

# ROCHESTER RUNNERS REPORT

VOLUME 5 NUMBER 5

May 2008

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**Next Club Meeting:**  
7:00pm  
Tuesday,  
May 20<sup>th</sup>

**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

The 2008 race season is upon us – so many races and choices and so little time and \$\$!! I don't know about you, but I'm really beginning to feel the financial pinch fueled by the high gas prices which seem to effect everything else. There are so many races I would like to run this year, including a number of new races, but it looks like my list will have to be scaled back this year.

That said, we as a club need to car pool to as many races as possible – not only because of the high gas prices, but the higher cost of race registrations. Those \$10 races of a few years ago are hard to find. (makes our \$5 Free Fall Thanksgiving Race such a great bargain!).

Our next NH Grand Prix Race will be the Bedford 12K on Saturday May 17<sup>th</sup> at 8:30 AM. This has been a NHGP race in the past and this year will host new course. For more info and to register go to their web site at:

<http://www.rotarybedfordnh.com/brmrr.html>

If you would like to car pool with us, we will be leaving the Rochester Community Center at 6:30 AM. We will also stop at Market Basket at the Lee Traffic Circle on the way – be there at 6:45 AM.

Because the first NHGP race in Nashua was the same day as Red's, there were only about 8 RR's who were able to run there. So..... we need more of us at Bedford – hope you can make it!

- Don Yeaton

### The Bill Paradis Seven Hills Race of Somersworth, May 3, 2008

Today, was the first Bill Paradis Seven Hills Race of Somersworth. It was a great turn-out for a small race. My son, Wayne, and daughter, Shana, ran and I stayed back with my grandchildren, Eliza and Lucas. I hung out with the Race Director's (Darryl Cauchon) wife, **Leitia Cauchon** aka: "T". They have a daughter, Emily, who is the same age as Eliza. They played Barbies together, while Luke ran around the cafeteria! It wasn't long, before everyone was back.

My son, Wayne, came in 2nd in his age category, but **Scott Rowe** (1st place in the same age category) relinquished his plaque to my son! *Scott also gave me his \$50.00 prize money.* I tried to argue with him -- but he insisted. I am humbled by all the caring people surrounding me. Scott said "Bill helped me a lot; I wouldn't be where I am today without Bill's encouragement. I ran this for Bill and for you and your family." What a guy!

My family and I just want to thank all of the Rochester Runners who ran and helped during the race -- I remember seeing volunteers **Ken & Sue Houle, Paul & Amy Lindsay, Chuck Z., Don Yeaton, Wendy, Tom Littlefield, Mike Andrews, Kevin Scott, Pete Dubois, and Dave Smith.** I know I must have left someone out and if I did, I apologize! To see so many of our team members there -- including volunteer, **Dr. John Dinella**, who was also a sponser of the race, made me feel grateful. Bill would have been so proud of everyone today! And then, to top things off, club president, Don Yeaton, presented me with a wonderful collage of pictures of Bill's life as a runner.

A special "Thank-You" to Bill's good friend, **Darryl Cauchon, Race Director**, and to the City of Somersworth

for naming this race after my husband. As most of you know, Bill started the "Hill Repeat Training". Many Rochester Runners still meet on Tuesdays to continue this training tradition.

I have suffered the greatest loss of my life. We all loved Bill in our own way and I need to remember that I am not the only one feeling this void. During times like these, I need to step back and look outside of myself and be thankful for all my friends in the Rochester Runners Club.

Sincerely,

Kathy Paradis

## **My Boston Marathon By Michael Amero**

This winter I completed the most diligent and vigorous marathon training I've done so far. I did one or two speed workouts per week on the treadmill, and increasing long runs every other week with total mileage reaching the upper 50's. I felt as though I could run forever on those cold, cloudy, and often snowing winter days. I earned a ten mile PR at the Mid-Winter race. I completed five 20+ mile long runs, the longest being 25 miles which I ran non-stop (except for a quick detour into the woods) and finished in 3:32. I still felt strong at the end and estimate that I would have finished the full marathon distance around 3:43. Two weeks later, without much tapering, I ran the ES20 at an 8:06 pace. Thus I felt prepared to complete Boston without walking breaks and with hopes of a sub 3:30.

So, three tapering weeks later it's Patriots Day. Very little sleep as usual before a big race. Forty five minutes wait in lines for bus. One and a half hour bus ride with a seemingly endless line of buses backed up on the highway. When we arrive at Athlete's Village, they were already calling first wave to head to starting corrals. Nice and cold and cloudy as I prefer until I reach the front of the port-a-potty line. The sun comes out and the day starts warming up quickly. Time to start to take off extra layers and put on a hat and sunscreen. Before long, the second wave was called to the starting corrals. It didn't seem like there were more than a couple hundred in the 23'rd corral before they let us move up towards the starting line. I never felt as crowded as I had expected to feel.

