

ROCHESTER RUNNERS REPORT

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June 2008

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Next Club Meeting:
7:00pm
Tuesday,
June 17th

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

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President's Corner

The American Cancer Society's **Relay for Life** will be held on June 20 and 21 at the Spaulding High School track. We have had a team of Rochester Runner's at this event for many years now and sometimes we as a club have raised \$2000 for the fight against cancer. Once in a while this event happens the night before the Mt. Washington Road Race and this year is one of those occasions. A couple of years ago we decided not to participate because so many of us were running the BIG hill on that same Saturday. There are only a handful of us who will be there this year, but we still have only had minimal interest in the event for this year. Perhaps it is the economy this year that makes the idea of fundraising more daunting than usual. So because there are only a handful of us who are willing to be involved this year, we have decided to forgo the Relay this year (unless we are swamped w/ phone calls and e-mails from RR's who want it to go on!).

The club officers are proposing that we take up a collection for the ACS at the June 17th meeting and perhaps match this amount from the club treasury. The **Relay for Life** has been an important event for the club for some very personal reasons. We lost 2 good friends and club members to cancer – Mike Kimball and John Racine – and we have at least 4 members who are cancer survivors – Peggy Foster, Ann Hansen, Jack Prescott and Ann Littlefield..

We've made some good memories at the past Relay's – the Midnight 5K race last year, contests to see which club member could run/walk the most laps (Jack Prescott – our legally blind member – has always been at the top of the list), club members involved w/ the survivor lap and those of us who stayed for the entire night and got to watch the much anticipated sunrise on Saturday morning!!

I will miss the Relay this year even though I would have had to leave early because of the "Only One Hill" MT. Washington Race on Saturday morning. Please consider making a contribution to the ACS at the June 17th meeting. If you can't make the meeting, you could mail your check made out to: **The American Cancer Society** to the club post office box – RRC, P.O.Box 727, Rochester, NH 03866. Thanx!

- Don Yeaton

Rochester Runners Officers meeting.

June 3, 2008

In attendance: Walter Shyska, Mary Ulinski, Don Yeaton, Wendy Stewart

President Don Yeaton presiding.

1. Meeting Speaker: It was suggested and agreed that Dr. Brennan would speak at June 17 meeting. This is now postponed until a Fall meeting.

2. Relay for Life. Still soliciting new participants, now have only 3 or 4, but need to have 10 or 15. If no more Club participation, then recommended that RR make a donation to honor the 4 RR members recovered from cancer and the 2 members who died.

Anyone wishing to donate please send to:

Don Yeaton
Rochester Runners
PO Box 727
Rochester NH 03866

Or, please give your donation to Don Yeaton at the next RR meeting of June 17, 2008, at which time we will discuss an additional RR matching donation.

Checks should be made out to:

American Cancer Society

3. June RR meeting on June 17. We will show the RR Member Judy Brenner video that was presented on WMUR Channel 9 Chronicle show regarding her "capture of a shoplifter" at her work place, and the history of her running accomplishments, and her extensive Art Work etchings, paintings, etc. Also get to see her dog running!

Other: Petr Brym, our Webmaster, will present a demonstration overview of our website and listen to you comments, questions etc. for further improvement.

Other: Will discuss July meeting "fun run" issues.

