

# ***The Pace Setter***

***September 2015***

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



**2015 Dynamic Duo**  
*3-Mile Couples Road Race*



# FAM 5K “Fund” Run/Walk Saturday, September 26, 2015




**Saturday, September 26, 2015**

**10:00 Race Starts - Cobleskill Fairgrounds**

30 minutes from the Capital Region  
*Schoharie County ARC (2014 Charity)*

8:15 - 9:30 Race Day Registration or  
**REGISTER ONLINE!**

**Visit FAM5K.com**

 **FAM 5K “Fund” Run/Walk**

**Awards | Kids’ Run | Music | Brooks BBQ | Refreshments | Massage Therapists**



The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*  
Host of the 2015: **USATF Adirondack 5K Open Men’s Road Race Championship**

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— **Grand Prix Update**

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— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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*Photos in this issue are by Jack Berkery*



## 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

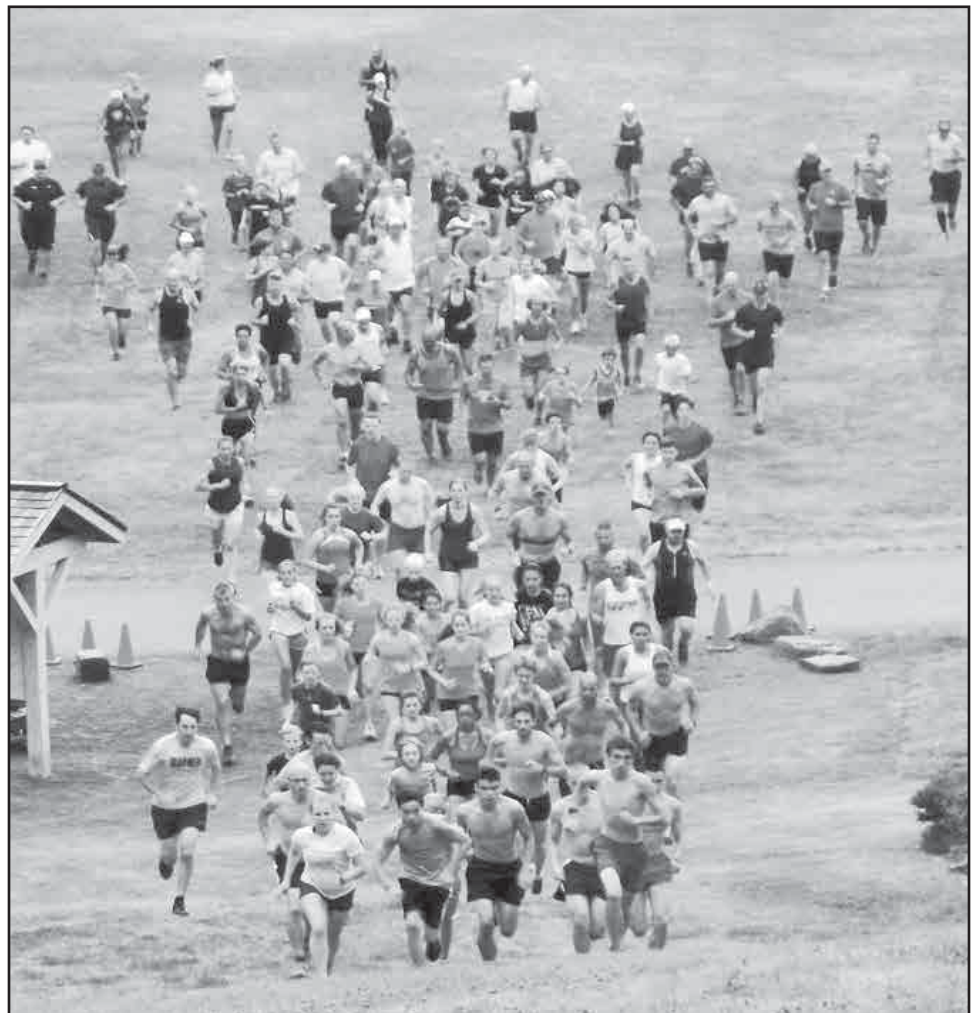
by Meghan Mortensen

The following message was sent out as an email blast in the month of June 2015:

The HMRRRC Long Range Planning Committee unanimously recommends the 'phasing out' of the printed *Pace Setter* at the end of 2015. *The Pace Setter* magazine currently requires extensive management, 15+ volunteers, and a lot of HMRRRC money. All the time sensitive material previously delivered via *The Pace Setter* is currently made available via the club's website and/or the other HMRRRC social media outlets (Facebook/Twitter). It is proposed that the current newsletter content (that portion not currently delivered via the web-page) be made available, via the club's newly designed website utilizing an interactive "blog" type format. The newly revised web page will be formatted for tablet and smart phone usage. The LRPC had brought this idea with discussion to the club's May

monthly business meeting after several month of Committee discussions.

At the June 2015 meeting, officers, committee members, and any HMRRRC members in attendance held a long discussion and voted in favor of this transition. The "phasing out" period will begin in the next few months and perhaps continues into early 2016 as our new HMRRRC website gets launched. Many of the details have yet to be determined, but consider attending a monthly meeting for updates as they become available. This is an exciting and long overdue process that will be beneficial to the future of the HMRRRC and running community at large. I would like to thank the individuals working wholeheartedly "behind the scenes" on this switch, Ed Neilis and Ray Newkirk. It is because of dedicated and committed people like them that our club is so successful. □





# What's Happening in September

by Al Maikels

Summer ends after Labor Day, so you might as well get over it with a good 5k race.

The 27th SEFCU Labor Day 5k will be held on Monday, September 7 at 9 a.m. at SEFCU Headquarters on the Washington Ave. side of the State Office Campus. There is no day of race registration available for this Grand Prix race; sign up ends on Friday, September 4.

The HMRRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.9 miles (Grand Prix race) and 2.95 miles; these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 44th anniversary celebration will be held on Sunday, September 13 at 9 a.m. at SUNY and features day of race registration only.

