

The Pace Setter

December 2014

The monthly news magazine of
**The Hudson-Mohawk
Road Runners Club**



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The Pace Setter

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Photos in this issue are by Phil Borgese and Bill Meehan

HMRRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRRC exists.

The opinions expressed by the authors are their own and not representative of or endorsed by The Pace Setter staff or HMRRRC.

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President's Message

by Meghan Mortensen

To the runners and supporters of HMRRRC who may not know me, and to those who do, thank you for giving me the opportunity to serve you during the 2015 running season. I would also like to thank Maureen Cox for all of her hard work, dedication and leadership during her presidency. Although she is not a runner herself, Maureen has brought her neutral, vast and open-minded view of the community and volunteerism to the club. Her work as director of the Hannaford Half Marathon and Mohawk-Hudson River Marathon (MHRM) were phenomenal! Maureen, your work has been appreciated.

I grew up an athlete, but as a youngster, you would have more likely found me on a court or a field than on the road or the track. I didn't become a "runner" until late in my high school years but have been in love with it ever since. We all have our own unique reasons for running. For me, my reasons became clear with the tragic loss of my mother, five months before my first marathon, NYC, in 2008. Running became, and has continued to be, a therapeutic outlet from the stressors of my daily life.

Making the decision to become more involved in the HMRRRC was an easy one for me. I've been a member of the club since 2006 at the advice of my cross-country coach at Siena College, Jim Bowles. For many years I have been reaping the benefits of the club as a runner; running most of the races throughout the year, taking part in the Grand Prix, and receiving the monthly *Pace Setter* magazine. In the last few years, my role as an HMRRRC member has changed a great deal. In the process, I have gained a new appreciation for the greater benefits of being a club member. Being a club member is about so much more than just the running. HMRRRC is about the loyalty, devotion and enthusiasm of all our wonderful volunteers. As a race and *Pace Setter* volunteer and co-race director, I have been blown away by the work of the HMRRRC committee and volunteers.

Without the HMRRRC volunteers, the grant program, which offers money to local organizations that promote running within the capital region (deadline is January 2015); the \$18,000 in scholarship awards provided to high school students looking to pursue a college career in cross-country and/or track; and the Just Run program for the youth of the capital region led by Ken Skinner, simply would not be possible. Sure, HMRRRC is great for running, but what makes HMRRRC truly great is the work we do outside of race day. As president, I encourage each of you to thank a volunteer at your next race, and also to reach out and get more involved in a non-running capacity within the club. The club would love, and truly benefit from your service!

The Long-Range Planning Committee is discussing the future directions of *The Pace Setter*, the HMRRRC website, and e-mail communication with our membership. As a first step, we request that each member updates his or her personal contact information at: <http://members.hmrrc.com>. We need good contact information in order to keep you all informed. Stay tuned for future updates on these topics.

As fall abruptly comes to a close, I'd like to thank the race directors, volunteers and runners for making the SEFCU Labor Day 5k, the MHRM and Half, the Stockade-athon, and the Turkey RaffAL Run a huge success! With December comes the inauguration of the Winter Series races. We are proud to announce that we have begun a partnership with Bountiful Bread, and will be seeing some delicious treats courtesy of manager Brian White and his staff at some of our upcoming races. Our club membership has grown to well over 3,000, so even if you cannot run, we would love to have another warm body to help keep these races running smoothly.

I wish all of you a safe holiday season, and blessings for a healthy and happy 2015! May your New Year be filled with smiles and miles of running and volunteering! ☐





What's Happening in December

by Al Maikels

The calendar would lead you to believe that winter starts on December 21, but the HMRRC says that the date is December 14. That's the day that the Winter Series returns with the first races being held on Sunday, December 14. The Winter Series is a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (or the day of the week that New Year's Day falls on) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 14 at 10 a.m. and features the Doug Bowden 15K and 3 mile run. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals that participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this year's prize will compare in value to the other years and I urge all members to participate in

the Winter Series races.

The City of Albany celebrates the season with a 5k race at night. The Last Run 5k will be held on Saturday, December 6 at 5:00 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The Holiday Classic 5k will be held at Columbia-Greene Community College on Saturday, December 20 with a 10 a.m. start.

The City of Saratoga still has a First Night celebration and also has a First Night race. The Saratoga First Night race will be held on Wednesday, December 31 at 5:30 p.m. and features a 5k at Skidmore College.

December marks the end of the year and brings us the holiday season. I would like to take this opportunity to wish everyone a happy, healthy New Year and best wishes of the season.

The club business meeting for December will be held on Wednesday the 10th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meetings. □

Submissions for the February Issue of The Pace Setter

Articles:

Deadline is December 25.

Submit to:

Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is January 1st. Contact Advertising Director at

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High resolution black & white files or greyscale required (no compression). Full page ad size must be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.





It takes a community to put on a marathon and a half! HMRRC and the 2014 MHR Marathon and Half Marathon Race Committee would like to thank the following for their help in making the event a success:



Race Sponsors:

Mile Marker Sign Sponsors: CatsEye Pest Control, Tomo Asian Bistro, Tri-City Valley Cats, Troy Amateur Radio Association, ARE, Team Utopia, Willow Street Athletic Club, Glennpeter Jewelers Diamond Centre, Rensselaer Polytechnic Institute, Union Graduate School, and Dr. Todd Shatynski.

Water Stop Volunteers and Aides: Union College Cross Country Team; Schenectady Patriots Air Force JROTC; Shaker Boy's Cross Country Team; Catseye Pest Control; Marbry Gansle and the Cross Country and Shaker Girls Track Teams; Siena Cross Country Team; Delmar Track and Field Club; Keira Wheeler and Cohoes Schools; Lansingburgh High Cross Country Team; the Kinderhook Runners; Upstate NY/Vermont Chapter of Team in Training; Fleet Feet Sports Albany; Schalmont Cross Country Team; and Strong Through Every Mile Team; Guilderland HS Soccer Team; and South Colonie Tack Team.

Special thanks to Passonno Paints and Parker Brothers Funeral Home in Watervliet for the use of their parking lots.

Medical Volunteers: Drs. Kim Kilby, Todd Shatynski, Michael Dailey, Rushad Juyia; Laura Weber, Dorcas Pinot, DeborahLight, Tom Williams, Jennifer Gibson-Chambers, Kristina Gracey.

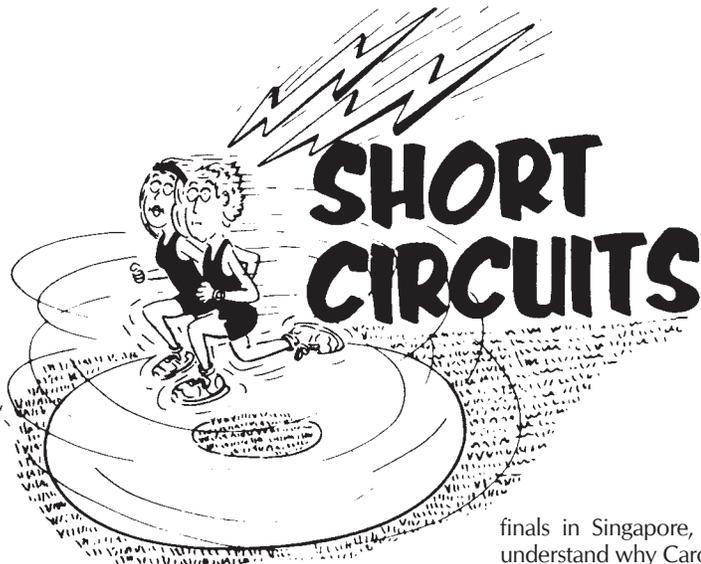
Course/Expo/Registration/Finish Line Volunteers: Boy Scout Troop 537, Alpha Phi Omega, and all of those individual volunteers, who helped by cleaning up the course, putting race packets together, working at the Expo, and assisting on race day. Thank you!

With Special Thanks to: Karen Smith and the Troy Amateur Radio Operators Association; the Colonie Police Department who provided officers who led the races on motorcycles; Darryl and Mona Caron of Adirondack Sports and Fitness; Andrew Daley of Adidas; Charles Woodruff and Barb Gillen of Fleet Feet Sports; Don Lawrence; Vince Juliano; Pat Glover; George Regan; and Bruce Vandewater of USATF Adirondack; Debbie Goedeke of the Albany County Convention and Visitor's Bureau; Brian Murphy and Jessica Dvorscak of the Hilton Albany; Michael Klein of the Albany Parking Authority; Joe Christman of CP Rail; the Schenectady, Niskayuna, Colonie, Cohoes, Watervliet and Albany Police and EMS Departments; Union College EMS; the Cohoes Fire Department; Empire Ambulance; the Watervliet Fire Department and Watervliet Arsenal Fire Department and EMS, Clifton Park/Halfmoon EMS, Greater Amsterdam Volunteer Ambulance, and the City of Schenectady and Town of Colonie Parks and Recreation Departments; and the City of Albany Department of Public Works.

Thank you,

Maureen Cox
Mohawk Hudson Marathon Director





Courtly Runners

The NBA sponsored a relay team for the 2014 NYC Marathon of 24 NBA luminaries that literally were head and shoulders over any of their competitors but not in regard to speed. The team's time for the marathon was a courtly 4:48. Dikembe Mutombo can be seen towering above his competitors in the last leg of the race.



She Luv's Running

Carolyn Wozniacki, a world class tennis player, ran her first marathon at NYC this year. She raised \$81,000 for the children's charity "Team for Kids" in contributions from fans. She was greeted at the finish line by her close friend, Serena Williams, who defeated her a week ago in the semifinals of the WTA Finals in Singapore. Carolyn's training was unique in that her longest run was only 13 miles and she didn't carbo load the night before the event but instead went to a Rangers game. Maria Sharapova, who Wozniacki defeated at the



finals in Singapore, said that she could not understand why Carolyn would bother to run, but Carolyn's tennis ranking has improved with her running from 12th to 8th in the world, as has her image with the 15 million plus Americans who run. Way to go Carolyn!



Goodwill's Running Bonanza

Goodwill trucks patrolled areas that runners passed through from the start of the NYC Marathon in Staten Island through the other four boroughs to pick up discarded clothing as runners began to strip their layers as they warmed up. In a central area, volunteers sorted through the mounds of clothing looking for items to put in their stores. In total, the take came to 26 tons of clothing, making it the largest clothing donation of the year for Goodwill. Not bad for one day of work! It does seem like this should go in Guinness's book also.



One In a Million

Before the start of this year's NYC Marathon, organizers knew that the runner finishing 25,743 would be the millionth person to cross the finish line. Last year, the millionth entrant, Julissa Sarabia, received a free entry into this



If you have an item you would like to share with our readers, please email it to: BishopPaceSetter@gmail.com

year's marathon and swag from Tiffany's for being the millionth person to enter the race.

NYC entrant Katherine Slingluff, a 40-year-old mother of two and a freelance architectural and interior photographer, was utterly amazed when a *Daily News* reporter called and asked her how she felt being the millionth person to finish the NYC Marathon. Stunned, she adapted happily to the news and was thrilled to receive a lifetime entrance into the NYC Marathon, a \$500 shopping spree of race gear, a plaque from Tiffany, and a photo op with the 2014 winners Wilson Kipsang, Mary Keitany and the wheelchair winners, Tatyana McFadden and Kurt Fearnley. Katherine's time was 4:43:36. Sometimes being the fastest is not the best.



Believe This or Not

The Guinness Book of World Records has new wacky marathon accomplishments. David Babcock, a professor of graphic arts in Kansas, now holds the record for knitting the longest scarf while running a marathon. He learned to knit at the same time he started to run so he combined them. His finish time at the Kansas City Marathon was 5:48:27 and his scarf length was 12 feet. He ran the NYC Marathon this year while knitting with his fingers, since needles are not allowed for security purposes. His race time was 3:56 with a scarf length of 5' 4". Toronto, the city famous for its past mayor, is now famous for having five world records broken at the 2014 Toronto Waterfront Marathon. The records were for the fastest runs while juggling (this person also ran the NYC Marathon), wearing a firefighters uniform, dressed as a zookeeper, wearing a baseball uniform, and dressed as a superhero.



