

# ROCHESTER RUNNERS REPORT

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**Next Club Meeting:**  
7:00pm  
Tuesday,  
August 19th

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

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## President's Corner

Are you tired of the same old races or is your running in a rut? Try something new this summer! I know gas prices are high but there are plenty of races near to us that I bet you haven't run before or even heard about .

One of those races was the Shaker 7 Road Race in Enfield, NH on June 29th. It begins and ends at the Shaker Museum in Enfield and runs around a small lake there. Rich Smith from Enfield and one of the Granite State Racing Teams fastest runners, had the course record up until this year. Some of you know Rich – the tall runner with the nice British accent!

Wendy Stewart and I traveled there a couple of weeks ago and were pleasantly surprised to enjoy this new to us 7 mile road race. It poured for most of the 85 mile trip to get there, but by the time we arrived, the rain had stopped and the sun was beginning to poke through the clouds. Rich was happy that this race has stayed relatively small and unknown – he told us was glad that Nathan Huppe and Scott Rowe didn't show up! However, this year a runner from Boulder, CO arrived on the scene and set a new course record by about 30 seconds!

Another new race for us was the Loon Mt. Road Race. If you think the Mt. Washington Road Race is tough, Loon makes it look easy! This race is only 5.7 miles long, but this is the toughest and hilliest race I have ever done! It starts in the lower parking lot at Loon and winds its way up the ski slope and access roads under the gondola. When you reach the top where the gondola empties out, you still aren't done – you are only at about mile 4. You go down, down, down to the start of Upper Walking Boss – a black diamond ski trail that is ½ mile long and straight UP!!! I have never seen a hill this steep before! You would never hike a mountain like this – you would make your way back and forth across the trail to make the climb somewhat easier. But this one just goes UP! Once you reach the top again, you have to run down a steep hill and then one final short climb to the gondola to get your ride back down.

So be adventurous this summer – try something new and I'm sure you will see some familiar faces there doing the same thing!

- Don

**Cranmore Hill Climb  
Or  
The Unintended Naturalist  
By Diane Levesque**

This year Brian and I decided to run the mountain racing series. Doing so involved running 6 mountain races one of which included the Cranmore Hill Climb. It was a 10K race requiring 2 ascents and 2 descents to equal the distance.

On race day we arrived at the race about an hour before the start. The skies were quite dark and cloudy and we both hoped that the weather would hold out. Ten minutes to the start of the race, the skies opened up with a massive downpour. There was thunder and lightening. We all stood around inside or outside under cover speculating that the race director would certainly postpone the start in view of the scary weather. Remember, this was a mountain race and we all know how lightening works! But at 9AM, the race director yelled out, "Ok, let's head to the start!" One lonely female voice loudly asked, "What about the lightening?" To which the race director responded, "There is no lightening." So like lemmings falling into the sea, we proceeded to the start.

The downpour lasted for perhaps 10 or 15 minutes more and then I know that I forgot about it until I noticed that it was down to a drizzle. I completed the first ascent and descent in 54 minutes which I know sounds pretty slow, but until you try one of these, you can't even begin to imagine what it's like.

I passed through the start line and moved ahead where I noticed that there was a runner ahead of me. He stopped dead in his tracks and appeared to be waiting for me. When I reached him, he asked if I would mind if he ran with me because he did not have his glasses with him and could not see the flags which marked the course. I of course told him that that was no problem. I remarked that I didn't see any flags marking the course where we were and he said that there had not been any at the start of the race. He introduced himself as Ken Skier. Very nice, by the way. And we discovered that we are the same age and that he is from Massachusetts, Wakefield, I believe. I supply these details for future reference.

So Ken and I ran for a short distance until I was startled by a large brown figure protruding from the woods. I yelled, "Stop!" And he did. I told him that there was a bear coming out of the woods. He said, "Where? Where?" Remember, he can't see anything – even a huge bear. I said, "Ken, I can't believe that you can't see that." He asked if I was sure that it wasn't a dog. Of course, I certainly would know the difference between a dog and a bear. I have 3 dogs. I said, "Wow! It looks like he's pooping." Ken responded, "Well, that answers THAT age-old question." Upon further observation, I realized that there were two bears. "Ken, there are two bears there SCREWING!" He said, "No. Let's get out of here. I have a friend that studies wolves and he says that the only time that wolves would attack a human being is if a human being interferes with their mating. I know that they're not wolves, but...." At this point, I became acutely aware of the fact that I was talking to a city person. "Ken, let's go by them. They're busy and won't even notice." But Ken was terrified and pleaded for me to stay with him. "I'll never be able to explain to my wife that I was mauled by a bear. She'll never let me run one of these races again." I offered that Brian would be pissed that I did not have his camera with me to take the photos necessary to prove that I had witnessed this event. During this discussion, I observed these bears going at it and crossing back and forth across the trail, back and forth, back and forth. At least 12 minutes worth. Throughout this encounter, I wondered where the heck were my fellow runners. I knew that at the halfway point, I had been far from last. All of a sudden John Parker came along. Another witness. The two of us persuaded the

