

The Pace Setter

May 2015

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



35th ANNUAL HMRRRC
BILL ROBINSON
Masters 10K Championship

For Runners 40 Years Old or Older
Grand Prix Race – USATF / HMRRRC
Adirondack USATF Masters Championship



*Bill Robinson
Race Winner
1987, 34:15 (pace 5:30)*



*Bill Robinson
Race Winner
1989, 35:20 pace (5:36)*

SATURDAY, MAY 16, 2015 - 9 A.M.

Awards- 3 deep in 5-year age group – Beginning at 40-44 through 80+

TEAMS: Top three USATF Registered Female and Male teams in ten year age groups.
For team entry forms or to join USATF visit: www.usatfadir.org
(USATF ADK member # is required for USATF Grand Prix scoring)

Memento: Commemorative Gift to First 100 Registered Runners
Post Race Refreshments – Certified Course (NY98008AM)

REPORT TO: GUILDERLAND HIGH SCHOOL - Meadowdale Rd Guilderland Ctr.

ENTRY FEE: \$13.00 (HMRRRC/USATF members) or **\$15.00** (non members)
Day of Race Entry: **\$20; MASTERS ONLY!**
For On-Line Registration, visit www.hmrrc.com

MAIL ENTRY TO: (Checks payable to HMRRRC): HMRRRC, P.O. Box 12304, Albany, NY 12212

Questions: Jim Tierney, 518-869-5597, or e-mail: runnerjmt@aol.com

Name: _____

Street Address: _____

City/ Town _____ State _____ Zip _____

Email Address: _____

Emergency Phone Contact: _____ Gender: ☐ Female ☐ Male

Birth Date _____ Age (on race day) _____ USATF # _____

Release: I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools, the Hudson-Mohawk Road Runners Club, & USATF for any and all injuries suffered by me in said event. These organizations and their representatives shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____

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- What's Happening

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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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The Pace Setter

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Photos in this issue are by Wendy Colonno, Michael Conroy, Kori Jones, Karen Koskowski & Ellen Snee

Cover photo: Patrick Carroll and Sara Dunham winning the five mile Delmar Dash on March 29, 2015 on a sunny, cold day.



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 great Abraham Lincoln once said, "All that I am and hope to be, I owe to my angel mother." My mother was not a runner, but she was the guiding force behind, and continues to be my guardian angel through all my miles.

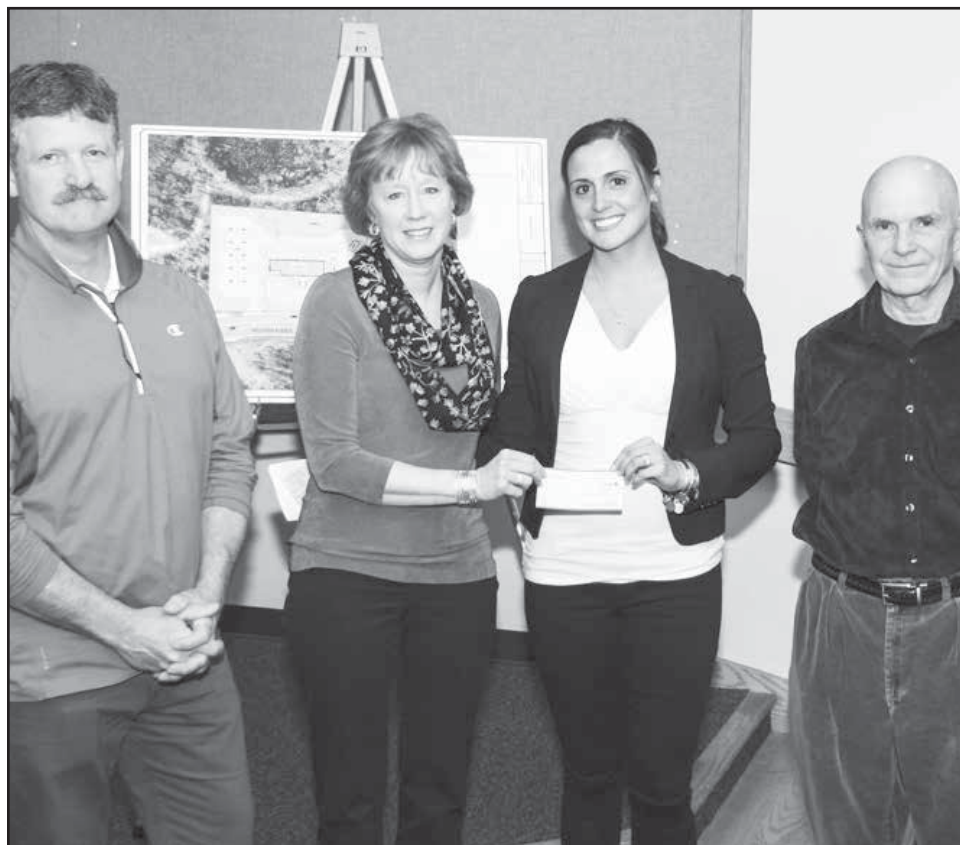
This May, as we celebrate the impact of mothers everywhere, I urge you to find time to reflect upon the motherly relationships in your life. What does it mean to be a mother? There are many definitions of the word. A woman who gives birth to a child, is a mother. A woman who protects and raises a child, is a mother. A woman who loves, nurtures and cares for a furry pet, is a mother. Even Mother Teresa was a "mother" to thousands of children in poverty.

To realize the actual essence of Mother's Day, it is essential to understand the mother-figure in your life, and the influence she has had on you. As a new mom to my son, Noah Nicholas, I have a new perspective on what it means to be a mother. I also have a new reason to run; I have a new responsibility to take care of myself and to live a healthy lifestyle as an example to him. This Mother's Day, among

the flowers and candy, along with the fancy dinners out, and the well-deserved pampering, I think we should head to the streets and run to honor the mothers in our lives. I will run to honor Noah, and to celebrate the joy he has brought to my family. I will run to honor my mother, and being a mother to my wonderful dog, Izzie. Why will you run?

