

ROCHESTER RUNNERS REPORT

VOLUME 8 NUMBER 8

September 2008

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Next Club Meeting:
7:00pm
Tuesday,
September 16th

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

Thanks to all of you Rochester Runners who came out in force for the St. Charles Children's Home 5K Road Race on Labor Day Monday! There were at least 40 of us assembled there – the biggest flock of RR's in one place since the Red's Shoe Barn 5 Miler back in April. As I was looking through the results, I realized that I hadn't even seen about 1/3 of you. With almost 1000 finishers, it was no wonder that it was hard to find all of you.

This race was our pick for the list of races that made up the 2008 NH Grand Prix Series this year. As it stands right now, we took 2nd place with 127 points. There were 23 of you that scored points. We only got beat by 2 points – Greater Derry Track Club scored 129 and the Granite State Racing Team was a close 3rd with 126 points. Gate City Striders were a distant 4th with only 98 points.

Are you running a fall marathon or half marathon – the best time of the year for these longer races?? Let us know so we can put together a list of where you all will be running this fall.

I am once again part of the race committee for the 2nd annual Manchester City Marathon and Half Marathon that will be held on Sunday November 2nd. We are in need of volunteers and we would like to recruit members of running clubs because of their experience with all the ins and outs of a road race. They especially need help with traffic control and water stops. If you are interested, please contact me at dryrun262@msn.com

Dave Abbett, Dale Post and Dennis Graves have a 6 man Ultra team at the Reach the Beach Relay this fall on September 12th and 13th. This means that each of the 6 runners will have to run 6 legs since there are 36 legs in the course that reaches from Cannon Mt. to Hampton Beach. Imagine running 6 races in the time span of about one 24 hour day!! That what it means to be part on an Ultra Team!

Rochester Runners will also again this year be staffing one of the transition areas where the teams end one leg and begin another one. We will be at T23 again this year at the Country Cookin' Restaurant at the Epsom Traffic Circle. We will be there from about 2:45 AM until about 9:30 AM on Saturday, September 13th. Our team of 8 volunteers consists of Liz Bowden, Peter Dubois, Amy and Paul Lindsay, Mary Ulinski, Kevin Scott and Wendy and Don Yeaton.

Happy FALL racing to all of you and may you find some new PR's!!

- Don Yeaton

Rochester Runners Officers Meeting
September 2, 2008

In attendance: Walter Shyska, Wendy Yeaton, Don Yeaton, Mary Ulinski, Judi Rogers
Peter Brym

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

1. Next club meeting, Tuesday, September 16, 2008. Speaker being scheduled is long time member John Tuttle who was a coach for USA Marathon Runner Ryan Hall when Ryan was 14 to 17 years old.
2. Reach the Beach volunteers. Volunteers for Epsom circle need to be there at 3:15AM to begin their duties.
3. Free Fall Thanksgiving Day race. Applications being prepared hope to have some distributed during the fall races. Other preparations on schedule.
4. Lake Winni Relay. No RR team this year.
5. Speaker for Oct or Nov meeting may be Dr. Brennan. He has been extensively involved with Tri-athalons and orthopaedic issues.
6. Fall Marathoners: Will be announced at next membership meeting. Please let Don Yeaton know if you are running one.
7. October NH Grand Prix race: Final race Sunday, Oct. 19 @ 11AM. "Foot Race for the Fallen 5k" in Manchester.

