

ROCHESTER RUNNERS REPORT

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FEBRUARY 2008

President
Don Yeaton
Dryrun262@msn.com
736-4610

Vice President
Judi Rogers
jwrogers515@hotmail.com
332-1350

Vice President
Bob Rondeau
rambler@metrocast.net

Vice President/Apparel and
Uniforms
Wendy Stewart
Wendystewart320@gmail.com

Vice President/Misc. Affairs
Dennis Graves
dgravesfamily3@aol.com

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

Next Club Meeting:
7:00pm
Tuesday,
February 19th

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

**Awards Ceremony
And
PIZZA!**

Secretary
Walter Shyska
abfg98@yahoo.com
463-5829

Webmaster
Peter Brym
brym@metrocast.net
755-3646

Publicity Director
Mary Ulinski
mary.ulinski@gmail.com
740-8483

Race Director
Dave Abbett
d.abbett@strafhealth.com

Newsletter Editor
Peggy Taylor
ptaylor0925@yahoo.com
343-6148

Treasurer
Darryl Cauchon
dcauchon@somersworth.com
692-5828

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

From the Editor:

At last month's meeting I was moved by the story that Emily LeVan gave about what's going on in her life. We all have obstacles that life throws at us. Whether it being health, money, job, spouse or child issues we all have them and at any given point they seem much worse than everyone else's. For me having a child who is blind and autistic really didn't seem like a big deal after I heard and saw Emily tell us what she and Maddie are going through. At least I know that for Brandon every day is continuous improvement. Seeing Emily take each day in stride and continuing on with her goals to become an Olympic runner is one of the most courageous acts I have been witness to in a long time. That takes guts. For most of us, I expect that we use running as our outlet. In the past year it has helped me gain control of me. When the pressures of being a single mom consume me, on go the running shoes and I go pound out a few miles. Sometimes its 7 or 8 on the treadmill or just 3 around the block. When I finish, sweat pouring off me, throwing back a bottle of water, that's when I feel centered and ready to take on whatever life is going to throw at me. Ok, honestly, I'm really just too tired to let it bother me. ☺ The point being:

"Tough times don't last but tough people do." - A.C. Green

President's Corner

Try Something New for 2008!!

I think it was back in the fall of 2001 that a guy named Mark Elmore contacted me about the USSSA - the United States Snow Shoe Association. Mark is the Sports Director for this organization and was contacting Rochester Runners about snowshoe racing. I had thought this would be a fun activity for winter since I really do love snow so much and was seriously thinking of trying my first snowshoe in Lake Placid in Jan. of 2008. Well, that never happened, but my desire to try a snowshoe race stuck with me. The lack of snow around here the last several years didn't allow for much of any snowshoeing, but this winter's abundant snowfall awakened my interest again.

And then I got this email from Chris Dunn who lives in Strafford, NH that he was putting together a new race called the Cobble Mt. Snowshoe Classic at Gunstock on Jan. 26th. Here was my opportunity to try a 5K race on snowshoes! Chris and his brother, Jay, put together an adventure racing team in the summer of 2002 called acidotic Racing, LLC so they could train and race together all over the Northeast in snowshoe racing, mountain bike racing, ultra-distance trail running , triathlons and road racing.

WOW! Was this first experience ever FUN! It was my slowest 5K ever - almost 52 minutes - but also the hilliest 5K I have ever done as well as the most fun 5K. But I know what you are thinking? Isn't it hard to run on snowshoes? Not if you have the right kind - that being the small oval ones. If you can run, you can run w/ snowshoes!

Wendy Stewart, Mark Chrusz and myself were there to represent Rochester Runners and we took 7th place in the team competition. This was our very first attempt by all three of us at snowshoe racing. You could tell by the smiles on our faces that we were all sold on this new-to-us winter sport!

Are you ready to try one? The next race is the Sidehiller 4 Miler in Sandwich on Sat. Feb. 5th and then the Kingman Farm 5K in Madbury on Feb. 23rd.