Need a little more motivation? Mother's Day also marks the kick-off of National Women's Health Week (May 11-17): a week designed for women across the nation to make their health a top priority and take simple steps to live safer and healthier lives. Want a great way to jumpstart this week, and pay tribute to moms everywhere? Join me on Sunday, May 10th, in Schenectady's Central Park for the 35th annual Mother's Day bRUNch as sisters and mothers, daughters and sons run for mothers everywhere. Are you a husband, father or son looking to cheer on a family member or friend? We encourage you to support them by volunteering!

Hope to see you there! Happy Mother's Day! ☐



Meghan and Ray Newkirk (right) presenting a grant to Linda Cure of the Town of Guilderland Department of Parks and Recreation for improvements to trails, and a chalet at Tawasentha Park



What's Happening in May

by Al Maikels

The 35th Annual Mother's Day race leads off the May schedule on Sunday, May 10 at 9:30 a.m. at Central Park in Schenectady. After a long run in Bethlehem, the race moved to Schenectady in an effort to increase the race numbers. This race is for women and their children and is used by many women as their "tune up" for the Freihofer's Run.

The Bill Robinson Masters 10k race is on the May schedule this year, as scheduling conflicts with Guilderland High School necessitated the move from April to May. The Masters race is for runners over 40 years old and is held on a rolling course that starts and finishes at Guilderland High School. The race is set for Saturday, May 16 at 9 a.m. at the Guilderland High School, if you're under 40 they can always use help.

The other club race in May is the largest and most name-changed race in the Capital District. The CDPHP Workforce Team Challenge will be held on Thursday, May 21 at 6:25 p.m. at the Empire State Plaza. This is also the 35th running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge, as well as GHI Workforce Team Challenge. The Workforce Team Challenge is

a 3 and one-half mile race and is run as a team competition open to employees of local businesses and government agencies. If your place of employment has a team, sign up. If there isn't a team, organize one. If all else fails, get a group of people together, or just your own self and volunteer for the race. The CDPHP race is the major fundraiser for the HMRRC and with over 9,000 runners expected, the event can always use the help.

The Freihofer's Run for Women returns to the May schedule with the 37th edition of the race set for Saturday, May 30. The race is held at the Empire State Plaza and will go off at 9:30. There is also a series of kids' runs held at the race, making it a great family day at the plaza.

The best race value in the area is the Voorheesville Memorial Day races. There is a 2-mile race on the roads and a 15k that goes off the roads for 2 miles of fun in the Indian Ladder apple orchard. The races begin at 12 noon on Saturday, May 23. The post race festivities include two of the major components of the food pyramid, beer and hot dogs.

The club business meeting for May will be Wednesday, May 13 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave 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



Submissions for the July Issue of *The Pace Setter*

Articles:

Deadline is May 25.

Submit to:

Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is June 1st. Contact

Advertising Director at psads123@gmail.com to reserve space. Please send ads to psads123@gmail.com

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.



Traveling Runners & Gas Station Nutrition

Are you among the many runners, triathletes, coaches, trainers, and support crews—including parents, partners and siblings—who spend too much time on the road, traveling from one sporting event to the next? If so, your food budget is likely tight, your encounters with unhealthy foods are relentless, and your hankering for comfort foods might often overpower your nutrition knowledge. While you likely know what you should eat, you may struggle to eat well. Regardless of the obstacles, runners and triathletes who travel by car and bus need to fuel optimally to be able to perform at their best.

When healthful food options are scarce, some travelers wonder if eating a decent sports diet is even possible when grabbing late-night or early morning snacks from a gas station or vending machine's meager offerings. The answer: yes, with a bit of creativity.

To better understand the limitations of eating on the road, I spent an afternoon hanging out at a few gas stations. The bigger stations and those closer to a main highway or busy towns had far better offerings than the small-town gas station's shelves stocked with just a few bags of pork rinds and some candy bars. Hence, you (or the team's bus driver) want to take nutrition into mind when planning fuel stops. Gassing up sooner at a bigger station is better than later, if later will be in the middle of nowhere.

The following tips can help you eat reasonably well from a gas station or vending machine—or at least, eat better than if you have no plan at all. But first, for the purposes of this article, you need to understand the definition of "well balanced sports diet"—and note that "well balanced" applies to your entire day's eating, not just one meal or snack. Hence, a good breakfast, lunch and dinner can help offset sub-optimal midnight junk food.

A "well balanced sports diet" includes foods

from at least three—ideally four—of these food groupings:

1. *Fruits and vegetables* for vitamins and minerals to boost your immune system and help keep your body healthy.

2. *Grain-based foods* to fuel your muscles and your brain.

3. *Protein-rich foods* to build and repair your muscles.

4. *Calcium-rich foods* such as dairy, to enhance bone-health and also offer high-quality protein for muscles.

"Balance" also includes calorie-balance. Be sure to read the calorie information on food labels and eat only the portion that fits into your calorie budget: approximately 600-800 calories/meal for active women and 800-1,000 calories/meal for active men.

The box on this page lists some typical gas station snacks groups the foods according to nutrient profile. Your job is to choose one food from at least three of the four groups. Using this template, you can manage to pick a somewhat balanced, halfway decent sports diet when you are on the road (or at a vending machine).

** If you are lactose intolerant, cheddar cheese is a lactose-free dairy option—but you likely want to travel with Lactaid™ Pills. Non-dairy calcium-rich foods such as soy milk or calcium-fortified orange juice can be hard to find on the road.

Turning snacks into a balanced sports diet

When you are at home, a "well balanced diet" includes all four food groups and might look like this:

Wheaties + milk + banana + hard boiled eggs

Whole wheat bread + turkey + cheese + lettuce/tomato, an apple

Brown rice + chicken + broccoli + yogurt (for dessert)

When you are eating from the gas station/vending machine, your balanced diet might resemble these "tasty" (ha!) meals:

Orange juice
+ popcorn + protein bar + yogurt

Salsa+ corn chips + almonds + milk
Banana + peanuts + Wheat Thins + cheese stick

Fruits and vegetables are the hardest foods to find when you are on the road. Because your body stores vitamins in the liver, you can have a diet low in fruits and veggies for a week or so and you will not suffer from malnutrition. (A healthy person's liver stores enough vitamin C to last at least three weeks.) But you will want to re-stock your liver's diminished supply when you get back home. That means, choose fruit smoothies, colorful salads, and generous portions of fresh fruits and veggies whenever you get the opportunity to do so.

