

ROCHESTER RUNNERS REPORT

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Next Club Meeting:
7:00pm
Tuesday,
February 17th

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

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PRESIDENT'S CORNER

Back in 1998, I wrote an article for the newsletter entitled, "98 Resolutions for Runners in 1998". No, I'm not going to write "2009 Resolutions for 2009", but I thought I would pick out 9 resolutions from back in 1998 and suggest them for 2009. It's a new year - time for some new challenges, new PR's and some new races to try!!

9 Resolutions for Runners for 2009

1. I will do that race I've always wanted to try (remember you're not getting any younger!).
2. I will be a volunteer at least one race this year.
3. I will write more thank you notes to race directors this year - they are the unsung heroes of our sport!
4. I will eat better this year - more carbs, fruits and veggies and less fat and junk food.
5. I will not get too upset over a bad race - better to run slow than not at all!
6. I will encourage someone else to begin this great sport of running.
7. Though it will be difficult, I will drop out of a race if I am in pain or having a bad day. If elite runners can do it why not me?
8. I will get more sleep and rest days to recover better.
9. I will go back to the finish line after I've finished and cheer and clap for those still running!

Publicize Your Goals
By Brian Geiger

I received a subscription to Runner's World for Christmas and the first issue came in early December. I really enjoyed reading it, even the article about how to tie your shoes was entertaining. The one thing that I took away though and we have all heard it before is that you should tell everyone you know about your goals. By letting everyone know what your goals are, you make a strong commitment to yourself to try harder to reach your goals. So, here are some of my goals for 2009.

- Write a story for the Rochester Runners News Letter every month, be it an article about training or a race report.
- Win my age group (50 this year) at the Moosman Triathlon (International Course) on June 6th.
- Win my age group at the Timberman Triathlon (70.1 Half Ironman) on August 23rd.
- Run a sub 1:25 Half Marathon.

These may seem like lofty goals, maybe even pipe dreams but when I was a freshman in high school we had a cross country coach who's first speech of every season was "This year we are going to put in a lot of hard work and we are going to win the state open championship." Most years his team did just that.

I am going to be putting in a lot of hard work and if I'm lucky and healthy come race day(s), if I'm not injured or over trained, I may just make my goals.

God luck to all of you, my fellow Rochester Runners may you reach your goals. Tell everyone what you want to accomplish. Just knowing they know will help you stay on track (or on the track) with you training.

See you on the roads or at the races.

Brian.

Hello fellow runners --

Anyone up for some cross-country skiing? or snowshoeing? They are both great cross training when there is both snow/ice AND darkness to combat!

I belong to the Seacoast Ski Club out of Portsmouth which meets once a month at the Redhook Brewery --we are a fun club, with lots of activities besides skiing, just like the Rochester Runners and would love to have you come to a meeting to see what it is all about...OR go to our new website www.seacoastskiclub.net and check it out!

I'd be happy to plan a day trip, or a trek in the local woods...if you are interested you can contact me at my new e-mail: sweetie.skies@yahoo.com or I'll see you at the RR meeting -- Jan. 20th -- inauguration night!

Think snow!

"Living each day with an attitude of gratitude"--Janet Glazier in Dover

NEWS WORTHY ROCHESTER RUNNERS!

Jack Collopy Named USATF – New England's Athlete of the Month for November

BOSTON – **Jack Collopy**, age 14 of Durham, NH, who runs for the Granite State Flash, has been named USA Track & Field – New England's Athlete of the Month for November 2008. On November 23, at the Region I Junior Olympic Cross Country championships held at Van Cortlandt Park in New York City, Collopy won the 4 km Youth Boys race. His winning time was 13:27.26 and he led the Granite State Flash to the team title. Granite State's "B" team finished in 2nd place, qualifying both Boys Youth squads for the national championships to be held in Mechanicsville, VA the second week of December.

On November 16, Jack won the New England Association Junior Olympic Cross Country championships Youth Boys race in 13:06 for the 4 km course. He led the Granite State Flash to a sweep of the first five places in their divisional race. Collopy, who is one of triplets and has five siblings overall, is a freshman at Oyster River High School in Durham. In October, he ran the fastest 5 km ever (16:11) for a New Hampshire freshman on the challenging Hanover course. The next week, at the State Meet of Champions, he was 13th overall, with a PR of 15:57 on a flat and fast course in Nashua.

Mike Merra, the Granite State Flash coach, lavished praise on Collopy, saying that for Jack, "it's always team first," and described him as "unassuming, humble and self-effacing," noting that he never seeks the limelight. He added that he could have given Jack additional, individualized workouts to improve his chances at the individual national title, but that Jack preferred to train with his teammates and help the whole squad improve. Jack's

father, **Rick Collopy**, confirmed that his son doesn't like to be singled out for special attention; that as much as he loves running, he enjoys the team aspect more than individual accolades. He said that Jack's experience with the Granite State Flash and with the Junior Olympic program has been wonderful, noting that at an early age, Jack has already had a chance to travel around the country and compete in big meets. As events turned out, at the National Junior Olympic Championships held in Virginia on Dec. 13, Jack Collopy finished 5th in the Youth Boys race and lead the Granite State Flash to the national championship in that division. This is Jack's third national team title for the Granite State Flash (2005, 2006 and 2008) and he has won All-American honors four times. His father hopes that Jack "will get accustomed to the limelight over time," and given his accomplishments and his very high potential, it appears that he will have plenty of opportunities to get accustomed.

USATF – New England's mission is to continue its leadership role as one of the outstanding associations of the national governing body in Athletics.
USATF – New England * P.O. Box 1905 * Brookline, MA 02446-0016 * www.usatfne.org

PLEASE REMEMBER TO SEND IN YOUR MEMBERSHIP DUES –

THE 7 HILLS OF SOMERSWORTH RACE IS STILL SEEKING A RACE DIRECTOR –

PLEASE CONTACT

Darryl Cauchon dcauchon@somersworth.com IF INTERESTED

MIKE @ LOCO RUNNING SAYS:

It would good to let the Rochester Runners know that LOCO has two races this year in the NH Grand Prix, the Great Bay Half Marathon, and the Smuttynose 5K
Attached is the web site.

<http://nhgp.nhrunning.com/>

ALSO, if Roch runners are in the grand prix, we sent a limited number of lower priced entry forms for \$35 for the half to Scott Morrison.