

# ROCHESTER RUNNERS REPORT

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**Next Club Meeting:**  
7:00pm  
Tuesday,  
**OCTOBER 21, 2008**

**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

### “Half 2 Run”

I'm sure most of you have about the Fifty States Marathon Club – in fact there are two of them. The club is made up of runners who complete a marathon in all 50 states. Those of you who have run marathons, have seen them at races with their distinctive “50 States Marathon” singlets.

I had thought about trying this at one time, but now with the cost of gas and airline tickets, it doesn't seem so feasible with my meager J-PAC pay check every week. Recently I read a little article that mentioned both 50 States clubs and this other one for those who ran half marathons. I wasn't sure of the name, but after a couple Google attempts, I found the web site – [half2run.com](http://half2run.com)

Before you say it, I know what you are thinking. Doesn't it cost just as much to run a half marathon in every state as it does to run a full marathon? Well, almost, but here's the unique part. The “half” doesn't just apply to the distance – 13.1 miles instead of 26.2 miles – it also applies to the number of states. You only need to run half the states – 25 half marathons in only 25 states.

This club was started by a self-admitted running fanatic named Randy Step. He mentions some of the advantages to running a half marathon as opposed to the full 26.2; you get done in half the time, your shoes last twice as long, training takes half the time and if the weather is crummy, you're only in it for half the time.

The cost for a lifetime membership is \$25 and if you want the full package w/ a t-shirt, hat and bumper sticker, it will cost you \$39 and change. If you have done half marathons in the past, they will count, but you can only count one race per state as you attempt to run all 25 in 25 states.

With the recent popularity of half marathons around here, this sounds like a great idea. I'll already got three states – NH, NY and VT. How about you? [www.half2run.com](http://www.half2run.com) - check it out!!

- Don Yeaton

# RACE REPORTS

## **MY FIRST SPRINT TRIATHLON - by Kathy Paradis** **The Pumpkinman at Spring Hill in South Berwick, Maine**

Everyone knows what a tough year this has been for me. So, when some of my friends in the running club said they were signing up to do the Pumpkinman, I thought "This will be my year to finally do a tri." Every day since February 10, the day that I lost my wonderful soul mate, Bill, I have tried to do things to help myself heal -- things that would take the focus off my pain. Of course, physical challenges is one way of helping the mental anguish. Training for a triathlon transfers that mental pain into a more positive focus. I had already done a duathlon (Rye-by-the-Sea) and knew that I was very capable in the bicycle and running categories. But, the swimming category was another matter! One morning, Amy Lindsay had a bunch of us ladies over to her house on the pond for a swimming session. Amy's friend (Nancy Hunt's son's girl-friend) Christie, who has taught swimming to little kids, tried to give me a swim lesson! With a tremendous amount of patience, she attempted to teach me how to keep my head "down" in the water and do the Australian crawl. She even prompted me to "blow bubbles" in the water, trying to teach me the rudimentary lessons of breathing / swimming "streamline." Well, bottom line is, I didn't practice this technique enough and ended up swimming the entire 1/3 of a mile doing the side stroke! But, my time wasn't horrible. I did the swim in 18 minutes. Not shabby. Not too wonderful either! I made up time on the bicycle (around 50 mins. w/ a 16.9 mph avg) and the run (27:12). I not only want to thank **Amy Lindsay** for all her encouragement, but also **Diane Casselberry** as well. I did a couple of training sessions of the sprint-tri course with Diane, and she boosted my confidence to go there on Saturday, feeling more relaxed, especially in the swim.

It was great to see **Tom Littlefield** there when I came out of the water. He followed me up to the bicycle transition area and as I mounted my bicycle, he yelled "Go get 'em, Kathy!" It made me smile. Also at the finish, I was grateful to see **Ken and Sue Houle**. They came over and congratulated me. I think Kenny was there "scoping" it out and maybe thinking of doing one next year?

Believe me, if I can do it, anyone can! It was much more fun than I thought. The next one is Sept 12, 2009 (a little later in the season -- will it be cold?). I encourage any of you who might be thinking about trying one, to sign up. Springhill lets you train in their pond, all summer long and there are course maps available on line. This makes it easier, come race day. If you need any encouragement, just talk to **Manya, Peggy, Diane, Gregg or Lori G., Scott R.** or me.