No Way, Jose!

At the Buenos Aires Marathon this year,



when an Argentine runner passed the Kenyan leader, race officials thought he had to be an imposter and tried to take him off the course. Officials also took to the loudspeakers to get Mariano Mastromarino to leave the course immediately. Mastromarino frantically pointed to his racing bib and was finally allowed to run in peace. Even with the interruption, he managed to finish the race in 2:15:38 and was the first Argentine to win since 2004.



It's Not Good to Run into the Prime Minister

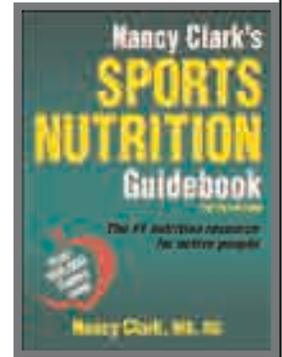
At first it appeared to be a massive security breach; now it seems the "protester" who "shoved" Prime Minister David Cameron actually accidentally knocked into him during a jog. The runner, Dean Farley, who is an experienced, medalled obstacle race course athlete, was on his usual lunchtime run

when he ran through an unexpected group of people who were blocking his path. After he passed the Prime Minister of England, he was roughly thrown to the ground by Cameron's bodyguards, arrested and taken away in handcuffs. He was later released when it became obvious that he was truly going to a gym. Farley said that he wished he had something to protest about but couldn't think of a thing except that Cameron needed better bodyguards. □



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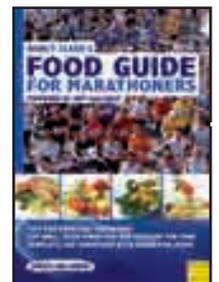


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THE WINTER SERIES
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Date	Time	Event
Dec. 14, Sunday	10 a.m.	Doug Bowden Winter Series 1 (3M, 15K)
Jan. 1, Thursday	12 p.m.	Winter Series 2 (3.5M, 1/2 Marathon)
Jan. 11, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 25, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 1, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Registration is day of race, but club members have the opportunity to pre-register through the website
- Winter Series races are free for HMRRC members and \$5 for non-members
- Low-key races with an informal atmosphere to help keep you motivated over the winter
- Awards for overall and age-group winners
- Post-race refreshments including hot soup and hot showers
- Winter Series Participant eligibility: participate in all five events - volunteer for one
- More info at www.hmrrc.com



Help The Food Pantries feed the hungry this winter. Please bring a canned food or cash donation with you to registration. The Food Pantries are in desperate need of soups, stews, spaghetti sauce, canned tuna and chicken, oatmeal, toiletries, toothpaste, toothbrushes and laundry detergent.

What's New? Nutrition Update from the Academy of Nutrition & Dietetics

Beets, genetics, and weight were just a few of the topics highlighted at the 2014 Food & Nutrition Conference and Expo at the annual meeting of the Academy of Nutrition and Dietetics. Here's an update with some food for thought.

Eat Your Beets!

Beets and arugula are powerful nitrate-rich foods that can enhance both athletic performance and your overall health. These vegetables are rich sources of dietary nitrate, a potent food compound that converts into nitric oxide (NO), a gas. NO easily penetrates cell tissues and, in at least 90 minutes after consumption. It signals blood vessels to dilate (relax), which improves blood flow. For you, a runner, improved blood flow enables more oxygen to get to your muscles. Research suggests pre-exercise beets or beet juice can enhance performance. That's why commercial sports supplements such as BeetIt or BeetElite are gaining in popularity among competitive runners. You can even buy nitric oxide test strips to determine if you are "workout ready." (\$2.20/strip!)

- Not too long ago, you might remember having been warned to stay away from dietary nitrates, particularly the sodium nitrate in processed meats (such as bacon, hot dogs, and ham) added to extend the meats' shelf-life and prevent deadly botulism poisoning. Current research indicates nitrates (even in high doses) are not carcinogenic.

- The preferred food sources of nitrates include vegetables, specifically beets, arugula, celery, lettuce, kale, spinach, collards, Swiss chard, and bok choy. These offer more than 250 mg nitrates per 3.5 oz (100 g) serving. Veggies low in nitrates include broccoli, green beans, tomato, sweet potato, and peas. The average American consumes 40 to 100 mg nitrates a day, less than the 300 to 500 mg. dose recommended to improve performance. Yet, athletes can easily consume that dose with an average spinach salad topped with a beet or two (if you can tolerate that for a pre-exercise meal.)

- The amount of nitrate in vegetables varies from state to state. Celery grown in New York State has fewer nitrates than celery from Los Angeles. Thunderstorms influence nitrate concentration. Lightning (yes, lightning) changes the nitrogen in the air into nitrous acid. Rain carries that into the soil, and then bacteria in the soil convert it to nitrate and plants use it to make protein.

- Bacteria in the mouth help convert nitrate into NO. People who use mouthwash twice a day have less bacteria in their mouths, thus less NO (and often higher blood pressure).

- As we age, our ability to generate nitric oxide declines. By age 40, we make 50% less NO than when we are age 20, and far less than when we are 70. This decline is associated with blood vessel changes that lead to cardiovascular disease, mental decline, and even erectile dysfunction, (Viagra enhances NO-mediated vasodilatation.)

- NO improves blood glucose uptake. Therefore, people with diabetes (as well as all of us) will benefit from a nitrate-rich diet. Eat your veggies!

Personalized Nutrition

The wave of the future is genetic testing for personalized nutrition guidance. Your genetic make-up (as identified by collecting DNA from saliva or a cheek swab) can give a snapshot of how you could eat for optimal health. The test generates a personal profile regarding susceptibility to disease. For example, some people can eat eggs yet have low cholesterol; others need to avoid eggs to prevent high cholesterol. One size does not fill all when it comes to dietary recommendations.

- We currently know that some people have a genetic variation that makes them more susceptible to heart disease if they drink more than 4 cups of coffee a day. We also know 50% of us are "slow caffeine metabolizers" who have trouble sleeping if we consume caffeine in the afternoon. Genetic variation can also determine who should limit salt intake to reduce risk for high blood pressure, and who has undiagnosed celiac disease.

- Should you jump on the bandwagon and spend \$400 or more to get your genetic profile? The 2013 Academy of Nutrition and Dietetics Position Stand on Nutritional Genomics states "The practical application of nutritional genomics for complex chronic disease is an emerging science and the use of nutrigenetic testing to provide dietary advice is not ready for routine dietetics practice." Yet, many people are curious and have found the information to be helpful. It motivates them to change their eating habits and take nutrition guidance seriously. I'll let you figure out if you want to wait for more robust data to be collected and for health professionals to be better trained in interpreting the data.

Ditchin' the Diet

Despite popular belief, you should not assess your health based solely on your weight—and certainly not on your Body Mass Index (BMI). BMI is based on body mass. Many very lean and muscular athletes have a high BMI! They perform well, despite their higher weight.

- Health At Every Size (HAES) is a national



non-diet movement that encourages people to think twice before going on a reducing diet because we know that diets don't work in the long run. In fact, diets may inadvertently promote weight swings, disordered eating, and body hatred.

- The non-diet approach encourages you to accept and respect the fact that humans come in a diverse body shapes and sizes. No one idealized shape is best—not even for athletes. Perhaps you can let your body be "good enough"...

- HAES encourages everyone to fuel for well being, choose meals based on hunger, satiety, nutritional needs, and pleasure. You want to eat mindfully, intuitively, and stay attuned to the portion your body actually requires (often more than offered by a Lean Cuisine). Intuitive eating is the opposite of eating according to how much that app says to eat.

- While exercise is an important part of a weight management program, HAES encourages health-enhancing movement that is enjoyable and suits your interest. Maybe you'd really prefer more yoga and less running? Make sure the E in your Exercise and Eating programs stands for Enjoyment.

Boston-area sports nutritionist Nancy Clark MS RD counsels both casual and competitive athletes at her private practice in Newton (617-795-1875). Her *Sports Nutrition Guidebook* and her food guides for runners, cyclists and soccer players are available at www.nancyclarkrd.com. Visit www.NutritionSportsExerciseCEUS.com for online education and information about upcoming live workshops.

Additional information

Food sources of nitrates and nitrites: the physiologic context for potential health benefits
<http://ajcn.nutrition.org/content/90/1/1.full>
 American Journal of Clinical Nutrition, 2009 □

The NYC Marathon Through the Eyes of Bryan Cherry

by Christine Bishop



Bryan's journey to the NYC Marathon has been three years in the making. It started as a lark when he and his running partner and wife, Kim Kilby, decided to do the Manhattan Half Marathon, and with it all five borough marathons. His brother lives in NYC and it sounded like a fun adventure. After the Manhattan half, though, the Brooklyn half filled up almost immediately and they missed registration. So Bryan and Kim thought, why not go for the gold and do the NYC Marathon instead! Kim told Bryan about the New York Road Runners 9+1 Program. With this, a runner completes 9 qualified NYC races and volunteers at one race all in the same year, and then receives guaranteed entry into the next year's NYC Marathon, which is exactly what they did. For months, their typical Sundays involved getting up at 4 a.m., driving to his brother's in the Bronx, taking the train to Central Park, running a race, going back to his brother's home for lunch and then driving home. It was crazy but fun. They qualified and were all set to do 2012 when Hurricane Sandy hit. Due to the cancellation, race organizers offered all participants the choice of guaranteed entry into the marathon for either 2013, 2014, or 2015.

Bryan ran two marathons in the interim. The first was in Manchester, New Hampshire, where seemingly the hills outnumber the residents. It was a cold, blustery day but his first marathon was history. The next year he helped Kim train for her Ironman race in Lake Placid and he did long runs of 18 to 20 mile runs with her. So, feeling that he was ready, he did the Adirondack Marathon. Again, he fought strong headwinds, as well as nausea, but managed to finish his second marathon in better time than

the first.

His training for the NYC Marathon began in June. His program was a combination of what Kim's personal trainer recommended and a program he found online. His longest run of 23 miles was done four weeks before the marathon. Unfortunately, Kim was injured and could not participate in the NYC Marathon as they had planned.

On Saturday, November 1, he picked up his packet at the expo in the Jacob Javits Convention Center. Inside, everything was massive. Just to get his bib, he needed a map. There were numerous booths where runners could buy NYC Marathon gear and apparel specially designed for the event, like running shoes by Asics that had the Statue of Liberty and the New York skyline on them. Surprisingly, the goody bags were not special, nor were the finisher bags that basically contained some drink and food to revive the runners. Later that day there was the Marathon Eve pasta dinner that Bryan did not attend. He thinks it is a bad idea to change your dietary habits, but if you are used to eating a lot, then go for it.

At 4:30 a.m. Sunday, November 2, Bryan awoke to prepare for the event that he had waited three years to run, on an even windier day than his past two marathons. Gusts were so strong that the wheelchair race had to be altered to avoid the Verrazano Nar-



rows Bridge, where wheelchairs could easily be blown over. In addition, it was cold. Bryan wore many layers, which he shed during the race as he warmed up. Kim found an old pair of heavy, long sleeve coveralls that he used at Vet school for large animal work that were perfect. After dressing in layers of shirts and the overalls, one of his sons said that he looked like a homeless person, and the other son said that he looked like he was about to go fight the Ebola virus.

After getting off the Staten Island Ferry, he was bused to the start village where he heard that that one of the runners would be the one millionth person to finish the event. At a Gatorade table, he talked about the MHR marathon and one volunteer asked if that was the one that goes by the rivers in the Albany area. Much to Bryan's surprise, this fellow had been a volunteer EMT on the bicycle patrol that his wife Kim created for the MHR Marathon. At the start village, runners were divided into four waves and within the waves, further divided into three color groups, each color group having 8 designated entry corrals. The wheelchair entrants left first at 8:30 a.m., the elite women at 9:10, then wave 1 with elite men in front at 9:40. Bryan was in wave 2 that was supposed to go off at 10:05 and by Bryan's watch left at 10:07, which he found extremely impressive, as there were wall-to-wall people in all the corrals.

