

ROCHESTER RUNNERS REPORT

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May 2009

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Next Club Meeting:
Tuesday,
May 19th 6:30PM

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

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To All Members:

Hi everyone,

Our annual awards dinner will be held on Tues, May 19th at 6:30 PM at Community Partners on Old Dover Rd. in Rochester behind Sherwin Williams. This will be potluck so please bring a dish, salad or dessert to share. We will be giving awards to the outstanding Rochester Runners for 2008 and there will be raffle prizes to win! Hope to see you there! By the way, May 2009 is the 30th anniversary of the founding of Rochester Runner's Club!!

- Don Yeaton

Each month for the past year I have put out a notice for submissions to the monthly newsletter and since the first of the year I have received very little. This is your newsletter. What appears in the newsletter is what members submit to me. They certainly center around running however, if you have other items of interest you want to post or that you want to see, please, I am begging you to send them to me. This past month I received so little it didn't even fit on one page. If anyone has any suggestions for newsletter items or if you want to add something, please contact me. Ptaylor0925@yahoo.com

Thank you

Another area of lack of attendance is the monthly meetings. I am just as guilty as most of all of you. I do have a good excuse well, 2, and those are my children. Maybe you have been to a monthly meeting and you have ideas on how we could make it better. Or if you have not attended, I suggest you do so at least once, so you can see what goes on.

Judy Rogers is looking for sports gear, clothing, books, maybe you have an item that you think is worthy of being raffled off. We used to do this sometime ago at our monthly meetings and we are going to start it up again. There will also be a RR shirt raffled off at each meeting. If you have ideas or have something of interest, please contact Judy @ jwrogers515@hotmail.com

Rochester Runners Grand Prix Update

4May09: This RRGP update includes results from the Beaver Brook Spring 4.5K (Hollis), Northern Nipmuck 16 mile trail race (Union, Conn.), Country Music Half Marathon, (Nashville, Tenn.), Blue Hills 10 mile trail race (Milton, Mass.), Footbridge 5K for the Children’s Museum (Dover), Foothealth 5K NHGP race (Derry), Margarita’s Mexican Fiesta 5K (Exeter), Cox Providence Half Marathon (R.I.), and Mountain Goat 10 mile (Syracuse, N.Y.). Congratulations to age group winners **Laurel Valley** (Nipmuck), **Ken Houle** (Footbridge), and **Sin Kounlasa** (Footbridge). **Walter Shyska** and **John Gullage** lowered their RRGP baselines with their best race performances of the past year. **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. If your name is missing make sure that you have renewed your membership dues for 2009 (check with Don Yeaton if you aren’t sure).

The Foothealth 5K in Derry was the second of seven NHGP races this year, and every one of the six RRs representing our club scored team points (no doubt our participation would have been higher had it not been for the Children’s Museum/Secoast Series race in Dover on the same day). Despite the much anticipated hill in the second mile, the scenic loop course around Beaver Lake actually produced several fast times. Word has it that the next N.H. Grand Prix race, the popular Smuttynose 5K, is filling up fast, so if you would like to represent Team RR in Newmarket on Sunday 7 June, send in your application soon (and don’t forget to designate Rochester Runners as your team!).

