

ROCHESTER RUNNERS REPORT

VOLUME 1 NUMBER 2

March 2009

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Next Club Meeting:
7:00pm
Tuesday,
MARCH 17TH

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www.rochesterrunners.com)

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President's Corner

Cliff Parkinson

As I sit down to write this letter, I realize that most of you have been running longer, and have been part of the Seacoast and Rochester Running scene for ages. I began running in High School or at least making appearances as a cross-country participant. After High School I didn't continue running but always thought about it once a year in April around the time of the Boston Marathon. Eleven years ago, I started running a mile or so, and I read an article in the Boston Globe about my father-in-law, Ken Folsom from Salem, NH and his running career which he began in his fifties. A few years went by and Dick L'Heureux, whom I work with at Hussey Seating Co. told me about a 5K road race in Eliot, ME. Wow, sounds like fun, so I sign-up and get to Eliot early, raring to go. The gun goes off and after the first ½ mile I think I'm going to die. I walk, run until this mountain appears on the course (the hill in the last mile) and I think about crawling.. After getting to the top, the finish is almost in sight and as I turn off of Main Street for the last 100 feet, the announcer, Andy Schachat, announces that the queen of New England running, is turning towards the finish.

Well, I soon learned that I was passed by Louise Rousette, a gracious, wonderful runner who has done great things for the sport. We won't mention my time but leave it to say I always remember it.

Since then I've run in hundreds of races, including 4 marathons and numerous other races. I joined Rochester Runner's at Dick L'Heurux recommendation and immediately was welcomed by Don and others in the club. I now find when I don't get out and run I feel like I've missed something and I enjoy racing as I see old friends, make new ones and compete against myself. I'm always looking to improve and like to run against myself. Last fall I decided to try Bill's hills in Somersworth, one of the runners my first night said I'd like it after I've done the run four or five times, well on Tuesday nights at 5:30 join us at the Berwick Town Hall and you can try it. We also run at various locations on Saturday mornings and at 7AM on Sunday we leave PSNH parking lot for various distances. I just hope that I can get others to enjoy running as much as I do. It seems that club interest is a little down, call or email me with any ideas you have that is interesting to you. (603-664-2889 or eparkinson@metrocast.net. As for now, I'm happy doing 5K's, 10K's, ½ marathons, maybe I'll do another marathon, but I'm undecided now.

New Hampshire Grand Prix

Despite the foot of snow that fell last weekend and nighttime temperatures still in the single digits, it's not too early to start thinking about the 2009 N.H. Grand Prix series, with the first race of the season only about a month away! The races on this year's schedule include the Great Bay Half Marathon (Newmarket, Sunday 5Apr), Foothealth 5K (Derry, Saturday 2May), Smuttynose 5K (Newmarket, Sunday 7Jun), St. Anne's Lakes 5 mile (Hampstead, Saturday 25Jul), Moose on the Loose 10 mile trail race (Nashua, Sunday 23Aug), and Alliance against Cancer 5K (Manchester, Saturday 12Sep). The seventh and final race originally selected for the series has been cancelled, so a replacement is being sought. The leading candidate right now is the 10K held in conjunction with the N.H. Marathon in Bristol (Saturday 3Oct).

While we are waiting for the 2009 series to begin, here's a recap of how our club did last year in the NHGP. With the notable exception of the St. Charles 5K, RR participation in the NHGP last year was lower than it had been for the last several years. Overall, we finished fifth out of eight running clubs participating:

| | |
|--------------------------------|-------------------------------|
| Gate City Striders 843 points | Rochester Runners Club, 373 |
| Greater Derry Track Club, 815 | White Mountain Milers, 30 |
| Granite State Racing Team, 661 | Monadnock Regional Milers, 21 |
| N.H. Athletic Alliance, 401 | Coastal Athletic Alliance, 14 |

A total of 57 RRs participated in at least one NHGP race last year, with three of them earning the "Granite Runner" status for having run in all seven races (Diane Levesque, Dan Poliquin, and Dave Poliquin, all three of whom scored points for Team RR in every race). Kevin and Lori Scott ran in 6 of the 7 races, and Cliff Parkinson ran in 5.

