

ROCHESTER RUNNERS REPORT

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JANUARY 2008

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Next Club Meeting:
7:00pm
Tuesday,
January 15th

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

Speaker:
Emily Levan
Topic:
Women's Olympic
Trials in Boston and
Fund Raising for
Maddie

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From the Editor:

As your new editor of our newsletter I have no idea what I was thinking. At first I thought it would be a great job for me, I am usually never at a loss for words. Now I actually have to put them in writing. No newsletter I thought would be complete without a word from the editor right? My son told me it's not a magazine mom, chill about it.

Ahhh to be young and foolish again, this is serious stuff we are dealing with.

I would like to know what everyone else would like to see in their newsletter. Send me your ideas. It could be running tips, or places to run. How about a new healthy recipe you want to share. Or a race review.... This is our newsletter, the more input you provide the less writing I have to do. One of the ideas that I had was a runner profile. Each month a new member is profiled. Tell me about yourself and I will solicit input from the rest of the group and put it together for the following newsletter. The good, the bad and the secret stuff told to me anonymously of course. What else can we do?

As the New Year approaches and we are all taking the time to think about resolutions, we reflect on what we have accomplished this past year and we skip right over all the positive ones and head right for what we didn't do. We didn't PR in every race, we didn't qualify for Boston or we didn't run as many miles as we wanted to and we make resolutions to do them all again next year. What we need to do is really look at what we have accomplished. Some of us, that I know, have really done some amazing things. There are a few people that overcame adversity and ran races we never thought of running. Some of us ran through being sick, hurt, or really busy managing work, family and life. Some of us ran to work and biked home. Some ran every day no matter the weather or the conditions. Others of us didn't run our best races, but we ran. We ran alone or with our running mates. What we have achieved this year is quite amazing, what I also find amazing is what it took for some of us to get to where we are at today.

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

--Booker T. Washington

President's Corner

“Everything will be great in 2008!” How many times have you heard that slogan in the last few days? I don't know if this will be true, but a new year is upon us and how it turns out is yet to be seen. 2007 was a tough year for many, yours truly included.

The year started out with a 12 week bout of 3rd shift, then a summer of four 10 hour days with overtime on Fridays, and then after Labor Day – five 10 hour days. I injured my left hamstring at the beginning of the summer that seriously affected 3 of my races and then on October 22nd, my wife had a double knee replacement.

Needless to say, I'm looking forward to a better year in 2008. At present, I have no injuries as I begin to train for the 112th Boston Marathon as part of the “Run for Research Team” of the American Liver Foundation for my 12th year in a row. I was very happy to finish off 2007 with my last race of the year at the Millennium Mile on Dec. 30th. I ran a 6:03 for the mile which surprised me since I had just come down with a chest cold, I had done no speed work since the summer and we had very little time to warm up before the race. This certainly helped my confidence as I begin to train for Boston and a positive attitude often can make the difference between success and failure. After two years of poor racing because of injuries, I'm looking forward to a better year!!

I tried something new last year when I was injured, but still wanted to race. Three times last year, my left hamstring slowed me to a walk in races. So I tried a different tactic. I started at the back of the pack and ran the first mile or so very slowly, to make sure my hamstring got warmed up and stretched out slowly. Then once I was warmed up, I began to pick up the pace and began counting all the runners I passed before the finish line. At the Turkey Trot 5K in York, Maine on November 24th I passed 95 runners before the finish and at the Jingle Bell 5K in Concord, I got by 119 runners before the finish. Of course, this kind of a technique is called running “negative splits” in which you run the second half of a race faster than the first. I didn't run any PR's this way, but BOY it sure was fun to pass all those runners on your way to the finish. Once you get a little older as a runner, you realize you can't run a PR every race or always win your age group. So I would challenge you to try something new in 2008. Start at the back with those runners you normally might not run with and see how many you can pick off before that finish line!

Don Yeaton

The 2008 Snowshoe Series

Chris and Jay Dunn began Acidotic Racing, LLC in 2002 as an adventure racing team and have put together a snowshoe race series for 2008. The first race will be the Cobble Mountain Snowshoe Classic at Gunstock on Jan. 26th, then the Kingman Farm Moonlight Snowshoe 5K on Feb. 23rd and finally the Winter's Last Hurrah Snowshoe Scramble in Biddeford, ME. For more info go to: <http://hstrial-cdunn9.homestead.com> and click on events. Some of you bought Red Feather snowshoes several years ago when they offered them at a discount to our club. Here's your opportunity to try them out!! I'll be at Gunstock – hope to see some more RR's there so we can have team compete.

- Don Yeaton

8th Annual Pancake Fun Run, Jan. 5, 2008

& Charity Run for Emily & Maddie “Two Trials”

Hosted by: Bill & Kathy Paradis

A record number of people showed up to run, feast on pancakes, and donate towards Emily Levan's charity, The (MCCP) *Maine Children's Cancer Program*. See www.rochesterrunners.com for more details. You will also find pictures from the Pancake Run, thanks to our talented webmaster, Petr Brym. Our very generous club members donated a total of **\$325.00 . . . Amazing!** *Thank you!* Emily Levan, her daughter, Maddie, & husband, Brad Johnson are very appreciative of our efforts.