The race is under way. Start is a little slow with all the different paced runners making it hard for me to maintain a steady pace. I still managed an 8:37 first mile with very little jostling from fellow runners. I had imagined the start being like a stampede with runners bouncing off each other for a couple miles. Before long, there is not a cloud in sight and the sun is definitely stronger than it was three weeks ago at the ES20. Second mile, little over an 8 minute pace. Third through fifth, I ran sub 8 minute pace and actually arrived at my desired average goal pace. But shortly, the increasing temperature and bright sun got to be too much for me. It took more effort to maintain pace, my legs felt heavier, and I was soon soaked with sweat. From past experience, I knew I should slow down immediately, so before the 10k mark I put aside my secondary goal of a 3:30 finish.

Feeling the sun burning my skin and praying for clouds, I carried on. I ran several miles around 8:30 pace. Halfway through my pace is slowing down and shady spots alongside the course are looking very inviting. My outlook increasingly gets more negative. Pouring water over my head every couple miles doesn't help enough. Drinking regularly and eating my gels and power bar along with banana and freeze pops from the course just isn't enough either. By

mile 16, I slowed down to over 9:30 pace. Mile 17, increasingly irritated by/with the sun and feeling drained of energy, I gave up on my main goal and took my first walking break. Feeling a little more energized, I ran to the 20 mile mark. My only goals now were to get to the finish line so I could get out of the damn sun and to end my wife's worries about where I was (though she wasn't really worried since this is pretty much how my first two marathons ended). Thereafter I alternated walking half a mile with running a full mile and eventually reached 25 miles. Finally I ran the last 1.2 plus miles strong enough to pass by dozens of other runners, which did lift my mood some after four hours and ten minutes of running (and walking). It took way to long to get through the finish crowd but I felt much better with the Mylar blanket over me, blocking the suns rays.

It was an experience I'll never forget, and I thank everyone in the club for the opportunity to have run the Boston Marathon. One of these years I'll finish a whole marathon running. I think I trained well enough but just need to adjust to different weather conditions. I truly admire all of you who have achieved qualifying times for this marathon, and that is probably the only way in which I would run this marathon again. If there is a next time, I want to earn it the hard way.

**29Apr08 RRGP update:** This update includes the NHTI/Delta Dental 5K in Concord, Out of Hibernation 5K in Portsmouth, Country Music marathon and half marathon in Nashville Tenn., and Girls Inc. 5K in Rochester. Congratulations for strong performances to **Nathan Huppe** (2nd in Portsmouth by 1 second) and **Tom Watkins** (3rd at Girls Inc.), and also to age group winners **Bob Randall** (twice), **Jack Collopy**, **Dave Rosania**, and **Dave Poliquin**. **Brian Gallagher** lowered his baseline again, with a strong outing at Girls Inc. **Kevin Scott** ran a strong marathon in Nashville, surpassing his Boston qualifying standard by nearly 20 minutes to place 3rd in his age group. **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 [rochesterrunners.com](http://rochesterrunners.com).