Our best race by far was St. Charles, where we had 52 club members participating and were tied with GDTC for the highest team total for the day, with 135 points. For the year, in the 12 age and gender divisions, Team RR finished first in F6069 (thanks to Mary Ulinski, Manya Hult, Faye Lowrey, and Anne Hansen), third in M20&U (with Nathan Huppe leading all scorers in that division), third in F5059, and third in F70+.

Individual points are awarded to the top 10 male and female runners in each race on the basis of age-graded finish times. RRs who placed in the top 10 age-graded scoring in at least one race included Sin Kounlasa, Judy Brenner (1st place at St. Charles), Faye Lowrey, Diane Levesque, Manya Hult, John Tuttle, Ken Houle, Kevin Scott, Mike Barry, and Dan Poliquin.

The NHGP is a fun way to expand your racing experience beyond a few local races. We usually carpool to all but the closest ones, and it's a good way to not only get to know some of your fellow RRs better, but also to make friends throughout the larger N.H. running community.

RRGP update, 2Mar09: Here comes the RRGp out of hibernation—this is the first update since the December newsletter, both because there have not been many races since then and because we are in transition between the 2008 and 2009 membership years, so not all of the renewals have been received yet. The final standings for 2008 were virtually unchanged from the scores shown in the December newsletter, with 1,100 race results for a total of 127 club members. Last year the highest point total was shared by three runners, making it necessary to resort to the tie breaker rule to determine the overall 2008 RRGp champion. The winner was **Dave Poliquin** (who had the same overall total of 85 points but had more speed points than either his brother **Dan Poliquin** or **Sin Kounlasa**). Congratulations to all three for an outstanding running year.

RRGP UPDATE

Now to kick off the 2009 RRGp: here are some race results and standings for club members whose dues had been received as of 26 February (if you haven't renewed yet, you haven't been taken you the RRGp e-mail list yet, but you won't see your name listed in the 2009 standings). Races so far this year include the Hangover 10K in Salisbury, Boston Prep 16 mile in Derry, the Inauguration Run 5K in Durham, the Midwinter 10 mile in Cape Elizabeth, the Martha's Vineyard 20 mile, and the Half at the Hamptons half marathon. In addition to those traditional road races, several club members participated in one or more showshoe races, which are included in the RRGp on the basis of distance points. Congratulations to age group winners **Faye Lowrey** (Boston Prep and Midwinter), **Sin Kounlasa** (Boston Prep), **Bob Randall** (Inauguration Run), and **Manya Hult** (Inauguration Run). **Ken Houle**, **Sin Kounlasa**, and **Faye Lowrey** earned asterisks next to their Midwinter finish times signifying that they exceeded their USATF age group performance standards for 10 miles. On the snowshoe circuit, **Laurel Valley** has consistently won her age group and **Diane Levesque** achieved a pinnacle of success as the women's overall winner at the Feel Good Farm 7.2K snowshoe race in Lyndeborough. Don't fail to check out the photo of RR's notoriously camera-shy **Brian Gallagher** in the Coolrunning results page for the Horse Hill 7K snowshoe race in Merrimack on Valentine's Day. **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, visit rochesterrunners.com.

