

Rochester Runners Grand Prix Update

15Dec14: The Rochester Runners Grand Prix is an original system for recognizing the racing achievement of club members without requiring them to run specific races. A unique feature of the RRGP is that performance points are based on consistency and improvement, not comparisons to other runners' times. Visit rochesterrunners.com for details.

This is the fifth RRGP report for 2014. The standings below have been updated with results from over 40 races from late September through mid-December. The races with the greatest RR participation in that period were the Apple Harvest Day 5K (Dover), Trick or Trot 5K (Dover), and FreeFall 5K (Rochester), with 10 or more club members running in each. Congratulations to **Nathan Huppe** for his win at the Portsmouth Jingle Bell 5K, a second overall at Apple Harvest Day, and a third in the Coheco Challenge half marathon (Dover). Recent age group winners include **Jamie Houle, Mary Ulinski, Sarah Canney, Kevin Scott, Brian Gallagher,** and **Kathy Paradis**. RRs running their best races of the year this fall included **Bill Buckley, Michael Buckley, Tom Cormican, Zoey Cormican, Walter Hoerman, Cliff Parkinson, Megan Lyons, Lisa Houle, Randy Spencer, Arie Breakfield,** and **Christopher Pond**.

In the standings below, **S**=speed points, **D**=distance points, **t**=team points, **T**=total points, and **n**=number of races (please check to see that all your races are accounted for). If you have paid club dues for 2014 and have run at least one race during the year, but are not listed below, let me know. For a detailed explanation of the RRGP and to see the summary of your races this year, visit rochesterrunners.com. Send corrections, questions, and comments to bpindsay@hotmail.com.

S	D	t	T	n		S	D	t	T	n		S	D	t	T	n	
5	68	9	82	14	Bill Buckley	3	37	0	40	10	Christopher Pond	5	9	0	14	2	Lisa Houle
3	70	3	76	54	Kerri Haskins	9	30	0	39	7	Tom Ely	2	12	0	14	3	Brenda Niland
0	58	18	76	22	Christine Sorensen	7	29	0	36	7	Kate Pyle	2	12	0	14	3	Judy Brenner
2	73	0	75	30	Sin Kounlasa	0	35	0	35	9	Regina Flynn	0	13	0	13	3	Jamie Houle
18	44	6	68	27	Judi Lemaire	10	24	0	34	6	Miechelle Poulin	4	8	0	12	2	Tommy Jones
15	47	6	68	16	Sharon Wingate	6	28	0	34	7	Zoey Cormican	0	12	0	12	3	Vicky Ryea
18	46	3	67	18	Robin Buckley	3	28	3	34	6	Bill Leonard	0	12	0	12	3	Kaitlyn O'Brien
16	46	3	65	14	Ben Jones	8	25	0	33	6	Patti deRochemont	0	12	0	12	3	Brad Winn
19	42	3	64	33	Janice Murray	3	30	0	33	7	Gary Konigsberg	0	12	0	12	3	Danielle Amero
0	64	0	64	24	Alison Black	4	28	0	32	6	Kevin Scott	1	8	0	9	2	Rhiannon Amero
16	45	0	61	12	Tom Cormican	3	29	0	32	7	Elizabeth Pyle	0	8	0	8	2	Thom Flynn
11	50	0	61	19	Mary Ulinski	4	24	3	31	6	Bob Randall	3	4	0	7	1	Amy Lindsay
13	45	0	58	15	Nathan Huppe	1	28	0	29	7	Janet Glazier	3	4	0	7	1	Emily Cauchon
3	55	0	58	19	Diane Levesque	6	20	0	26	5	Michael Leno	3	4	0	7	1	Arie Breakfield
0	51	6	57	18	Brad Wingate	2	24	0	26	6	Aiden Cormican	3	4	0	7	1	Christine Breakfield
6	50	0	56	14	Susan Sanborn	0	24	0	24	4	Jonathan Miller	0	7	0	7	1	Tom D'Arcy
3	50	3	56	13	Kim Ward	3	19	0	22	4	Lori Scott	0	6	0	6	1	Mike Andrews
14	40	0	54	10	Joe Boyle	1	21	0	22	4	Dale Post	0	5	0	5	1	Kristin Houle
9	44	0	53	11	Jason Pyle	3	18	0	21	3	Lorie Graves	0	5	0	5	1	Chuck Zerbinopoulos
1	52	0	53	10	Mark Arsenault	3	18	0	21	4	Cliff Parkinson	0	4	0	4	1	Cindy Hebert
8	44	0	52	10	Sarah Canney	6	14	0	20	3	Lumi Post	0	4	0	4	1	Deborah Miller
4	45	3	52	15	Ken Houle	0	20	0	20	5	Nancy Webb	0	4	0	4	1	Paul Lindsay
12	38	0	50	9	Wendy Allen	3	16	0	19	4	Victoria Arel	0	4	0	4	1	Ray Hebert
2	48	0	50	13	Brian Gallagher	6	12	0	18	3	Megan Lyons	0	4	0	4	1	Ford Bishop
13	32	0	45	8	Zak Jones	0	18	0	18	4	Mike Amero	0	4	0	4	1	Elizabeth Snarr
9	36	0	45	9	Kathy Paradis	6	10	0	16	2	Randy Spencer	0	4	0	4	1	Jim DeJohn
8	36	0	44	8	Diana Ely	5	10	0	15	2	Walter Hoerman	0	4	0	4	1	Dick L'Heureux
14	28	0	42	7	Michael Buckley	3	12	0	15	3	Darryl Cauchon	0	4	0	4	1	Bethany Robinson
13	29	0	42	7	Robert Gordon	6	8	0	14	2	Joseph Curran						
6	36	0	42	6	Dennis Graves	6	8	0	14	2	Tracy Jones						