There are also some fine shorter distance

races in September, located around the Albany area.. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 26 at 10 a.m. at the Cobleskill Fairgrounds. Other fine 5k runs include the 14th Annual Teal Ribbon Run on Sunday, September 13 at 9:00 a.m. at the Washington Park Lake House in Albany and Nick's Run on Sunday, September 27 at 11:00 a.m. at the Clifton Commons in Clifton Park. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 19 at 10:00 a.m. and the 12th Annual Crossings 5k Challenge on Sunday, September 27 at 10 a.m. at the Crossings in Colonie

The club business meeting for September is scheduled for Wednesday, September 9 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. □

## 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](http://www.hmrrc.com)











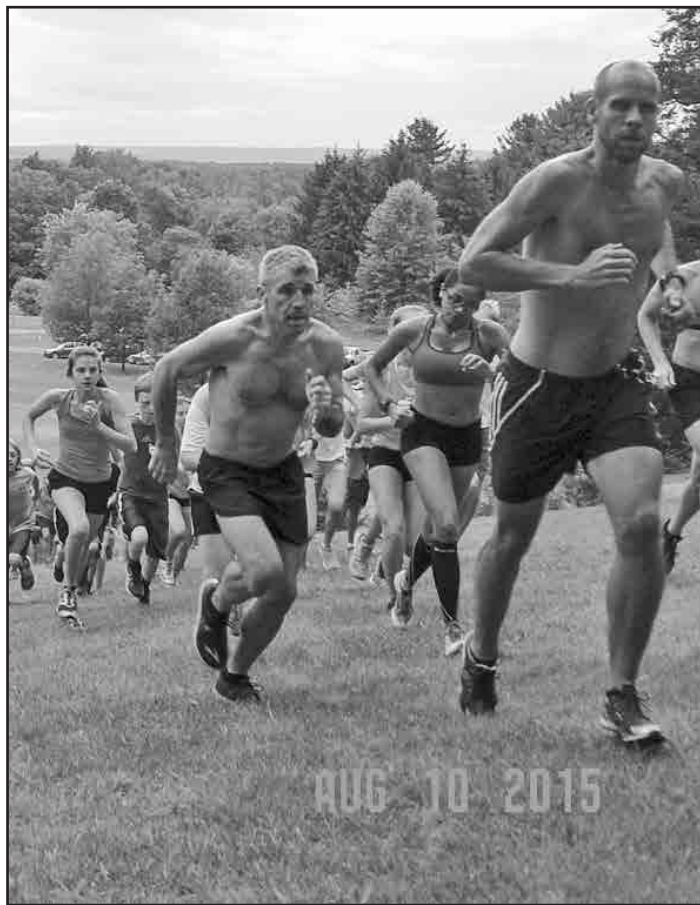
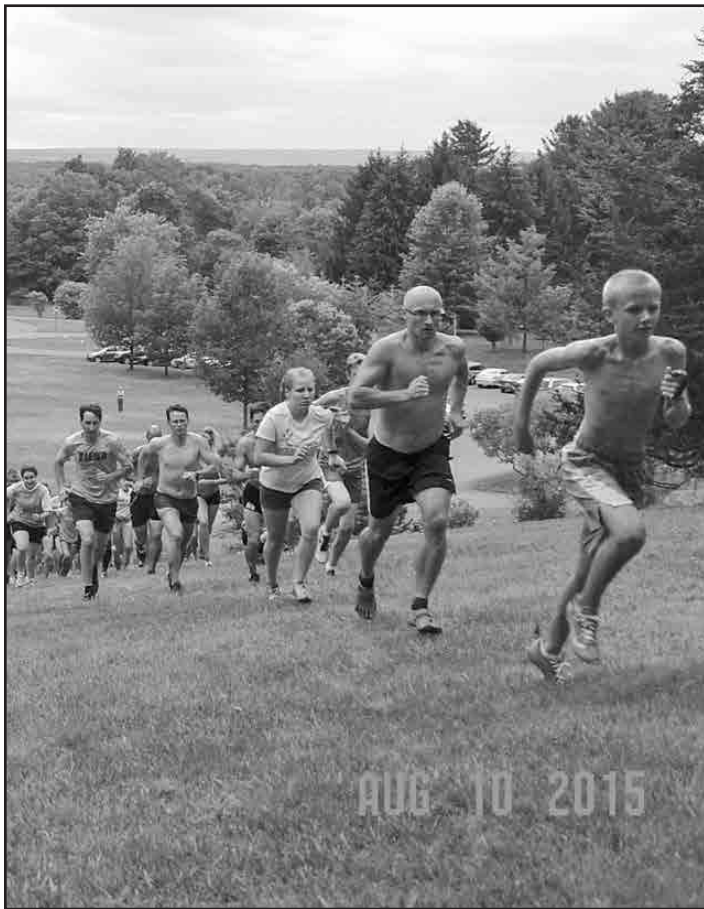
***LOOKING FORWARD TO SEEING YOU THIS FALL AT THE  
LOCAL FULL AND HALF MARATHON***



**October 11, 2015**

Find out more at <http://www.mohawkhudsonmarathon.com/>





## HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

# THE ANNIVERSARY RUN 2.95 M & 5.9 M\*

**\*Grand Prix Race for HMRRC Club Members • Commemorative Glasswear for First 125 Registrants**

**Location:** University of New York at Albany - *Gymnasium near Western Ave. Ent.*

**Date & Time:**

**Sunday, September 13, 2015**

**9:00 a.m.**

**FEE: FREE** for HMRRC members, \$5 non-members — *Day of Race Registration Only*

*Come join us for the 44th Anniversary Celebration!*

Prizes for Top Three Overall Male and Female finishers in both races and  
Top Male and Female finishers in each of 14 five-year age groups in the 5.9 Mile Race

*For more info, or to volunteer, call Pat Glover at 877-0654 or email [pjglove@aol.com](mailto:pjglove@aol.com)*





# Fruits & Veggies: Do You Eat Too Few?

Feeling ashamed and embarrassed, many runners “confess” they eat too few fruits and vegetables. They totally understand that fruits and veggies are good for their health and better than vitamin pills, but they can’t figure out how to enjoy them more often — or how to get inspired to learn to like them. Sound familiar? Maybe this article will help you boost your intake of these healthful sports foods.

## I know I should more fruit for snacks, but I just don’t.

When hunger strikes, a piece of fruit is unlikely to be your snack of first choice because it is not very hearty. That is, calorie-dense apple pie with ice cream can easily be far more appealing than just an apple. One solution: plan to make the snack heartier by pairing fruit with protein. For example, enjoy an apple (or grapes) with cheese; smear a banana with peanut butter; or combine raisins with nuts. Would that boost the snack-appeal?

## How many fruits/veggies are enough?

Ideally, you should eat a fruit or vegetable at each meal. If you don’t/won’t/can’t do that, at least eat a pile of veggies with dinner to compensate for no produce at the other meals. You could also create a loaded smoothie at breakfast that has enough fruit (and veg) for the whole day. Other suggestions include:

**Breakfast:** large banana on cereal; lots of berries in yogurt; tall glass of orange juice

**Lunch:** extra tomato and spinach in a wrap; big bowl of fruit salad; large apple (with cheese) for dessert

**Snacks:** tart cherry, grape or blueberry juice; banana (with peanut butter); dates; dried pineapple; V-8 juice

**Dinner:** Pre-dinner, munchies: baby carrots (with hummus), cherry tomatoes; At dinner: big pile of cooked veggies; extra-large side salad.

