

ROCHESTER RUNNERS REPORT

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March 2008

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Next Club Meeting:
7:00pm
Tuesday,
March 18th

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

Guest Speaker

Chris Dunn
Founder of
Acidotic Adventure Racing Team

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From the Editor:

Wow it's nearly spring, right? I am sure of it. We do change the clocks this weekend, it will be even darker for us early morning runners and lighter for you evening runners. Which is a good thing, especially for 2 or 3 of you! (they know who they are). I want to thank everyone who submitted something for the newsletter this month. I started with nothing and now find myself with pages of info. For those of you who did not get an article in this month, please by all means send it anytime and we can put it in April's edition. I especially want to thank Paul Lindsay for his contribution in remembrance of our amazing friend Bill Paradis. I think this sums up how we all feel.

Bill, You Left Us with So Many Warmhearted Memories

How can I comprehend the void left by the untimely loss of our special friend Bill Paradis, who died of a heart attack running in the half marathon in Hampton? As many a Rochester Runner can tell you, Bill was renowned for doling out encouragement, humor, and refurbished bicycles. His outgoing friendliness made him a wonderful ambassador for our club. Beneath his lighthearted and unassuming manner (and the corny humor), Bill was not only talented but he was always striving to improve his knowledge. He was ever eager to lend someone a hand or investigate something new.

Thanks, Bill, for sharing your life with us. Your enthusiasm, generosity, and values will always be an inspiration.

- Paul Lindsay

President's Corner

After the Kingman Farm 5K Snowshoe Race on Feb. 23rd, Rochester Runner's Club is in 5th place in the Team competition. Not too bad – considering this has been our first attempt in this new world of winter snowshoe racing. There have been 8 Rochester Runners who have tried this sport and we had 4 newcomers at the Kingman Farm Race – Kathy Paradis, Liz Bowden, Diane Levesque and Tom Littlefield.

What made this race so interesting is that it was the first night time snowshoe race in NH. All racers had to wear a headlamp as they followed the course marked with green glowsticks. Those of you who have done a trail race can appreciate the difference between a road race and a snowshoe race. It is this difference that makes running in snowshoes so much fun!

Those of you who are still on the fence, have one more chance to give this a try. On March 15th in Biddeford, ME, there is Winter's Last Hurrah Snowshoe Scramble. Go to www.acidoticroacing.com to get all the details.

Make sure that you make the March 18th meeting, since Chris Dunn himself will be our speaker. He and his brother are the founders of the acidotic Adventure Racing Team and Chris is the race director of this highly successful series of 3 snowshoe races for 2008. I really think that this sport is really going to catch on here in New England and it makes having all this snow worthwhile!!

- Don Yeaton

NEWS, REPORTS AND SUBMISSIONS:

2008 Rochester Runners Grand Prix

Here are some early results for 2008, for those RRs who had renewed their memberships as of 13 February as well as for new members. Major races so far this year have included the Disney World marathon and half marathon in Orlando, Half Shell half marathon in Key West, Boston Prep 16 mile in Derry, Midwinter 10 mile in Cape Elizabeth, Half at the Hamptons half marathon, and Hyannis marathon and half marathon. Congratulations to **Sin Kounlasa** for a time more than a half hour under her Boston qualifying standard, to age group winners **Faye Lowrey** (Derry & C. Elizabeth) and **Scott Rowe** (Hampton, where he was 2nd overall), and to **Mike Andrews** for his best race time in over a year. Both Faye and Sin have already distinguished themselves by meeting their USATF age group performance standards. **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	24	0	27	4	Sin Kounlasa	3	6	0	9	1	Mike Andrews	0	6	0	6	1	Dick L'Heureux
3	17	0	20	3	Kevin Scott	0	9	0	9	2	Mark Chrusz	1	4	0	5	1	Mike Barry
0	19	0	19	3	Britt Schuman	2	6	0	8	1	Dan Poliquin	0	5	0	5	1	Brian Geiger
3	11	0	14	2	Lori Scott	0	8	0	8	2	Jack Collopy	0	5	0	5	1	Jeff Crothers
2	11	0	13	2	Patty Crothers	0	8	0	8	2	Rick Collopy	0	5	0	5	1	Chuck Zerbinopoulos
2	11	0	13	2	Randy Spencer	2	5	0	7	1	Mike Amero	0	5	0	5	1	Darryl Cauchon
0	13	0	13	2	Mary Ulinski	2	5	0	7	1	Diane Levesque	0	5	0	5	1	Tom Littlefield
0	12	0	12	2	Walter Shyska	1	6	0	7	1	Dave Rosania	0	5	0	5	1	Brian Gallagher
0	12	0	12	2	Bob Randall	1	5	0	6	1	Bill Paradis	0	5	0	5	1	Nathan Huppe
1	10	0	11	2	Alison Black	0	6	0	6	1	Scott Rowe	0	5	0	5	1	Cristyn Peters
0	11	0	11	2	Diane Casselberry	0	6	0	6	1	Michael Richardson	0	4	0	4	1	Don Yeaton
0	11	0	11	2	Cliff Parkinson	0	6	0	6	1	Dave Poliquin	0	4	0	4	1	Wendy Stewart
3	6	0	9	1	Jen Johnson	0	6	0	6	1	Becky Sherburne	0	4	0	4	1	Damian Rowe