| S | D | t | T | n | | S | D | t | T | n | | S | D | t | T | n | |
|----------|----------|----------|----------|----------|-------------------|----------|----------|----------|----------|----------|-----------------|----------|----------|----------|----------|----------|---------------------|
| 2 | 46 | 0 | 48 | 10 | Diane Levesque | 0 | 9 | 0 | 9 | 2 | Tom Littlefield | 0 | 5 | 0 | 5 | 1 | Ken Houle |
| 0 | 34 | 0 | 34 | 8 | Brian Gallagher | 2 | 5 | 0 | 7 | 1 | Nathan Huppe | 0 | 5 | 0 | 5 | 1 | Laura Harding |
| 0 | 30 | 0 | 30 | 7 | Laurel Valley | 2 | 5 | 0 | 7 | 1 | Paul Lindsay | 0 | 5 | 0 | 5 | 1 | Darryl Cauchon |
| 2 | 26 | 0 | 28 | 5 | Sin Kounlasa | 1 | 6 | 0 | 7 | 1 | Jen Johnson | 0 | 5 | 0 | 5 | 1 | Chuck Zerbinopoulos |
| 0 | 17 | 0 | 17 | 3 | Britt Schuman | 1 | 5 | 0 | 6 | 1 | Kevin Scott | 0 | 4 | 0 | 4 | 1 | Manya Hult |
| 0 | 13 | 0 | 13 | 3 | Liz Bowden | 0 | 6 | 0 | 6 | 1 | Dennis Graves | 0 | 4 | 0 | 4 | 1 | Clayton Lewis |
| 2 | 10 | 0 | 12 | 2 | Diane Casselberry | 0 | 5 | 0 | 5 | 1 | Joe Harding | 0 | 4 | 0 | 4 | 1 | Bob Randall |
| 3 | 6 | 0 | 9 | 1 | Brian Geiger | 0 | 5 | 0 | 5 | 1 | Kathy Paradis | | | | | | |
| 0 | 9 | 0 | 9 | 2 | Cliff Parkinson | 0 | 5 | 0 | 5 | 1 | Lori Scott | | | | | | |

Running Notes

1) It's time once again for the Mt. Washington Road Race lottery. The race will be held on June 20th and the lottery is open from March 1 15th. Go to www.gsrs.com and click on Mt. Washington Road Race. You can enter as an individual or as a group so that all of you are chosen or you all miss out. You won't be charged the \$40 entry fee unless you are selected.

2) At the last club meeting Dave Abbett spoke about basic sports nutrition and introduced us to a new web site to help track your nutrition, weight loss and fitness.
www.myfitnesspal.com

This is a free web site where you plug in some personal stats and you can track how much you should be eating as well as how many calories you are actually eating. You'll be amazed how quickly they add up when you start tracking what you actually eat every day!

3) Have you heard about the new Boston Marathon 5K to be held on Sunday April 19th? It follows part of the course for the Woman's Olympic Trials last year and finishes at the official Boston Marathon finish line on Boylston St. Registration is limited to 4000 runners and opens on March 5th. Go to

<http://www.baa.org/5k/> for more info.

RACES AROUND THE AREA

Great Bay Half Marathon returns Sunday April 5th (NE Grand Prix circuit Race)

Arlon Chaffee – Co-Founder LOCO Sports

The Third Annual Great Bay Half Marathon returns to the roads of Newmarket on Sunday April 5th. With the support of the Town, residents and area merchants the event has grown into a 2-day running festival with a Health & Fitness Expo and a Kids Fun Run on Saturday with the race and finishers' celebration on Sunday. New this year, a 5K race has also been added.

Race organizers Mike & Linda St. Laurent and Arlon Chaffee, all longtime Newmarket residents, have striven to make the event a showcase for the town – from the picturesque course that tours a variety of village streets and roads, to the musicians & performers along the course, to the involvement of many civic groups as volunteers, to encouraging race participants to enjoy the lovely (renovated!) downtown while visiting the shops that they find there. There is constant improvement and the event gets better and is expected to grow every year.

Last year's event had nearly 1,400 participants and, based on the race's growing popularity (and the addition of the 5K race), this year should be larger still. Thanks to the diligent planning and assistance of the Newmarket Police Department, who provides traffic and crowd control, the event is, again, expected to run smoothly. Many participants have commented how well the race is run and how much the Town seems to support the event – it keeps them coming back year after year!

There are other major contributors who also make the event possible – Exeter Hospital as lead sponsor, Club Chameleon, Project Graduation, Moody Point Neighbors, area merchants who contribute goods & services, Newmarket Fire & Rescue and, of course, the 100+ crew of volunteers – the list keeps growing with the event!

Newmarket High School is the “headquarters” for the event and is home to the Fitness & Lifestyle Expo held on Saturday. The Expo features dozens of vendors, who display or demonstrate fitness products and services. Also on Saturday, the popular Kids Fun Run is held around nearby Leo Landroche Field. Early Sunday morning the volunteers arrive, followed shortly by hundreds (and hundreds!) of runners. The race Start is located on Durrell Drive, near the Elementary School. At 10:30AM walkers begin their half marathon adventure. Shortly before 11AM the (new this year) 5k race begins and promptly at 11 the gun goes off for the half marathon. All racers finish at the High School, where they are treated to both a hero’s welcome and all sorts of refreshments.