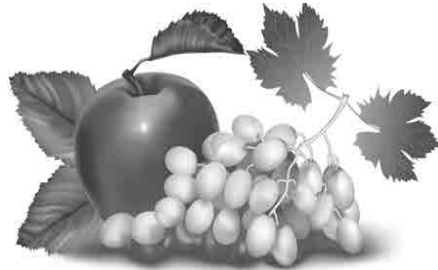
## The more you eat, the more nutrients you get.

Eight ounces of orange juice offers all the vitamin C you need for the day. So does one stalk of cooked broccoli and half a green pepper. Could you consume a taller glass of OJ, a bigger pile of broccoli, or munch on a whole pepper (like you’d eat an apple)? You’d consume double the vitamin C — plus electrolytes

and many other health-boosting compounds.

## What if I don’t like kale...?

Although kale is nutrient-rich, it is not the only green vegetable with health value. See table below to see how some green veggies compare, based on a 50-calorie cooked portion. (Note: “%” = % of the amount you should consume each day).



## Don’t like many veggies?

Because fruits and vegetables offer similar nutrients, you can swap one for the other. That is, if you don’t enjoy red tomatoes, at least try to have red strawberries, red apples or red peppers. In general, you want to consume a variety of colors of fruits and/or veggies—and enjoy a rainbow of health:

RED strawberries, apples, watermelon, tomato

ORANGE oranges, mango, papaya, sweet potato

YELLOW pineapple, peaches, summer squash

BLUE/PURPLE blueberry, plums, eggplant, purple grapes

GREEN kiwi, honeydew melon, green grapes, broccoli, spinach, kale, peppers

WHITE banana, onion, potato, cauliflower

## But they rot...

Many runners live alone, rarely cook, and get tired of wasting money tossing out rotten produce. If that’s your case, some solutions include:

- Buy bags of frozen vegetables and fruits (freezing retains the nutrients); even canned ones are nourishing.

- Buy the desired portion of greens and other salad (or stir-fry) ingredients at the salad bar. Instead of buying a whole head of lettuce, of which half might end up rotting in your re-

frigerator, buy just what you need.

- Cook enough veggies for several days. For example, bake several sweet potatoes at once, or make a big pot of ratatouille with eggplant, tomatoes, zucchini, and onion to enjoy for the week.

## Can I eat too many fruits and vegetables?

Doubtful, unless you eat them to the exclusion of other foods. For example:

- If your dinner is just rice with stir-fried veggies (no tofu, chicken, or protein-rich food), the meal lacks adequate protein to build and repair muscles. Solution: Either add a protein, include a glass of milk with the meal, or enjoy Greek yogurt for dessert.

- If you follow a Paleo-type diet and eat just protein and veggies for meals (no grain), your meal could easily lack adequate carbs to refuel from hard exercise. Solution: include starchy root vegetables, such as carrots and beets.

- If you are a vegetarian and prepare pasta with just tomato sauce (no meatballs), the meal lacks protein. Solution: choose protein-enriched pasta, and add a salad with beans, nuts, extra cheese.

- If you are dieting without success, you might be consuming more calories than you realize from yet-another handful of grapes. That (large) apple might have 150 calories, as does the bag of baby carrots. While the calories are healthful and preferable to cookies, they still count. Fruits and veggies tend to be “guilt-free” but they are not totally “calorie-free.” □

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling *Sports Nutrition Guidebook*, and food guides for marathoners, cyclists and soccer players, as well as teaching materials, are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online and live workshops, visit [NutritionSportsExerciseCEUs.com](http://NutritionSportsExerciseCEUs.com).



Vegetable 50 calories	Vitamin A	Vitamin C	Calcium	Magnesium	Folate
Kale, 1.5 cup	188%	106%	14%	11 %	6%
Spinach, 1.25 cup	167%	30%	30%	63%	82%
Broccoli 1.5 cup	16%	125%	6%	10%	40%
Asparagus 1.25 cup	16%	23%	5%	10%	83%



Saturday, October  
17, 2015

Hudson Valley Community College Pavilion

# 7<sup>TH</sup> ANNUAL 5k Race Away STIGMA



Be bold. Be a Viking.

Help "Race Away"  
the stigma that  
surrounds  
mental illness.

Race  
*AND* Fun  
Walk

Registration begins  
at 8:30 a.m.  
Race/ walk begins  
at 10 a.m.  
Awards and post-race snacks  
begin at 11 a.m.

**\$17 HMRRRC members, \$20 non-members**

**\$25 Day of Race Registration** (T-shirt based on availability.)

(T-shirt, raffle  
prizes, post-race  
snacks included)

Name \_\_\_\_\_

Address \_\_\_\_\_

City

State

Zip

Shirt Size S M L XL XXL Age: \_\_\_\_\_ Sex: \_\_\_\_\_

If you are under the age of 18, a parent or guardian must sign.

Parent or guardian signature

Date

I represent that I am 18 or older (unless my parent or guardian has signed above), that I am physically fit to participate in the Race, and that my condition has been verified by a medical doctor within a reasonable period of time. I give up my right to bring an action to recover any compensation for injury or damages to me or my property arising from my participation in the Race, and release, to the fullest extent allowed by law, Hudson Valley Community College, Rensselaer County, the State University of New York and their respective agents, servants and employees ("collectively Releasees") from any claim I or my heirs, executors, administrators and assigns may have against any Releasee in any way resulting from my participation in the Race, to the fullest extent allowed by law and agree to defend, indemnify and hold harmless Releasees from all such costs, claims, losses or damages. I recognize and voluntarily and knowingly assume the risks inherent in the Race.

Signature

Date

Mail form and entry fee to:

Hudson Valley Community College  
Race Away Stigma 5K  
Wellness Center  
80 Vandenberg Avenue, Troy, NY 12180

OR

Online Registration and Forms:

[www.hvcc.edu/cct/race.html](http://www.hvcc.edu/cct/race.html)  
[www.active.com](http://www.active.com)

(Checks payable to  
HVCC Project Aware)

Sponsored by Hudson  
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Contact and Questions: Carrie Zurenko, (518) 629-7176, [c.zurenko@hvcc.edu](mailto:c.zurenko@hvcc.edu) • Larry Ellis, (518) 629-7175, [l.ellis@hvcc.edu](mailto:l.ellis@hvcc.edu)





## **BRENDA DEER MEMORIAL 5K RUN • 3K WALK • KIDS FUN RUN**

**Saturday, September 19, 2015**

**Register @ [www.FinishRight.com](http://www.FinishRight.com)**

### **JOIN US!**

Join us for our 13th Annual Brenda Deer Memorial 5K Run/3K Walk and Kids Fun Run. Enjoy our FREE Member Appreciation BBQ after the race. The Kids Fun Run includes a 100 yard dash, a ½ mile run, and 1 mile run. Kids also enjoy a bounce house, face painting, petting zoo and pony rides. Please register by Tuesday, September 15, 2015.

