

# ROCHESTER RUNNERS REPORT

VOLUME 10 NUMBER 10

November 2008

President  
Don Yeaton  
[Dryrun262@msn.com](mailto:Dryrun262@msn.com)  
767-1654

Vice President  
Judi Rogers  
[jwrogers515@hotmail.com](mailto:jwrogers515@hotmail.com)  
332-1350

Vice President  
Bob Rondeau  
[rambler@metrocast.net](mailto:rambler@metrocast.net)

Vice President/Apparel and  
Uniforms  
Wendy Yeaton  
[Wendystewart320@gmail.com](mailto:Wendystewart320@gmail.com)

Vice President/Misc. Affairs  
Dennis Graves  
[dgravesfamily3@aol.com](mailto:dgravesfamily3@aol.com)

Vice President/Grand Prix and  
Membership  
Paul Lindsay  
[bplindsay@hotmail.com](mailto:bplindsay@hotmail.com)  
942-5482

**Next Club Meeting:**  
7:00pm  
Tuesday,  
Nov 18th

**Location:**  
**THIS MEETING  
ONLY**

Rehab 3, 237 Route 108, Somersworth  
NH.  
(in Marsh Brook Building,  
across from "The Works".)  
Speaker will be Dr. Brennan,  
Orthopedist.  
[www.rochesterrunners.com](http://www.rochesterrunners.com))

Secretary  
Walter Shyska  
[wshyska@yahoo.com](mailto:wshyska@yahoo.com)  
463-5829

Webmaster  
Peter Brym  
[brym@metrocast.net](mailto:brym@metrocast.net)  
755-3646

Publicity Director  
Mary Ulinski  
[mary.ulinski@gmail.com](mailto:mary.ulinski@gmail.com)  
740-8483

Race Director  
Dave Abbett  
[d.abbett@strafhealth.com](mailto:d.abbett@strafhealth.com)

Newsletter Editor  
Peggy Taylor  
[ptaylor0925@yahoo.com](mailto:ptaylor0925@yahoo.com)  
343-6148

Treasurer  
Darryl Cauchon  
[dcauchon@somersworth.com](mailto:dcauchon@somersworth.com)  
692-5828

The Rochester Runners web site: [www.rochesterrunners.com](http://www.rochesterrunners.com)  
E-Mail: [dryrun262@msn.com](mailto:dryrun262@msn.com)

## President's Corner

**“If you think you can or think you can’t, you are right!** I recently read this quote somewhere in the context of business success, but I think it applies just as well to the sport of running.

Have you ever said to yourself, “ I could never do that!”, in reference to a race or a new distance. I remember when I first started racing, I was afraid of the 10K distance. I had run 5K’s and the Red’s Shoe Barn 5 Miler, but a 10K seemed daunting! Some of you remember the old Nubble Light Runaway 5K/10K in York, ME. It was always on the 1<sup>st</sup> Saturday in June and you could run a 5K, a 10K or both since they were separate races and not held at the same time. It took a couple years running the 5K before I tried the 10K. That seems so silly now, since I have run 27 marathons, but at the time, I wasn’t sure I could do it. I thought I couldn’t and I was right because I hadn’t even tried it.

There has been more than one of those 27 marathons where I didn’t know if I was going to be able to make it to the finish line. One year at Boston I was all done when I reached the Fire Station in Newton where the last three hills begin. I could NOT run anymore and walked all of the last 8 miles. Why did I keep going? Because I was not going to quit and I wanted that finishing medal from Boston one more time. What made the difference? It was my attitude – I had been here before on this course and I was GOING to finish one way or another.

I’m reminded of a quote I read many years ago concerning one’s attitude by Chuck Swindoll – a well known Christian author and speaker. He writes:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes”

Some of you heard Chuck Zerbinopoulos tell us his story at the Otober club meeting about finishing his first 50 mile Ultra at the Maine Track Club 50 Miler/50K in Brunswick, ME back in October. The two races are held at the same time on the same 4 mile loop so it is possible to drop out at 50K rather than keep running the 50 Miler. Chuck was tempted to stop at 50K because of the cold and the wind and the fatigue, but when a couple friends stopped by to run 12 miles with him, his attitude changed and he kept going and finished his first Ultra in 7<sup>th</sup> place in 9:46:19!!

Running has taught me that I CAN do a lot of things I didn’t think I could do. More than once I have been surprised that I could run farther or faster than I ever thought. But I had to get out there and try it before I could say “ I can’t do this!” What can’t you do that maybe you can do!!

- Don Yeaton

## Rochester Runners Officers Meeting

November 11, 2008

In attendance: Walter Shyska, Wendy Yeaton, Don Yeaton, Mary Ulinski, Dennis Graves, Dave Abbett

Meeting called to order @6:40 PM. President Don Yeaton presiding.