Traveling with a cooler

A wise alternative to "dining" at gas stations is to travel with a mini-cooler (and re-freezable ice packs). Stock the cooler with sandwiches (PB&J, ham & cheese), beverages, and wholesome sports foods. A pre-trip food-shopping spree at large supermarket can save you (and your teammates) a lot of money. Suggestions include:

Perishable items: Oranges, orange juice, baby carrots, peppers (eat them like apples); yogurt, sliced cheese, milk chugs; ham, hard boiled eggs, hummus; tortillas, wraps, mini-bagels.

Non-perishable items: tuna in pop-top cans, small jar of peanut butter, almonds; granola bars, graham crackers; Fig Newtons, dried fruit, V8 juice.

Note: your teammates might come begging for food, so pack extra—or better yet, encourage them to pack their own cooler!

The Bottom Line

Performance starts with good nutrition. If you make the effort to travel to races and running events, you might as well make the effort to eat well. No amount of training will outperform a bad sports diet.

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, enjoy reading her *Sports Nutrition Guidebook* and *Food Guide for Marathoners*. They are available at www.nancyclarkrd.com. Also see www.NutritionSportsExerciseCEUs.com for online education. □



1. Fruits & Vegetables	2. Grain-based foods	3. Protein-rich foods	4. Calcium-rich foods/Dairy
Orange Orange Juice 100% Fruit Juice Apples Applesauce	Triscuits, Wheat Thins Graham Crackers	Peanuts Almonds Mixed Nuts Trail Mix Sunflower Seeds	Milk, dairy or soy
Bananas	Peanut Butter Crackers BelVista Biscuit	Jerkey (beef, turkey)	Flavored Milk: Chocolate Strawberry, Vanilla
Raisins	Popcorn/Smartfood Corn Chips. Tostitos Scoops Pretzels	KIND bar Clif Builder's Bar	Yogurt, regular Yogurt, Greek
Canned Fruit (peaches)	Clif Bars Powerbars	Canned Tuna Egg, hard boiled	Cheese sticks Pre-sliced Cheese (Individually wrapped)
Salsa	Nature Valley Granola Bar	Milk Yogurt, Cheese	
V-8 Juice	Muffin (bran, corn) Cereal Cups (Raisin Bran)		

PUZZLE PAGE

by Christine Bishop

Below are two seemingly identical photos, but if you look closely, the picture at the bottom is different. See if you can find at **least** six changes.



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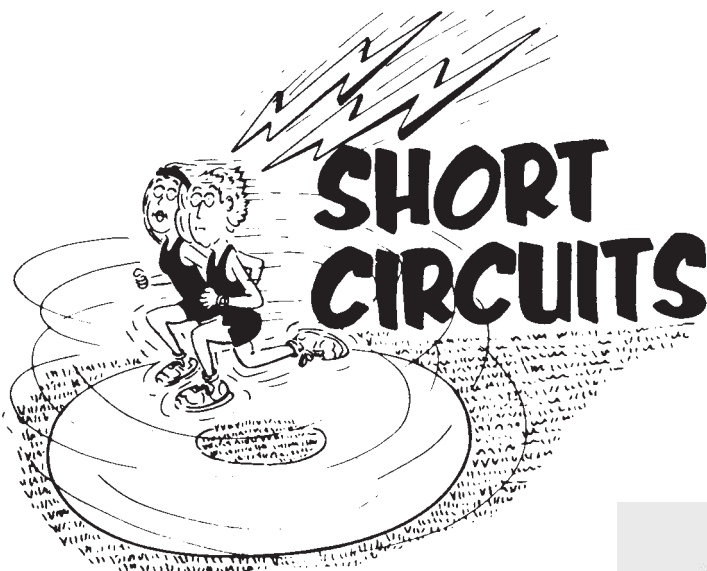
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T O M O G R A D Y S E F C U N

**BOSTON MARATHON
NY TOP 5- LOCAL
AND LOTS OF OTHER TERMS**

JAIME JULIA
TOM O'GRADY
AARON LOZIER
JOSH MERLIS
OWEN STRONG

JESSICA BASHAW
KAREN DOLGE
DEANNE WEBSTER
ALLISON CONNOR
LIZ CHAUHAN

Only one name is diagonal, and there are loads of embedded running terms. SEND A LIST OF TERMS to BishopPacesetter@gmail.com and your name will be in the next issue.
Happy Puzzling!



Boston Marathon Happenings

April was the month of the 2015 Boston Marathon and it was celebrated in numerous ways. Running shoe companies made special commemorative shoes from a simple design with Adidas' Boston Marathon logo on the tongue, to Skechers making available the exact shoe that Meb Keflezighi wore in the marathon, to a humorous Brooks shoe covered with Boston lobsters. Adidas, Marathon Sports, and the Boston Athletic Association (BAA), which sponsors the race, opened up a store and museum called RunBase on Boylston Street strategically placed close to the finish line of the race. As visitors enter they will be greeted by a large unicorn sculpture, the logo of the marathon; a huge animated map of the course; four interactive screens featuring events in race history; along with a database featuring everyone who has ever completed the marathon since its beginning. In addition, there will be a treadmill where anyone can run part or the entire Boston Marathon with pictures zooming by. Marathon apparel will be on sale. There will be locker rooms for businessmen in the area, runners, or tourists who want to run while in Boston. Space will be available for public events, guest speakers and the like. RunBase stores/museums also exist in Tokyo, Moscow, London, Sao Paulo, Prague, and Stockholm.

Marathon Gold

Marathons are a great way for people to achieve a personal goal and raise money for a charity, and no place does it better than London. 2014 was the 8th consecutive year that London Marathon entrants broke the Guinness World Record for the largest annual single-day charity fundraising event. They are trying even harder this year to break last year's record of \$79.4 million. In the United States in 2014, the

money raised in marathons was not on the level of London: Boston \$38.4 million, NYC \$17.9 million, and Chicago \$15.3 million. How does London do it?