Finally, Bryan was off and running to the Verrazano Narrows Bridge. The beginning is supposedly the worst part of the race because the area is unprotected and goes steeply up for a mile and a half, but once he started to



run it was exhilarating. He saw a parking lot of buses and then boom, there was the Verrazano Narrows Bridge in all its glory with people in bright colors streaming over the top with no car in sight! He thought he would be crushed in a mob. Instead he had space and no one stepped on or pushed him. It was great. It was magnificent. People told him that you could feel the bridge moving, particularly in high winds, but he didn't. The winds came from all directions, blowing off hats and head-



bands. Racers' bibs could be heard snapping and whistling all over the bridge and on the streets, but Bryan was thrilled by it all.

Running through the five boroughs was like a 26-mile long block party. There were people absolutely everywhere cheering runners on, even on such a windy day. He was amazed that all these people continue to come out year after year no matter what the weather.

Bryan's brother, Bryan's two sons and Kim traveled the boroughs to cheer him on. Starting from Central Park, they came out to Brooklyn and saw him at mile 8; then saw him at the base of the Queensborough Bridge at mile 16; then crossed over to the Bronx and saw him; then by train went to Manhattan to see him at mile 23 as he entered Central Park. They tried to come to Columbus Circle to see him again but could not get there on time. Kim had the idea of wearing tinsel wigs so Bryan could immediately spot them, and this was helped by his 6' 5" brother holding one of his sons up at each stop to cheer him on. It was impossible to miss them.

The technology at the marathon was the most sophisticated yet, with large screens throughout the route showing runners and statistics as they ran. Bryan said that the method used to track the runners was unbelievable. The app for the mobile phone tracked his movements spot on. He was utterly amazed that 50,000 people could be individually tracked accurately. At NYC there was a huge command central office housing the tech people. To counteract cheating, runners were told that if they failed to show up in images at checkpoints, they would be disqualified, which also implies facial recognition devices were being employed.

The water stops along the way were handled superbly. There were long tables on either side with Gatorade in front and water in back. The hardest part of it was wading



through the mounds of paper cups that accumulated at the stations. According to the NYC Roadrunners Club, 2.3 million paper cups were used. Bryan said it was like running on a beach kicking sand up. Later the bottom of his shoes became sticky because the water stop streets were soaked with Gatorade. However, he never had to push to get water and water stops dotted the route.

At around mile 22, after coming back into Manhattan for the final stretch, he felt dead. His knee started to give him trouble, which had never happened before. He was prepared to walk most of the way when an amazing thing happened. He saw this fellow juggling while he was running and realized he had seen the juggler when he was running the nine qualifying races for the marathon with the 9+1 Program. The juggler ran up to him and Bryan asked him if he was the juggler who runs all the NYRR club races and he replied yes. He inspired Bryan to run the rest of the race and they stayed together the rest of the marathon, along with someone from Colorado who also found inspiration in someone who can juggle for 26 miles! As they ran, he discovered that the juggler was a physician from Mount Sinai Hospital in Manhattan. As Bryan said, "Who would expect with 50,000 people running around you that you would run into someone who was so dynamic and that you recognized?" At the end of the race he took a selfie of the three of them and emailed it to his impromptu running partners.

After they reached the finish line, volunteers put silver foil blankets on them, followed by volunteers whose only job was to put stickers on the foil blankets so they would stay on, and this was done for 50,000 people! After that, they received a poncho that is not a flimsy one like you get at Niagara Falls, but was fleece lined with a Velcro closure on the front and a super fancy hood with the logos of the NYC Marathon and Roadrunners Club on it.

Bryan, who is the volunteer coordinator for the MHR Marathon, was in awe of the precision in organizing the race. For instance, he handles about 200 volunteers while at NYC it is 12,000 with over 1 million spectators. The organization that goes into scheduling a race with more people than the population of Hoboken, New Jersey, all in a confined area,



is astonishing. He has only praise for how the marathon was managed. He made a point to thank volunteers as he met them. Most of the volunteers started at four a.m. and continued working past noon. Now that's dedication.

When asked if he is planning to run another marathon soon, he replied that at the moment it is not high on his list. However, he has toyed with the idea of returning to The Adirondack Marathon at Schroon Lake because he was sick the first time and knows he could do much better. As he talked, it became evident that the marathon bug had bitten Bryan.

In addition to finishing the race, Bryan had another goal. In order to keep himself motivated to train he decided to dedicate his race to raising funds for the Banfield Charitable Trust, which is a highly rated animal welfare organization that is affiliated with the veterinary practice where Bryan works. The fund enables medical care, such as surgery, for pets whose owners do not have the means to pay for it. Bryan so far has collected \$1,150 for this worthy charity. Why not help to increase that sum by going to the Banfield Charitable Trust website and donating to help animals in need at Christmas time? The site is: donate.banfield-charitabletrust.org

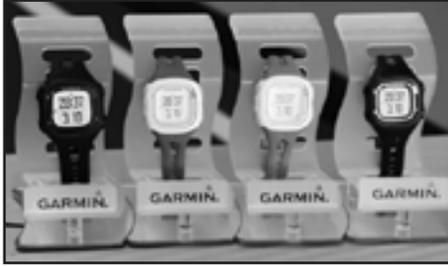
Happy running and happy holidays! ☐



Gifts for the Runner in Your Life

By Christine Bishop

Once again it's the time of year when you ponder what to get for the runner in your life. What better store to visit than Fleet Feet, which is full of wonderful things for runners and has sales people who are actively engaged in sports. Barb Gillen, Fleet Feet's product specialist, suggested great items from head to toe, from hats to custom fitted running shoes guaranteed to make runners happy, and pointed out great stocking stuffers. So now onto the amazing items guaranteed to make shopping for the runner you know easy.



Garmin Sports Watches

Look at the beginning picture of any race and you will see runners bent over looking at their wrists. That's because they are wearing sports watches, of which Garmin is the most popular. The sports watches have multiple features from downloadable runs showing pace, distance, time, calories burned, elevations, routes, to a virtual pacer. You name it, it nates it. New ones are coming out in December that will monitor your sleep too. A Garmin sports watch is always welcome, as they are constantly updating them with nifty features.



Massage Tools

There are a host of massage tools that can make the achy body of a runner feel as good as if they stepped out of a Jacuzzi. Foam rollers are great for loosening tight muscles and speeding up recovery from strenuous workouts or runs. The Addaday rollers with their tiny balls are great for pinpointing tight muscles and getting into small areas. The R8 Massage Roller from Roll Recovery is a self-adjusting massager that is easy to use on legs or arms. You don't have to roll around on the floor or get in weird positions to reach muscles. As you roll it, each side of your arm or leg is done at the same time. If after exercising or a long run, you want faster recovery, less pain and injury prevention, a massager is a great gift.

RockTape

During the past Olympics, contestants could be seen wearing what looked like brightly colored duct tape. This was actually kinesiology tape and RockTape is considered one of the best. It enhances performance and recovery. It can be used for either compression to promote healing, or decompression to relieve pain and swelling. It is designed to meet the demands of endurance athletes and will stay on during vigorous exercise or showers. This tape will save a trip to the chiropractor.



ery. It can be used for either compression to promote healing, or decompression to relieve pain and swelling. It is designed to meet the demands of endurance athletes and will stay on during vigorous exercise or showers. This tape will save a trip to the chiropractor.

HappEseat



When you are done with a race or vigorous exercise, it is not pleasant to sit in your car and drive home. You may feel sticky and maybe yucky. This car cover takes care of these problems. It goes on easily and can be cleaned later in a washing machine. It protects your car and you feel better.



CW-X Stabilyx Compression Tights

Other than being guaranteed to get compliments, these running tights are designed to improve performance. They have a support web much like kinesiology tape that protects ligaments and joints. It is made of a fabric that dries quickly. The tights are designed to bring strength to the lower abdominals, hips, and back, and to spread power through the core. This is definitely a gift for someone who does not splurge on themselves but would secretly love receiving this.

Janji Products



Janji has a wide range of high quality running apparel inspired by the designs of flags from developing countries. A certain percentage of each sale goes for clean water to countries around the globe. Most Americans take safe water from the tap as a given but this is not the case everywhere. The company was formed by runners who want to make their corporation do more than just make a profit. "Janji" means "promise" in Malay and refers to Janji's promise to help others.



Adding to a runner's library is always a good idea and there are a host of books to choose from. The *Runner's World Cookbook* is full of great, easy to make recipes and the *Feed Zone Portables* shows you how to make healthy snacks to take on long runs or whenever you need quick nutrition.

Stocking Stuffers

Fleet Feet is filled with a wealth of great stocking stuffers. Hats, gloves and socks immediately come to mind, but there are also headbands, compression sleeves, Power Bars,

energy mixes, and supplements to name a few other super ideas. Just browse around the store and you are bound to see more.



The staff at Fleet Feet, other than looking sharp, are wearing clothing that is perfect for runners. Ben is wearing a Saucony Razor jacket that, other than being one of the lightest weight jackets on the market, is totally waterproof and windproof. In addition, it has two zippered pockets, lots of reflectivity, and extra ventilation. His Saucony Nomad pants are wind and water resistant with a fleece lining and highly reflective. Janice is wearing a Sugoi Firewall jacket that is a lightweight thermal knit laminate that offers wind and rain protection. The lycra cuffs keep wind and snow out and the sleeves in place. It has one back zip pocket and two front pockets. She is also wearing Saucony Nomad pants. Cody is wearing a Mizuno Breath Thermo jacket that pulls moisture away from the body while converting it to heat so you can wear less and stay warm. He is wearing the Saucony Nomad pants and a Janji hat. Mary is wearing a Saucony Nomad jacket that has a wind and water resistant FlexShell and thermal stretch fabric across the back and under the arms to keep her dry. It has two zippered pockets and a hidden front chest pocket. It is waterproof on the bottom to prevent a kick up of mud and water. She has on Janji tights that are warm, wicking, reflective and stylish. In addition, your purchase provides three years of clean water to a person in Tanzania.

So, when you go Christmas shopping this year, plan a trip to Fleet Feet. You will get expert help and find spectacular gifts for the runner in your life and maybe yourself! Happy running and happy holidays!! ☐



Mohawk Hudson River Marathon and Half Marathon Race Results

by Christine Bishop

One could feel the joy of the runners as they raced on trails and roads alive with the colors of autumn at the 32nd Mohawk Hudson River Marathon on October 12, 2014. In addition to glorious weather, a major record was demolished, another race came close to doing so and other surprises abounded.

The Marathon was particularly exciting. The sixth finisher placed first. This seeming paradox was because Jodie Robertson, from Voorheesville, was the sixth to cross the finish line but the first female to do so. She ran an astonishing race, surpassing by 13 minutes the women's record set for the course in 2002 by Jennifer Fazioli. Additionally, the 7th place finisher was her training partner and husband, Aaron Robertson. Their love blossomed when they met, you guessed it, at a race. Jodie was an outstanding runner in college but sustained a back injury that sidelined her. Since 2009 she has been making a strong comeback and hopes to compete in the Olympic Marathon Trials in 2016. Jared Burdick of Fayetteville came in first with a strong time of 2:26:35 but it was not enough to break the record for the course of 2:20:59 set by Albany's Dale Keenan in 1984. Another surprise in the marathon was the third place finisher, local Chuck Terry. Many were not even aware he was running since recently he has specialized in 5Ks. His third place finish, 2:28:11, was faster than his first place win in 2011 of 2:32:27. The fastest age graded performance in the marathon was by 55 year-old Elena Shemyakina, whose performance of 3:03:36 landed her in the 93.66% level that is considered world class.