3Sep08 RRGP update: This update includes the Moose on the Loose 10 mile (Nashua), High Street Mile (Newburyport), Deux Rives Marathon (Quebec), Loco Seacoast 5000 m (Dover), Loco Moose 5K (Concord), Swanzey Covered Bridges Half Marathon, and St. Charles Children’s Home 5K (Portsmouth). Congratulations to age group winners **Kevin Scott** (Moose on the Loose), **Sin Kounlasa** (Swanzey & St. Charles), **Ken Houle** (St. Charles), and **Judy Brenner** (St. Charles). **Judy Brenner** again ran faster than her USATF age-group performance standard. RRs who lowered their baselines with their best race performances in over a year included **Drew Tuttle, Don Yeaton, Dan Poliquin, Joe Tostado, Anthony Vittorioso, Mark Chrusz, Ben Jones, Mary Ulinski, Kathy Paradis, Cliff Parkinson, and Wendy Yeaton**. 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 the “club grand prix” section of rochesterrunners.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
22	45	15	82	16	Dave Poliquin	8	31	0	39	7	Randy Spencer	3	12	3	18	3	Peter Laine
14	49	18	81	33	Diane Levesque	8	28	3	39	7	John Tuttle	3	12	3	18	3	Tracy Gagnon
12	50	18	80	18	Dan Poliquin	4	35	0	39	8	Dan DeFrees	1	17	0	18	4	Jim DeJohn
11	63	6	80	33	Sin Kounlasa	5	33	0	38	6	Dennis Graves	6	8	3	17	2	Colin Johnson
10	54	12	76	18	Kevin Scott	6	28	3	37	7	Rick Collopy	2	15	0	17	3	Damian Rowe
20	50	3	73	15	Bill Buckley	3	33	0	36	7	Dick L'Heureux	2	12	3	17	3	Rhiannon Amero
14	46	12	72	15	Cliff Parkinson	8	27	0	35	6	Adam McCready	3	12	0	15	2	Joe Harding
13	47	12	72	12	Benjamin Jones	6	26	3	35	6	Mark Chrusz	0	15	0	15	3	Tom Littlefield
8	49	15	72	14	Lori Scott	9	25	0	34	6	Tom Watkins	5	8	0	13	2	Wendy Perillo
19	44	6	69	22	Mary Ulinski	7	27	0	34	6	Tracy Jones	1	9	3	13	2	Manya Hult
9	51	6	66	27	Brian Gallagher	9	20	3	32	5	Joe Tostado	0	13	0	13	3	Jeff Crothers
16	48	0	64	22	Bob Randall	9	20	3	32	5	Lynn Tostado	3	8	0	11	2	Phil Parker
16	42	6	64	19	Wendy Yeaton	7	24	0	31	6	John Rancourt	3	8	0	11	2	Dylan Tuttle
12	43	9	64	13	Judi Lemaire	6	25	0	31	6	Chris Blanchette	2	9	0	11	2	Jennifer Borda
12	48	3	63	11	Dave Rosania	3	22	6	31	5	Paul Lindsay	2	9	0	11	2	Willem Verweij
7	55	0	62	17	Britt Schuman	5	25	0	30	5	Patty Crothers	0	8	3	11	2	Chris Dunn
8	49	3	60	12	Michael Richardson	7	22	0	29	5	Cristyn Peters	1	8	0	9	2	Peter Dubois
14	42	3	59	18	Bob Rondeau	0	29	0	29	5	Dale Post	0	9	0	9	2	Amanda DeJohn
4	46	9	59	15	Nathan Huppe	12	16	0	28	4	Drew Tuttle	0	8	0	8	2	Paige Cashman
7	51	0	58	13	Becky Sherburne	0	25	3	28	5	Walter Shyska	0	8	0	8	2	Dave Abbett
15	36	6	57	8	John Gullage	9	18	0	27	4	Leanne Hourihane	3	4	0	7	1	Karen Norris
11	43	3	57	16	Darryl Cauchon	5	22	0	27	5	Don Norris	0	4	3	7	1	Mike Dubois
3	47	6	56	22	Don Yeaton	7	16	3	26	4	Janet Glazier	0	4	3	7	1	Anne Hansen
2	49	3	54	12	Chuck Zerbinopoulos	5	18	3	26	4	James Westgate	0	4	3	7	1	Reese Johnson
11	39	3	53	8	Mike Andrews	3	18	3	24	4	Judy Brenner	1	5	0	6	1	Bill Paradis
10	40	3	53	14	Jack Collopy	0	24	0	24	3	Laurel Valley	0	4	0	4	1	Pam Parker
7	43	3	53	14	Clayton Lewis	0	24	0	24	6	Joe Boyle	0	4	0	4	1	Craig Stephan
4	48	0	52	12	Diane Casselberry	5	17	0	22	3	Laura Harding	0	4	0	4	1	Petr Brym
2	40	9	51	8	Brian Geiger	6	12	3	21	3	Kathy Paradis	0	4	0	4	1	Judi Rogers
1	47	3	51	10	Alison Black	5	13	3	21	3	Anthony Vittorioso	0	4	0	4	1	Matthew Cashman
12	34	3	49	8	Christine Leonard	5	12	3	20	3	Amy Lindsay	0	4	0	4	1	Jack Prescott
10	36	3	49	9	Nancy Moonsamy	2	18	0	20	3	Mike Amero	0	4	0	4	1	Regan Butler
8	35	6	49	9	Mike Barry	0	20	0	20	4	Scott Rowe	0	4	0	4	1	Ernie Garland
0	41	6	47	10	Ken Houle	0	16	3	19	4	Danielle Amero	0	4	0	4	1	Letitia Cauchon

10	29	3	42	7	Ruthanne Laine	6	12	0	18	3	Isaac Fithian	0	4	0	4	1	Jillian Zerbinopoulos
8	31	3	42	6	Jen Johnson	4	14	0	18	3	Peggy Taylor	0	4	0	4	1	Mike Burns
0	37	3	40	9	Liz Bowden	3	12	3	18	3	Dave Butler						

UPCOMING RACES:

Check out some area races coming up in September:

Clarence Demar Marathon, anyone?

Hello fellow Rochester Runners! Is anyone planning on running the Clarence Demar Marathon in Keene on Sunday, September 28th—or planning on being a spectator? I am running it, but because it's such a small marathon, I'd love to see some familiar faces along the way. If you'll be there, please let me know. You can email me at tennpurp@yahoo.com. Thanks! Alison Black

COOL NEW - NH HALF MARATHON + Relay

PLUS: RockNRoll Concert at the Hampton Beach Casino Ballroom

Date: Hampton Beach - Oct. 26th.

FLAT FAST COURSE

<http://www.hamptonhalf.com>

Technical LONG Sleeve shirts.

Fall is the very best time to run or walk a half marathon. You have cool fall mornings to train, clean brisk air, stunning foliage and the half marathon distance is a very doable distance. So many runners and walkers simply loved our Hampton course last February that we have added a very special Fall event: the Hampton RocknRace featuring a live concert and course side music.

Why run a half marathon in the fall? The average temperature this Sunday in the Fall is ideal - in the mid 50's. Foliage is peaking the third week in October on the coast, and the course offers a little of everything from roaring beaches to vibrant red and yellow lined rural road and majestic coastal views. Plus, this is THE fastest easiest course you will find in New England! From LOCO, of course.

Mike

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

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