| S  | D  | t | T  | n  |                    | S | D  | t | T  | n |                   | S | D | t | T | n |                 |
|----|----|---|----|----|--------------------|---|----|---|----|---|-------------------|---|---|---|---|---|-----------------|
| 7  | 55 | 0 | 62 | 10 | Sin Kounlasa       | 1 | 12 | 3 | 16 | 2 | Benjamin Jones    | 3 | 4 | 0 | 7 | 1 | John Gullage    |
| 10 | 43 | 3 | 56 | 9  | Diane Levesque     | 0 | 16 | 0 | 16 | 4 | Rick Collopy      | 2 | 4 | 0 | 6 | 1 | Judi Lemaire    |
| 4  | 41 | 3 | 48 | 7  | Kevin Scott        | 3 | 12 | 0 | 15 | 2 | Dennis Graves     | 1 | 5 | 0 | 6 | 1 | Bill Paradis    |
| 2  | 42 | 0 | 44 | 7  | Britt Schuman      | 0 | 15 | 0 | 15 | 3 | Don Yeaton        | 0 | 6 | 0 | 6 | 1 | Scott Rowe      |
| 5  | 38 | 0 | 43 | 8  | Bob Randall        | 3 | 11 | 0 | 14 | 3 | Mike Barry        | 0 | 6 | 0 | 6 | 1 | Laurel Valley   |
| 6  | 34 | 0 | 40 | 7  | Brian Gallagher    | 1 | 13 | 0 | 14 | 3 | Darryl Cauchon    | 0 | 6 | 0 | 6 | 1 | James Westgate  |
| 10 | 29 | 0 | 39 | 6  | Bill Buckley       | 3 | 10 | 0 | 13 | 2 | Peggy Taylor      | 1 | 4 | 0 | 5 | 1 | John Tuttle     |
| 5  | 28 | 3 | 36 | 5  | Lori Scott         | 3 | 10 | 0 | 13 | 2 | Christine Leonard | 0 | 5 | 0 | 5 | 1 | Tom Littlefield |
| 4  | 27 | 0 | 31 | 5  | Michael Richardson | 0 | 13 | 0 | 13 | 2 | Dick L'Heureux    | 0 | 5 | 0 | 5 | 1 | Cristyn Peters  |
| 3  | 24 | 3 | 30 | 4  | Dan Poliquin       | 0 | 12 | 0 | 12 | 2 | Walter Shyska     | 0 | 4 | 0 | 4 | 1 | Damian Rowe     |
| 5  | 24 | 0 | 29 | 5  | Dave Rosania       | 0 | 12 | 0 | 12 | 2 | Dale Post         | 0 | 4 | 0 | 4 | 1 | Craig Stephan   |
| 3  | 25 | 0 | 28 | 5  | Diane Casselberry  | 0 | 12 | 0 | 12 | 3 | Joe Boyle         | 0 | 4 | 0 | 4 | 1 | John Rancourt   |
| 1  | 27 | 0 | 28 | 5  | Alison Black       | 0 | 12 | 0 | 12 | 3 | Liz Bowden        | 0 | 4 | 0 | 4 | 1 | Petr Brym       |
| 4  | 23 | 0 | 27 | 5  | Randy Spencer      | 0 | 11 | 0 | 11 | 2 | Cliff Parkinson   | 0 | 4 | 0 | 4 | 1 | Dave Abbett     |
| 5  | 21 | 0 | 26 | 4  | Patty Crothers     | 2 | 8  | 0 | 10 | 2 | Amy Lindsay       | 0 | 4 | 0 | 4 | 1 | Pam Parker      |
| 2  | 24 | 0 | 26 | 5  | Becky Sherburne    | 1 | 8  | 0 | 9  | 2 | Nancy Moonsamy    | 0 | 4 | 0 | 4 | 1 | Phil Parker     |
| 0  | 24 | 0 | 24 | 6  | Jack Collopy       | 0 | 9  | 0 | 9  | 2 | Mark Chrusz       | 0 | 4 | 0 | 4 | 1 | Judi Rogers     |

|   |    |   |    |   |                     |   |   |   |   |   |               |   |   |   |   |   |                 |
|---|----|---|----|---|---------------------|---|---|---|---|---|---------------|---|---|---|---|---|-----------------|
| 4 | 19 | 0 | 23 | 3 | Jen Johnson         | 0 | 9 | 0 | 9 | 2 | Jeff Crothers | 0 | 4 | 0 | 4 | 1 | Tracy Gagnon    |
| 3 | 15 | 3 | 21 | 3 | Dave Poliquin       | 0 | 9 | 0 | 9 | 2 | Dan DeFrees   | 0 | 4 | 0 | 4 | 1 | Dave Butler     |
| 2 | 16 | 3 | 21 | 3 | Brian Geiger        | 2 | 6 | 0 | 8 | 1 | Laura Harding | 0 | 4 | 0 | 4 | 1 | Paige Cashman   |
| 2 | 18 | 0 | 20 | 3 | Mike Amero          | 2 | 6 | 0 | 8 | 1 | Joe Harding   | 0 | 4 | 0 | 4 | 1 | Matthew Cashman |
| 2 | 17 | 0 | 19 | 4 | Nathan Huppe        | 0 | 8 | 0 | 8 | 2 | Wendy Stewart | 0 | 4 | 0 | 4 | 1 | Tom Watson      |
| 6 | 12 | 0 | 18 | 2 | Mike Andrews        | 0 | 8 | 0 | 8 | 2 | Bob Rondeau   | 0 | 4 | 0 | 4 | 1 | Ken Houle       |
| 0 | 17 | 0 | 17 | 3 | Chuck Zerbinopoulos | 3 | 4 | 0 | 7 | 1 | Kathy Paradis | 0 | 4 | 0 | 4 | 1 | Danielle Amero  |
| 0 | 17 | 0 | 17 | 3 | Mary Ulinski        | 3 | 4 | 0 | 7 | 1 | Janet Glazier | 0 | 4 | 0 | 4 | 1 | Jack Prescott   |

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Hi folks,

Thanks to all who made the 2008 Eastern States 20 Mile a success. We had a great day on the Seacoast. Below is short write-up of the event. Full results re at [www.easternstates20mile.com](http://www.easternstates20mile.com)  
Don Allison

## Lucky 13 for the Eastern States 20 Mile

By Don Allison

Despite the seemingly endless winter in New England, the popularity of long distance running continues at a record-breaking pace, unimpeded by anything in its path. The news earlier in the month that the Boston Marathon had reached its entry limit of 25,000 caught some unsuspecting marathoners by surprise. It was *not* surprising then, that the Eastern States 20 Mile sported its biggest field ever, given that the race is situated as an ideal final long run before Boston, three weeks later.