In the half marathon, 16 seconds separated the first and second place finishers, Josh McDougal of Peru, New York, 1:07:38, and Kieran O'Connor of Arlington, Virginia, 1:07:59. Josh came within 5 seconds of breaking the course record for men set by Kyle Stanton of Maryland in 2012. Josh is a distinguished runner. In 2007 he won the NCAA cross country title over Galen Rupp and was sponsored by Nike for a time but injuries overtook his career, which he attributes to overuse and being too enthusiastic. After years of pain and treatment by specialists, he is on the comeback road now and is a runner to watch. Sara Dunham, the female half marathon winner in 1:19:45, was within almost a minute of breaking the course record for women set in 2006 by Albany's Diane Matthews. Sara is a seasoned runner and has won the Plattsburgh Half-Marathon four times, including in 2014. Renee Tolan of Clifton Park placed second with a time of 1:22:36. Renee came in second in 2013 and 2011. Erin Corcoran of Schenectady finished third in 1:26:39.

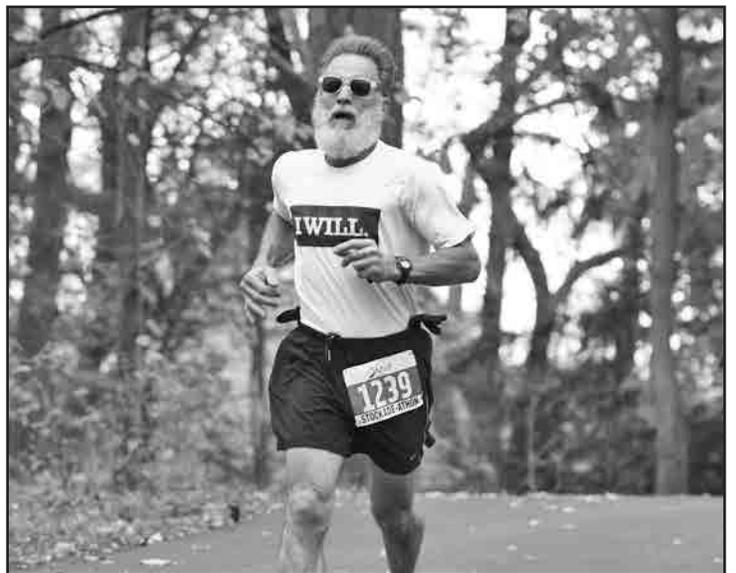
Now for the stats. In total, 897 people fin-

ished the marathon and 843 the half marathon. Last year, 2013, 939 finished the marathon and 799 the half marathon. There were runners from 29 states, including 2 from Alaska and from 2 countries: 58 from Canada and one from Costa Rica. To win the marathon a pace of 5:36 per mile for a male was necessary and 5:54 for a female. For the half-marathon, to win, a pace of 5:11 for the male and 6:06 for the female was required. As for enrollment percentages, the marathon is basically male dominated while the half marathon is a female stronghold. Males comprise 56% of the marathon, while the half marathon is 69% females. There was little change from last year. In the age groups for the marathon, the majority were in their 30s, and for the half marathon the greatest number of females were in their 30s while the males were in their 40s.

For a complete breakdown of the marathon and half marathon finishers, go to the HMRRRC website: www.hmrrc.com.

The 2015 MHR Marathon and Half Marathon will be on October 11, with registration for both beginning in March. Be sure to mark that date on next year's calendar and check back to the Mohawk Hudson River Marathon and Half Marathon website for updates: www.mohawkhudsonmarathon.com. In the meantime, happy running! ☐







JOHN PARISSELLA



Stockade-athon 2014

John Parisella attacks sports as he does life. When he becomes passionate about an endeavor, he gives it his all. He combines this with a philosophy of leaving things better than he found them, and those who he touches are fortunate.

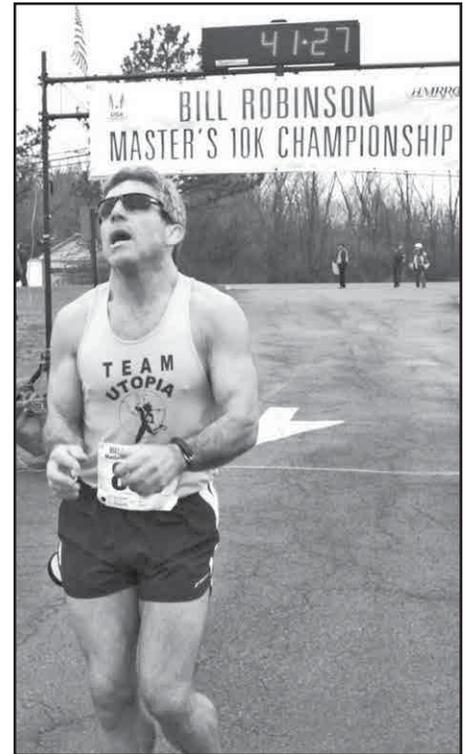
His first major sport was wrestling. Although he had pursued soccer in high school, wrestling became his passion. He stumbled into it and was lucky to move to Schenectady and come under the wing Joe Bena at Niskayuna High School who is now considered to have been one of the best coaches in the country. John found that wrestling gave him focus



SEFCU 2014

and he is grateful for that. Ironically, he remembers seeing cross-country team members racing around the soccer field and thinking how incredibly boring that must be. He did, however, have to run for wrestling to keep his weight down, but never enjoyed it enough to do it for anything other than to control his weight.

John excelled at wrestling and went to SUNY Brockport for its wrestling program. He specialized in Recreation and Leisure and Psychology at Brockport and went on to receive Master's Degrees in Educational Psychology and Statistics and Special Education at the University at Albany and is now a school psychologist. His wrestling accomplishments were legion. To name a few of his honors, he won the U.S. National Junior World Team try-outs in Greco-Roman in 1977, earning a spot on the U.S. Junior World Greco-Roman Team; was Empire State Games Freestyle Champion (1980); and was Empire State Games Greco-Roman Champion (1979, 1980, 1981). John is modest and did not tell me this but a Google search did. I also discovered that he was inducted into SUNY Brockport's Hall of Fame in 2006. He did, however, tell me that while at college he traveled to at least 35 states for wrestling matches. He spent a whole summer in Colorado Springs in 1979 training with the best wrestlers in the world, the U.S. Wrestling Team, and went to Mexico City with the team for the World Championship Tournament. It was a very exciting period in his life. He believes there is an arc in your mind when you are training well, and if you believe that none of your opponents have trained as hard as you, there is no way you can lose. That has been



a guiding principle in his life even in running. When asked if he likes the WWF and later the mixed martial arts fights, he said that it is not wrestling, but show business.

After college, graduate school, marriage and a family, his sports career was on hold. However, when he was in his early forties one of his friends asked him if he would like to try a race, and although reticent at first, he did it and found to his utter amazement that he loved it. He then decided that if he were to run, just as he did in wrestling, he wanted to get good at it. He saw an article in *Runner's World*, "We've Got Your Number," that had twelve-week schedules for 5k, 10k and half-marathons. He followed the 5k schedule, with every mile of it on a treadmill and incrementally his times



became faster. He loved watching the progress he made. At Bally's Gym, he met Cathy and Rob Sliwinski, his first running friends and when they told him they ran marathons, he was impressed and decided he wanted to also. At Race for the Cure, he met Nancy Taormina and she eventually introduced him to the world of Team Utopia.

He loves what Team Utopia has done for him. He enjoys the camaraderie and the improvement it brought to his running. There were really fast people in the club then who now are gone, but he remembers glowingly the stimulation his running received from Coach Bowles, Jamie Rodriguez, Ken Plowman, Russell Lauer and Ben Maynard, among the dozens of other runners whom he's grown to consider 'extended family.' One of the tenets of Team Utopia is that no one runs alone. The really fast guys would do an interval but come back to run with others. The team trained like that. For example, Jamie did that. He would get far ahead of John and others, but would always return to join them until the next interval. In addition to that ethic, Coach Jim Bowles encourages all members of Team Utopia to volunteer to help in local races. Because of this, John's first foray into volunteering was to become the race director of the SEFCU 5K, a race he has always loved to participate in. John humorously thinks that members of Team Utopia should get together and write a book about training workouts, their experiences and anecdotes.

When asked what distances he likes best, he replied with a smile that he loves them all. He likes the mile, the HMRRRC Pentathlon, 5Ks are fine, 10Ks awesome, marathons great, and the Masters' 10k fun to train for. He basically loves to run.

As to his most memorable races he cites two MHR Marathons: 2006 and 2008. In the 2006 MHR Marathon, he was pleased to place first in his age group. In the early part of the race as he was running with Emily Bryans when they noticed the leaders being directed the wrong way. They tried to help by calling out, but the runners couldn't hear them nor the volunteers directing them. Consequently some ran the wrong way and did not find out until they crossed paths with the rest of the marathoners far behind them as these runners



National Division Championship, 1980



2014 SEFCU, with Sharon Fellner

crossed Union Street. At about 10K, John saw a man pass him who looked to be in his age group, so he increased his speed, passed him, and worked on staying ahead. As he neared the finish line, he realized that this could be his marathon PR and it was, 2:55:08. The race also produced a classic t-shirt spelling marathon as "Marthon." He will never forget that race. Also during that year he ran a 5:01 mile, and did a 5K in under 18 minutes.

The year 2008 was memorable for a number of reasons. In 2006 he had set the goal of running a sub-3-hour marathon over the age of 50. Through the year the training and the milestone races like Runnin' of the Green, Colonie Mile, and Arsenal City [where he broke 18 minutes] all went as hoped. In the Mohawk Hudson River Marathon it came together again and he ran 2:58:32. He achieved this goal, and was second in his age group to Kevin Dollard, who passed John just beyond the 26 mile mark.

As for his training, in the beginning he ran every day, but no longer. He said that as he has gotten a little older he is moderating his training to avoid injury but his program still sounds impressive. On Tuesday and Thursday after running, he goes to the gym to do an extended weight program. Every Saturday, rain or shine, he has a big run with his friends, Pete Girardi and Brian O'Neil, who inspire him. They all like to compete. His running mileage varies from 35 to 65 a week depending on what he is training for. His current goal is to run the MHR Marathon in 2018, when he will be 60, in under 3 hours. He usually feels there is no need to go all out at the Winter Series, but he gets serious with Runnin' of the Green, the Delmar Dash, and the Masters 10K.

He has learned that injuries happen to him when he doesn't rest enough. For instance, this year he did a good 10K but thought it wasn't enough and ran the next day and injured himself. All year long he took the day off after races but when he fell out of his pattern, an injury followed.

For his running shoes, he loves Brooks. He used to run in New Balance 833, which he loved for marathons, but suddenly they stopped making them. There were only so many he could stockpile, so he was forced to look elsewhere. He now uses the Brooks Racer ST and Pure Drift. He changes his shoes every 400 to 500 miles, pretty much as recommended. He has a Garmin 610 that actually will buzz when he has a turn coming up on the course he is running. For races, he wears an old watch with a start-stop button and large numbers on the chronograph.

His running tip is that if you have a gift, use it and train to make it better. Set a high goal. If you want to compete, associate with expert coaches, learn to be a competitor, and use good equipment. The first year he ran, he noticed that people were wearing light racing shoes, and when he tried them (Adidas Rat Racers, which he still owns and uses once in awhile), his race speed improved. When his friend Brian started running he used regular training shoes in races. He gave Brian a pair of racing shoes he used once in the Delmar Dash and Brian's race times immediately improved. John has given other things to beginner runners, remembering how much he appreciated it when people were supportive of him when he began in sports.

John believes in volunteerism and particularly for the HMRRRC, since its mission is to promote running. He thinks it is essentially a giant community service organization because of all the positive activities it sponsors to promote running. Some examples are kids' races, the Just Run Program, scholarships, publishing *The Pace Setter* and a spate of free races. He saw when he was in high school and college that the wrestling coaches volunteered much of their time. So he learned that there are sacrifices to be made and things can't happen unless people help too. In addition to directing the SEFCU 5K race, John has volunteered at the Stockade-athon, Valley Cats Race, and Winter Series 5. He has been vice president and president of HMRRRC and will again be in 2014-2016 cycle. He feels that if you want to get, you have to give. Join in, pitch in, don't complain, and act instead.