One new way this year is a method that could be employed around the globe. A celebrity in England, Stephen Fry, who is a comedian, writer, and actor, is making videos for charity in which he personally appears. The video runs two minutes and can be played on any social media for friends, family and donors to see. Go to www.myfundraisingfilm.com and you can see how it is done.



You Gotta Be Different

A company has come out with a jogging stroller unlike any you have seen. In this one, the baby is in the back and the egg-shaped stroller is attached by a harness at the waist of the runner. The supposed advantage of this carrier is that the runner's form is kept intact. No hands are needed to guide the carriage. However, let's hope this adage does not apply: Out of sight, out of mind. The stroller will be available in the fall.

There's Gold in Them Thar Hills

Competitive running may not get much coverage in the media, but in the business world it does. According to the 2014 report

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



by the National Sporting Goods Association, in 2013 there were \$3.3 billion in sales of running shoes, over a \$1 billion more than 2010. Surprisingly, the number one shoe company was Brooks, not Nike, replacing Asics, which reigned for many years. In 2001, Brooks, near bankruptcy, decided to specialize only in selling running shoes, providing good customer service, and promoting a Run Happy campaign. By 2014, their 100th year in business, the strategy paid off and they celebrated being runners' number one brand.



"Runcations"

Not only running shoe companies realize the money to be had in running, so too have tourist companies now featuring "Runcations" that combine the sport of running with the adventure of travel. You name a tourist destination and it can be combined with a marathon. Many times foreign marathons do not require the lead-time for registration that our MHR Marathon and others in the US do. For example, as of April you could still sign up for the May 16, 2015 Great Wall Marathon in Beijing and then tour China. World Marathon Challenge Organization offers to take a group of 12 persons to seven marathons, on seven continents, in seven days with the starting cost being \$36,000. Now that would make a great *Pace Setter* article!

Is This What the Doctor Ordered!

Researchers from Oregon State University examined medical school curricula in the United States to see if courses were given to train physicians in the use of exercise for treatment. Much to their surprise they found that a majority of medical schools offer no programs on exercise, and that of those that do, 21% offer only one course. Further, it was found that most medical schools do not make these courses compulsory. Numerous studies have shown the benefit of exercise in keeping



people healthy and preventing obesity, heart disease, and other major illnesses. Exercises can also be used as treatments for many ailments in lieu of operations and medicine. The American College of Sports Medicine is initiating an "Exercise is Medicine" program that may help to remedy the situation, and exercise is a key component in U.S. government's "Healthy People 2020" initiative to improve health across the nation. So let us hope that medical colleges respond to these actions.



Damned if You Do and Damned If You Don't

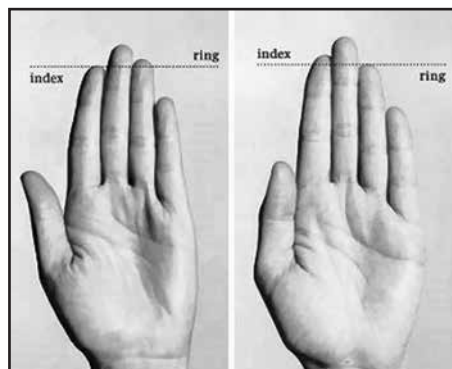
In a new study carried out by scientists at the London School of Hygiene and Tropical Medicine who examined health records of over 2 million patients, it was found that those who in middle age were underweight or on the low side of normal weight had a significantly higher rate of dementia than pudgy or overweight people. Those with a BMI (Body Mass Index) of below 20 were the most at risk for dementia. The size of the study seemingly makes it hard to refute, with results that surprised the researchers who expected the opposite to be true. However, scientists said that the study should not encourage people to over eat, because, "Even if there were to be a protective effect in dementia, you may not live long enough to benefit because you are at higher risk from other conditions."



You Can Help If You Want

Most major news outlets around the coun-

try and some international ones have carried a sad story about a local runner. Bryan Morseman, who won the MHR Marathon in 2013, recently ran and won three marathons in an eight-day period to raise money to help pay for treatment for his infant son, Leeim, who was born with spina bifida, which can cause paralysis. The disorder develops in the womb when a baby's spinal column does not form properly. Leeim needs specialized treatment and it is expensive. If you would like to donate money to help Bryan, go to this link online: www.gofundme.com/rc6xsc8



Pointing Fingers

According to the journal *Plos One*, men who run faster and do long distances have desirable sex genes that give them a better sex drive and higher sperm count, thus endowing them with an evolutionary advantage. Most surprisingly, the researchers at the University of Cambridge supplied an anatomical way for men and women to find out if they are in luck. The study was done on 439 runners, which is not a great number. If you are still interested in the indicator, here it is: Men with the longest ring fingers compared to their index finger are more virile.

How Many Pairs of Shoes Does It Take to Run Around the Globe?

Kevin Carr from Devon, England, has become the third person to circumnavigate the globe by running and has set a "world" record. He covered 16,300 miles, or 36,000,000 steps, in 621 days, beating the previous record holder, Thomas Denniss, an Australian ultramarathoner, by 24 hours. The World Runners Association set criteria that must be met to be considered for the feat: travelling at least 16,150 miles, crossing four continents from coast to coast and taking airplanes between continents and resuming running when landed. During his trek, he encountered severe weather, wild animals, heat stroke, isolation, and curious on-lookers. In the beginning he ran a marathon each day, but had to up the ante to fifty miles or else he would not have beaten the record. As to how many shoes he went through, the answer is 16 pairs. That's about 1,018.75 miles per pair. I would like to know what brand!

For Downton Abbey Fans

Robert James-Collier, the evil, gay butler on *Downton Abbey*, turns out to be a nice



guy. He ran the London Marathon on April 26, 2015, in 3:43:34, and raised \$25,000 for a multiple sclerosis center in Buckinghamshire by doing so. He created a website called Evil-Butler.com where fans could go to donate for the cause and watch a Downton Abbey meets Star Wars video that will be updated and sent to those who donated. The site will stay online for several more months.