1. Free Fall Classic Thanksgiving 5K.
  - ... Yankee ok with doing the timing.
  - ... Need volunteers for the water stops.
  - ... Raffles - A good collection is being assembled.
    - Raffle winners will be listed after start of the race.
  - ... Food - some or all may be donated by Hannafords.
  - ... Coffee - donated by Starbucks in Dover, may need to be picked up.
  - ... Need canned foods, etc. for Food Pantry
  - ... Runners Alley has given \$20 certificates
  - ... T-Shirts - Being delivered shortly
2. Next Meeting: November 18th. New location for this meeting only will be at Rehab 3, 237 Route 108, Somersworth NH. (in Marsh Brook Building, across from "The Works".)  
Speaker will be Dr. Brennan, Orthopedist.
3. Boston Marathon bibs have arrived. Will be awarded at completion of Club Grand Prix.
4. Christmas Shoe Box Gifts: Will have list available from St. Charles Childrens Home at November 18th meeting.
5. RRCA Insurance. Being finalized in December.
6. December Meeting: Pot Luck food and Yankee Gift Swap.
7. Nominating Committee: Still being organized. Election will be held at the December meeting. Officer Nominees still needed.

# FREE FALL CLASSIC RACE UPDATE

## Message from Race Director:

Hi Folks,

The race is only two weeks away. If you haven't replied to my previous email about volunteering I would like to hear from you either way. If you are unable to help out please let me know so I can find a replacement for you.

Also, we are in dire need of water stop people. So, if you know of some high school kids or anybody that is willing to step up to this very important job please let me know...Also, I would like a person who could lead the race on a bike, so if you know of anybody please let me know. Thanks

Dave

## RACE REPORTS

### FROLICKING IN FALMOUTH by Judy Brenner

Last year after volunteering in the Cape Cod Marathon I vowed to run it in 2008!

Well--with just a little bit of training under my belt (couple of 10 milers, couple of half-marathon races, and one 18-miler) off we went.

We - comprised of my support group: couple of girl friends, my niece Kate, Jack, and of course my dog Annie!

Arriving on a Friday gave us plenty of time for partying-and party we did! No one in the group was running this marathon except me so good eating habits and decent sleeping times were not observed!

And on Saturday before going to the running expo, instead of

resting, my niece and I hiked along the newly bicycle path for miles. Woops my feet started to hurt, then I realized, Hey, I'm going to run 26.2 miles tomorrow, I better take it easy! So -- back to my niece's home in North Falmouth, supper time and more partying for the crew, I declared it was time to set our clocks back to EST. 10:30 p.m. was now 9:30 p.m.

Next morning a friend turned on the TV and exclaimed: "Hey what time does this marathon start?" "8:30 and it's only 7:14, we've got time, don't worry" I calmly replied. And he yelled, "It's 8:15, you don't turn the clocks back until next weekend! You better get going, hurry

up if you want to run that thing" My niece Kate yells, "Come on Aunt Judy, hurry, I'll drive you, we might be able to make it, I hope, it's 18 minutes away!" "But I haven't even brushed my teeth yet, and where is my hat?" "Forget your teeth, we'll bring your hat and stuff

later" Kate replied. Going 65 mph in a 30 mph zone, Kate pulled into a parking lot just as the singer was done with the National Anthem.

BANG the gun went off and off we went!

My support group, all of them, met me five times throughout the course, with very loud cheers, feeding me bread, bananas, water, and GU and laughter. We had to pose for pictures at every stop and of course my dog Annie barked and wanted to run with me.

I tried Galloway's technique of running 7 minutes and walking 1 minute for the first 16 or 17 miles, then ran 5 minutes and walked 2 minutes. (Mary Ulinski introduced me to Galloway's technique) My time?

For the first time in my life, I left that competitive

spirit behind, didn't care about my finishing time, didn't care about any competition. I just wanted to run and enjoy the whole weekend!

The weather was just PERFECT and we all had a super time and many many laughs!

By the way--that Galloway Technique worked - the next day, no pain, no cramps or aches. In fact I felt ok and ran the half marathon in Manchester the next w/e.

**5Nov08 RRGP update:** This update includes the Vermont 50 mile, Bimble’s Bluff 50K (Guilford, Conn.), Monster Dash 5K (Portsmouth Naval Shipyard), Great Osprey 10K (Freeport), Manchester City Marathon and Half Marathon, and Busa Bushwhack 5.3 mile trail run. Congratulations to **John Tuttle** for his Boston-qualifying time in Manchester, to **Judy Brenner** for winning her age group with a time below her USATF age-group standard at the Manchester Half, and to **Bob Randall** for his age-group win in Freeport. In her six races so far this year, **Laurel Valley** has run an average of about 43 miles per race! Keep an eye on **Brian Geiger**, who continued his hot streak by lowering his baseline with his best race of the year and has moved to within 2 points of the top of the standings. **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 the “club grand prix” section of [rochesterrunners.com](http://rochesterrunners.com).