### **Free Long Sleeve Race Shirt**

The first 100 pre-registered for the 5K are guaranteed a gender specific dry fit weave long sleeve race shirt.

### **NEW CHIP TIMING AND ONLINE REGISTRATION**

<b>WHEN:</b>	Saturday, September 19, 2015	
<b>WHERE:</b>	Guilderland YMCA 250 Winding Brook Drive	
<b>TIME:</b>	8:00am	Registration
	9:30am	Kids Fun Run
	10:00am	5K Run and 3K Walk
<b>COST:</b>	<b>Pre-registration</b>	
	\$20	5K Run
	\$10	3K Walk/Run
	FREE	Kids Fun Run
	<b>Day of Registration</b>	
	\$25	5K run
	\$10	3K Walk/Run
	FREE	Kids Fun Run



This event is named for Brenda Deer, a mother of 3, Guilderland resident, avid runner, and popular teacher's aide at the Guilderland Elementary School. Brenda was tragically killed on July 30, 2000 when she was struck by a drunk driver as she was running with her husband, John, on Route 155.

**For other Capital District YMCA races  
visit [www.CDYMCA.org](http://www.CDYMCA.org)**





## 5k and Fall Festival

**Saturday, September 26, 2015**

**Central Park Schenectady**

**Children's Race Start: 9:00 am**

**Race/Walk Start: 10:00 am**

**Fall Festival Start: 11:00 am**

Location: Schenectady Central Park  
Join us for a family fun day with Maddie's Mark. Children's races and activities, Zumba warm up, bounce house, USTAF chip timed 5k course, family walk, food and fall festival events following. Run with us or just come for the fall festival events post-race.

Entry Fee      ☐ \$5 Children's Race  
                  ☐ \$5 Fall Festival Ticket (total per family)  
                  ☐ \$30 -5k Run/Walk until September 7, 2015; **\$35** after September 7, 2015  
                  ☐ \$40 Family Walk until September 7, 2015; **\$45** after September 7, 2015  
                  ☐ \$25 Virtual Run/Walk (per person) – Run/Walk a 5k on your own time, from anywhere in the month of September and receive a medal!  
                  ☐ \$5 Per Butterfly Message Quantity  Message   
                  ☐ Additional Donation Amount  
                  ☐ **Total Enclosed**

Race Prize Structure      Awards to the top three finishers in 10 year age groups.  
Swag                        Maddie's Mark Medals will be provided to run/walk participants in the individual, family and virtual race. Shirts to the first 250 registrants for the 5k race (**in person individual race event only**)

Refreshments            Complimentary food and drinks at the end of the event.

More Info                jennie\_h@me.com

On-line Registration    <https://runsignup.com/Race/NY/Schenectady/MaddiesMark5k>

Medals awarded to all participants (including family participants). Can't make the run/walk and still want to earn a medal participate in our 5k virtual run/walk option!

**Race Form            Event:** ☐ 5k Run/Walk ☐ 5k Family Walk ☐ 5k Virtual Run/Walk ☐ Children's Race

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Gender: ☐ Male ☐ Female            Shirt size: S   M   L   XL

Emergency Contact Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

How did you hear about this event? \_\_\_\_\_

Would you like to fundraise for this event? ☐ Yes ☐ No

*In consideration of my accepting this entry, I, the participant, intending to be legally bound hereby, for myself or anyone entitled to act on my behalf, want and release any and all rights and claims for damages that I may have and all injuries suffered by me in said event against City of Schenectady, Schenectady County, Maddie's Mark, and all officials of the event. I attest and verify I am physically fit and have sufficiently trained for the competition of this race.*

Signature: \_\_\_\_\_ Parent/Guardian (if under 18) \_\_\_\_\_

**Mail entry fee with completed application form to: Attn: Jennie Heidbreder 43Charterpoint Rd, Watervliet, NY 12189**

**Make checks payable to: Maddie's Mark Foundation**

# The Pace Setter – Online Only Starting January!

by Ed Neiles

Beginning in January, *The Pace Setter* will be delivered to you "Online Only." That's right, no more printed edition. *The Pace Setter* will only be available electronically. Why? Three reasons:

- 1) Much of the need for a printed publication has been supplanted by the club webpage. [www.hmrrc.com](http://www.hmrrc.com) has been delivering race results, grand prix totals, the race schedule, and race applications for the past decade. Prior to the advent of the web page, these features were eagerly anticipated, expected, often times craved, and available only in *The Pace Setter*. Now, they don't even appear in *The Pace Setter*. While *The Pace Setter* still offers articles and other features of interest to members, this information can be readily presented on the web site, the go-to location for the most sought-after news.
- 2) Workload. The volunteer effort required to produce the print version of *The Pace Setter* is considerable. So are the responsibilities of overseeing the web site. While we've been fortunate to have members step forward to assume these responsibilities, consolidating our communication efforts will simplify the process and save time and effort.
- 3) Money. The dollar resources allocated for the production of the printed *Pace Setter* are considerable (\$50K+). That's the largest single expense item in the HMRRC budget. While the club is on a secure financial footing, that expense is out of proportion to the benefit secured, given the availability of the club web site as an alternative source of information.

## What's Next?

The printed *Pace Setter* may be going, but a significantly enhanced club web site is about to arrive. The articles and features currently found in the printed *Pace Setter* will be available on a completely redesigned web site. In addition, the revamped website will offer:

- An interactive *Pace Setter*, with the ability to comment on and search articles, as well as more photos. *Pace Setter* articles will be prominently featured on the home page.
- Enhanced race results reporting, with the ability to search and report. Links to results will be a click away on the home page.
- An easily accessible race calendar, with the ability to sign up for many events online.
- Clearly defined members-only features, including a blog, access to race archives, and access to past issues of *The Pace Setter*.
- Compatibility with smartphones and tablets.
- More timely publication of articles. Race-related articles, for example, will become available shortly after events rather than several months later.
- A simplified editorial process, with the

hoped-for result of less work for *The Pace Setter* editor. (Yes, we'll still have one, but with a simpler workload.)

The launch date for the new web page is January 1, 2016

## What Do You Need to Do?

Certain features of the revised web site be available exclusively to HMRRC members. You'll only be able to access the race archives, for example, if you're a club member (race results will be open to the public for a limited period). We're still in the process of determining what other features will be accessible to members only – the blog, the ability to comment on articles, searching, and other items may be

"members only," for instance.

These members-only features will require you to "log in." And that will require a username and password. We intend to use e-mail addresses as the usernames. So, if we already have your e-mail address in our membership database, you're all set. We'll send you a password before the new web site is launched.