Crime Pays

At one time, Liliya Shobukhova was in the record books as having run the second fastest marathon time of any woman on this planet except for Paula Radcliffe. Many years later, after winning scores of medals and millions in cash prizes, it was discovered that Liliya had been methodically paying Russian track officials to hide her failed drug tests. When it was discovered, she was stripped of the medals and titles but so far has not been ordered to return any of the money that should have gone to Germany's Irina Mikitenko, \$530,000, and Kenya's Edna Kiplagat, \$507,500, and other unfortunate runners who ultimately won the race, but lost the money. Mikitenko and Kiplagat were in contention for the World Marathon Majors prize, which is only given to one winner. Coming in second financially is the same as coming in last. Mikitenko should have won the 2008-2009 World Marathon Major, but so far, she received the title but not the money. The same is true for Edna Kiplagat, who should have won the 2010-2011 World Marathon Majors award. Further, Shobukhova's wins at three Chicago Marathons and one London denied Mikitenko and others of prize money. What's even worse for Mikitenko is that she was beaten in races by Rita Jeptoo, another drug cheat, who took the money and ran. Shobukhova was barred from running for two years – 2014-2016. Recently the ban was lengthened to four years. Surprisingly that was cancelled by the IAAF for unstated reasons, which has led to speculation that there has been an out of court settlement. It will be interesting to find out if Liliya is forced to recompense the rightful winners who have lost considerable amounts of money. In the meantime the World Marathon Majors has changed its system of prizes to have more random drug testing and payments in increments of \$100,000. for five years to ensure that the winners remain drug free. ☐



40th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACES

PLUS

Children's Races - Fun Walk

MEMORIAL DAY CELEBRATION SATURDAY, MAY 23, 2015

Schedule:
10 A.M. Memorial Day Parade
11 A.M. Children's Races
12:15 P.M. 15 KM (9.3 mile) Race
12:25 P.M. 3.2 KM (2 mile) Race & Fun Walk

15 KM Course: Accurately measured; mostly flat; 2 miles of race in an apple orchard; loop course; starts at the Voorheesville American Legion.

Registration: 9:30 A.M. – 11:30 A.M. Voorheesville Ambulance Area.
Dressing facilities not available.

Awards: 15 & 3.2 KM Races - Trophy for 1st 3 places in each division
1st 125 finishers in each race receive a souvenir
Children's races (50 -100 yards according to grade & sex) - no entry fees.

Entry Fee: For 15KM & 3.2KM: **\$6.00 by mail before May 16; \$7.00 on race day.**
Send Entries to: Herbert W. Reilly, Jr.
22 Voorheesville Avenue
Voorheesville, NY 12186

Refreshments for all distance runners at the Voorheesville American Legion

Official Entry Form

Name: _____ **Age (as of 5/23/15):** _____ **Phone:** _____

Address: _____ **City:** _____ **Zip Code:** _____

15 KM Race : Men's Divisions : ___ Open(18-29) ___ High School ___ Sub Master(30-39)
___ Masters(40-49) ___ Seniors(50-59) ___ 60 and over

Women's Divisions : ___ Under 35 ___ 35 to 49 ___ 50 and over

3.2 KM Race: Boy's Divisions: ___ Grade 1-5 ___ Grades 6 - 8 ___ Grades 9-12
Men's Divisions: ___ 18-29 ___ 30-39 ___ 40 & Over
Girl's Divisions: ___ Grade 1 - 5 ___ Grades 6 - 8 ___ Grades 9-12
Women's Divisions: ___ 18-29 ___ 30-39 ___ 40 & Over

In consideration of acceptance by the sponsors of my application to participate in the Voorheesville 15 KM race or the 3.2 KM race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit.

Date: _____ **Signature:** _____ **Parent's Signature:** _____
(sanctioned by USA Track & Field) (If entrant is under 18 years of age)

Running Away

by Kathy Barlow



The Vermont City Marathon is held annually in Burlington, Vermont on the Sunday of Memorial Day weekend. It's a friendly race – you may run into your neighbors, as I did, or meet runners from another country who have heard about the race and want to challenge themselves. The organizers limit the number of participants to just under 4,000, which creates a camaraderie among runners, whether they are relay participants or in it for the entire race. There are many hotel options in Burlington. We had a large group and opted to rent a house in North Hero, about 45 minutes north of the city. The commute into Burlington, both to the expo on Saturday and the race on Sunday morning, was very manageable.

The race begins on the top of Battery Street next to Battery Park. There are plenty of porta-johns set up in the park to help with last minute jitters. Nine different pace leaders provide carry signs with varying pace times for runners who want a pace set for them.



Wheelchair racers are the first to head out promptly at 8 a.m., followed by an 8:03 start for marathon and relay participants. The weather in Burlington on Memorial Day can range from cold, rainy and chilly to sunny, breezy and warm. The Vermont City Marathon is one of those races where you need to pack multiple clothing options and choose your running clothes very close to race time. The year I ran this race it was cool and overcast, until mile 10 where we had a heavy downpour for almost an hour! I had a hat with a long brim on it that did an excellent job keeping the rain from running in my eyes!

The race weaves its way through downtown Burlington and back up Battery Street before taking a turn that heads out of town for 4 miles and doubles back. Other runners that I've spoken with agree with me that this is the least favorite part of the race. It seems longer than it is, possibly because the rest of the race is visually pleasant, with forested areas or a Lake Champlain view, and this section doesn't offer much in scenery. The race continues back in to downtown Burlington and runs through the pedestrian mall before turning to follow the waterfront for the next few miles.



Church Street in downtown Burlington is a vibrant, open air marketplace. The center of town is framed by historic buildings that house unique shopping venues and restaurants. Burlington embraces multiple cultures that offer a fantastic variety of foods and beverages. The restaurants and bars fill up quickly after the marathon, so be sure to make a reservation at your favorite place to avoid a long wait. The Burlington Farmers Market moves outdoors to Burlington's City Hall park just off the Church Street Marketplace in May. In operation since 1980, the Farmers Market is a colorful collection of the best in Vermont food, crafts and music.