Strong words from a strong man.

PRs

- 2003 Colonie Mile 5:02 mile, age 45
- 2000 Fiddlers Run 17:34 5k , age 42
- 2003 Fiddler's Run 10k 37:18 10k, age 45
- 2003 Stockade-athon 15k 57:53 (53:30 age graded)
- 2003 Oleksak Half-Marathon 1:24:50, age 45
- 2006 MHRM 2:55:08 , age 48
- 2006 was a good year altogether
- Running' of the Green 4-miler 23:45
- Oleksak Half-Marathon 1:28:20
- Colonie Mile 5:18 (4:45 Age Graded)
- SEFCU 5k 17:53 (15:54 age graded)
- MHRM 2:55:08
- During the 2006 HMRRRC Pentathlon, ran 61 seconds for the 400 meter portion, a 1 second improvement over the previous 2 years. □



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LEMON WEDGES, COCKTAIL AND LAMAIS SAUCE • CHICKEN AU POIVRE • SEAFOOD ST. JACQUES
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Running Away

by Kathy Barlow

My lawn was covered with frost this morning, a sure sign that winter is rapidly closing in on us. Some of us may love running on these crisp, frosty days while other runners may long to feel the warmth of the sun wrapping itself around us as we run. We will feel the sun this month as we travel to Tampa, Florida to explore the Gasparilla Distance Classic Half Marathon. My parents wintered just south of Tampa and while visiting with them I would read about this race in the local papers and have dreamed about running it. I've placed this race on my list of "races I want to run."

With intentions to run, I used the visits



with my parents to increase my mid-winter running mileage. There's just something fun about training when the sun is shining, a light breeze is blowing and it is seventy degrees outside. My parents rented a little place in Indian Rocks Beach, a small community about 15 miles south of Tampa. Indian Rocks Beach is located on the Gulf of Mexico and the beach extends for miles in either direction. I had two routes that I trained on – the beach route and the sidewalk route. For those of you who run on the beach, you know the special feeling of hearing waves crash on the beach and dodging them to avoid getting running shoes wet! Beach running can also present the challenge of the runner (me) focusing on the scenery (beach, waves, beauty) and falling in a hole someone dug on the beach and falling splat (!) on my face!

My road route was fairly consistent, up Gulf Boulevard to the Clearwater Bridge then over through Sand Key Park and back for a total of about nine miles. Sand Key Park had bathrooms open to the public, which added appeal to that route. I experienced several very different communities in my run up Gulf Boulevard. Indian Rocks Beach is a sleepy little town with a sense of community. School buses were often picking up children from their homes in the morning when I'd begin my run. The next town, Belleair Beach, had a much different feel. Houses were hidden behind large brick walls and driveways were gated in this neighborhood. I saw workers at these homes, never families. Belleair Beach gently rolled into Sand Key before crossing the bridge over the bay into Clearwater. The bridge was the turnaround point for me.

I haven't done any winter training in Florida for a few years, and the pull for winter warm weather running is strong. The Gasparilla Half Marathon is still high on my list of races to be run. This year the 2015 Gasparilla Half Marathon is on February 22nd. More information



can be found at www.tampabayrun.com. The race begins at 6 a.m., a common starting time for Florida races. Temperatures in mid to late February in Tampa range from 55 to 73 degrees, perfect for long distance running. Course records were set in 2014 with overall male Ryan Vail coming in at 1:04:05 and overall female Lindsey Scherf finishing in 1:13:07.

The course starts on Davis Islands, a Tampa neighborhood, and runs south along the Seddon Channel. Davis Islands is an archipelago, a cluster of islands developed in the early 1920's. Once home to three islands, today the archipelago contains two islands; a third island was converted to an airport.

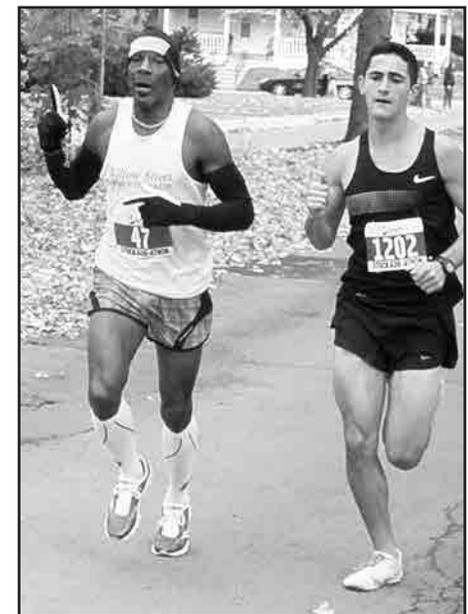
After running past the Port of Tampa, the route turns at just about mile 3 and takes you back up and over the Davis Islands bridge for the second half of the race. The second half hugs the shoreline of Hillsborough Bay as it follows Bayshore Boulevard to the turnaround at mile 9. There are slight elevation changes between miles 7 and 8 (miles 10 and 11) that break up the fast, flat road. Water stations are distributed one mile apart after 1.5 miles. The race finishes at Tarpon Dock on Bayshore Blvd between Beach Place and Hyde Park Place.

Getting to Tampa is relatively easy from the Capital District. Southwest Airlines flies direct from Albany to Tampa daily. Flight time is a little over three hours. Three hours to escape the cold and snow....tempting! The Westin Tampa Harbour Island is the official hotel of the race and room blocks are being held there and at several additional Tampa area hotels for runners.

Information on travel, hotels and packet pickup is available on the website.

The Gasparilla Half Marathon is scheduled for the week after HMRRC's Winter Series Marathon and Marathon Relay on February 15. Two years ago, I ran a leg of the Marathon Relay in frigid winds. I have much respect for those who conquered the entire 26.2 miles in the punishing wind and cold!

We have many choices and options for cold weather and warm weather winter running this year. I've put the Gasparilla Half Marathon on my list. Which will you choose? ☐



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Stan Denis, LMT

Previous owner of Albany Massage Therapy Associates

As the founder and original owner **Albany Massage Therapy Associates** I had the pleasure of providing massage therapy to many great **HMRRC** members. Many became very close friends. I always enjoyed meeting new athletes and helping them improve their performance and reduce fatigue and pain. After selling AMTA to another wonderful massage therapist I left the area and scaled back on my massage clients and only kept working on a handful of elite athletes. Well..... I'm back!!! I missed massage therapy very much.

I just relocated my family back to Albany and I have created a wonderful private massage therapy room in my home two blocks from Stuyvesant Plaza and two doors in from Western Ave. (7 Parkwood St, Albany, NY).

I would like to invite you to come for as many discounted sessions as you'd like.

I specialize in **therapeutic** and **sports massage therapy**. I'm here to help you relax as well. Having been in the fitness rehabilitation field since 1987 I bring many tools to every session.

HMRRC Massage Special Through March 1st

1 Hour - \$50
1.5 Hours - \$70

Gift Certificates
Available

To schedule an appointment...

Call - Text - Email

Stan Denis
518-364-2776
stan@standenis.com

PUZZLE PAGE

-Dentity Crisis

Below are two seemingly identical photos, but if you look closely at the picture on the bottom, it has been subtly altered in at least six ways. See if you can find six changes.



Stockade-athon Word Search

Y H S N J K K W M X W J W N J O D
D Q A A O N I R E G S C H O D N W
A N L G H E D C G M Q T S I E A I
T W L O N E S Z H A N H N M N I G
C N Y H H T R K A I U E I P F L H
E A D N A F U F N A W L E R E U T
N H R A L I N Y M C Y N M M S J W
E U A G E F T C O B N O A W T E I
H A K E Y R D U R Y G D U N N C L
C H E M I O R Y T W U I R E Z N S
S C M H U S A I E H L Y E P K I O
F Z T G E N S Q N W O M E U W V N
X I A R S K E N S K I N N E R Q E
R L Q N O H T A E D A K C O T S K
J Y P O C C O R N O J O O D M S Y
D A N A P E T E R S O N X T E E K
H C A E B E I B B E D D F S B R F

VINCE JULIANO
EMILY BRYANS
JON ROCCO
DANA PETERSON
PENNY TISKO
LIZ CHAUHAN
SALLY DRAKE
DEBBIE BEACH
DWIGHT WILSON
MAUREEN COX
JOHN HALEY
MEGHAN MORTENSEN
KEN SKINNER

STOCKADEATHON
SCHENECTADY
NEW COURSE
THIRTY NINTH
FIFTEEN K
KIDS RUN
JOSHUA MCDUGAL
MEGAN HOGAN

If you would like the answers to the puzzles, please email
BishopPaceSetter@gmail.com



PUZZLE PAGE

-Dentity Crisis

Below are two seemingly identical photos, but if you look closely at the picture on the right, it has been subtly altered in at least six ways. See if you can find six changes. For answers, email BishopPaceSetter@gmail.com



HMRRC Hall of Fame Members Word Search

D A N I E L E C H E R N I A K E P S P X
 M N O S N I B O R L L I B K W I A R A O
 V A O E K A D O R V R U A T R K U E U C
 Y N R R M L N E B E G N Q A J S L Y L L
 J E W T W I V E N O N Q Y R P I R M M I
 N M N P H O L N E Y A N H V E R O K U W
 C E S R L A I Y S K E T D T T B S N R E
 H S K G E K D T B W E O E T E Y E A R E
 H T T L S I O E K R N L E S N C N R A L
 M A E N I C T I G A Y D A Y E N B F Y G
 P W E W K W R S I R T A V D W A E S Z B
 B K Y M T K N L E H A H N F K N R K I E
 A Q A T J N U O O M K Z F S I X G L G D
 G N K E C J Z M D Y A Z I B R K L Y H N
 D I A N E B A R O N E J J A K M X F J E
 Q W K C X S C O L S M A D A E K R U B I
 M I N M A R K W A R N E R E F O F F J L
 Z I H S U R S I R H C V H A I K U R E E
 V T O M B U L G E R N A Q Q T Q Z Q Y S
 W F U J E S C C D M N A V O R L D N P P

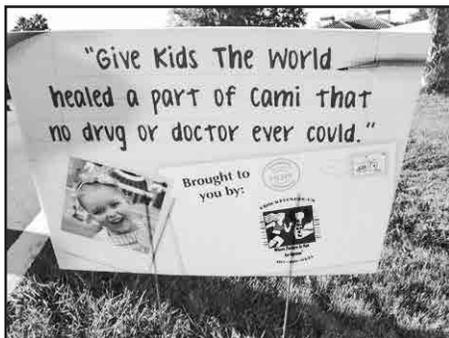
ANNY STOCKMAN
 BILL MEEHAN
 BILL ROBINSON
 BOB OATES
 BURKE ADAMS
 CHRIS RUSH
 DALE KEENAN
 DANIELE CHERNIAK
 DIANE BARONE

DON WILKEN
 ED NEILES
 ED THOMAS
 EMILY BRYANS
 FRANK MYERS
 JAMES TIERNEY
 KEN SKINNER
 LEE WILCOX
 MARK WARNER

MARTHA DEGRAZIA
 NANCY BRISKIE
 PAT GLOVER
 PAUL MURRAY
 PAUL ROSENBERG
 PETE NEWKIRK
 RAY NEWKIRK
 TOM BULGER
 VINCE JULIANO

The 2014 Gingerbread Run – Run, Run As Fast As You Can

by Bob Kopac



In November my wife Lynne and I headed south, not as part of the massive New York snowbird migration, but to visit Lynne's mother and to do the Gingerbread Run with her sister. This 5K run and walk in Kissimmee is a fund raiser for the Give Kids The World (GKTW) Village. GKTW is a 70-acre "storybook" resort with 144 villas where children with life-threatening illnesses and their families can stay for free for one week. In addition to events on site, the children also can attend the nearby theme parks for free.