Here's my challenge for 2008 - try something new this year! Don't be afraid to try a new distance or a trail race or a triathlon. Get out of that same old rut and try a new adventure. You'll be glad you did!

- Don

Thank You!

I wish to send my deepest appreciation for the generous donation of \$1500 that you made to the homeless shelter.

We feel extremely privileged to have been selected to receive your generosity. I'm really not sure what we would do without the commitment that the community has made to the shelter. At times it seems redundant to send a thank you when it's really so much more.

Once again, thank you very much and have a wonderful year!
God bless you all
Sincerely,

Nancy Lawrence
Executive Director
The Homeless Center for Strafford County

NEWS, REPORTS AND SUBMISSIONS:

Boston-Qualifying Times Run by Rochester Runners in 2007

(based on age on the day of the 2008 Boston Marathon)

Under 3:10 for men 18-34:

2:27:51 Scott Rowe (Manchester City)
2:38:36 Scott Rowe (Boston)
3:08:23 Scott Rowe (Chicago)

Under 3:20 for men 40-44:

3:11:49 Dan Poliquin (Vermont City)

Under 3:35 for men 50-54:

3:06:19 John Tuttle (Boston)
3:27:36 Joe Harding (Gold Coast)
3:27:55 Kevin Scott (Vermont City)
3:28:38 Joe Harding (Boston)

Under 3:45 for men 55-59:

3:44:39 Dick L'Heureux (Boston)

Under 4:00 for men 60-64:

3:54:25 John Rancourt (Philadelphia)

Under 3:40 for women 18-34:

3:27:55 Amy Barr (Boston)
3:32:11 Britt Schuman (Boston)

Under 3:45 for women 35-39:

3:38:04 Jen Johnson (Boston)

Under 3:50 for women 40-44:

3:19:33 Laura Harding (Boston)
3:22:23 Laura Harding (New York City)

Under 4:05 for women 50-54:

3:28:28 Sin Kounlasa (Clarence DeMar)
3:38:15 Sin Kounlasa (Vermont City)
3:40:39 Sin Kounlasa (Mt. Desert Island)
3:41:23 Sin Kounlasa (Manchester City)
3:43:41 Sin Kounlasa (Hyannis)
3:44:50 Sin Kounlasa (Boston)

OFFICER'S MEETING NOTES:

Rochester Runners Officers Meeting
January 28, 2008

President Don Yeaton presiding.

In attendance: Walter Shyska, Dave Abbett, Judy Rogers, Peggy Taylor, Wendy Stewart.

1. Reviewed award recipients - to be announced at Feb. 19th meeting.
2. Need check for \$100 for Mike Amero for Boston Registration. Will get from Darryl.
3. Eastern States 20 Miler, have 17 volunteers, need 25. March 30th. Hope to solicit 7 more volunteers
4. RRCA registration - New England registration. Fee is pending. Need final count of number of RR members.
5. USATF registration. \$75 being paid.
6. Snowshoe Race Series. 44 participants at the Gunstock race. Next race at Kingman Farm at UNH, 6PM, Feb 23, Full Moon, but need a headlamp.
7. Fresh Pond trip. rescheduled to Feb. 2. Contact Don Yeaton.
8. Speakers for March. Willem (therapist) or Chris Dunn, Athletic Trainer.

New Business:

1. Scholarships for Spaulding High Students. Need to decide if we will continue.
2. Treasurers Report - need to have a monthly status report (balance), as well as periodic detailed reports (quarterly, annual?).
3. Clothing - need to transfer from Kate to Wendy.
4. Free Fall. Getting out basic notice for calenders. Dave will schedule a meeting for the committee. Contact Dave Abbett if interested or for anyone to make comments.
5. Newsletter - Peggy is confirming email lists. Please contact Peggy Taylor if you have a new or incorrect email.

Meeting adjourned at 8pm.