That endless winter caused a small amount of consternation for organizers and runners, as nearly six inches of snow fell on the New Hampshire Seacoast two days before the race. By race day however, the roads were clear and the sun was out, albeit only warming the air into the upper 30s. A slight tailwind for much of point-to-point route made for pleasant running conditions at the 11:00 a.m. start, however.

As has been the case for the past several years, the Greater Boston Track Club made its presence felt at the front of the pack. David Bedoya and Brennan Bonner took control of the race from the outset, as 2007 winner Casey Carroll struggled to maintain contact and eventually faded from view. Averaging five and a half minutes per mile for the first half of the race, Bedoya tightened the screws at that point, leaving Bonner behind. Bedoya's only company for the remainder of the race consisted of the back of the half marathon pack, which he had given a seven-mile head start. The Spaniard, now a graduate student at Northeastern, did not stick around to chat however, as he made a beeline for the finish, which he crossed in 1:48:46, the sixth-fastest time in the history of the race. Bonner was second, two minutes back, and Carroll fourth, two minutes behind Bonner. "I can't believe it," said Carroll after the race. "I ran two minutes faster than last year and got smoked." On a side note, sixth-place finisher Jim Johnson became the 100<sup>th</sup> runner in the 13 years of the Eastern States 20 Mile to break two hours.

Tara Vance, a 24-year-old Tufts University graduate, led the women in 2:14:01. She won fairly easily over Falmouth, Maine's Sherry Piers and teammate Marian Bihrlle. Like many others in the race, Vance was using the race as a final test for Boston, in which she hoped to break three hours.

Others with Boston on the horizon included the inspirational Rick and Dick Hoyt, who completed the race once again, in preparation for their 26<sup>th</sup> Boston, and Bill Nawn, a 43-year-old from Bedford, New Hampshire, for whom running the route once was not enough. Nawn ran the

20 miles from the finish line to the start before the race, then competed with the others in the 20-mile, clocking an impressive 2:39. He plans to complete a similar out-and-back double at Boston as well.

The winners in the half marathon were Devin Jones (1:15:29) and Rebecca Butler (1:24:13), but the sentimental favorite by far was 80-year-old John Dicomandrea, who completed the 13.1-mile route in 2:20:32. That was good enough to not only win the 80 and over age group, but the 70 and over as well. Now in his fifth decade of coaching at Wakefield High School, Dicomandrea gets out for a daily 3.5-mile loop around Lake Quannapowit. As with the rest of the 800 runners, John was grateful for the pleasant conditions on this day, which made for fast running and enjoyable sightseeing along the Seacoast. In the end, the 13<sup>th</sup> edition of this event was perhaps the best yet. Sometimes it's better to be lucky than good, but a little bit of both never hurts.

### **ASSISTANT COACH WANTED**

Darryl Cauchon, former Rochester Runners president and current Recreation Supervisor for the city of Somersworth, is seeking a fellow runner to assist him in coaching/motivating the boys and girls who will compete in this year's Hersey Track and Field meet.

Hersey's Track and Field Games introduce kids to physical fitness and healthy lifestyles through basic track and field events. While all participants will leave the meet with a newfound sense of accomplishment, a select few will qualify to compete in the annual North American Final Meet in Hersey, Pennsylvania.

The events to choose from are the 50, 100, 200, 400, 800, and 1,600 meter runs, 4x400 relay, softball throw and standing long jump. The regional meet will take place June 30. The event is open to boys and girls, ages 9-14. Practices are Monday, Wednesday and Friday from 3:15 p.m. to 4:30 p.m. beginning on Wednesday, May 28<sup>th</sup> and ending at the end of June.

The assistant coach position pay is \$400, to be received shortly after the annual meet on June 30.

Approximately 20/25 kids of all abilities will sign up to compete.

If interested, please contact Darryl at 692-9508 or 692-0951 or [dcauchon@somersworth.com](mailto:dcauchon@somersworth.com)

## **Up Coming Races:**

**NEW FUN RACE. with KARAOKE!**

For those that can SING better than they can run!

The Smuttynose 5K, June 22nd Newmarket NH. at the Stone Church.

All Rochester runners welcome with Vocal cords...

Special prizes to the best and WORST singers.

Plus FREE BEER and Chili and Wings Party afterward.

WILL RUN FOR BEER T-shirts

<http://www.locorunning.com/Smuttynose.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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