If you have not added your e-mail address to the membership database and want to take advantage of the members-only features of the new site, go to the existing site, select "Membership" under the "Members Only" tab, log in, and add your e-mail address.

There's a catch-22 here, of course. Many members have never created a username and password for purposes of accessing membership records in the old site and consequently cannot add an e-mail address. We'll be contacting those members by snail-mail to provide instructions.

We're excited about the new web site – and the electronic version of *The Pace Setter* that it will prominently feature. □

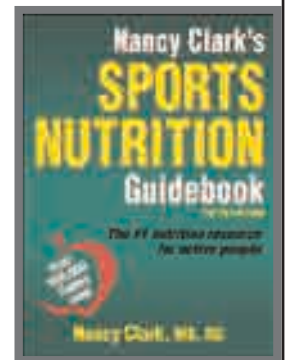






## EAT WELL, RUN WELL

*Don't let  
nutrition  
be your  
missing  
link...*

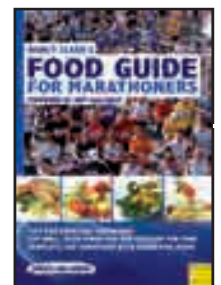


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# Running .... Away

by Kathy Barlow



Philadelphia, PA, the city of brotherly love, home to the Eagles (my son's favorite football team), Independence Hall (where the Declaration of Independence was signed) and a tale of our adventures to watch and support our cousin as she competed in the sheROX Triathlon, her first tri. I trained alongside her for many months (although I didn't compete) and was mentally prepared to swim 800 meters in the Schuylkill River, ride the 25K bike course on the Martin Luther King Jr. Drive and transition to the 3.1 mile run through Fairmount Park, virtually, of course! My father had warned me that the Schuylkill River was once one of the most polluted rivers in the nation and he may have scared that swim right out of me. But not my cousin, the tri trooper!!!!

The SheROX Triathlon is a women's only sprint distance competition. Philadelphia is one of a few cities that hosts this annual event every August. It's a great race for a beginner and Philadelphia is a fairly easy city to get to. It's also home to great food, drink, entertainment and history!



Our cousins were traveling from Cape Cod, winding up their vacation in Philadelphia. My cousin the competitor opted to take the train while her husband drove to the city. She arrived a bit early and decided to take advantage of the beautiful day by walking the couple of miles to the hotel. Many of us, myself included, like to sneak in extra miles and use that time to think about and reflect on our training schedule or our races. My cousin began walking toward our hotel, caught up in her thoughts

and not observing the declining neighborhoods she was entering. Sometimes we feel confident in our ability to navigate new areas and are unaware that we should be careful... she wandered a few blocks further when she realized that she needed to call a taxi to get her safely to the hotel. She did get to the hotel without incident and this is a cautionary re-



minder that when we are in the "zone" we still need to keep an eye or an ear open and alert.

She got to the hotel just as we pulled in and quickly realized that her husband had forgotten to bring her swim bag containing her goggles, nose and ear plugs. It was now Saturday evening before the competition, time to relax, to eat and drink and have fun. Instead, panic ensued as we searched the nearby stores to find the needed items. High drama at the Holiday Inn!

Several hours later, gear purchased and secured, we settled in to one of Philadelphia's many fine restaurants to finally enjoy the evening. Philadelphia has a rich culinary history (think hoagies, scrapple, soft pretzels, water ice, Irish potato candy and cheesecake to name a few). The Reading Terminal Market, a restored railroad station, is an enclosed public market that hosts over a hundred merchants offering Pennsylvania Dutch specialties, artisan cheese and meat, locally grown groceries, and specialty and ethnic foods. It is a "must visit" place on your Philadelphia sightseeing list.

Race day (also our competitor's birthday) was a perfect day for a tri. The temperature started out in the mid 60's, the sun was shining and the sky was a brilliant blue. Fairmount Park is a large city park (over 9,200 acres) of rolling hills and wooded trails, bordered by the Schuylkill River. There are several places to watch the athletes compete and the atmosphere in the park was upbeat and lively. Our cousin swam well and transitioned to the bike, her strongest sport, with ease. Her transition to the run was smooth and overall she did an outstanding job given the glitches, the anxiety and the challenges. The experience didn't make me want to try a tri, but it made me grateful that there are challenges like this that give women the opportunity to compete in a swim/bike/run event. The SheROX Triathlon is just fun... to train...to watch or to participate in! □







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Get the school year off on the right (and left) foot! Join runners from our school community and beyond to celebrate a healthy and productive new school year.

**Sunday, September 27, 2015 • 9:30 a.m. (Runners & Walkers)**

**Kids Fun Run – 1 Mile at 10:30 a.m.**

*(Kids Run is day of race registration only, no pre-registration)*

**COURSE** – Race will start and finish at the Lake House in Albany's Washington Park.

**AWARDS** – Top 3 Overall Male & Female, Top 3 Teams, Top Male & Female Under 12, Top Male & Female 12-14 and Top 3 Male & Female in each age group:

15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

**SHIRTS** – First 350 Registrants receive T-Shirt (T-Shirt size not guaranteed)

**REGISTRATION** – Must be postmarked by September 23, 2015

**Race Day Registration and Packet Pick-up will open at 8:00 a.m. at the Lake House.**

**Please No Dogs or Headphones on race day.**

**Entry Fee** (non-refundable) **Postmarked by 9/23:** \$5/Student (U-18) • \$10/College Student (U-23) • \$15/Adult

**Race Day:** \$10/Student (U-18) • \$15 College Student (U-23) • \$20/Adult

**You can register on line at: [www.zippyreg.com/online\\_reg/registration.php?eventID=609](http://www.zippyreg.com/online_reg/registration.php?eventID=609)**

**or mail in form below**

**(Please fill out one form per participant and send with check payable to Albany Booster Club to:  
Falcon 5K, c/o AREEP, PO Box 38195, Albany, NY 12203)**

***albanyboosterclub.org***

\*Name: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

\*Address: \_\_\_\_\_ ☐ 5k Run ☐ 5k Walk ☐ Kid's Fun Run  
Day of Registration only

\*DOB: \_\_\_\_\_ \*Email: \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

\*Emergency Contact: \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

\*Will you be running with a Group/Team: No \_\_\_\_ Yes \_\_\_\_ Team Captain Name: \_\_\_\_\_  
(Minimum of 3 runners per Group/Team) *(i.e. AHS Soccer; Montessori Magnet School; Debate Team)*

\* T-Shirt Size: Circle One S / M / L / XL / 2XL (T-Shirt size not guaranteed) DOLLAR AMOUNT ENCLOSED \$ \_\_\_\_\_