The next few miles of the marathon hug the shoreline and offer spectacular views of Lake Champlain and the Adirondack mountains on the west side of the lake.



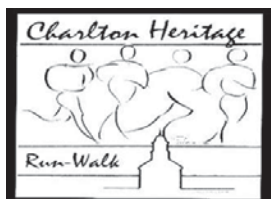
The race re-enters downtown at about the 15th mile to the beat of Taiko drummers dressed in colorful costumes playing extraordinary rhythms on their instruments. The drummers are strategically placed to make running the six blocks up Battery Street hill a tolerable experience.



At the top of the hill you once again pass Battery Park. This time you continue out through charming neighborhoods until the route enters the woods for the final miles to the finish line.



This is a race full of energy! It is well organized and offers a variety of landscapes, from urban restoration to lakeside mountain views to long wooded trails. The Vermont City Marathon is a fun way to see Burlington, Vermont's Queen City. □



18th CHARLTON 5K RUN

SATURDAY, JUNE 6, 2015 AT 10:00 AM



Chip Timing By ARE



Entrance fees: \$25 post marked before May 25, 2015. Proceeds to CHARLTON HISTORICAL SOCIETY.

Mail Entries: Charlton Heritage 5K
2093 Maple Avenue
Charlton, NY 12019

On-Line Registration: ACTIVE.COM

Late Registration: \$30 after May 24, 2015

Race day registration: \$30 May 31, 2014 at 8:00-9:30AM

Awards: Five Year Age Groups

Questions? Phone: (518) 384-0065

Website: Charlton5k.org

E-mail: bherk@nycap.rr.com



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Charlton Town Supervisor



ODORLESS Sanitary Cleaners

ENTRY BLANK

CHARLTON HERITAGE 5K RUN/WALK, 1 MILE KIDS RUN - 2015

NAME (Please Print) _____ AGE (on 6-06-15) _____ GENDER ☐ MALE ☐ FEMALE

ADDRESS _____ EMAIL _____

CITY _____ STATE _____ ZIP _____ PHONE _____

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The Charlton Historical Society, The Town of Charlton, any any sponsors and their representatives, successors, and assigns for any and all injuries suffered in this said event. I attest and verify that I will participate in the event as a foot race entrant, that I am physically fit and sufficiently trained for the completion of his event and my physical condition has been verified by a licensed medical doctor.

☐ STD. REGISTRATION \$25 ☐ LATE REGISTRATION (after 5/24/15) \$30 ☐ ONE MILE KIDS RUN \$10

☐ ADDITIONAL DONATION \$ _____ SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL

TEAM _____ ☐ OPEN ☐ FAMILY

Signature _____ Parent's Signature if you are under 18 years old: _____



17th Annual Kinderhook Bank

OK  5k

Saturday — June 6, 2015 — 9:00 AM

2015 USATF Adirondack Grand Prix Road Race

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome. Race walkers will be monitored on course.	
Registration	Web www.OK5krace.org or form below.	email: kinderhookok5krace@gmail.com
Entry Fee (5K Race)	\$18.00 before May 30 th \$16.00 KRC Members before May 30 th \$15.00 Students before May 30 th	\$25 May 30 th and after \$25 May 30 th and after \$25 May 30 th and after
Packet Pickup	Friday, June 5 th , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 6 – Village Square: 7– 8:30 AM. No Race Day registration after 8:30	
Awards	5-year Age Groups including under 10 through to 80 and greater age groups. Race Walkers: Top 3 Men and Women. Top 3 member team. No Race Day Registrations	
USATF	Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552	

OK 1 Mile Run Ages: 4 to 12	Sponsored by: Kinderhook Runners Club in honor of Chris Volney Time - 8:15 AM – Finishers' Medals for all. Starts in Village Square. Fee: \$2.00 - Medal to winner in each 1 year age group	
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.	
Donations	Please consider bringing a non-perishable food item for the local Food Pantry and/ or Women's running shoes for a running program for victims of domestic violence.	

RACE APPLICATION FORM

☐ 5K ☐ 5K Race Walk ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each member separate entry form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (*checks payable to: OK 5k*)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNER/WALKERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT

☐ EXTRA SMALL ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ KRC Member Circle One: Y N USATF # _____

Email address _____

FOR TEAM MEMBERS ONLY:

Team Type : ☐ All Male ☐ All Female ☐ Mixed (Co-ed) Team Name (10 characters or less): _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race, the USATF and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

A Flower Blooms Amid An Endless Winter

By VRJ

When Race Directors Aaron and Diane Knobloch moved the popular Delmar Dash 5 to March 29th this year so to not conflict with the Easter Holidays, a record low temperature of 11F at sunrise was probably not what they had in mind.

While Alaskan dog races had to be moved north due to a lack of snow, and California braces for an extended drought and early spring heat, here in the northeast snow and ice remained a permanent feature of the frozen landscape as the month of March was just an extension of an endless winter.

A resolute gathering of 444 runners arrived early and ready to race the traditional flat residential 5-mile loop course, dressed in performance layers and glancing upward at the bright sunshine in hopes of a moderate thaw prior to the 9 a.m. start.

Each new year brings forth interesting story lines, and this 27th edition of the Dash was no exception.

Patrick Carroll, Queensbury High School and Clarkson Graduate, won his 3rd competitive road race in 3 weeks, an unofficial March Triple Crown, by adding the Dash title to his prior March victories at Rotterdam's Runnin' of the Green 4 miler, and the Glens Falls 5 mile Shamrock Shuffle. Carroll, dressed in a long sleeve shirt, hat and sunglasses, pulled away from his main competitors, Chuck Terry, Tom O'Grady and Mike Roda, to score a convincing victory. The race for the runner-up podium spots was tight, as a trio of seasoned marathon runners raced together until the final half mile when, Roda and O'Grady opened a gap on Terry, before a final kick secured the 2nd place finish for the 39 year old Roda. Both he and O'Grady are super fit as they prepare for upcoming spring marathons, while Terry was coming off a strong runner-up effort at the ROG 4.