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
5	56	3	64	11	Sin Kounlasa	0	18	0	18	3	Lori Scott	0	8	0	8	2	Nancy Moonsamy
3	52	3	58	10	Britt Schuman	0	14	3	17	3	Bob Rondeau	3	4	0	7	1	Robin Cucinotta
3	50	3	56	18	Diane Levesque	0	13	3	16	2	Ben Jones	3	4	0	7	1	Rhiannon Amero
1	44	0	45	13	Brian Gallagher	3	12	0	15	3	Jack Collopy	3	4	0	7	1	Don Gagne
1	38	3	42	8	Don Yeaton	3	12	0	15	2	Bob Kennedy	2	4	0	6	1	Drew Tuttle
3	35	3	41	7	Mary Ulinski	3	12	0	15	3	Walter Shyska	2	4	0	6	1	Amy Lindsay
0	38	3	41	8	Wendy Yeaton	0	15	0	15	3	Tom Littlefield	0	6	0	6	1	Regina Flynn
4	29	6	39	5	Dan Poliquin	0	12	3	15	2	Alison Black	0	6	0	6	1	Sue Littlefield
5	27	6	38	6	Cliff Parkinson	3	8	3	14	2	John Gullage	0	5	0	5	1	Joe Harding
11	19	6	36	4	Paul Lindsay	0	11	3	14	2	Chuck Zerbinopoulos	0	5	0	5	1	Laura Harding
0	36	0	36	8	Laurel Valley	3	10	0	13	2	Dennis Graves	0	5	0	5	1	Bob Cronan
2	28	3	33	6	Diane Casselberry	1	12	0	13	2	Anne Broussard	0	5	0	5	1	Jeff Crothers
6	23	3	32	5	Ken Houle	1	12	0	13	2	Kevin Scott	0	5	0	5	1	Dan DeFrees
8	16	6	30	3	Brian Geiger	0	13	0	13	3	Liz Bowden	0	4	0	4	1	Jennifer Borda
4	20	6	30	4	Dave Poliquin	0	10	3	13	2	Clayton Lewis	0	4	0	4	1	Willem Verweij
4	19	3	26	4	Nathan Huppe	0	10	3	13	2	Jamie Houle	0	4	0	4	1	Randy Spencer
6	16	3	25	3	Jen Johnson	3	6	3	12	1	Bret Page	0	4	0	4	1	Jameson Harding
4	20	0	24	5	Joe Boyle	3	8	0	11	2	Judi Lemaire	0	4	0	4	1	Danielle Amero
1	23	0	24	4	Rick Collopy	0	11	0	11	2	Patty Crothers	0	4	0	4	1	Judi Rogers
0	24	0	24	6	Bob Randall	2	8	0	10	2	Dave Rosania	0	4	0	4	1	Janet Glazier
0	19	3	22	4	Darryl Cauchon	0	10	0	10	2	Bill Buckley	0	4	0	4	1	Fred Paradis
9	12	0	21	3	Mike Dubois	0	9	0	9	2	Kathy Paradis	0	4	0	4	1	Kirt Shuman
0	17	3	20	3	John Tuttle	0	8	0	8	2	Manya Hult	0	4	0	4	1	David Butler

Relay for Life

I was asked if anyone was interested in putting together and/or participating in the Relay for Life? If anyone would like to organize an effort toward this end please call or email me ASAP. 603-664-2889 or eparkinson@metrocast.net. This is great cause and I know there is a least some interest.

Cliff

Calendar

May 2 - Foothealth 5K, Derry, NH Grand Prix

- Children's Museum, Dover, NH

May 9 - Big Lake Half Marathon, Alton, NH

- B1 Peepers, Barrington, NH

May 17 - Sugarloaf Marathon

May 19 - Club Meeting Night

May 24 - Redhook 5K

- Vermont Marathon

ATTENTION BICYCLE RIDERS--

The Tour de Cure bicycling event, sponsored by the American Diabetes Association (ADA) will be firing up SOON--

June 7th in Kennebunk, and we will be gathering a team. for the second year -- "Pedaling to Paradis"-- in honor of Bill Paradis, who left us in February 2008, our good friend, biker, RR and also fellow diabetic.

I hope you can join the team!

There will be routes to ride (not race) of 25k (about 15 miles), 50k (about 30 miles), 100k (about 60 miles) and 100 miles!

The cost is \$25 to register and they ask you to raise \$150 as a minimum.

We had 8 riders last year and raised approximately \$2500 for the "cause"!

Would you care to join our Tour? and/OR if you'd just like to ride some "practice" shorter distance rides, please

contact Janet Glazier, at 603-743-4558 or at janetglazier@yahoo.com .

ALL levels of ability are welcome--this is a ride, NOT a race, and a fun time will be had by all!

P.S. We will also be getting a room at a motel on Saturday, June 6th, near the start/finish line of The Middle School of the Kennebunks--splitting costs, allowing us to get up there to be prepared for the early start time on Sunday, June 7.

ANY questions or comments, donations, or whatever--please contact me--THANKS! Janet Glazier, RR in Dover