**Liability Waiver & Release:** I certify that I am the subject runner or I am the legal parent/guardian of the subject runner in this event. I know that running a race is a potentially hazardous activity, and that I should not enter or run unless I am medically able and properly trained and conditioned. I further understand that the course may contain natural hazards, including uneven terrain. I assume all risks associated with running this event, including but not limited to, falls, contact with other participants and effects of weather, including high heat and/or humidity and rain/wet slippery conditions. In consideration of the acceptance of my entry, I, on behalf of my heirs, executors, administrators and assignors hereby release myself and discharge the Albany Booster Club, the ABC Falcon 5K and Fun Run, the City of Albany, the Albany City School District, as well as any other sponsors or beneficiaries and their representatives. I am aware that medical support for this event will be volunteer personnel who will be available for first aid assistance ONLY. I hereby grant permission to the Albany Booster Club and other sponsors of this event to use information submitted in this application, and any record of this race containing my likeness as well as race results, including my name and competition time for any purpose, including, but not limited to pre-race and post-race publicity. I hereby certify that I have read all terms and conditions of the release and intend to be legally bound thereby.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian required if under 18)

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**Contact: Kristin Bonds ([bondskristin@hotmail.com](mailto:bondskristin@hotmail.com)) /518-253-9885**

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*The City School District of Albany is not responsible or liable for any problems or damages arising from participation in this activity.*



## RENEE TOLAN



Running has many advantages and one of its greatest joys is entering a new age bracket. When this bracket coincides with a new division, things are really golden. So, when Renee Tolan turned forty, an age that makes many women run for the wrinkle cream, she was ecstatic. Her birthday gift propelled her into a new age group and the Masters category where she can really excel.

Renee received another birthday gift when turning forty: Saucony chose her to be one of 50 members of Team Saucony across the USA. This is the first time she has represented a company and she cherishes the experience. As an ambassador, she is clad head to toe in Saucony sportswear, a company she has always admired. She is required to do 6 races a year for which she receives a stipend with race reimbursement. In addition, she must keep the company informed about her races and community activities.

Renee did not reach her running peak until her late thirties. She distinguished herself as a runner in middle school and high school but her dream of running at Siena College was shattered when she ruptured her Achilles tendon in the last months of high school, requiring major surgery and a long recovery period. When she finally could run at college it was not competitively. In her junior and senior years, her studies and internships in Washington, DC, became her major concerns. After graduating, she worked for the governor of New Jersey, where she met her future husband. While working in politics, she decided that she really wanted to teach and attended graduate school for a master's degree. With a degree in hand, she was offered a great teaching position that

*Reprinted with permission from August 2015  
Adirondack Sports & Fitness*

also included a coaching job for girls' cross country. It was as if this job opportunity was predestined. The teaching job was rewarding and the coaching position led her on the path to running again. Renee learned of an elite masters runner in the town where she taught who would be competing in the 2003 NYC Marathon. She took her cross country team to see the race and it was here that she had an epiphany as the runners whizzed by that she could do this too. She contacted a coach from another school with whom she was friendly and they decided to run the Philadelphia Marathon together. Although they trained for their first marathon, it was not with the intensity she does now. They ran side by side and both qualified for Boston. At Boston, they ran well enough to qualify for the next year, but that was not to be for Renee, as she was pregnant with her first daughter in 2006 who was followed in 2009 by another daughter. Renee did not take up running again until January 2011 when she decided that it was time to test her mettle and become truly competitive. She determined to make the HMRRRC half-marathon her comeback race. Her resolve was so great that she registered on the first day, when unlike today, registration remained open for weeks. She trained for a time of 1:30. As the workouts proceeded, she realized she could do even better. On race day, much to her surprise and that of others who did not know her, since she moved recently to the area, she came in second in the HMRRRC Half Marathon in a time of 1:23. She ran other races in 2012 but she again did the HMRRRC Half in 2013 and came



*Renee with her family: Sydney (left), Addison and her husband, Mike*



in second with this time with a "slow run" of 1:24. In 2014, once again she came in second but this time with her PR of 1:22. Interspersed with the HMRRRC half marathons, she distinguished herself in other events. In 2013, she did the Nike women's half marathon in Washington, DC and out of 20,000 runners came in fifth! She did the 1812 Challenge in Watertown and came in sixth place overall and second for women. Surprisingly, her favorite distance races are 5K and 10K and she has done well here. In the Freifhofer's Run for Women this year in April, she came in 28th out of 3,194 runners and placed in the top 5 of Masters 40+ in 18:07.

Her method of staying in shape and running as if she is decades younger is well thought out and fun. She now does things she didn't do before. Once a week she does hot yoga and feels it makes a significant difference with her hamstrings and hip mobility in general. As a person gets older, one of the first things to go is the stride length, which then changes your cadence and she believes hot yoga combats this. She used to do strength training with weights but now uses the TRX resistance bands and stability balls, and for core work uses kettle bells of 15 pounds or less. Heavier weights gave her sciatic issues, leaving her legs feeling dead. Her body was sending her strong messages that she heeded. She now faithfully treats herself to a sports massage at Back In Balance in Clifton Park each month. The results have been phenomenal. No longer is she plagued by hamstring issues.

Her children and her teaching influence her training. She finds that if she wants to lead a "normal life" with her children, she must get up at 4 a.m. to train. This is her time. Later in the day after school, she will take her kids to Girl Scouts, soccer, dance, and swimming. She does her long runs on the weekend for the sake of time. In total she runs 50 miles a week. Her husband is very supportive but not a runner. He does TRX training and engages



Mark Mindel on Saucony Hurricane team with Renee

in mixed martial arts boxing regimens. Her children have run in kids' races. Her eight year old tried out for the Barracuda swim team at the Y and made the team itself rather than the juniors. When her daughter goes for evening practice three times a week, Renee swims in the open lanes. If her daughters also takes up cycling, a triathlon could be in Renee's future.

In this mix is added Renee's other commitments. She is on the USATF Adirondack Grand Prix Committee, which is authorized to examine their Grand Prix races to find areas for improvement. She is glad that the USATF has opened the committee up to runners like herself to add their voices to the program. She also is faculty advisor to the school's student council. This responsibility requires Renee to be at many activities the council sponsors such as Homecoming, dances, and sports games where teachers play against the students. When asked if the teachers used "extraordinary" means to beat the students, she smiled knowingly saying that certain things were necessary to even the playing field.