Rochester Runners have been well-represented at the event and a number are expected to participate in the 2009 edition of the race. To learn more about the event (and to find a course map), please visit the event web site at www.locorunning.com/greathalf.php

RACE REPORTS

Half at the Hamptons Half Marathon

Weather – Sunny, clear blue skies, temperature just above freezing, and a slight breeze that felt like a head wind no matter which way you were going.

Driving down to Hampton Beach on the Spaulding Turnpike a van with Maine plates went by me, I could tell he was going to the half marathon because he had those stickers on the rear bumper of his vehicle that read 26.2 (Marathon), 140.6 (Ironman) and 70.3 (half Ironman) with just the numbers in the little white ovals. Sure enough, he got off I-95 at the Hampton exit and even though I passed him at the toll both, he didn’t use EZPass and I did, I could still see him in my rearview mirror as we headed down route 101 to Hampton Beach. I did not see where he ended up parking because it was not that easy to find a place to park even though I arrived an hour before the start.

Once I found a parking space, I grabbed my duffle bag and headed into the Ashworth hotel. I had pre-registered so I read my name and number from the wall inside the ballroom and went to pick up my bib number and then my t-shirt. I asked if I could try on a medium but it seem too small so I asked for a large. Then I found a place to settle down and prepare for the race. Pinning my bib number to the shirt I had choose to wear and figuring out how to use the new “D-chip.” It is a disposable chip on the back of a piece of paper; you just slide it through your shoelaces and stick the ends together. When it’s stuck together properly it has a “D” shape hence the name. It’s really rather cool and I hope I don’t see any of those old black ones any time soon. Some ladies next to me were also getting ready for the race and one was asking the other if she should wear her face mask. It was one of those neoprene ones that covers over your nose and would probably be great on those really cold, zero degree days. I piped up and said, “I don’t think you will want

that today” she did not wear it. After the race, I asked if she was ok without it and she said she was actually hot out on the course.

After my preparations and a stop in the men’s room, I checked the names of the pre-registered runners to see if there was anyone, I knew running. I was looking for Kevin Scott because he runs around the same time as I do for a half marathon and I had seen that he had turned in a respectable race at the Mid Winter Classic 10 miler in Cape Elizabeth two weeks ago. He was not on the list so I turned to the “P’s” looking for Dave and Dan Poliquin, they were not on the list either. I made one more trip to the bathroom just to be sure I was good to go and headed to the start.

I don’t usually warm-up for a half marathon I use the early part of the race instead. I was standing close to the starting line and who should walk up to me but Dave Poliquin. I asked if he had registered that morning and he replied that he and Dan had just driven down and registered. He asked me what I wanted to do and I told him I wanted to do a seven minute pace. He said he was looking to run between 6:45 and 7:00 minute pace and so we made a plan to run at least the first three to five miles together around a 7:00 minute pace.

Andy Schachat starts the announcing, we had a moment of silence to remember Bill Paradis, (it made me happy that he was remembered) and then Andy gave the go command and we were off.

Dave told me to set the pace for the first mile and this being my first race of the year and not having raced since the Manchester Half Marathon on November 2, I’m not feeling especially confident or comfortable. We go through the first mile in about 6:55. I already feel like I’m working too hard. I hear some guys talking right behind us and someone says something like “keep it up coach.” As these two guys start to move past us somewhere around two miles, I recognize one of them as Tom Walton.

I just met Tom about three weeks ago on one of my noontime runs in Concord. Tom’s is currently the cross-country coach at the New Hampshire Technical Institute (NHTI). When I saw him on my noontime run, he was out with some of the members of the cross-country team on an eight-mile run. I told him I recognized him as the race director of the Friendly Kitchen 5-K race held last year at NHTI in Concord, and then I asked him if he had also been a race director in Pittsfield to which he replied “yes.” So, I told him I remembered going to a race in Pittsfield a number of years ago. It was a 5K and I wanted to know where the course went. I asked the fellow (Tom) who looked like the race director if there was a map of the course and this was his response, “Are you going to finish first because if you are you can just follow the police car, if you’re not, just follow the guy in front of you.”