A total of 28 people ran a new route of 4, 8, or 12 miles. Those who ran were:

Ernie Garland, Judy Brenner, Don Yeaton, Wendy Stewart, Diane Levesque, Liz Bowden, Dan DeFrees, Nathan Huppe, Faye Lowrey, Laurel Valley & BJ, John Rancourt & Annette Rancourt Blake, Craig Stephan, Paul & Amy Lindsay, Judi Rogers, Darryl Cauchon, Janet Glazier, Chuck Zerbinopoulos, Lori & Kevin Scott, Sue Littlefield, Anthony Vittorioso, Cary Kilner, Tanya Knowles, and the hosts. Tom Littlefield was under the weather, but still attended, lending us the griddle, folding chairs, and his skills at the water stop, as well as traffic control. **Jack Bowker** read his book (while Judy ran) which gave us a total of **30 in attendance**, a new record! Faye donated maple syrup & Diane brought blueberries that her sister picked last summer ~ how nice!. Amy made a tasty egg bake & others brought eggs, juice & jams. Kevin, again, brought Hazelnut coffee. Yes, *real men* can drink flavored coffee, although Dan, Dan the Shoe-man refused! “Give me the real stuff”, he said. (When he thought no one was looking, I saw him sipping the girlie brew! *Don't be afraid to show your feminine side, Dan!*) By the way, Dan gets the award for furthest traveled; he abandoned us and moved to upstate New York a couple of years ago. Everyone misses him & had a great time catching up.

A special thanks goes out to John Dinella and Brian Gallagher for their donation and support to the pancake run.

We would like feed-back as to whether, for next year, runners prefer a 8:00 or 9:00 start and would also like to know if runners would prefer it be on a Saturday or Sunday.

GRAND PRIX UPDATE:

Looking Back at the 2007 N.H. Grand Prix

Each year Rochester Runners join members of other N.H. running clubs in a series of races known as the New Hampshire Grand Prix, where runners compete to earn points for their clubs in several age and gender divisions. Overall we had the fourth highest point total among the seven clubs participating: Gate City Striders from Nashua was the overall winner, with 833 points, followed by Greater Derry Track Club (782), Granite State Racing Team (679), RR (369), White Mountain Milers (157), Athletic Alliance (124), and Coastal Athletic Alliance (5). The participation by RRs in 2007 ranged from as few as five runners at the Foothealth 5K in Derry up to our largest turnout of 49 club members at the St. Charles 5K in Portsmouth. Over the course of the season 55 RRs ran in at least one NHGP race, and **Brian Geiger** was awarded “Granite Runner” distinction for running in all seven of the races.

Sin Kounlasa garnered the most points for Team RR, with 49 points in the six races she ran. Here is a list of all 32 RRs who scored points for our club, how many points each scored, and how many of the seven races they each competed in:

Sin Kounlasa	49	6	Bob Randall	9	1	Wendy Stewart	4	3
Paul Lindsay	34	4	Scott Rowe	9	1	Jamie Houle	3	1
John Tuttle	30	3	Brian Geiger	8	7	Ron Foster	3	1
Ken Houle	30	3	John Rancourt	7	1	Peggy Taylor	3	2
Nathan Huppe	25	3	Walter Shyska	7	2	Dave Poliquin	3	3
Diane Levesque	21	4	Amy Barr	6	1	Jack Prescott	2	1
Dan Poliquin	20	3	Kevin Scott	6	1	Lori Scott	2	2
Judi Lemaire	19	3	Cliff Parkinson	6	6	Brian Gallagher	2	2
Mary Ulinski	14	2	Jennifer Johnson	5	1	Alison Black	1	5
Judy Brenner	12	3	Don Yeaton	5	5	Bob Rondeau	1	6
Manya Hult	10	1	Mike Richardson	4	1			

Besides the team competition, the top 10 runners in each race based on “age graded” times earned individual points, from 10 for first place to one point for tenth. Two RRs achieved outstanding age-graded rankings for the season: **John Tuttle** and **Ken Houle** were tied for first place among the men, even though they each only ran in three of the seven races. Here are the age graded points for RRs in 2007, along with their ranking among the 43 men and 27 women scoring age-graded points during the season:

John Tuttle	29 tied for 1st of 43	Sin Kounlasa	29 5th of 27
Ken Houle	29 tied for 1st of 43	Judy Brenner	24 tied for 7th of 27
Paul Lindsay	11 tied for 9th of 43	Manya Hult	7 16th of 27
Scott Rowe	7 tied for 17th of 43	Diane Levesque	2 tied for 20th of 27
Nathan Huppe	5 tied for 25th of 43		

Participating in the NHGP series not only provides an outing with fellow club members to races outside your local area, but after a while you will find that you have made friends with runners from other N.H. clubs (it’s like being a member of a bigger running club). Check out the schedule of the

2008 NHGP races on our club website, along with the complete 2007 results and other NHGP information.

Upcoming Events:

Spirit of the Marathon Movie

For anyone interested in seeing this movie at The Newington 15 go to www.marathonmovie.com

You can purchase your tickets in advance. The showing is Jan 24th at 7:30 pm.

What to look forward to in the February Edition:

Runner Profile?

February Meeting Info

January Meeting notes

New ideas, comments and letters

Rochester Runners Club

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