## **On a different note - ST. CHARLES RACE "THANKS ANDY"**

I just wanted to tell everyone that I had a PR & was able to go up and get a PR medal, but best of all, **Andy Schachat** drew my name for the **GRAND PRIZE** of two days and two nights at the **SAMOSSET RESORT** in Rockland, Maine! Another nice thing that happened to me at the finish line was Andy's comment: "Finishing is Kathy Paradis of North Berwick; anyone who knows what happened to her this year, knows there is an **Angel on her shoulder** right now."

Thank you for saying that, Andy. I did feel Billy there with me that day -- In fact, he is present on all of my runs.

Speaking of Andy -- my friend from work, **Carole Eastman**, of South Berwick, won her age division last weekend at the Eliot 5K Festival. She isn't even in our running club, yet Andy mentioned her by name. She is amazed at how Andy can remember so many of the local runners and remember different facts about them. She was very appreciative of being recognized, saying that "I've been at other races and they don't put the personal effect into the finish line the way Andy does." So, I think kudos should go out to Andy for being such a great race announcer!

## **My Sprint Triathlon Event - by Peggy Taylor**

So a few weeks ago I participated in my first Triathlon. Swim, bike, run. The Pumpkinman! First of all you must know I do not like open water swimming. Oh I can swim but not for speed. About 6 weeks before the event a friend and I decided to do a practice run. It was the hottest day of the summer. By 10 am it was already 90 degrees.

As I arrived at the pond he had a rescue buoy with him. Which was a great idea I decided after about ½ way through my swim. I think it took me about 30 minutes to complete the swim and at that point I was very concerned for race day. We walked to our bikes and took off. The bike course was great as I had pedaled it a few times before this. Once back from pedaling and a change into running shoes and a drink we were off. However, my legs did not want to run. I did seem to finish and I thought I had done pretty well. The swim was going to be an issue. About 15 minutes later I started to feel really bad. And I mean really bad. I think I even turned green. Yes that's right. I tossed cookies. My pal Matt said I had earned every bit of that.

Now its race day. I had taken swimming lessons in a pool. Biked and ran for the last 6 weeks. Race day arrives and its pouring rain. I was drenched before even stepping in the pond. Someone remarked wow the buoys look closer. We were told that the practice buoys were at a ½ mile and today it was only 1/3. Hmmm that sounded promising. I had but 2 goals the whole day. Survive the swim and cross the finish line in 2 ½ hours.

I was in the last wave of swimmers. And about 2 minutes after getting in the water every swim lesson went right out the window. I couldn't get in a rhythm and started to panic. Not a good time when you can't touch bottom. However, I knew that I could do it I just needed to get a grip. And one stroke at a time I made it around the first buoy then the 2<sup>nd</sup>. The whole time a very nice rescuer on a surf board was never too far from me. I was dead last coming out of the water. DEAD LAST OUT OF NEARLY 400 people. LOL! I never felt so excited to touch land. I don't think my feet touched the ground till I got to the bike. Last one to get on my bike but I didn't care I knew at that point I was going to finish. It was pouring rain for my first 8 miles. However, I was catching up to people and before I knew it I had passed about 10 people. Then came the hill. I scooted up over that hill and left 4 or 5 people in my dust. As I got back to my transition area and was ready to start running I couldn't get

my darn shoe out of my pedals. What a sight that must have been. Go figure. Off and running and feeling ok. It had stopped raining and was getting humid. I realize about a mile down the road I forgot to grab a gel. Darn it! I knew I was going to bonk and I did with about a mile to go. But I kept on moving and that young guy in front of me was going to be passed. As I made it back to the finish and down the chute I passed that guy who was 10 years younger than I and finished with the clock reading 2:15. As I was trying to get my timing chip off and get some Gatorade my pal Matt scooped me up off the ground and was yelling you did it you did it! He seemed more excited that I did. Yes I did it. He said NO you finished in under 2 hours. I must have given him a strange look, he said you get to subtract 25 minutes off the clock time because of your wave start. SHUT UP I told him and he just laughed at me and said you rocked it.

I don't remember much after that except for the pumpkin whoopie pie and the hot shower later in the day. This event tested every ounce of will power I have. That swim was the scariest thing I have done. It wasn't until later in the day when I realized just how far I have come in the last 2 years. 70lbs lighter, running reach the beach and many races last year (my first year of running) to doing a ½ marathon, this tri event and a century bike ride this year. I am not sure if I will ever do another triathlon. I expect I will. However, I certainly will put more effort into becoming a better swimmer. Oh and I will have a wetsuit. I think that would have kept me from sinking like a brick. Plus they look really cool.