<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>		<b>S</b>	<b>D</b>	<b>t</b>	<b>T</b>	<b>n</b>	
22	45	18	85	20	Dave Poliquin	0	49	0	49	6	Laurel Valley	0	16	3	19	4	Danielle Amero
18	49	18	85	24	Dan Poliquin	8	35	3	46	8	John Tuttle	6	12	0	18	3	Isaac Fithian
14	65	6	85	41	Sin Kounlasa	14	31	0	45	7	Leanne Hourihane	3	12	3	18	3	Peter Laine
20	51	12	83	16	Brian Geiger	10	35	0	45	8	Chris Blanchette	6	8	3	17	2	Colin Johnson
14	49	18	81	42	Diane Levesque	0	44	0	44	7	Dale Post	2	15	0	17	3	Damian Rowe
17	45	15	77	21	Cliff Parkinson	0	41	3	44	10	Liz Bowden	2	12	3	17	3	Rhiannon Amero
10	49	18	77	15	Lori Scott	12	28	3	43	7	Joe Tostado	0	17	0	17	4	Jeff Crothers
20	53	3	76	18	Bill Buckley	10	29	3	42	7	Ruthanne Laine	0	16	0	16	3	Dave Abbett
10	54	12	76	20	Kevin Scott	8	34	0	42	7	Adam McCready	0	15	0	15	3	Tom Littlefield
13	47	12	72	12	Benjamin Jones	8	31	3	42	6	Jen Johnson	0	12	3	15	3	Chris Dunn
17	47	6	70	30	Mary Ulinski	7	30	3	40	7	Mark Chrusz	5	8	0	13	2	Wendy Perillo
11	50	9	70	32	Brian Gallagher	8	30	0	38	7	Don Norris	3	10	0	13	2	Jeannette Lindsay
19	43	6	68	24	Wendy Yeaton	6	28	3	37	7	Rick Collopy	1	12	0	13	3	Peter Dubois
13	51	3	67	14	Dave Rosania	3	33	0	36	7	Dick L'Heureux	3	8	0	11	2	Phil Parker
21	41	3	65	23	Bob Rondeau	9	26	0	35	6	Cristyn Peters	3	8	0	11	2	Dylan Tuttle
6	59	0	65	19	Britt Schuman	7	28	0	35	7	John Rancourt	2	9	0	11	2	Jennifer Borda
16	48	0	64	27	Bob Randall	9	25	0	34	6	Tom Watkins	2	9	0	11	2	Willem Verweij
12	43	9	64	13	Judi Lemaire	7	27	0	34	6	Tracy Jones	0	8	3	11	2	Mike Dubois
6	49	9	64	29	Don Yeaton	6	25	3	34	6	Kathy Paradis	2	8	0	10	2	Craig Stephan
6	47	9	62	18	Nathan Huppe	5	29	0	34	6	Patty Crothers	0	9	0	9	2	Amanda Dejohn
11	47	3	61	9	Judy Brenner	9	20	3	32	5	Lynn Tostado	0	8	0	8	2	Paige Cashman
4	54	3	61	16	Chuck Zerbinopoulos	3	22	6	31	5	Paul Lindsay	0	8	0	8	2	Regan Butler
8	49	3	60	14	Michael Richardson	7	23	0	30	4	Laura Harding	3	4	0	7	1	Karen Norris
10	46	3	59	18	Clayton Lewis	7	20	3	30	5	Janet Glazier	0	4	3	7	1	Anne Hansen
12	43	3	58	19	Darryl Cauchon	6	24	0	30	4	Joe Harding	0	4	3	7	1	Reese Johnson
7	51	0	58	15	Becky Sherburne	12	16	0	28	4	Drew Tuttle	1	5	0	6	1	Bill Paradis
15	36	6	57	8	John Gullage	0	25	3	28	5	Walter Shyska	0	6	0	6	1	Don Gagne
11	43	3	57	9	Mike Andrews	5	19	3	27	4	Anthony Vittorioso	0	5	0	5	1	Ken Hult
11	40	6	57	13	Mike Barry	5	18	3	26	4	James Westgate	0	4	0	4	1	Pam Parker
1	52	3	56	15	Alison Black	1	25	0	26	6	Jim Dejohn	0	4	0	4	1	Petr Brym
5	50	0	55	16	Diane Casselberry	5	17	3	25	4	Amy Lindsay	0	4	0	4	1	Judi Rogers
11	40	3	54	11	Nancy Moonsamy	0	25	0	25	5	Scott Rowe	0	4	0	4	1	Matthew Cashman
12	38	3	53	9	Christine Leonard	0	24	0	24	6	Joe Boyle	0	4	0	4	1	Jack Prescott
10	40	3	53	14	Jack Collopy	4	19	0	23	4	Peggy Taylor	0	4	0	4	1	Ernie Garland
5	48	0	53	8	Dennis Graves	1	19	3	23	4	Manya Hult	0	4	0	4	1	Letitia Cauchon
12	40	0	52	9	Randy Spencer	3	16	3	22	4	Tracy Gagnon	0	4	0	4	1	Jillian Zerbinopoulos
3	43	6	52	13	Ken Houle	3	16	3	22	4	Dave Butler	0	4	0	4	1	Mike Burns
4	46	0	50	10	Dan DeFrees	2	18	0	20	3	Mike Amero	0	4	0	4	1	John Dinella