Sara Dunham has had an equally impressive start to the new season, as she added the Delmar Dash 5 mile title to a previous win at the ROG 4. She posted a swift 28:42 to tie Amy Herold's impressive 1997 run, as the 4th fastest Dash in race history. Dunham, despite running a stellar 5:45 per mile pace in frigid air, did not secure the win until edging clear of teenage prodigy Julia Flower in the final mile. Karen Bertasso and Emily McCabe finished third and fourth, respectively.

Flower, just 16, ran a remarkable race. She dueled with Dunham side by side for 4 miles before posting an impressive 28:58 runner-up time. Flower's performance ranked number 1 on the Age-graded scale (87.1%), as she bested the previous teenage record of 29:09 established by Jen Fazioli, 13, in 1994. Of course, Fazioli would go on to participate in the prestigious high school Footlocker Cross Country National Championship, and also won the MHR Marathon (2:47) in a brief post-collegiate

career. Flower now has back-to-back runner-up podium finishes at ROG 4 and the Delmar Dash on the USATF Grand Prix circuit, and last December posted the fastest Doug Bowden 15k Winter Series race in history when she won in 57:17. While caution is always advised when high school athletes attempt participating in a competitive road racing circuit, Flower appears remarkably athletic with a strong foundation and a powerful stride. With astute coaching and adequate rest and recovery, her future as a top tier distance runner appears bright.

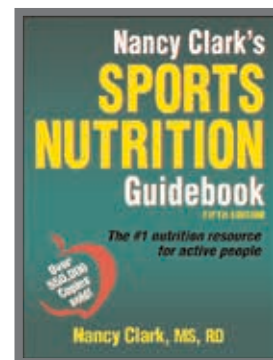
The Delmar Dash offered USATF team competition for the first time, and 13 talented teams competed, including representative teams from the Albany Running Exchange, the Willow Street Athletic Club, the Adirondack Athletic Club, the Saratoga Stryders and Team Utopia. There are many reasons for participating on a team, including having peers and friends to train with during the long winter months, followed by sharing memorable experiences at local races each spring and fall. Participating on a team shifts the focus from the individual to the collective strength of the group, and can add a new perspective and joy to running.

The Dash was once again was sponsored by Bryant Asset Protection, a local wealth management company. The CEO announced the awards, and emphasized the small business roots within the community and his support for this classic spring road race. □



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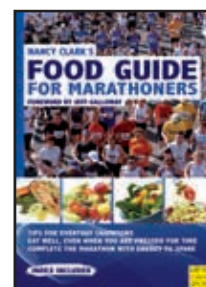


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**STRONG
to SERVE**

**Saratoga Springs
Half Marathon & 5K**

Saratoga Springs Strong To Serve Half Marathon, Relay & 5K

**Saratoga Spa State Park
Saratoga Springs, New York
Sunday July 12, 2015 7:30 AM**

Presented by 3C Race Productions

The Saratoga Springs Strong To Serve Half Marathon is a beautiful, flat and fast course in Saratoga Spa State Park along with an accompanying 5K. Relay legs are 6.7M & 6.4M.

20% of all entry fees support Strong To Serve – helping orphans in 3rd world countries.

Entry Fees:	Half Marathon: \$60.00 until June 28, 2015; \$70 until July 11, 2015; \$80.00 on race day. Half Marathon Relay: \$90.00 until June 28, 2015; \$105 until July 11, 2015; \$120.00 on race day. 5K: \$30.00 until June 28, 2015; \$30 until July 11, 2015; \$40.00 on race day.
Amenities:	Technical shirts to all half marathon & relay runners; cotton T-shirts to all 5K runners; finisher medals to all half marathon & relay runners; Chip Timing by AREEP; fresh fruit and pastries at the finish line; flat and fast course through Saratoga Spa State Park, Saratoga Springs, and Milton, 6 water stops; and more.
Awards:	Saratoga Springs Half Marathon Pint Glasses to overall and age groups winners in the half marathon and 5K.
Directions:	Saratoga Spa State Park, Peerless Pool, East-West Road, Saratoga Springs, NY. Between Route 9 and Route 50.
Information:	Call Michael Amarello at (603) 429-8879 or email: michael@3craceproductions.com or go to: http://www.saratogaspringshm.com. Make check payable to 3C Race Productions. Mail entry to Saratoga Springs Half Marathon, 160 Amherst Road, Merrimack, NH 03054
Sponsors:	Saratoga Spa State Park, iRunLocal, Total Facility Solutions, BC Flynn, Plumbers & Steamfitters Local 773

Signup online at: <https://g2racereg.webconnex.com/saratogaspringshm2015>

\$10 Off Coupon Code MOHAWK

Select Race: ☐ Half ☐ Relay ☐ 5K

Individual Entry

Name1: _____ Gender: M F Age: _____ T-Shirt Size: S M L XL

Name2: _____ Gender: M F Age: _____ T-Shirt Size: S M L XL

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail Address: _____

I/We know that running is a potentially hazardous activity. I/We should not enter or run this event unless I/we are medically able and properly trained. I/We agree to abide by any decision of a race official relative to our ability to safely complete the run. I/We assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by us. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I/We, for ourselves and anyone entitled to act on our behalf, waive and release 3C Race Productions; Strong To Serve; the city of Saratoga Springs, NY; Saratoga Spa State Park; the state of New York; NYDOT; and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of our participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. I/We agree to these terms as signed by us or our team captain and our participation in this race.

Signature of _____

Date _____

**Parent's Signature required for all
runners under 18 – sign on back of form.**

TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—47th Season—

JUNE 16, 23, 30

JULY 7, 14, 21, 28 (Ribbon Night)

AUGUST 4

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

- ORDER OF EVENTS -

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT THIS YEAR)

For further information, contact Frank Myers at 869-9333

**** A Reminder - The Dynamic Duo is August 1st ****

This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District

SALLY DRAKE



Unlike most interviewed for this column, Sally Drake did not participate in sports when in grade school or college. Instead, she was active in school plays and academic organizations. She did, however, live in a hilly section of Vermont and had plenty of exercise walking up and down steep hills. At the time she did not appreciate it but does now. She did not try running until she was twenty-seven.