4. Free Fall Classic Thanksgiving race. Dave Abbett will give an update on the current status and needs of this race.

8Jun08 RRGp update: This update includes the Pineland Farms 25K (New Gloucester, Me.), Rye-by-the-Sea Duathlon, Pack Monadnock 10 mile NHGP (Wilton), Hollis Apple Country Fast Five 5K, Jackson Covered Bridge 10K, and York Hospital 5K. Congratulations to age group winners **Faye Lowrey** (Pineland Farms), **Sin Kounlasa** (Jackson), and **Mary Ulinski** (York). At Pack Monadnock, the third NHGP race of the year, Team RR was 4th among the seven clubs represented and is currently in 2nd in the male 29 & under, F4049, and F5059 divisions. **Sin Kounlasa** and **Diane Levesque** were both among the top 10 age-graded females and **Diane Levesque**, **Dan Poliquin**, and **Dave Poliquin** have each scored team points in all three NHGP races so far this 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. For a detailed explanation of the RRGp, as well as a look at your race results and speed point goals, visit rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
17	51	9	77	18	Diane Levesque	5	21	0	26	4	Patty Crothers	1	8	0	9	2	Jim Dejohn
9	63	3	75	16	Sin Kounlasa	0	25	0	25	4	Dale Post	0	9	0	9	2	Mark Chrusz
7	52	6	65	9	Kevin Scott	2	22	0	24	5	Dan DeFrees	0	9	0	9	2	Jeff Crothers
9	52	3	64	15	Brian Gallagher	0	24	0	24	5	Don Yeaton	0	8	0	8	2	Tracy Gagnon
7	48	9	64	9	Dan Poliquin	3	20	0	23	5	Rick Collopy	0	8	0	8	2	Danielle Amero
13	50	0	63	10	Bill Buckley	3	19	0	22	5	Mike Barry	0	8	0	8	2	Paige Cashman
13	39	9	61	8	Dave Poliquin	0	21	0	21	4	Walter Shyska	3	4	0	7	1	Kathy Paradis
11	48	0	59	16	Bob Randall	3	17	0	20	4	Wendy Stewart	3	4	0	7	1	Colin Johnson
4	50	0	54	9	Britt Schuman	2	18	0	20	3	Mike Amero	3	4	0	7	1	Karen Norris
6	45	0	51	9	Becky Sherburne	0	20	0	20	5	Liz Bowden	3	4	0	7	1	Drew Tuttle
7	37	6	50	7	Lori Scott	6	12	0	18	3	Janet Glazier	1	5	0	6	1	Bill Paradis
5	42	0	47	9	Mary Ulinski	4	14	0	18	3	Peggy Taylor	0	6	0	6	1	James Westgate
7	39	0	46	8	Michael Richardson	2	16	0	18	4	Nancy Moonsamy	1	4	0	5	1	Peter Dubois
4	40	0	44	10	Jack Collopy	5	12	0	17	2	Laura Harding	1	4	0	5	1	Chris Blanchette
6	33	0	39	8	Darryl Cauchon	0	17	0	17	3	Dick L'Heureux	0	5	0	5	1	Cristyn Peters
2	31	6	39	7	Nathan Huppe	4	12	0	16	3	John Rancourt	0	4	0	4	1	Pam Parker
7	25	6	38	5	Benjamin Jones	0	16	0	16	3	Scott Rowe	0	4	0	4	1	Craig Stephan
4	33	0	37	7	Diane Casselberry	0	16	0	16	2	Laurel Valley	0	4	0	4	1	Petr Brym
6	27	3	36	6	Judi Lemaire	3	12	0	15	2	Joe Harding	0	4	0	4	1	Dave Abbett
1	35	0	36	7	Alison Black	3	12	0	15	3	Tom Watkins	0	4	0	4	1	Phil Parker
8	27	0	35	5	Jen Johnson	3	10	0	13	2	Christine Leonard	0	4	0	4	1	Judi Rogers
4	28	3	35	6	Cliff Parkinson	4	8	0	12	2	Don Norris	0	4	0	4	1	Matthew Cashman
2	27	6	35	5	Brian Geiger	0	12	0	12	3	Joe Boyle	0	4	0	4	1	Jack Prescott
6	28	0	34	7	Bob Rondeau	0	12	0	12	3	Ken Houle	0	4	0	4	1	Rhiannon Amero
5	29	0	34	6	Dave Rosania	3	8	0	11	2	Dave Butler	0	4	0	4	1	Amanda Dejohn
0	30	3	33	6	Chuck Zerbinopoulos	3	8	0	11	2	Joe Tostado	0	4	0	4	1	Regan Butler
5	25	0	30	4	Dennis Graves	3	8	0	11	2	Lynn Tostado	0	4	0	4	1	Ernie Garland
11	18	0	29	4	John Gullage	0	11	0	11	2	Tom Littlefield	0	4	0	4	1	Anthony Vittorioso
2	26	0	28	6	Clayton Lewis	2	8	0	10	2	Amy Lindsay	0	4	0	4	1	Letitia Cauchon
4	23	0	27	5	Randy Spencer	2	8	0	10	2	John Tuttle	0	4	0	4	1	Dylan Tuttle
8	18	0	26	3	Mike Andrews	0	10	0	10	2	Damian Rowe	0	4	0	4	1	Jillian Zerbinopoulos

The Massanutten Report

By Laurel Valley

“This race ain’t fit for girls,” the man standing beside me at the starting line said to me with a heavy southern drawl. He was smiling, but it was dark so I couldn’t tell whether it was a teasing smile or a knowing smile. I didn’t have much time to wonder before we were off and running in the pre-dawn darkness.