### **RRGP Mailbag: ultra scoring**

I ran three races this fall that may not have been put on my Grand Prix score... Mt Pisgah 50K in 6:45, Vermont 50 Miler in 9:45(?) and Bimble's Bluff 50K+ in 6:45. Definitely no speed points, they were all quite mountainous! I have the Stone Cat 50 miler in 9 days. I may have to throw in a few 5Ks in to get 10 races, but I might be able to do it this year for a change!

*I did have your Pisgah 50K but not the Vermont 50 or Bimble's Bluff. I found the latter two on the internet and will add them to your RRGp results. The other races of yours that I know of are the Eastern States 20, Massanutten, and Nipmuck, so let me know if there are others that I am missing. I will look for the Stone Cat results after the 8th.*

*In case you're wondering how we score ultras, trying to figure out speed points is not practical because we don't have adequate information to relate paces at ultras to paces at shorter distances. Also the courses usually aren't certified and they aren't "speedy" anyway. So it's all in the distance points, but we do something else to take into account the difficulty. The RRGp uses a special "distance points" scale for ultras that rewards the effort based on how long it takes the middle (median) competitor to finish the race. We also apply this scale to mountain races and triathlons. For example, if the median runner finishes a race in over 4:30, that race scores 8 RRGp distance points (like a lot of 50K races). A 50 miler typically scores 9 distance points (if the median is over 8 hours), and so on. The whole scale is on our club website, and there are even median time points for shorter distances, which covers the shorter mountain races.*

*Enjoy yourself at Stone Cat. Hope we can get together for a hike or ski in the snow before long.*

### **RRGP Mailbag: speed points and baselines**

So my running a new personal 5K record of 24:52 at Great Bay didn't change my score at all? Did it change my baseline? I have a marathon to run Sunday and didn't know if I had a new equivalent time to shoot for.

*The Great Bay 5K didn't count for speed points or change your baseline because it is a downhill course. It descends 6.1 m/km, and anything more than 1 m/km is considered to have excessive drop. That is the USATF criterion as to whether a race is "records eligible" and can be counted for state and national records. We use that same criterion for recognizing RRGp speed points and baselines for most races. We don't think it's fair to award speed points for a fast time on a downhill course, but more importantly we also don't want that runner to be saddled with an unrealistically low baseline for a whole year. The exception is marathons. N.H. records are accepted for performances on the Clarence DeMar course, which drops about 3 m/km, so the RRGp also counts speed points and baselines for marathons as long as the drop isn't much more than 3 m/km (0.3%). Some marathons drop 6 or 7 m/km or more, and we wouldn't count those for RRGp speed points or baselines. Therefore your marathon speed goals are unchanged for Sunday: 4:28:20 for 1 speed point, 4:23:13 for 2, and 4:18:07 for 3. Good luck in your marathon.*

## **UPCOMING RACES:**

**NOVEMBER 27<sup>TH</sup> FREE FALL CLASSIC – SPONSORED BY ROCHESTER RUNNERS  
A RACE NOT TO BE MISSED!!!**

**From Mike at Loco**

Yes, we have two very unique races that we want to invite the Rochester Runners too..

One is the Inauguration day 5K and bye bye Bush Retirement Party - Jan 25th.  
<http://www.locorunning.com/ByebyeBush.php>

The other is a unique small race called the Gourmet 5K  
<http://www.locorunning.com/gourmet5K.php>

this race has the worlds BEST Post Race FEAST afterwoods.  
Please let the Rocheser Runners know.]  
thanks.  
Mike

Rochester Runners Club  
PO Box 727  
Rochester, NH 03866