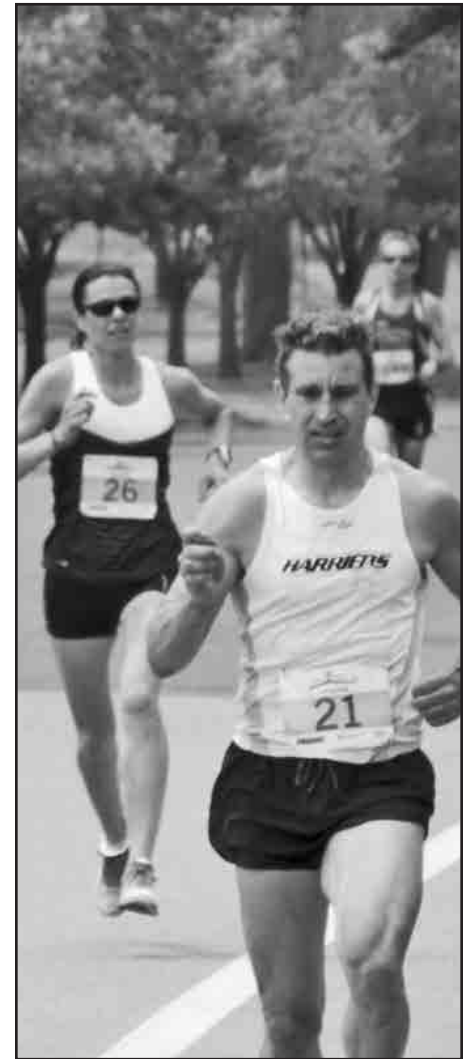
Renee's plans for the future include running prominent masters 5Ks. A cross country masters championship was awarded to Saratoga that will take place on October 18. She doesn't like running on trails, but since this championship was dropped "in her backyard" she feels she should try it. She also has been toying with doing marathons since this is the one distance she has not run competitively. However, marathons present enormous challenges in training. If she does one, she feels she should shoot for under three hours.

Her advice to runners is that as you are



getting older there are obvious changes, yet there still is much that is good, and you can be a strong runner. Running is one of the only sports for which this is possible. Listen to your body and follow what it is telling you. She also thinks that treating yourself to things like hot yoga and massages are beneficial since "You need to invest in yourself."

The year of 2015 has been pivotal in Renee's career. Turning 40 has opened up many doors. Her future is promising as she runs down a path that will lead her to many more successes and adventures. Make sure to check these pages to see if she runs marathons, does triathlons, an ironman, or competes in 5Ks with her children. Renee is definitely a master of her ever-expanding universe. □





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Register at: <https://endurancecui.active.com/event-reg/select-race?e=22348551&int=29-110-1>

# Final Words

by Ken Orner

I anticipated that my July 2015 article "A Tribute to *The Pace Setter*" would be my last before the demise of our marvelous magazine. However, I have decided to contribute some definitions to the literary runner's dictionary.

If you are new to running and have not been around a lot of runners, you may occasionally hear terms or phrases that sound like a foreign language. So here is what you should know:

## PR

It could be an abbreviation for Public Relations, but to most runners it means your Personal Record, so go for it.

## BONK

This happens when you are running and you "run out of gas" or sometimes expressed as "hitting the wall." You may be dehydrated and it's time for some more fuel, but as I like to say, take it slow and easy but try to keep moving.

## CADENCE

Cadence generally refers to the beat, time or measure of rhythmic motion or activity and is applicable to music and to running. Some runners refer to their cadence to the pace that they set or steps per minute that they take.

For me personally, I like to run at a pace that I call "my comfort zone" and everyone has to determine their own pace. I just had a nutty thought. If you set the pace for someone else, would that make you a pacemaker?

## STRIKE

No, I'm not referring to baseball or a work stoppage. I am talking about the way and the weight of your foot hitting the ground with each stride. Do you strike with the front of your foot, mid-foot or the heel? Do you hit hard or do you hit gently? Check yourself out the next time you run.

## DOMS

This stands for Delayed Onset Muscle Soreness - It's the pain you sometimes feel 24 to 48 hours after a race. Post race exercises may include walking and stretching and don't forget being properly hydrated.

## DNF

I dislike this one because it stands for "Did Not Finish." I prefer YCAW which translates: "You Can Always Walk," but do it before you reach a point where you no longer can even walk.

So JF - Just finish.

## FARTLEK

Please no smart-aleck remarks. A fartlek is a Swedish term which means "speed play" and refers to running as fast as you can for differing distances or also described as interval training.

So these are my final words: The best races are those that have a good start and a good finish and putting them as close together as possible. ☐



## Official 2015 HMRRRC BALLOT

The Election Committee presented a slate of nominees at the August meeting. The slate of nominees for the year October 1, 2015 to September 30, 2016 is as follows:

- ☐ JOHN PARISELLA  
**President**
- ☐ FRANK BRODERICK  
**Executive Vice President**
- ☐ RAY NEWKIRK  
**Vice President for Finance**
- ☐ LARA STELMASZYK  
**Secretary**

Please show your support for these nominees by casting your votes and mailing your ballot to:  
HMRRRC Nominating Committee, P.O. Box 12304, Albany, NY 12212  
*Ballots must be received by September 23, 2015.*

***To make your Ballot official, you must sign your name in the lower right hand corner of the envelope in which you mail the Ballot.***



# **HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE**

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**Time: 9:30AM (Both Races)**

**Location: Thacher State Park**



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&

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Individual & Team Championship



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- ✓ Kids' 2 km and 3 km Development XC Runs
- ✓ USATF Masters 5 km XC Championship - 4 Races
- ✓ USATF Adirondack 5 km Race Walk Championship

**Event Website:**  
[saratogaxcclassic.com](http://saratogaxcclassic.com)

**For Info & Registration:**  
USATF Adirondack  
518-273-5552  
[www.usatfadir.org](http://www.usatfadir.org)

Race Director - Pat Glover  
518-877-0654  
[pjglove@aol.com](mailto:pjglove@aol.com)