city boy to move forward. The bears, although still visible, had retreated off the trail and into the woods.

So off we went only to discover that we were lost. Of the three of us, Ken seemed to have the best sense of direction and led us through a bushwacking mission out of the woods and back onto the trail. The two guys left me and I came in last. I have always wanted to come in last in a race. I know that some of you may find that hard to believe, but it's true.

At the finish line, Brian was waiting. He said he wondered what happened and Ken and I filled him in. He asked me if I had had the camera with me.

We stayed for the post-race raffle. I won a pair of LaSportiva trail running shoes – my third pair of running shoes won in this series. The day was quite exciting!

**31Jul08 RRGP update:** This update includes the Powwow triathlon (Amesbury), Run for the Gym 5K (Springvale), Utica Boilermaker 15K, Bill Luti 8K (Concord), Jason Hussey 5K (Greenland), Stowe (Vt.) 8 mile, Lancaster Fair 5K, Stratham Fair 5.7 mile, York Days 5K, and Yankee Homecoming 5K and 10 mile (Newburyport). Congratulations to age group winners **Nathan Huppe** (2nd overall at Springvale), **Chris Blanchette** (Springvale and Lancaster); **Diane Levesque** (Bill Luti); **Mary Ulinski** (Bill Luti, Jason Hussey, and York Days); and **Dan Poliquin, Leanne Hourihane, and Jim Dejohn** (York Days). **Rick Collopy** and **Joe Tostado** had their best race performances in the past year at Jason Hussey. The Bill Luti 8K was the fourth of seven NHGP races this year, where the 18 RRs finished 4th out of the 6 running clubs present. There weren't very many speed points at that race—it was the usual hot weather and hills—but **Dan Poliquin** and **Mike Barry** deserve mention for their strong efforts, as they each earned two speed points while the other 16 RRs only had 3 speed points among the whole group. **Diane Levesque** currently leads all NHGP runners in the F5059 division for the year. **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](mailto:bplindsay@hotmail.com). For a detailed explanation of the RRGP, as well as a look at your race results and speed point goals, visit the “club grand prix” section of [rochesterrunners.com](http://rochesterrunners.com).