Respectfully submitted: Walter Shyska, Secretary

Help the American Liver Foundation

Alison Black

As far as I know, three of us from the Rochester Runners are running the Boston Marathon in part to raise money for the American Liver Foundation (me, Don Yeaton, and Judy Brenner). I chose to raise money for ALF in part because of Don's dedication to the charity; he graciously invited me to the ALF pre-marathon banquet last year since Barb was not able to attend. I was so inspired by the energy in the room and the personal stories of people who suffer from liver disease. When I found out that the mother of one of my favorite Olin students has liver disease (Hepatitis C), I was even more inspired to raise money for ALF.

I would be so grateful for ANY donation to the American Liver Foundation—no matter how small. I know money is tight for most of us (including me) but every little bit adds up. If you would like to donate to ALF on my behalf, please check out my fundraising web page: <http://www.active.com/donate/liverteam08/alfABlack>. If you prefer, you can write a check to the American Liver Foundation and put my name in the memo and mail to me directly at: Alison Black, 16 Walden Dr., #11, Natick MA 01760. If you have any questions, feel free to email me at tennpurp@yahoo.com or call me at 603-860-4190.

I hope to see you soon. Thanks for your support!

Thank you:

Emily LeVan sent a *thank-you* note; in part, this is what it said:

Dear Rochester Runners,
Maddie & I want to sincerely thank you for everything you have done in support of our family and our Two Trials fundraiser. You were one of the first to help kick off the fundraiser and it has already met with amazing success!

Rochester Runners truly embody the running community. You all serve as a prime example of the power of individual and collective efforts, striving towards a common goal.

Be well,
Emily

Footnote:

January 28th, Maine's newspaper, The Portland Press Herald profiled Emily and Maddie in a two page article. It was very well done and they had a picture of Maddie wearing the purple "Two Trials" tee-shirt that we gave her at our last meeting! We also want to note two websites:

emily@twotrials.org and <http://eliterunning.com/>

The second website, mentions our club's contribution to Emily & Maddie's Two Trials fundraiser. It was kind of nice to see our club get positive national press!

~ Thanks to all who participated in our

Pancake Run / Fundraiser ~ Kathy & Bill Paradis

SOMETHING NEW TO TRY

Tired? Stressed out? Can't touch your toes? Here's a deal for you. As some of you may know, Lauren Winterholer is embarking on a new career in Thai Bodywork. Recently, she secured a space at *Dover Yoga and Pilates* in downtown Dover and is now open for business.

Thai Bodywork uses compression and stretching techniques to lengthen the muscles, and also works along the meridian lines of the energy body. (It's sometimes compared to Shiatsu.) Runners can especially benefit from Thai Bodywork because there is a heavy emphasis on the legs and back – and Lauren can find knots in muscles you never knew you had. As with any form of bodywork, a session will provide relaxation, increased circulation, and a more focused, positive outlook on life. Thai Bodywork uses no oils and the client remains fully clothed.

Normal rates are 1 hour for \$50, 1½ hours for \$70, and 2 hours for \$85 ... However, Lauren would like to extend a discount to Rochester Runners and their immediate families, good through to July. The reduced prices will be 1 hour at \$30, 1½ hours at \$50, and 2 hours at \$65. A great deal! Appointments are available on Mondays, Wednesdays, Thursdays, and Sundays. So give her a call, tell her you saw this article, and schedule your session to rejuvenation! Lauren can be contacted at 603.397.2561 or thai_bodywork@yahoo.com.

Upcoming Events:

February 19th is the awards ceremony and pizza night. This will be a great time to get together, have a few laughs and recognize just a few of the great runners we have in our club. Pizza is coming from Domino's and our VP of Misc. Affairs, Dennis Graves, has 12 people signed up to bring a salad or dessert. More is needed so please plan on bringing a dish to share.

What to look forward to in the March Edition:

Runner Profile?

February Meeting updates

March meeting info

New ideas, comments and letters

Rochester Runners Club
PO Box 727
Rochester, NH 03866