I recommend this event for anyone thinking of doing one. It is very well run, the course is great and if I can do it anyone can.

## ROCHESTER RUNNER GRAND PRIX STANDINGS

**5Oct08 RRGP update:** This update includes the Pisgah Mountain Trail 50K (Chesterfield), Lobster Dash 5 mile (Ogunquit), Maine Coast Half Marathon & Significant Other 5K (York), Eliot Festival Day 5K, Clarence DeMar Marathon (Keene), Applefest Half Marathon (Hollis), and Hugs for Hayley 5K (Saco). Congratulations to age group winners **Mike Barry** (Lobster Dash), **Sin Kounlasa** (Maine Coast HM), and **Bob Randall** (Significant Other & Hugs for Hayley). **Judy Brenner** also won her age group twice (Maine Coast HM & Eliot) and in both races surpassed her USATF age-group performance standard. **Jeannette Lindsay** and **Cliff Parkinson** ran their best races of the past year to lower their RRGP baselines. **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). Join Team RR on Sunday 19 October for the final NHGP race of 2008 in Manchester, where Dave, Diane, and Dan can become "Granite Runners" and see if one of the three can speed ahead the other two in their contest for this year's RRGP championship.

S D t T n

S D t T n

S D t T n

22	45	15	82	17	Dave Poliquin	8	31	3	42	6	Jen Johnson	0	16	3	19	4	Danielle Amero
14	49	18	81	37	Diane Levesque	7	30	3	40	7	Mark Chrusz	6	12	0	18	3	Isaac Fithian
13	50	18	81	21	Dan Poliquin	0	37	3	40	9	Liz Bowden	3	12	3	18	3	Dave Butler
11	63	6	80	37	Sin Kounlasa	8	28	3	39	7	John Tuttle	3	12	3	18	3	Peter Laine
10	54	12	76	19	Kevin Scott	4	35	0	39	8	Dan DeFrees	1	14	3	18	3	Manya Hult
21	50	3	74	16	Bill Buckley	6	28	3	37	7	Rick Collopy	6	8	3	17	2	Colin Johnson
16	45	12	73	17	Cliff Parkinson	6	28	3	37	6	Judy Brenner	2	15	0	17	3	Damian Rowe
13	47	12	72	12	Benjamin Jones	0	37	0	37	6	Dale Post	2	12	3	17	3	Rhiannon Amero
8	49	15	72	14	Lori Scott	3	33	0	36	7	Dick L'Heureux	0	16	0	16	3	Dave Abbett
19	44	6	69	26	Mary Ulinski	9	26	0	35	6	Cristyn Peters	0	15	0	15	3	Tom Littlefield
13	51	3	67	13	Dave Rosania	8	27	0	35	6	Adam McCready	0	12	3	15	3	Chris Dunn
17	43	6	66	21	Wendy Yeaton	7	28	0	35	7	John Rancourt	5	8	0	13	2	Wendy Perillo
9	51	6	66	30	Brian Gallagher	9	25	0	34	6	Tom Watkins	1	12	0	13	3	Peter Dubois
16	48	0	64	24	Bob Randall	7	27	0	34	6	Tracy Jones	0	13	0	13	3	Jeff Crothers
12	43	9	64	13	Judi Lemaire	9	20	3	32	5	Joe Tostado	3	8	0	11	2	Phil Parker
7	56	0	63	18	Britt Schuman	9	20	3	32	5	Lynn Tostado	3	8	0	11	2	Dylan Tuttle
18	41	3	62	21	Bob Rondeau	0	32	0	32	4	Laurel Valley	2	9	0	11	2	Jennifer Borda
8	49	3	60	14	Michael Richardson	6	25	0	31	6	Chris Blanchette	2	9	0	11	2	Willem Verweij
6	45	9	60	17	Nathan Huppe	5	26	0	31	6	Don Norris	0	8	3	11	2	Mike Dubois
2	48	9	59	10	Brian Geiger	3	22	6	31	5	Paul Lindsay	3	6	0	9	1	Jeannette Lindsay
7	51	0	58	14	Becky Sherburne	5	25	0	30	5	Patty Crothers	0	9	0	9	2	Amanda Dejohn
3	49	6	58	24	Don Yeaton	12	16	0	28	4	Drew Tuttle	0	8	0	8	2	Paige Cashman
15	36	6	57	8	John Gullage	0	25	3	28	5	Walter Shyska	0	8	0	8	2	Regan Butler
11	43	3	57	17	Darryl Cauchon	9	18	0	27	4	Leanne Hourihane	3	4	0	7	1	Karen Norris
11	43	3	57	9	Mike Andrews	5	19	3	27	4	Anthony Vittoriosio	0	4	3	7	1	Anne Hansen
1	52	3	56	12	Alison Black	7	16	3	26	4	Janet Glazier	0	4	3	7	1	Reese Johnson
2	50	3	55	14	Chuck Zerbinopoulos	6	17	3	26	4	Kathy Paradis	1	5	0	6	1	Bill Paradis
11	40	3	54	10	Nancy Moonsamy	5	18	3	26	4	James Westgate	0	4	0	4	1	Pam Parker
8	40	6	54	12	Mike Barry	5	17	3	25	4	Amy Lindsay	0	4	0	4	1	Craig Stephan
12	38	3	53	9	Christine Leonard	0	25	0	25	5	Scott Rowe	0	4	0	4	1	Petr Brym
10	40	3	53	14	Jack Collopy	0	24	0	24	6	Joe Boyle	0	4	0	4	1	Judi Rogers
7	43	3	53	15	Clayton Lewis	4	19	0	23	4	Peggy Taylor	0	4	0	4	1	Matthew Cashman
4	49	0	53	13	Diane Casselberry	5	17	0	22	3	Laura Harding	0	4	0	4	1	Jack Prescott
0	41	6	47	10	Ken Houle	4	18	0	22	3	Joe Harding	0	4	0	4	1	Ernie Garland
5	41	0	46	7	Dennis Graves	3	16	3	22	4	Tracy Gagnon	0	4	0	4	1	Letitia Cauchon
10	35	0	45	8	Randy Spencer	1	21	0	22	5	Jim Dejohn	0	4	0	4	1	Jillian Zerbinopoulos
10	29	3	42	7	Ruthanne Laine	2	18	0	20	3	Mike Amero	0	4	0	4	1	Mike Burns