N.H. State Records Set by Rochester Runners in 2007

Men

5K	age 13	18:04	Jack Collopy	B 1st Peeper
5K	age 13	17:44	Jack Collopy	Redhook
6K	age 13	22:08	Jack Collopy	Medical Center
10K	age 60	38:12	Ken Houle	Market Square Day
Half Marathon	age 32	1:10:57	Scott Rowe	Big Lake

Women

12K	age 51	54:39	Sin Kounlasa	Bedford Memorial
Marathon	age 51	3:28:28	Sin Kounlasa	Clarence DeMar

(Sin's 3:28:28 at Clarence DeMar is also a new women's seniors record)

Races around the area:

From Patty Crothers:

This is a race in Somerville, MA organized by some Northeastern students who have heard about the St. Charles kids. It would be great to have a good showing of Rochester Runners there to support it. I realize the fee is a bit high, we all know it's a great cause!

http://www.active.com/event_detail.cfm?BGCOLOR1=EEEEEE&EVENT_ID=1532286&RESET=0&BGCOLOR0=EEEEEE&AFFILIATE=0&CHECKSSO=0

From Mike @ LOCORUNNING:

Iraq Soldiers invited to compete in Great Bay Half Virtual race to be offered to overseas military runners

Recently, a U.S. Army Soldier assigned to the U.S. Army Criminal Investigation Command stationed in Tikrit, Iraq, wrote to me about entering our race virtually? "Mark Dolphin wrote "I enjoy running competitively (5K, 10K and half marathons), but because of this deployment, I am without that opportunity until I return to the United States in September 2008.



I would enjoy participating in your scheduled event(s), but would obviously have to do so from this location. In the past, I have run "virtual marathons", where my times were recorded using the nike+ system and e- mailed to race directors for verification. if the opportunity to participate in your event(s) is possible, it would be my honor. Thank you.

Marc Dolphin Tikrit CID Office COB Speicher, Iraq.



GREAT BAY Half invites "virtual" runners from Iraq

Club LOCO and the Great Bay Half would be honored to have Marc and any other military runners stationed overseas to participate virtually in the Great Bay Half Marathon. The cost is free and the race will gladly donate race shirts, numbers and even finishers medals. Please pass this on to any runners you know stationed overseas.. Please contact Mike@locorunning.com for more details

Great Bay Half - Course Run

FREE - March 9th, 8:00 AM meet at Newmarket High School

Come Ready to Run.. March 9th, Sunday 8:00 AM start Note, parts of this course are slippery still due to the every continuing snow. Please wear appropriate shoes. Two groups - 10 miles and 13 miles. All paces welcome.

WANTED: Pacers for the Great Bay Half Marathon..

Lead a group of runners in the Great Bay Half Marathon and receive a FREE race number. Pacers wanted for the Great Bay Half Marathon.

Must be an experienced runner and commit to running a specific paces... All pace times available from 7:00 to 12:00 min/mile.

FREE Entry and Shirt.

contact mike@locorunning.com

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 Runner's Clothing:

Here is what we have presently in stock for Rochester Runner clothing. For more info or to purchase any of these items, contact Wendy Stewart – wendystewart320@gmail.com

4 – L white cotton long sleeve t-shirts - \$10

RRC purple running jackets - \$50

3 – XS

2 – L

2 – XL

Short Sleeve White Brooks Tech Tops - \$12

2 – XS

2 – S

1 – M

3 – L

Women's purple/white singlets - \$12

4 – S Brooks singlets

4 – M Brooks singlets

2 – M Asics singlets

2 – L Brooks singlets

Men's singlets - \$12

4 – L Brooks purple/white singlets

1 – M Brooks purple/white singlet

2 – L Brooks white singlets

1 – M Asics purple singlet
1 – M Asics purple/white singlet

Long Sleeve White Brooks Tech Tops - \$17

4 – XS

6 – S

4 – M

4 – L

4 - XL

What to look forward to in the April Edition:

Runner Profile?

March Meeting updates

New ideas, comments and letters

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