According to www.givekidstheworld.org, the idea for the village originated with hotelier Henri Landwirth. He had offered free lodging for a young leukemia patient named Amy, but Amy died before the rest of her travel arrangements were completed. He decided what was needed was a system where young patients could come to Florida within 24 hours if necessary. He worked with other organizations, including the theme parks, to make it happen. He then decided to create a resort just for the children and their families. The village opened in 1989.

Before the race at the Medieval Times grounds, the Gingerbread Man, the king and queen, and other costumed characters helped lead the runners and walkers in warm-up exercises. From the starting line at the nearby



Walmart, it was a short run to the GKTW village. Inside the resort were various zones with princesses, pirates, and elves cheering on the runners and walkers. I ran through bubbles in the Bubble Zone and through snowflakes in the Christmas Zone (making snowbirds fearful). Other zones were Splash, Candy Land and Halloween, appropriate for those runners and walkers wearing costumes. I passed colorful villas and whimsical playlands such as the Park of Dreams and Matthew's Boundless Playground.



The race on a flat course (it is Florida) was over way too quickly. Alexander Sabirov won in 18:39. The first female finisher was Chrissy Elliott in 23:04. Lynne finished in 29:35, which most likely would have resulted in an award in the female 60-69 age category. However, the Gingerbread Run has awards only for the top 3 male and female runners. I, wearing blue hibiscus-flower-print running shorts (my attempt to blend in as a Florida runner), finished in 33:31, which included stopping several times to take photos of the costumed volunteers. For many people this race is not about the time or awards but the cause.

One such person was Dan Wilkerson, who was running his first 5K. He is a member of the 501st Legion, or "Vader's Fist", who dress up as Star Wars storm troopers. See the <http://www.501st.com> web site. Dan told me, "I have been a member of the 501st since 2008. The group I ran with was a small group from our Central Florida Squad – Makaze. For the race we chose the team name Makaze Streak-



ers. We have 5 squads in the Florida Garrison: ours, one in south Florida, one in Tampa, one in Jacksonville, and one in north Florida. We are frequently asked to 'troop' at places like Give Kids The World and try to bring some excitement and fun to children. I decided to start running to get in better shape and to lose a few pounds – helps me to fit in my plastic Stormtrooper armor! I had a great time running in the the Gingerbread Run and look forward to running in more 5Ks, 10Ks, maybe even a marathon sometime down the road!"

My sister-in-law Jan, who walked the race with her friend and who has volunteered at GKTW in the past, eloquently summed up the meaning of the race and GKTW. She said, "At Give Kids the World Village, they treat the families to a one-week vacation from all the worry and stress of tests, medical visits, hospitals, etc. During that week, they supply them with complimentary food and lodging, transportation, and tickets to Walt Disney World, Universal, or SeaWorld, plus an adults-only night out dinner while volunteers watch their children. Plus every day is something special for the children: one day is Easter, one is with the Mayor of the GKTW Village, one night is Christmas (complete with Santa, elves, and presents for all the children), etc. They can also get ice cream all



day and all night in the ice cream parlor that has 'ice cream cones' as pillars holding up the roof. All the buildings are built with children in mind, from the ice cream parlor to the main Candy Land-style restaurant, to the tinker-toy building, to the Castle. All are magical and special, and some were actually designed by some of the Wish children themselves.

"The first time I did the Gingerbread Run, the date was my birthday. My friends celebrated my birthday with me by doing the run to give back and to celebrate the wonderful work that they do at GKTW. It has since become a tradition for me to do the race every year. GKTW is a very special, magical place that I hold near and dear to my heart. Seeing the faces of the families as they are immersed in this once-in-a-lifetime experience is something I can't even describe. It is extraordinary; it is enchanting. I can't wait till next year to do the Gingerbread Run again!"

Footnote: If you run one of the races of the Disney Princess Half Marathon Weekend on February 19-22, 2015, you can raise money for GKTW by registering as part of the "2015 Run GKTW team." □



Running With Passion

by Kristina Gracey

Perhaps it is the general enthusiasm for the outdoors that Colombians exhibit that makes Colombia an interesting and vibrant place to which Dan and I like to travel. Perhaps it is the pristine natural beauty of the mountains and rainforests and oceans that has drawn us in. Or perhaps it is the passion for life exemplified by way most Colombians live that keeps us coming back...again and again and again.



I felt very fortunate to have the opportunity to travel to Colombia not long after returning from the trip Dan and I took to Iceland (where, by the way, the volcano did eventually explode). Although we do not often have time off to travel outside of the country, two trips fell in close succession, making for an amazing opportunity to meet new people, experience new environments, and train for our upcoming races.

On the Sunday of our arrival in Bogota, the capital of Colombia, we encountered Ciclovía. Ciclovía is a government-sponsored, day-long extravaganza that originated in Bogota, the capital of Colombia, in the 1970s and has since spread to many other cities around the world. Miles of streets are closed off to traffic and manned by police for the purposes of promoting exercise by foot and bike. In large cities like Bogota, residents of the city (and visitors like us!) look forward to an opportunity time, once a week, to run, bike or walk with thousands of others, uninhibited by the typical hustle bustle of 24 hour traffic. The only challenge – outside of running at 8,660 feet above sea level – is managing to actually run by (without stopping to eat at) the countless street vendors with offerings such as fresh fruit and arepas con queso, grilled corn on the cob and fried pork rinds.

On the particular day we set out, I was



scheduled to run 19 miles as part of a marathon training regimen. For the first 10 miles, my breathing was remarkably labored and my legs felt weighted; prior to this, I had never attempted a long run at that elevation. I did eventually settle into the pattern of breathlessness and, before I knew it, I wasn't thinking about myself or my running anymore. The seemingly endless flow of young runners, avid bikers and weathered walkers alongside the striking views of the mountains made my mind wander outside of myself. In one of the hardest long runs I have completed, I gained more life experience than fitness.

After a couple of days in Bogota, we traveled by plane to Medellin and then by 16 seater plane to Acandi, a town in Northwestern Colombia.



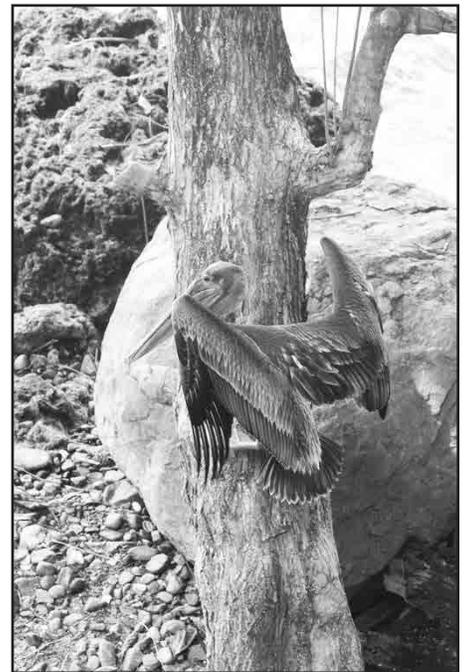
We then took a horse from the airport to a boat launch, where a motorboat transported us through treacherous Caribbean Ocean waves to Aguacate (meaning "avocado"), an incredibly small and pristine "town" of less than a hundred people. Located in the Darien Gap, this area of the Pan-American Highway between North and South America has no roads. The mountains and rainforest remain eerily protected and, thus, Aguacate offers a kind of isolation difficult to find, even by Colombian standards. After landing on the beach and jumping off the boat into the shallow water at the beachside in Aguacate, we found our beautiful, ocean-side cabin in the rainforest that served well as a place of respite but also as a jump-off point to many other adventures.



We spent most of our time in the Darien Gap jogging through the humid rainforest, encountering spotted tree frogs, listening to exotic animal sounds (often early in the morning and late at night and rarely seeing the animals themselves) and eating fresh fish caught



by hand from the sea by locals. On one of the most memorable runs, we jogged slowly from Colombia to Panama through the moun



Cold Weather Tips

by Michael Washco



tains by first climbing over monstrous sea-side boulders and teetering on fallen trees over the water then making our way through narrow, muddy trails in the mountains before arriving in the humid seaside town of La Miel in Panama. Why? Because the beauty experienced while traveling to Panama from Colombia by foot through the rainforest is worth anyone's time.

And we were not the only ones who felt journeying through the Darien Gap was worth the time, as we had a stray dog that joined us on our adventure, originating in Colombia and jogging with us all the way to Panama. While checking our passports, the border control officers situated at the top of a nearly ¼ mile trail of stairs leading to the intersection between Colombia and Panama asked us (in Spanish) about our new dog friend and from where he came. When we stated he had followed us, the officers smiled, shrugged and let Dan, me and our new dog friend pass through. And, although our stay in Panama was short and we only stopped for a cold water drink and a seaside dip before journeying back to Colombia, the dog chose to stay and play with his newfound Panamanian dog friends. I imagine after staying in Panama for some time, he likely settled in a new home in a new country.

Colombia may not strike many as the first place to which they would travel and run. But between the outstanding runs in the undeveloped lands of the country and the passion with which Colombians – and Colombian animals – live their lives, I anticipate that you, too, would love the experience of running in Colombia.

More travel stories to come. ☐

With colder weather approaching, it is important to review cold weather running tips. During the winter months, falling temperatures and fewer daylight hours can contribute to an increase in conditions such as frostbite and hypothermia. Here are a few safety tips to keep in mind to better prepare for this upcoming cold weather running season.

Dress Thin with Wicking Layers

Synthetic or wicking materials work best for underlying layers because they pull sweat away from the body. An outer shell should be made of nylon or Gore-Tex material which will help protect you against rain, snow, maintain heat, and regulate adequate moisture while running. A fleece can be added for insulation if it's extremely cold. You do not want to add anything cotton, as this material will trap moisture against your skin, making you vulnerable for frostbite or hypothermia with decreasing temperatures.

If you are unsure of how many layers to wear, dress for temperatures warmer than it is. You will increase your body temperature once you start running.

Protect Hands, Feet, and Head

As much as 30% of your body heat escapes through your hands and your feet, and another 40% through your head. Moisture

wicking gloves are encouraged on milder days, but mittens can be substituted on colder days to maintain heat. You can use a wicking liner under wool socks or mittens to help regulate moisture on colder days. You can also insert disposable heat packets inside gloves or hats to help heat extremities on colder days as well. Monitor your fingers, toes, ears, and nose. If you notice any part of your skin has become hard or brittle, you may have frostbite.

Stay Hydrated

Just because it's cold outside doesn't mean you don't sweat and lose water. You can become just as dehydrated in the winter months. Cold air also has a drying effect, which can increase risk of dehydration.

Winter Running is about Maintenance

Winter is often a struggle for motivation and consistency among many runners. To combat this struggle one must set realistic goals and maintain them through flexible training programs. For example, some runners may be less motivated to run after work due to less sunlight in the winter. These individuals may consider training more on weekends or mornings when there is daylight, instead of after work when it is dark.

Happy running! ☐



On the Web!