Anyway, I ask him what he wants to do for a pace and he says seven minute. I say, “I’ll try and hang with you because that’s what I want to do too.” Dave, Tom, another guy named Perry who is running with Tom, and I go through the 3 mile mark in 21 minutes right on pace. I’m thinking my breathing is way too heavy for this early in the race and I drop back just a little from the others. By the fifth mile, if I remember this correctly, I have closed the gap that Dave had opened up. It’s not that I’m feeling any better, I’m still working harder than I want to but my stride feels like it longer. I run along side Dave for a little bit but then move in front of him. I’m focusing on Tom and Perry now, they are starting to separate some too. I am trying to follow the tangents, to

run that shortest distance over the course. Between the sixth and ninth miles, the road seemed pretty twisty and curvy. At one water stop on a curve, I actually ask the volunteers to move back closer to the tables so I can follow the tangent.

I'm still keeping an eye on Tom, and I feel like I'm gaining. I'm also thinking if you feel good you might as well see what you've got. Tom is catching up to a woman who looks like she could be Ann Rasmussen, who's a very strong New Hampshire masters runner, (Ok, she's just a strong runner, masters or not). It is Ann and by the time we get on route 1A headed south back to Hampton beach I'm right behind them. I make a move and go by them but I can't hold on and they both pass me and go ahead maybe ten yards.

Tom moves ahead of Ann and I stop feeling sorry for myself and pull things back together. We are around or just past the ten mile mark, I have re-passed Ann and I'm close to Tom again, he says we are about a minute behind pace. There is another guy with us but he does not want us to go by. I can sense that he's trying to pick it up to prevent Tom and I from passing him. Tom goes on his left I pass on the right. All of a sudden, I have the feeling I'm on the track doing a speed workout. My form feels the best it has all day even though I'm working hard, not only do I pass this guy but I leave Tom behind as well. When I can no longer see their footfalls, I focus on the next guy in front of me. There's less than two miles left, I don't know when I passed the 11 mile mark but my watch indicates one hour and twenty-one minutes have passed since the start. My quads are killing me, I ran three half marathons last fall and they never felt like they are feeling now. I keep hanging on, two guys pass me, both looking good but I surge a little with each of them and keep a strong pace right through the finish line.

At the finish line, I wait for those I ran with so I can congratulate them on a race well run. First Tom, Ann is right behind him then Perry and Dave. A little more than a minute behind Dave comes Rochester Runner Rick Collopy, Rick qualified for Boston last fall so it was a training run for him, he told me he ran five miles before the race in order to get in an eighteen mile run.

I say "Hi" to Mike St. Laurent and Arlon Chaffee who are working the finish line. I tell them what a great race they have put on. I head back to the Ashworth eat some soup and chocolate. I skip the free beer, I listen to the award presentations (Tom Walton was first in the 60-64 age group) and head home.

Next month maybe I'll write about the high cost of doing a triathlon.

Submitted by,
Brian Geiger.

Andy on the Run: Snow-[shoe](#) racing gets high marks from runners



Sunday, March 1, 2009

It is probably a little too late in this winter to help you, but this week I want to call attention to what appears to be a growing trend. In the past couple years many local runners have been biding their time in the winter by getting off the roads and on the trails and trying their luck at snowshoe racing. In the past couple years more snowshoe races have surfaced and more local runners are participating.

I have not taken the plunge so I have no personal experience to share. I am relying on the testimonies of others. What I can tell you is that everyone who has participated in a snowshoe race has given the sport two thumbs up. As one of my running friends told me, "it's a blast."

I did learn about the sport last year when attending a meeting of the Rochester Runners club during the winter of 2008. The club had arranged a speaker who gave a thorough explanation of the sport, including a display of the various types of snowshoes. For a novice, like me, it was very interesting, very intriguing, and very appealing. Apparently the presentation worked, because a number of individuals who attended that talk have become snowshoe racers. The interest has grown enough this winter there is now a race almost every weekend. Most races are the 5K distance but a few have been longer.