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
16	51	12	79	24	Diane Levesque	8	25	0	33	6	Ruthanne Laine	3	8	0	11	2	Dave Butler
20	46	12	78	13	Dave Poliquin	6	27	0	33	6	Randy Spencer	0	11	0	11	2	Tom Littlefield
12	51	12	75	15	Dan Poliquin	5	28	0	33	7	Nancy Moonsamy	2	8	0	10	2	Amy Lindsay
10	62	3	75	23	Sin Kounlasa	3	29	0	32	6	Dick L'Heureux	0	10	0	10	2	Damian Rowe
8	55	9	72	14	Kevin Scott	6	24	0	30	6	Rick Collopy	1	8	0	9	2	Peter Laine
16	51	0	67	13	Bill Buckley	5	25	0	30	5	Patty Crothers	1	8	0	9	2	Peter Dubois
8	49	9	66	11	Lori Scott	7	22	0	29	5	Cristyn Peters	0	9	0	9	2	Amanda Dejohn
16	48	0	64	21	Bob Randall	7	22	0	29	5	Christine Leonard	0	8	0	8	2	Tracy Gagnon
9	52	3	64	18	Brian Gallagher	0	29	0	29	7	Liz Bowden	0	8	0	8	2	Paige Cashman
6	56	0	62	16	Britt Schuman	0	29	0	29	5	Dale Post	0	8	0	8	2	Dave Abbett
12	46	3	61	19	Mary Ulinski	7	20	0	27	5	John Rancourt	0	8	0	8	2	Rhiannon Amero
10	45	6	61	12	Cliff Parkinson	0	24	3	27	6	Ken Houle	3	4	0	7	1	Kathy Paradis
10	48	0	58	10	Dave Rosania	3	21	0	24	5	Chris Blanchette	3	4	0	7	1	Colin Johnson
6	50	0	56	12	Becky Sherburne	0	24	0	24	3	Laurel Valley	3	4	0	7	1	Karen Norris
7	48	0	55	10	Michael Richardson	5	18	0	23	4	Adam McCready	3	4	0	7	1	Drew Tuttle
6	44	3	53	12	Wendy Stewart	6	16	0	22	4	Joe Tostado	3	4	0	7	1	Wendy Perillo
3	44	6	53	12	Nathan Huppe	6	16	0	22	4	Lynn Tostado	2	4	0	6	1	Jennifer Borda
4	47	0	51	11	Diane Casselberry	5	17	0	22	3	Laura Harding	2	4	0	6	1	Willem Verweij
1	47	3	51	10	Alison Black	5	17	0	22	4	Don Norris	1	5	0	6	1	Bill Paradis
0	47	3	50	14	Don Yeaton	2	16	3	21	4	John Tuttle	0	5	0	5	1	Manya Hult
7	42	0	49	12	Darryl Cauchon	0	21	0	21	4	Walter Shyska	0	4	0	4	1	Pam Parker
8	34	6	48	7	Benjamin Jones	2	18	0	20	3	Mike Amero	0	4	0	4	1	Craig Stephan
7	41	0	48	13	Bob Rondeau	0	20	0	20	4	Scott Rowe	0	4	0	4	1	Petr Brym
7	35	6	48	8	Judi Lemaire	6	13	0	19	3	Leanne Hourihane	0	4	0	4	1	Phil Parker
5	43	0	48	11	Clayton Lewis	6	12	0	18	3	Janet Glazier	0	4	0	4	1	Judi Rogers
7	40	0	47	12	Jack Collopy	4	14	0	18	3	Peggy Taylor	0	4	0	4	1	Matthew Cashman
2	36	9	47	7	Brian Geiger	1	17	0	18	4	Jim Dejohn	0	4	0	4	1	Jack Prescott
0	44	3	47	9	Chuck Zerbinopoulos	1	14	3	18	3	Paul Lindsay	0	4	0	4	1	Regan Butler
11	35	0	46	7	Mike Andrews	3	14	0	17	3	James Westgate	0	4	0	4	1	Ernie Garland
12	27	3	42	6	John Gullage	3	13	0	16	3	Tracy Jones	0	4	0	4	1	Anthony Vittoriosio
4	35	0	39	8	Dan DeFrees	0	16	0	16	4	Joe Boyle	0	4	0	4	1	Letitia Cauchon
8	27	0	35	5	Jen Johnson	3	12	0	15	2	Joe Harding	0	4	0	4	1	Dylan Tuttle
5	27	3	35	7	Mike Barry	0	13	0	13	3	Jeff Crothers	0	4	0	4	1	Jillian Zerbinopoulos
9	25	0	34	6	Tom Watkins	0	13	0	13	3	Mark Chrusz						
5	29	0	34	5	Dennis Graves	0	12	0	12	3	Danielle Amero						

## **OFFICER'S MEETING MINUTES**

### **JUNE 30, 2008**

1. July & August meeting. No Meeting in July.  
August meeting: Cookout and Run Party at Dave Abbett's house in Rochester. Details forthcoming. Currently scheduled for Tuesday, Aug. 19.
  2. Lake Winni - still no official RR team this year.
  3. Reach the beach. Volunteers will work Friday night and Saturday morning in Epsom, Sept 12 & 13. Contact Don Yeaton for more information.
  4. Next Grand Prix race is Bill Luti 5 miler, Sat., July 19th in Concord.
  5. Free Fall Classic - 5K. On schedule for Thanksgiving Nov. 27. Dave will be coordinating sponsors and volunteers starting in July. Will be looking for more small sponsors. T-shirts will be available for a fee. Will check for new suppliers. Possible "Tech tops".
- Other: There will be a Dover High vs. Spaulding football game on Thanksgiving morning at 10am. Race is at 8:30am.  
Timing: Dave evaluating options to include possible purchase of "timing equipment" suggested by Daryl Cauchon.

Prepared by Secretary Walter Shyska

### **UPCOMING RACES:**

Check out some area races coming up in September:

<http://www.locorunning.com/mainecoasthalf.php>

## **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](mailto:abbettfamily@verizon.net). Thanks and may you have many PRs this year.

Dave Abbett

## Race Director

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