The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
 - Grand Prix Update
 - Race Applications
 - Race Results in a flash

www.hmrrc.com

Grand Prix Update

Race #11 Mohawk-Hudson River Marathon, October 17, 2014

Men

Male Open

12 Ryan MacTague
10 Christopher Herbs
8 Thomas Dansereau
7 Jonathon Lazzara
6 Pavel Sidorenko

Male 30-39

12 Chuck Terry
10 Michael Roda
8 Jim Sweeney
7 Clay Lodovice
6 Joel Patrie
5 Jim Eaton
4 Jonathon Petrucell

Male 40-49

12 Chong-Hwan Son
10 Mathew Nark
8 Lawrence Poitras
7 Jonathon Golden
6 Steven Nicoll
5 Gaven Richard
4 Ken Tarullo

Male 50-59

12 Kevin Dollard
10 Craig Dubois
8 Bill Street
7 Jay Thorn
6 Russ Hoyer
5 John Sestito
4 Bart Trudeau

Male 60-69

12 Richard Clark
10 George Baranauskas
8 Kevin Donohue
7 Tom McGuire
6 Paul Forbes
5 Randall Craig
4 Seamus Hodgkinson

Women

Female Open

12 Irene Somerville
10 Kelsey Ryan
8 Jessica Berschwinge
7 Shylah Weber
6 kelcey Heenan
5 Michelle Davis
4 Jennifer Kehn

Female 30-39

12 Deanne Webster
10 Stephanie Vioria
8 Molly Casey

7 Anne Kubasiak
6 Melissa Sakellariou
5 Stacey Muscato
4 Judith Wines

Female 40-49

12 Karen Dolge
10 Veronica Armbruster
8 Christine Capuano
7 Stacia Smith
6 Sheila Couch
5 Christine Chung
4 Andrea Robinson

Female 50-59

12 Wanda Wang
10 Kim Law
8 Kathleen Dougherty
7 Jenny Lee
6 Sally Lappies
5 Darlene Kusaywa
4 Laurie McCarroll

Female 60-69

12 Susan Wong

Age Graded

Runner	Age	G
12 Kevin Dollard	58	M
10 Chuck Terry	31/32	M
8 Mike Roda	38	M
7 Jim Sweeney	33	M
6 Chong-Hwan Son	49	M
5 Karen Dolge	44	F
4 Susan Wong	66	F

Race #12 MVP Health Care Stockade-athon 15K November 9, 2014

Men

Male Open

12 Lou Serafini
10 Eric Macknight
8 Alexander Paly
7 Thomas O'Grady
6 Nick Webster
5 Pete Rowell
4 Ken Little

Male 30-39

12 Jaime Julia
10 Mike Roda
8 Chuck Terry
7 Jake Stookey
6 Joseph Hayter
5 Joe Sullivan
4 John Deer

Male 40-49

12 James O'Connor

10 Robert Irwin
8 John Stadlander
7 Volker Burkowski
6 Frank Horn
5 Richard Hamlin
4 Thomas Fraser

Male 50-59

12 Derrick Staley
10 John Noonan
8 Mark Stephenson
7 Thomas Kracker
6 Christain Leitzau
5 Craig Dubois
4 Michael Stalker

Male 60-69

12 Peter Gerardi
10 Carl Matuszek
8 George Baranauskas
7 Stephen Jones
6 David Glass
5 Tom McGuire
4 Michael Thumann

Male 70+

12 Wade Stockman
10 Paul Murray
8 Ray Lee
7 Joseph Richardson

Women

Female Open

12 Jessy Montrose
10 Lisa D'Aniello
8 Janne Rand
7 Michelle Davis
6 Payton Czupil
5 Jenna Pearson
4 Vanessa Mickalonis

Female 30-39

12 Kristina Gracey
10 Jennifer Bennice
8 Liz Chauhan
7 Kristen Quaresimo
6 Deanne Webster
5 Kari Deer
4 Kara Defeo

Female 40-49

12 Sally Drake
10 Gretchen Oliver
8 Karen Dolge
7 Anne Benson
6 Christine Varley
5 Kimberly Miseno-Bowles
4 Stacia Smith

Female 50-59

12 Beth Stalker
10 Colleen Brackett
8 Stephanie Landy
7 Wanda Wang

6 Nancy Taormina
5 Kristen Hislop
4 Mary Buck

Female 60-69

12 Erika Oesterle
10 Susan Wong
8 Sharon Desrochers
7 Mary Ann Serian
6 Donna Lustenhouwer
5 Carolyn George
4 Darlene Cardillo

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	G
12 Derrick Staley	55	M
10 Lou Serafini	23	M
8 Eric Macknight	25	M
7 Jaime Julia	30	M
6 John Stadlander	49	M
5 John Noonan	55	M
4 Mike Roda	38	M

Total After 12 Races

Men

Male Open

65 Tom O'Grady
50 Jonathon Lazzara
42 Thomas Dansereau
20 Jaime Julia
18 Paul Cox
16 Victor Warner
15 Alex Paley
14 Nick Webster
13 Dan Briggs
12 Brad Lewis
12 Ryan MacTague
12 Lou Serafini
12 Noah Valvo
12 Eric Young
11 Alan Finder
11 Christopher Herbs
10 James Faraci
10 Eric Macknight
10 Kevin Treadway
9 Zach Zinzow
8 Lukas Becker
8 Evan Dwyer
8 Paul Mueller
7 Joseph Somerville
6 Brien Maney
6 Graham Richard
6 Pavel Sidorenko
5 Ben Drake
5 Taylor Esper
5 James Faraci
5 Owen Hooper

5 Chris Pelligrini
5 Pete Rowell
4 Ken Little
4 David Thielke
4 Tanner Wood

Male 30-39

66 Chuck Terry
64 Mike Roda
45 Aaron Knobloch
38 David Tromp
32 Josh Merlis
29 Jake Stookey
24 Brian Northan
24 Jim Sweeney
20 Pat Cade
16 Dallas DeVries
14 Carl Brewer
14 Dan Murphy
13 Clay Lodovice
13 Joe Sullivan
12 Jaime Julia
11 Jim Eaton
10 Ben Verschueren
8 Anthony Giuliano
8 Jonathon Petrucell
7 Tucker Chrapowitzyk
7 Pat Sorsby
7 Dave Vona
6 John Deer
6 Eamon Dempsey
6 Joseph Hayter
6 Chris Mulford
6 Joel Patrie
6 Mike Washco
5 Dan Gracey
5 Paul Mueller
5 Tim Nevinger
5 David Newman
5 Ian Ross
5 Stephen Siebrecht

Male 40-49

66 John Stadtlander
46 Bob Irwin
45 Jon Rocco
44 Chong-Hwan Son
37 John Williams-Searle
25 Tom Fraser
23 Kevin Creagan
22 Ed Hampston
20 Ken Plowman
19 Richard Hamlin
17 Mathew Nark
16 Frank Horn
16 Gaven Richard
15 Shawn Decenzo
13 Todd Smith
13 Ken Tarullo
12 Jonathon Golden
12 James O'Connor
12 Neil Sergott
10 Randell Cannell
10 Mark Stephenson
9 Jim Foley
9 Lotfi Sayahi
8 Jonathon Bright
8 Thomas Kracker
8 Lawrence Poitras
8 Andy Reed
7 Volker Burkowski

7 Craig Weidman
6 Bruce Beesley
6 Steven Nicoll
5 Gil Chorbajian
5 Bill Grimaldi
4 Thomas Fraser
4 Matt Roberts

Male 50-59

70 Mark Stephenson
48 Derrick Staley
46 Jay Thorn
39 David Roy
30 John Parisella
27 John Sestito
23 Craig Dubois
22 Kevin Dollard
20 Rick Munson
16 Christain Leitzau
15 Brian Borden
13 Mark Nunez
12 Patrick Irish
12 Andrew Sponable
11 Paul Guilmette
11 Steve Vnuk
10 John Noonan
10 John Weilbahe
8 Christopher Murphy
8 Bill Street
7 Thomas Kracker
7 Tony McManus
7 Dave Wilber
6 Paul Bohl
6 Patrick Culligan
6 Jim Giglio
6 Russ Hoyer
6 Frank Mueller
6 Rick Munson
6 Mark Warner
5 Robert Colborn
5 James Ebersold
5 Kurt Lozier
5 John Weilbaker
4 Richard Kelly
4 Vincent Kirby
4 Samuel Mercado
4 Kevin Morrissey
4 Michael Stalker
4 Mark Swyer
4 Bart Trudeau

Male 60-69

68 Richard Clark
51 Paul Forbes
46 Carl Matuszek
38 Tom McGuire
36 Robert Somerville
35 George Baranauskas
33 Kevin Donohue
27 Ken Klapp
27 Juergen Reher
25 Paul Bennett
20 Frank Broderick
18 James Larkin
17 Dave Glass
15 David Rowell
12 Peter Gerardi
8 Pete Cowie
8 Steve Dickerson
8 Tim Fisher
8 Tom Hunter

8 Martin Patrick
8 Rich Tanchyk
7 Jim Fiore
7 Stephen Jones
6 Pat Glover
6 Steve Harris
5 Tom Adams
5 Leroy Bynum
5 Randall Craig
5 Ed Litts
5 Paul Rosenberg
5 John Stockwell
5 Michael Thumann
4 John Carlson
4 John Sestito
4 Chuck Terry
4 Leo Vogelien
4 Joe Yavondite

Male 70+

68 Wade Stockman
54 Ray Lee
24 Chrie Rush
12 Tom Adams
12 Ed Doucette
12 Bob Flick
12 Frank Klose
12 Jim Moore
10 Ed Bown
10 Joe Kelly
10 Paul Murray
8 Charles Bishop
8 Bob Knouse
7 Joseph Richardson
7 Ken Skinner
7 Ron Young
5 Bob McFarland
4 Michael Connelly

Women

Female Open

62 Lisa D'Aniello
56 Shylah Weber
46 Janne Rand
34 Irene Somerville
21 Elizabeth Chauhan
18 Kathryn Tenney
17 Megan Mortensen
16 Payton Czupil
15 Jenna Pearson
14 Kelcey Heenan
14 Becky Wheat
12 Karen Bertasso
12 Michelle Davis
12 Alyssa Lotmore
12 Jessy Montrose
11 Sydney Smith
10 Stephanie Arango
10 Kelsey Ryan
10 Brina Seguine
8 Jessica Berschwinge
8 Christine Houde
8 Carolyn Pellegrini
8 Sydney Smith
8 Allie Tedeschi
7 Liz Chauhan
7 Lindsey Choppy
6 Valerie Belding

6 Samantha McBee
6 Samantha Pellegrini
6 Danielle Skufca
5 Leslie Aiken
5 Megan Boyak
5 Shea Foley
5 Missy Kaszuba
5 Kristen Quaresimo
5 Rachel Swyer
4 Laurel Abowd
4 Monica Blount
4 Emma Hampston
4 Jennifer Kehn
4 Katie Kurtessis
4 Vanessa Mickalonis
4 Cheyenne Munson

Female 30-39

61 Diana Tobin-Knobloch
52 Estelle Burns
36 Karen Bertasso
31 Deanne Webster
25 Heidi Nark
24 Kristina Gracey
20 Erin Corcoran
18 Daniello Maslowsky
18 Laura Zima
16 Elizabeth Chauhan
16 Kari Deer
15 Stephanie Willie
15 Cynthia Zinzow
14 Jessica Chapman
14 Jessica Northan
10 Tanya Amodio
10 Jennifer Bennice
10 Lynnae Kettler
10 Sara O'Grady
10 Stephanie Vioria
9 Judith Wines
8 Molly Casey
8 TuAhn Turnbull
7 Melissa Hasan
7 Anne Kubasiak
7 Gretchen Oliver
7 Kristen Quaresimo
7 Kristin Zielinsli
6 Colleen McGarry
6 Crystal Perno
6 Nicole Pulcino
6 Sarah Reed-Hauenstein
6 Melissa Sakellariou
5 Nikki O'Meara
5 Stacey Muscato
5 Candice Panichi
4 Kara Defeo
4 Jennifer Newman
4 Rachel Wasserman

Female 40-49

57 Chris Varley
48 Sally Drake
38 Connie Smith
36 Stacia Smith
35 Regina McGarvey
27 Penny Tisko
20 Karen Dolge
20 Mary Fenton
19 Kimberly Miseno-Bowles
17 Andrea Robinson
15 Aixa Toledo
14 Ruth Sadinsky

- 12 Christa Dederick
- 12 Christine Ensslin
- 12 Claudia Greco
- 12 Judy Guzzo
- 10 Veronica Armbruster
- 10 Emily Bryans
- 10 Kristen Hislop
- 10 Gretchen Oliver
- 8 Christine Capuano
- 8 Diane Montes Harris
- 8 Heta Miller
- 8 Kathy VanValen
- 7 Anne Benson
- 7 Miriam Hardin
- 7 Laurie Hoyt
- 7 Susan Pelligrini
- 6 Sheila Couch
- 6 Pamela Delsignore
- 6 Leah Giordano
- 6 Brenda Lennon
- 6 Heather Machabee
- 6 Colleen Murray
- 5 Anne Marie Bremm
- 5 Christine Chung
- 5 Theresa Hudda
- 5 Tammy Jones
- 4 Mary Ibbetson
- 4 Sarah Reed-Esper