From what I have learned it does take some work to become comfortable on snowshoes. It seems that with snowshoe racing, like skiing, you should learn how to properly fall because you can expect to go down a few times when you start out.

Runners are also telling me that, in addition to being something new, snowshoe racing is a great winter alternative to training on the roads. Participants are very happy with the intensity of the workouts. I am being told that snowshoe racing is as good as running on the road.

Snowshoe racing also appears to reflect the local road-racing scene. Even though the races that have been held this winter aren't as big as most road races, the results take on a familiar theme. Some of the area's top runners are becoming some of the area's top snowshoe racers. Salem's Jim Johnson, my pick for 2008 Runner of the Year, has been dominating the N.H. snowshoe racing scene, with numerous wins over the past few weeks.

(Does it count towards 2009 Runner of the Year? Discuss amongst yourselves).

As stated, the snowshoe racing schedule is winding down. January and February seem to be the peak months for races. There is one big event coming up on March 14. The group 3C Race Productions, which organizes most of the local snowshoe races, is holding an 8K relay at Pat's Peak Ski Resort in Henniker. Each participant will race 4K,

probably a short enough distance for anyone who wants to give it a try. The event is limited to 32 teams, so if you are thinking about signing up, don't delay. Speaking of numbers, most snowshoe races around here draw about 50-75 racers but some exceed the 100 mark.

Still interested? Don't ask me for advice. Like I said, I haven't strapped on the shoes yet, but chances are you know someone who has. Check out the results of this year's races and I am sure you will find a runner who can guide you. Then, this time next year, you could be the one telling everyone how much fun snowshoe racing is.

Running shorts...An interesting series is taking place in Massachusetts. Last week, today, and next week there are three races in Haverhill, Lawrence, and Lowell that make up the Wild Rover series. The finishers' medals for each race can be combined to make one bigger finisher's medal...New race alert!! There will be a 5K/10K event in Durham on May 9 ... Congrats to the winners of the Half at the Hampton, Joseph Eukom of New York and Amelie Gagnon of Groveland, Mass. The race drew 875 finishers. It was also the N.H. debut of the D tag, the new disposable timing chip. Look for more appearances of the D tag at local races...The 2009 Seacoast Series has been announced. Same eight races as last year with a special bonus. Finish the Seacoast Series, then finish the Seacoast Half-marathon, and you could run the 2010 Seacoast Series for free. Go to proportsmouth.org for more info.

Andy Schachat writes about running for Foster's Sunday Citizen and Daily Democrat. You can contact Andy at 608 Cocheco Court, Dover, N.H., 03820, or email at aschachatttlc.net.

(PRINTED WITH PERMISSION FROM OUR VERY OWN RR – ANDY SCHACHAT)

RUNNER SUBMITTED INFO:

ANYONE INTERESTED IN BIKING AND JOINING A GROUP OF BIKING ENTHUSIASTS WHO WILL BE TRAINING FOR THE UPCOMING "TOUR DE CURE", AN EVENT SPONSORED BY THE AMERICAN DIABETES ASSOCIATION, RIDING THIS YEAR FROM KENNEBUNK ON JUNE 7--LOTS OF DIFFERENT DISTANCES AVAILABLE AND A GREAT TIME IS USUALLY HAD BY ALL!

THE TEAM IS IN HONOR OF BILL PARADIS AND IS CALLED THE "PEDALLING TO PARADIS" TEAM.

LAST YEAR, OUR FIRST SUCH TEAM, HAD 8 RIDERS AND WE RAISED APPROX. \$2500 FOR THE ADA.

PLEASE CONTACT JANET GLAZIER AT HER E MAIL--
JANETGLAZIER@YAHOO.COM OR HER HOME PHONE IN DOVER 603-743-4558.

LOOKING FORWARD TO SPRING AND LOTS OF GOOD TRAINING RIDES!

MEMBERSHIP FEES ARE NOW PAST DUE !! MAIL TO THE ADDRESS BELOW OR BETTER YET BRING YOUR PAYMENT TO THE NEXT CLUB MEETING TUESDAY MARCH 17TH .

Rochester Runners Club
PO Box 727
Rochester, NH 03866