are fortunate to have so many dear friends.

-- Mary

RUNNING YOUR FIRST 5K There's a 5K in your future and you'd just love to run it well! Here's how: This seminar is specifically designed for first time runners. We will discuss optimal running performance addressing posture, form, stretching techniques, proper foot wear, training schedules and pre- and post exercise nutrition. Tues. 4/29, 6:30-7:30 PM at The Herbal Path in Dover, NH. Call 740-8400 to register. Cost: \$20.

If you need more information about me:

Cristyn Peters is a Nationally Certified Personal Trainer and an avid runner who has completed two marathons, several half marathons, triathlons and various shorter distance races over the last 28 years.

IHealthfully,

Cristyn Peters
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Hello from fellow RR, Janet Glazier in Dover to all RR intrerested in bicyling!

The time has come--I have announced at the last two meetings that I would be forming a team to ride for the American Diabetes Association (ADA) and their bicycling event, the Tour de Cure, riding out of PORTsmouth NH on May 4th 2008, on behalf of our friend, Bill Paradis.

I have signed up as the Captain of the "Pedaling to Paradis" team and I am pretty lonely on the website with just one team member...is anyone interested in joining up for the ride? The route lengths are 25, 50, 75 and 100 miles (!!!) I have lots of fliers if you need me to mail you one, just send me an e-mail at janetglazier@yahoo.com.

You can join the team on line, pay, set up your own fundraising site, track the teams progress and send e-mails from the site inviting others to support you--its all very efficient and PC! If you just go under your search category and type in Tour de Cure Portsmouth. May 4, 2008 ..you will get to the ride info..

This is my first year as an official team...I rode from 1996-2006, eleven years, and rode for several years the 50 mile route then upped the anty to 75 miles. I will be riding the 50 mile route this year (on a modified mountain bike, slowly). We can ride together, or as teams, or separately...I want everyone to feel comfortable at their own speed and fitness level--I will have some practice rides in April as soon as the weather gets over 45 degrees for more than just a few hours!

I welcome e mails and hope some of you will like to ride; however if you'd prefer to just support the team, via a check to the ADA, please let me know; I'll be happy to collect and give you all the credit!

Thanks to all for your conderation of the fun, athletic and caring event on behalf of our firend, Biking, Running, Hiking and all-around great guy, Bill Paradis
Janet Glazier phone 603-743-4558
Live each day with an attitude of gratitude!

Submitted by Ben Jones
Hello Rochester Runners,

I'm writing to invite you to join me in supporting a very special cause: finding cures for cancer. I am running in the 112th Boston Marathon as a member of the 2008 Dana-Farber Marathon Challenge (DFMC) team.

Your support of my run will help fund essential cancer research and care at Dana-Farber Cancer Institute.

The DFMC raises funds for the Claudia Adams Barr Program in Innovative Basic Cancer Research at Dana-Farber. Established by J. Wayne and Delores Barr Weaver in 1987, the Claudia Adams Barr Program fosters scientific breakthroughs by advancing the work of gifted researchers in a variety of basic research disciplines. The DFMC directs 100% of funds raised to

the Barr Program, which enables scientists at the leading edge of discovery to achieve better cure rates and to enhance patients' quality of life.

I hope you will support my challenge by giving a gift to my run and, in doing so, help bring an end to the challenge of cancer.

Many thanks for your generous support and encouragement!

[Follow This Link](#) to visit my personal web page and help me in my efforts to support Dana-Farber Cancer Institute and the Jimmy Fund

Some email systems do not support the use of links and therefore this link may not appear to work. If so, copy and paste the following into your browser:

<http://www.rundfmc.org/faf/r.asp?t=4&i=225656&u=225656-149179732>

Races around the area:

Submitted by Bob Randall:

MARK & SAVE THIS DATE: JULY 12, 2008

**6TH ANNUAL RUN FOR THE GYM 5K RUN & WALK
SEE INFO BELOW**

**YOU CAN HELP RAISE FUNDS FOR NASSON COMMUNITY
CENTER**

HOW? YOU ASK????

**RUN, WALK, VOLUNTEER, PLEDGE FOR A RUNNER OR
WALKER**

**DISTRIBUTION OF RACE APPLICATIONS AT OTHER RACES
BE A CHEERLEADER ALONG THE COURSE - PLUS MUCH
MORE.**

PLEASE GIVE US A HAND IF YOU CAN!

Call or e-mail: Race Director Bob Randall

****NEW THIS YEAR**

GEORGE J. GILLIS AWARD: TO TOP PLEDGE COLLECTOR

6th Annual
RUN AND WALK FOR THE GYM 5K



July 12, 2008 6:00 PM
Nasson Common
457 Main Street
Springvale, Maine
SIS *The Bank That Listens*
SANFORD INSTITUTION FOR SAVINGS
FMI: Contact Bob
at (207) 490-1386
or via e-mail at



Submitted by Allison Black
www.Vision5K.org

The
Vision

Want More of a Challenge?

A unique 5K run and walk where blind and sighted participants run or walk side by side. Join sighted and blind athletes, worldclass runners and weekend walkers, and a remarkable partnership of five organizations that serve the blind and visually impaired. You've never seen an event like the Vision 5K!

WHEN Saturday, June 7, 2008

10 a.m.: Race start

11 a.m.: Food court with local restaurants, music, a kid's fun run and other fun activities

WHERE Roberto Clemente Field

Park Drive in the Back Bay Fens

Run with your feet. See with your heart. Sighted runners put themselves to the ultimate test by running the race blindfolded in solidarity with the blind and visually impaired. Walkers are also eligible to take the challenge.

Celebrity and elite athletes are among the volunteer guides who accompany runners and walkers participating without the benefit of sight. Join the Blindfold Challenge—see what you're made of.

Put your company in good company. New for 2008, a special opportunity for corporate executives to take the Blindfold Challenge and lead by example.

Race against the best. As the only 5K championship for blind athletes in the USA, the Vision 5K attracts elite runners from around the world and serves as a showcase for the abilities of blind athletes.

The Vision 5K is organized by a remarkable partnership of five organizations dedicated to giving the blind and visually impaired the tools and services they need to go the distance. All proceeds benefit programs at:

- n The Carroll Center for the Blind
- n MAB Community Services
- n National Braille Press
- n New England Eye Institute
- n Perkins School for the Blind

Free Fall Classic Update

Dave Abbett – Race Director

RACE COMMITTEE is being formed for the FREE FALL 5K RUN/ WALK

Last year we had a very successful race mostly due to the fact that we had over 40 people involved behind the scenes. This year I would like to have 3 to 5 people who are willing to help as part of the race committee. I will host only a few meetings for this race and do most of the communication via email. There are many areas that we need to cover in order to have a successful race. So, if you are interested in taking part in this event please contact me, Dave Abbett at 603-509-2440 or by email at abbettfamily@verizon.net.

Thanks and may you have many PRs this year.

Dave Abbett

Race Director

What to look forward to in the April Edition:

Runner Profile?

April Meeting Updates

Boston Marathon Reports

New ideas, comments and letters

Rochester Runners Club
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