## UPCOMING RACES & EVENTS

### FREE FALL 5K

#### Dave Abbett – Race Director

The Rochester Runners will be hosting our annual Free Fall 5k on Thursday, November 27 at 8:30a.m. The race starts and ends at the Rochester Community Center and refreshments, raffles and awards will follow. This race will be focused on the family as we will have a special rate of \$20/ family and only \$5 individual race fee. Runners and walkers are welcome and will start at the same time (different from last year). T-shirts will be available for only \$10 on a first come/ first serve basis. Please go to our website for race applications and more information.

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Hi Peggy,

I would like to invite all the Rochester Runners to our first Ever Smuttynose Half Marathon, Relay and Rockfest.

EACH runner receives two Concert Tickets to the 3 hour concert after the race, inside the Hampton Beach Casino Ballroom\

You can run the half.. OR, put together a relay team.. And of course.. there is a fun filled After Race Party with Smuttynose Beer...

take a look at the details below...

Mike..AKA LOCO Guy

Get ready to Rock away your Sunday afternoon and celebrate your race. Enjoy a featured live performance of a top live Rock and Roll band.

The Rockfest is scheduled for Sunday Oct. 26th - **The first 800 registered Half Marathon entrants receive two complimentary concert tickets. One for you and one for your best buddy... Relay teams get 3 tickets.**

Band Scheduled to Perform\* [Entrain](#)



\* Extra concert tickets available, see registration page.

**RELAY Half Marathon** Sign up early - only 100 teams will be allowed to enter. [Three runners needed per team, each receives a concert ticket.. Registration](#) [More Info on the Relay](#)

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## **PACERS** Half Marathon

Hey, want an expert pacer to help you finish in a specific time. You got it. The Hampton Half will provide pacers from 8 min pace up to 11 minute per mile pace. [Run with a paced team - it's a great way to meet your goals.](#)

**LONG Sleeve Technical Race shirts to first 1500 entrants** - + Relay teams

### **Contact**

Email [info@locorunning.com](mailto:info@locorunning.com)  
Questions call MIKE - 603 659 2824

# 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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