This was to be my most ambitious ultra attempt to date. Massanutten Mountain Trail 100 in the George Washington National Forest outside of Front Royal, Virginia is said to be the toughest 100 mile race east of the Rockies. I decided I would take whatever the trail threw my way and not over-prepare by studying course descriptions and elevation profiles. I had a general idea of what to expect and had a map tucked in my back pocket should I go off course. I have become a bit of a minimalist when it comes to racing ultras and had only one small drop bag on the course which I would have access to at miles 48 and 58. I had decided against pacer and crew because I figured if I was going to do something this difficult I might as well go all the way with it.

After a few miles on pavement we entered the woods. I fell in behind a line of runners. I felt like we were going too slow but I was glad the trail didn’t allow much room for passing because I needed to hold back at this early hour and probably wouldn’t have had the patience to do it if left to my own devices.

The course has a reputation for being very rocky and having many steep climbs. This year there was the added challenge of a lot of water and mud on the course. I worried about my feet, which became wet in the first few miles and stayed wet until the race was over. As it turned out the water and the rocks didn’t cause me too much trouble, but the climbs were harder than I expected. No one climb was all that bad, but there was one mountain after another for the entire length of the course and they wore on me after a while. We would hit an aid station, do a difficult steep climb, stumble down a tricky rocky descent, hit the next aid station and do it all over again.

The runners on the course were fantastic. I ran a few miles early in the race with two guys from North Carolina who were very friendly and positive. I leap frogged for more than half the race with Jim from Canada. He would pass me on the climbs and I would pass him on the descents. This was a big change for me as I’m usually much stronger on the climbs than on the downs compared to other trail runners. I had been doing “hill repeats” with B.J. up and down Green Mountain in the weeks leading up to the race. BJ is a fearless and fast downhill runner and I had improved my form and speed by chasing him down the Green Mountain trails. Those hill repeats were paying off!

I enjoyed the company of Philip from Pennsylvania on and off from the start of the race until just before the Highway 211 aid station at mile 48. He gave helpful insight to the difficult parts of the course that lay ahead and pointed out which trails we would be repeating later in the race. As we were coming down the steep trail from Camp Roosevelt heading into Gap Creek at a decent clip, I sensed something move just a few inches to my right and then heard a distinctive rattling. I stopped a few paces down the trail and looked back to see Philip pointing out a huge rattlesnake off to the side of the trail. I stopped long enough to get a good look at the beautiful animal. Philip made a wide detour around the spot. We finished running down into Gap Creek. Race volunteers were already heading up the trail to deal with the rattlesnake. I wasn’t sure what they were going to do about it, but when I was repeating that section of course many hours later I saw they had erected a quaint little paper plate sign that read, “rattlesnake, stay right” with an arrow pointing to the spot where the snake had been.

The volunteers at all the aid stations were cheerful and helpful so I didn't have to waste much time. A volunteer would take my bottles to refill as I grabbed a few handfuls of whatever food looked appealing at the time. All the while other volunteers would stand about lying to me about how great I looked and how well I was doing. It always gave me a big lift. Several times I considered doing something about my wet and blistered feet but the last time I ran a 100 miler with wet feet my feet hadn't swollen up and become really painful until I took my shoes off to check them. So this time I ignored my feet and they never got too bad.

I took my light, a long sleeved shirt and a new supply of electrolyte capsules and Hammer Gel from my drop bag on my second trip through the 211 Aid Station. I still felt like I had plenty of energy and I was moving along well. It got dark and the Whippoorwills started calling to each other. The moon and stars were bright in the sky and the insect noises and the occasional hooting of an owl made me feel very peaceful and content.