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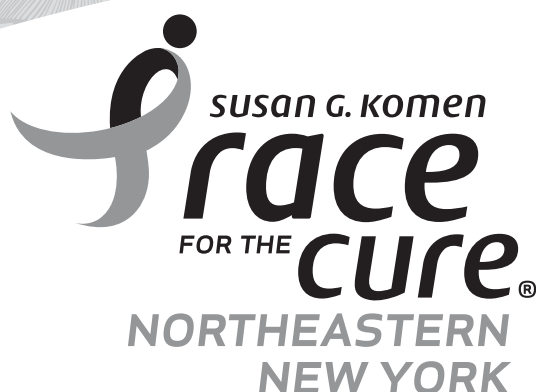
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# EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
08/01/15	Albany	The 37th Dynamic Duo Pursuit Race	8:30 AM	Frank Myers	FLYINGBB45@aol.com
08/01/15	Rensselaer	Ram Run 5K	9:00 AM	Pamela Harwood	Ph2976@yahoo.com
08/02/15	Albany	21st Indian Ladder Trail Run 15K & 3.5 Miler	9:00 AM	Mike Kelly	mjk3my@gmail.com
08/03/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/04/15	Albany	Colonie Summer Track #8 of 8	6:00 PM	Frank Myers	FLYINGBB45@aol.com
08/07/15	Schenectady	5th Annual Schenectady ARC 5K Walk/Run	6:30 PM	Douglas Secor	dougs@arcschenectady.org
08/08/15	Esperance	Landis Arboretum 5K Perennial Forest Run	9:00 AM	David Roy	David.Roy@ScaryLegRunners.com
08/08/15	East Berne	Fox Creek 5K - Hilltown Triple Crown Series	9:00 AM	LEAP	foxcreek5k@gmail.com
08/08/15	Schenectady	OLQP Festa 5K	9:30 AM	Carmela Pasquarella	Carmela.Pasquarella@gmail.com
08/08/15	Ballston Lake	DanRan 5K Run/Walk	9:00 AM	Michael Hale	mihale1@nycap.rr.com
08/09/15	Grafton	Run for the Roses 5K	9:00 AM	Cynthia Pulito	cynthia.pulito@yahoo.com
08/10/15	Albany	Tawasentha XC 5K #1 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/15/15	Ballston Spa	14th Annual Jailhouse Rock 5k Race	8:30 AM	Carolyn	admin@brooksidemuseum.org
08/15/15	Delmar	10 miles	8:30 AM	Jim Glavin	jimglavin@msn.com
08/17/15	GANSEVOORT	The Monday Night Mile (1 mile race)	5:30 PM	John Pecora	john.pecora@symca.org
08/17/15	Albany	Tawasentha XC 5K [GP] #2 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/17/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/22/15	Altamont	Voorheesville 5K Run/Walk	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
08/23/15	Guiderland	VENT Fitness NXT 5K	9:45 AM	Michael Arce	marce@ventfitness.com
08/23/15	Altona	Half Marathon	8:00 AM	Thomas Brown	Fricfrom54@gmail.com
08/24/15	Albany	Tawasentha XC 5K #3 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/29/15	Altamont	Altamont 5K Run/Walk (18th)	9:00 AM	Phil Carducci	altamont5k@nycap.rr.com
08/29/15	Hanover	Trout 10K for Huntington's Disease	9:30 AM	Brenda King	BKing57@yahoo.com
09/05/15	Altamont	Voorheesville 5K Cross Country Challenge	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
09/06/15	Duanesburg	Capital District Scottish Games 5K	10:30 AM	Rebecca Schenck	scotgames5k@yahoo.com
09/07/15	Albany	27th SEFCU Foundation Labor Day 5K [GP]	9:00 AM	John Parisella	jp2cella@me.com
09/12/15	Malta	Malta 5k Presented by Global Foundries & Malta BPA	8:30 AM	Paul Loomis	info@malta5k.com
09/13/15	Albany	44th HMRRC Anniversary Run [GP]	9:00 AM	Pat Glover	piglove@aol.com
09/13/15	Delmar	Teal Ribbon 5K (14th)	9:00 AM	Jim Foley	contact@caringtogethermy.org
09/13/15	Slingerlands	WWAARC 5K & Kid's Run	10:00 AM	Michelle Bielawa	mbielawa@caparcny.org
09/13/15	Slingerlands	WWAARC 5K and Kid's Run	10:00 AM	Michelle Bielawa	mbielawa@caparcny.org
09/19/15	Niskayuna	Nisky Fall Fun Run 5K	5:30 PM	Lori Peretti	lperetti@niskayuna.org
09/19/15	Guiderland	Guiderland YMCA Brenda Deer 5K Memorial Run. 5k Run 3k walk and kids 1 mile run	10:00 AM	Ben Luke	bluke@cdymca.org
09/20/15	Saratoga Springs	Saratoga Palio Half Marathon	7:45 AM	Meghan Cozier	meghan.crozier@inventivhealth.com
09/26/15	Slingerlands	CRSS Race for Hope 5K	10:00 AM	Carla Sorbero	csorbero@capitalregionspecialsurgery.com
09/26/15	Cobleskill	FAM 5K Run	10:00 AM	Fenimore Asset Management	fam5k@famfunds.com
09/26/15	Johnson City	Bark For Life 5K Run	2:00 PM	Spencer Waldman	spencer.waldman@cancer.org
09/27/15	Albany	Dunkin Run 2015----5k	8:30 AM	Tom Wachunas	tomw@albanyjcc.org
09/27/15	Clifton Park	NICK'S FIGHT TO BE HEALED 5K RUN	10:00 AM	Liz Fox	nicksrun@fighttobehealed.org
10/03/15	Cohoes	Boght Fire Prevention XC 5K	9:00 AM	Katelyn Reepmeyer	bfd167@boghtfire.org
10/03/15	Albany	Susan G. Komen Race for the Cure	9:00 AM	Tori Roggen	info@komenenvy.org
10/04/15	Albany	35th HMRRC Voorheesville 7.1 Mile [GP]	10:00 AM	Ed Hampston & Todd Smith & Martha Gohlke	edolfan@yahoo.com
10/04/15	Schenectady	Beat Beethoven! 5K Run/Walk	9:20 AM	Christine Mason	sso2@verizon.net
10/11/15	Albany	14th Hannaford Half Marathon	8:30 AM	Maureen Cox	racedirector@mohawkudsonmarathon.com
10/11/15	Albany	32nd Mohawk Hudson River Marathon [GP]	8:30 AM	Maureen Cox	racedirector@mohawkudsonmarathon.com
10/17/15	Kingston	Run4Me 5K to benefit Cerebral Palsy of Ulster	8:00 AM	Sarah	shurd@cpulster.org
10/18/15	Middletown	Hambletonian Marathon & Good Time Trotters Relay	8:00 AM	Kathleen Rifkin	info@hambletonianmarathon.com
10/18/15	Syracuse	Empire State Marathon/ Half Marathon & Relay	7:30 AM	K. Collins	info@empirestatemarathon.com
10/31/15	troy	Troy YMCA Monster Madness Dash	8:30 AM	Michael Malone	mmalone@cdymca.org
11/07/15	Clarksville	RUN 4 THE HILL	10:00 AM	Kathy Taylor	ktaylor@albanycounty.com
11/08/15	Albany	40th Stockade-athon 15K [GP]	8:30 AM	Vince Juliano	hamletbryans@nycap.rr.com
11/22/15	Albany	HMRRC Turkey Raffle Run -- 1 Hour	10:00 AM	Al Malkels	afmcpa1040@yahoo.com
12/13/15	Albany	The Doug Bowden Winter Series Race #1 -- 15K and 3M	10:00 AM	Bart Trudeau	bart@truarchs.com



**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
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Albany, NY  
Permit No. 415

*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!*