Female 50-59

- 70 Colleen Brackett
- 58 Nancy Taormina
- 37 Karen Gerstenberger
- 29 Susan Burns
- 29 Jenny Lee
- 23 Karen Dott
- 23 Kim Law
- 22 Inge Aiken
- 19 Wanda Wang
- 16 Denise Gonder
- 16 Kirsten LeBlanc
- 14 Mary Buck
- 14 Karen Proventure
- 12 Nancy Briskie
- 12 Nancy Nicholson
- 12 Beth Stalker
- 10 Kathleen Beeman
- 10 Mary Signorelli
- 8 Kathleen Dougherty
- 8 Maureen Fitzgerald
- 8 Stephanie Landy
- 8 Johna Palmer
- 7 Sharon Fellner
- 7 Lori Francesconi
- 7 Nancy Piche
- 6 Paula Boughtwood
- 6 Monique Jacobs
- 6 Sally Lappies
- 6 Cathy Sliwinski
- 5 Lauren Herbs
- 5 Kristen Hislop
- 5 Amy Keegan
- 5 Darlene Kusaywa
- 5 Cathy McCutcheon
- 5 Jill Mehan
- 4 Barb Bender
- 4 Michelle Ching
- 4 Susan Huston
- 4 Barb Light
- 4 Laurie McCarroll
- 4 Patricia Robison

- 4 Barbara Sorrell

Female 60-69

- 72 Martha DeGrazia
- 58 Susan Wong
- 39 Joan Celentano
- 30 Katherine Ambrosio
- 30 Erika Oesterle
- 24 Judy Phelps
- 12 Cynthia Finnegan
- 9 Carolyn Burke George
- 8 Sharon Desrochers
- 8 Phyllis Fox
- 8 Marianne Shrader
- 7 Donna Choinere
- 7 Nancy Johnston
- 7 Mary Ann Serian
- 7 Karen Spinozzi
- 7 Anne Tyrell
- 6 Alice Carpenter
- 6 Sharon Close
- 6 Donna Lustenhouwer
- 6 Judy Lynch
- 5 Diane Thompson
- 4 Darlene Cardillo
- 4 Theresa Portelli

Female 70+

- 72 Anny Stockman
- 60 Eiko Bogue
- 22 Christine Bishop

Age Graded

Runner	Age	G
48 Derrick Staley	55	M
45 Mike Roda	38	M
40 John Stadtlander	48/49	M
37 Mark Stephenson	50	M
32 Martha DeGrazia	62/63	F
30 Colleen Brackett	53	F
28 Tom O'Grady	28/29	M
25 Bob Irwin	41	M
24 Kevin Dollard	58	M
23 Susan Wong	66	F
22 Chuck Terry	31/32	M
21 Karen Bertasso	29/30	F
20 Judy Phelps	63	F
20 David Roy	58	M
18 Carl Matuszak	62	M
14 Aaron Knobloch	37	M
14 Jim Sweeney	33	M
13 Jaime Julia	29/30	M
10 Nancy Briskie	56	F
10 Chong-Hwan Son	49	M
10 Lou Serafini	23	M
9 Lisa D'Aniello	28	F
9 Rick Munson	57	M
9 Nancy Taormina	54/55	F
9 Jay Thorn	51	M
8 Frank Horn	44	M
8 Eric Macknight	25	M
8 Diana Tobon-Knobloch	33	F
7 Richard Clark	60	M
7 Kristina Gracey	31	F
7 Karen Provencher	59	F
7 Shylah Weber	26	F
7 John Weilbahe	55	M
6 Josh Merlis	32	M

- 6 Janne Rand 29 F
- 6 Kathryn Tenney 12 F
- 5 Karen Dolge 44 F
- 5 Brad Lewis 27 M
- 5 John Noonan 55 M
- 5 John Parisello 56 M
- 5 Christopher Rush 78 M
- 4 Alyssa Lotmore 28 F
- 4 Mark Warner 55 M
- 4 Becky Wheat 27 F



EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
12/06/2014	8:30 AM	Wilton Comm. Ctr 310 Northline Rd. Ballston Spa	3rd Annual Ugly Christmas Sweater 5K Run/Walk	Michèle Dowd	fundraisingdirector@gatewayhousedpeace.org
12/07/2014	9:00 AM	104 Fulton Street Old Forge	Let it Snow 5K Run/Walk	Beth Tickner	Beth@WaterEdgeInn.com
12/14/2014	10:00 AM	SUNNY/Albany	The Doug Bowden Winter Series Race #1 -- 15K and 3M	Bart Trudeau -- Gretchen Oliver	bart@truarchs.com
12/20/2014	10:00 AM	Columbia-Greene Comm.College	Holiday Classic 5K Run/Walk	Pili Carducci	holidayclassic@nycap.rr.com
12/31/2014	5:30 PM	Saratoga Springs/Skidmore College Campus	First Night Saratoga 5K Run	Jeffrey Allen	jallen3@nycap.rr.com
01/01/2015	12:00 PM	Univ at Albany ----- Day of Race Signup only!	Winter Series #2 -- 39th Hangover Half[GP] & Bill Hogan 3.5M Run	Vince Wenger & Dave Gilson	vw1319@aol.com
01/11/2015	10:00 AM	Univ at Albany ----- Day of Race Signup only!	Winter Series #3 -- 3M	Jon Rocco & Meghan Mortensen	jonrocco@hotmail.com
01/25/2015	10:00 AM	Univ at Albany ----- Day of Race Signup Only!	Winter Series #4 -- 3M	Josh Merlis	jmerlis@areep.com
02/01/2015	10:00 AM	Univ at Albany ---- Day of Race Signup Only!	Winter Series #5 -- 4M	Patrick Lynskey & John Parisella	plynskey@freihofersrun.com
02/01/2015	11:00 AM	Saratoga Spa State Park	Winterfest 5K Snowshoe Race	Laura Clark	snowshoegal33@gmail.com
02/07/2015	6:00 PM	The Desmond	HMRRRC Club Banquet -- HOF Induction	Debbie Beach & Brian DeBraccio	dbeach21@verizon.net
02/15/2015	10:00 AM	Universty at Albany	42nd HMRRRC Winter Marathon & Marathon Relay	Dana Peterson -- Clay Lodovice -- Ed Hampton	peterson.danae@gmail.com
02/15/2015	10:30 AM	Wilton Wildlife Preserve & Park	Camp Saratoga 5 Mile Snowshoe Race	Laura Clark	snowshoegal33@gmail.com
03/29/2015	9:00 AM	Bethlehem Middle School	27th Delmar Dash 5M	Aaron & Diana Knobloch	dianam.tobon@gmail.com
05/10/2015	9:30 AM	Central Park	35th Mother's Day 5K BRUNCH	Dee & Jon Golden	hmrrcmothersday@gmail.com
05/16/2015	9:00 AM	Guilderland High School	35th Annual Bill Robinson Masters 10K [GP40+]	Jim Tierney	runnerjim@aol.com
05/21/2015	6:25 PM	Empire State Plaza Albany	CDPHP Workforce Team Challenge 3.5 Mile	Mark Warner	mwarner@nycap.rr.com
06/07/2015	9:00 AM	SUNNY/Albany --- Day of Race Signup only!	44th Distinguished Service Race 8 Mile [GP]	David Tromp	dtromp@nycap.rr.com
06/16/2015	6:00 PM	Colonie High School	Colonie Summer Track #1 of 8	Frank Myers	FLYINGBB45@aol.com
06/20/2015	9:00 AM	HVCC Campus -- Joe Bruno Stadium	Tr-City Valley Cats Home Run 5K	John Haley -- Megan Letzinger	j.haley36@yahoo.com
06/23/2015	6:00 PM	Colonie High School	Colonie Summer Track #2 of 8	Frank Myers	FLYINGBB45@aol.com
06/30/2015	6:00 PM	Colonie HS Track -- Day of Race Signup only!	The Colonie Mile [GP]	Ken Skinner -- Frank Myers	kennyskin@earthlink.net
07/07/2015	6:00 PM	Colonie High School	Colonie Summer Track #4 of 8	Frank Myers	FLYINGBB45@aol.com
07/09/2015	6:15 PM	Colonie HS Track	HMRRRC Two Person Relay 6 X 1 Mile	Pete Newkirk	peternewkirk32@gmail.com
07/14/2015	6:00 PM	Colonie High School	Colonie Summer Track #5 of 8	Frank Myers	FLYINGBB45@aol.com
07/16/2015	6:15 PM	Colonie HS Track	42nd HMRRRC Hour Run	Barbara Bradley & Tom McGuire	tomm4barb@aol.com
07/21/2015	6:00 PM	Colonie High School	Colonie Summer Track #6 of 8	Frank Myers	FLYINGBB45@aol.com
07/23/2015	6:15 PM	Colonie HS Track	39th HMRRRC Pentathlon	Todd Mesick	toddmesick@yahoo.com
07/28/2015	6:00 PM	Colonie High School	Colonie Summer Track (Ribbon Night) #7 of 8	Frank Myers	FLYINGBB45@aol.com
08/01/2015	8:30 AM	Colonie Town Park	The 37th Dynamic Duo Pursuit Race	Frank Myers	FLYINGBB45@aol.com
08/02/2015	9:00 AM	John Boyd Thacher State Park	21st Indian Ladder Trail Run 15K & 3.5 Mile	Mike Kelly	mjk3ny@gmail.com
08/04/2015	6:00 PM	Colonie High School Track	Colonie Summer Track #8 of 8	Frank Myers	FLYINGBB45@aol.com
08/10/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race only!	Tawasentha XC 5K #1 of 3	John Kinnicut	jkinnicutt@gmail.com
08/17/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race Only!	Tawasentha XC 5K [GP] #2 of 3	John Kinnicut	jkinnicutt@gmail.com
08/24/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race only!	Tawasentha XC 5K #3 of 3	John Kinnicut	jkinnicutt@gmail.com
09/07/2015	9:00 AM	Harriman State Office Campus	27th SEFCU Foundation Labor Day 5K [GP]	John Parisella	jp2cella@me.com
09/13/2015	9:00 AM	SUNNY/Albany -- Day of race signup only!	44th HMRRRC Anniversary Run [GP]	Pat Glover	pjglove@aol.com
10/04/2015	10:00 AM	New Scotland Town Park -- Day of race signup only	35th HMRRRC Voorheesville 7.1 Mile [GP]	Ed Hamston & Todd Smith & Martha Gohke	eeddofan@yahoo.com
10/11/2015	8:30 AM	Central Park Schenectady	32nd Mohawk Hudson River Marathon [GP]	Maureen Cox	raceeditor@mohawkhudsonmarathon.com
10/11/2015	8:30 AM	Colonie Town Park	14th Hammarford Half Marathon	Maureen Cox	raceeditor@mohawkhudsonmarathon.com
11/08/2015	8:30 AM	Veterans Park Downtown Schenectady	40th Stockade-athon 15K [GP]	Vince Juliano	hamtlebyans@nycap.rr.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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Your membership renewal date is on the address label. Renew Early.

NEW MEMBERS
Allow 8 to 10 weeks before expecting
receipt of your first Pace Setter



Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

E-MAIL _____ NEW APPLICANT RENEWAL GIFT MEMBERSHIP

TYPE OF MEMBERSHIP (check one): INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE or FAMILY (\$15)

For a family/couple membership, list other family members:

Name	Relationship	Gender	Date of Birth
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

For those who can afford it!

My additional tax-deductible contribution: \$10 ___ \$20 ___ \$50 ___ \$100 ___ \$ _____

Mail applications to:
HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

I realize there are certain dangers associated with distance running. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Hudson-Mohawk Road Runners Club, its officers or members, the State University, the State of New York, or any race official or participant for any injury, illness, or property loss which might occur to me while competing in, traveling to, or returning from any event sponsored by the Club.

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

I am interested in becoming more actively involved in the Club!