I started the difficult climb up Short Mountain. I was expecting it to be worse than it was because everyone had warned me about this climb. I was almost at the top and hadn't seen another runner since the sun went down. Pennsylvania Phil came up from behind and passed me with his pacer. I reached the top right behind them. Phil warned me there were a lot of ups and downs on the ridge before we would head back down off the mountain and it would seem very long and tedious. He stopped to rest while I went on. Dark clouds moved in and hid the moon and stars and an icy cold wind started gusting as rain poured down on me. It was quite invigorating! The ridge did seem to go on forever. Finally the trail took me down into the Edinberg Gap Aid Station just as the storm ended. There was only one runner there. He sat in a chair with his elbows on his knees and his face in his hands and I wondered if he would be getting out of that chair that night. I moved out of there quickly and had a long haul over the next mountain. My legs were beat and the footing was terrible. After I reached the top and was traveling over the ridge a runner went by. I hadn't seen another runner in a very long time. I was surprised he could move so fast over the rocks in the dark. I tried to pick up my pace, but stumbled and fell. So I moved on at my own pace. Heading down from the ridge about an hour later I saw a light shining out from under a large overhanging rock. There was a runner stretched out under the rock, maybe the same one who had passed me on the ridge? I asked if he was OK and he said his legs had quit on him and he had to rest for a while but would be fine.

I came into Powell's Fort at mile 89 after day broke. A runner and his pacer passed me coming into the aid station and told me I had 5 miles to the next aid station then 5 more miles to the finish. Those "five miles" stretched on a lot longer than they should have and I started to get discouraged. Around this time I started calculating incorrectly and began to think I wouldn't break my goal of 30 hours after all. For some reason I thought 30 hours would be up at 10:00 AM instead of 11:00 AM. This was the toughest stretch of the race for me. I finally pulled into the aid station and found out I had run 7.7 miles from the last aid station, not 5 miles. I still had 5 miles to go to the finish, as the race is actually 101.8 miles long. I was resting in a chair getting ready for the last 5 miles and in no hurry since I figured I couldn't break 30 hours anyway. Two runners and their pacer pulled in behind me. They were smelling the barn and moving fast. One of them told me there was a woman right behind me. This was all I needed to make me get my butt out of the chair and make a strong climb up the last mountain and a steady run in to the finish. I crossed the finish line and saw the race clock said 29:04 instead of 30:04 as I expected it to. What a great surprise!

A few hours later I was showered and fed, sitting in a folding chair with a beer in my hand watching the last finishers come in. Life was good. My cell phone rang and it was my friend, Bob calling from Maine to congratulate me on my finish. He ended the call saying, "that was a Hardrock qualifier, you know?" The Hardrock Hundred miler in Silverton, Colorado is

the most difficult official 100 mile trail race in the country. Running Hardrock had never even occurred to me, but as I hung up my phone found myself thinking, “hmmmm, Hardrock might be fun.”

NEWS & UPDATES

Hello fellow Rochester Runners,

During last month's club meeting, I proposed purchasing a timing device, which can be used for road races along with various club events (I beat Nathan Huppe race, bike/run race, guess your time race) that take place from time to time over the course of the summer. It was suggested that I seek input on the validity of this purchase by placing something in the newsletter, thus this addition.

The machine is an exact duplicate of the one used by Granite State Timing during the Seven Hills of Somersworth 5K road race I directed in May. The device is quite simple, providing accurate times that print out onto a ticker tape. A person punches a button as each runner crosses the finish line to obtain each runner's time and they are matched up against the tear tags from the bibs taken by volunteers. This system worked well at this small race, but could provide troublesome in larger races.

Granite State Timing charged \$350 to provide timing in this fashion. The machine costs \$250 and we could use it for our club's races, and perhaps rent it out for \$50 or so to other smaller races (or loan it for our members who direct small races, such as Clayton Lewis and his new Farmington race). I believe this would pay for itself quickly over time and would save small races from garnering a substantial cost.

Please e-mail me at dcauchon@somersworth.com or Don Yeaton at dryrun262@yahoo.com on your opinions, good or bad, on whether you feel this purchase has merit.

Hope to hear from you.

Darryl Cauchon

Member/Treasurer

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

Rochester Runners Club

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Rochester, NH 03866