When she met her husband to be, she thought his preoccupation with running a little crazy, particularly when he would tell her that he had just completed a fun ten mile run. Now, she tells him that she has just completed a fun twenty-mile run. He ran in school and college but sustained a back injury that ended his running career. He now swims and exercises daily. Both agree that fitness is important at any age and their children are involved in sports and academic pursuits. Her older son, Ben, age 13, ran the 2015 Delmar Dash in record time, as did his mother, who came in second in her age group. Recently, Ben placed second in a geography bee in his middle school that involved over 10 rounds of competition. Her younger boy, Matt, loves competing in the Just Run program and recently achieved black belt status in Taekwondo. He too is a good student.

Sally decided to give running a try when on a fitness and health initiative in her late twenties. Weight has never been a problem for her. She will never forget when she finally worked up to a mile without stopping. That led to her first 5K, the Troy Run for Literacy, which hooked her on running. She was proud of her time of 29 minutes, but with a couple of years, she was clocking nearly 21-minute 5Ks. This



led her to try her first marathon, the Mohawk Hudson River Marathon. Sally did well and soon realized that she was better at distance races and loved them.

She has run six marathons with Boston 2015 being number seven. With a sister living in Boston, she loves doing the Boston Marathon with family and fans abounding. So, she was shocked when about twenty minutes after having finished the race in 2013, that she and her brother saw people running screaming from the streets near the viewing stands. When they learned what had happened, they were incredulous that anyone could do such a heinous act at an event that is a joyous celebration of sports and friendship.

Sally's favorite distances are the half-marathon and 15K. She has done more than a score of half marathons. Last year she PRed at the MHR Hannaford Half Marathon, finishing second in her age group with 1:30:27. On March



15, 2015, she ran the New Bedford Half Marathon with fellow Willow Street members hoping to better her MHR time; but strong gusts by the 4-mile ocean stretch put an end to that. She finished in 1:32. She has completed many Stockade-athons and loves the new course. She eagerly anticipates the Boilermaker, because like the Stockade-athon, it celebrates a city that many times is overlooked. On the day of the Boilermaker, Utica becomes alive with elite runners from around the world and thousands of people. She loves big races with that kind of feel including the atmosphere of the Workforce Team Challenge. For the last 5-6 years she has been the team captain for her office and they have a fun time as a group. Sally is the community relations director for the New York State Office of Parks, Recreation, and Historic Preservation. She believes in the mission of the parks and feels you cannot have a healthy environment or society without a place for people to be outside. Preserving spaces and historic cultural venues gives the public affordable and accessible options.

Sally was never in a running club or an organized group until she joined Willow Street three years ago. Emily Bryans told her that she had potential for the masters division and encouraged Sally to join. She was nervous to do so because she had never thought of herself as a seriously competitive runner, but she decided to give it a try. When she began to run with these women, she realized that there was so much she didn't know. The result of her membership is that her PRs have improved dra-



matically and she is a happier runner. Willow Street is particularly special to her because it is comprised of women who are balancing work, family and competitive running. She thinks her kids benefit from seeing their mother engage successfully in independent activities.

Training is a key to her running and health. She takes one day off a week, usually Monday, and runs the other days. Most of her runs are easy, but she does one speed work a week usually on Wednesdays, one tempo run on Saturdays and one long one usually on Sundays. Twice a week she attends yoga and barre classes with other Willow Street members, working on her weak areas. Running is the ultimate in repetitive stress. You work certain



muscles over and over, so it is good to exercise the other muscles too. She feels this has made her stronger and contributed to her PRs this year.

She tries to eat healthy, focusing on a diet rich in fruits and vegetables with meat in small amounts. She does not take vitamins or powders since her diet is nutritious and does not contain too many processed foods. She is a member of the Field Goods program (www.field-goods.com) that provides organic foods from local farms at an affordable price, and recommends it to all.

Her favorite running shoe is the Brooks



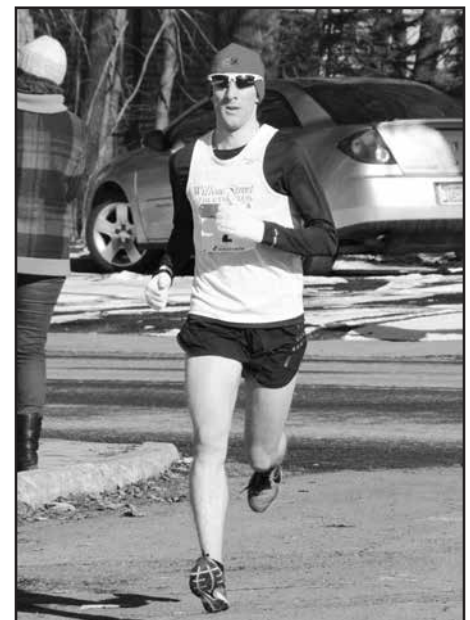
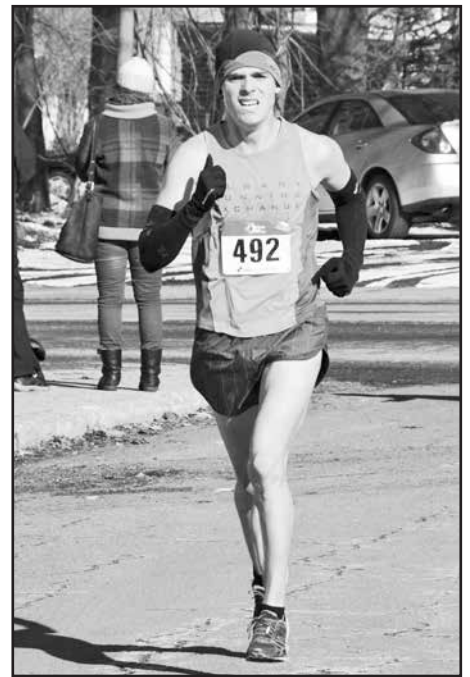
Ghost which she wears both for training and racing no matter the distance. She replaces them three times a year. Using her Nike sports watch, she keeps a log and maps of her running but has been trying not to fixate on mileage, seeking a healthy balance.

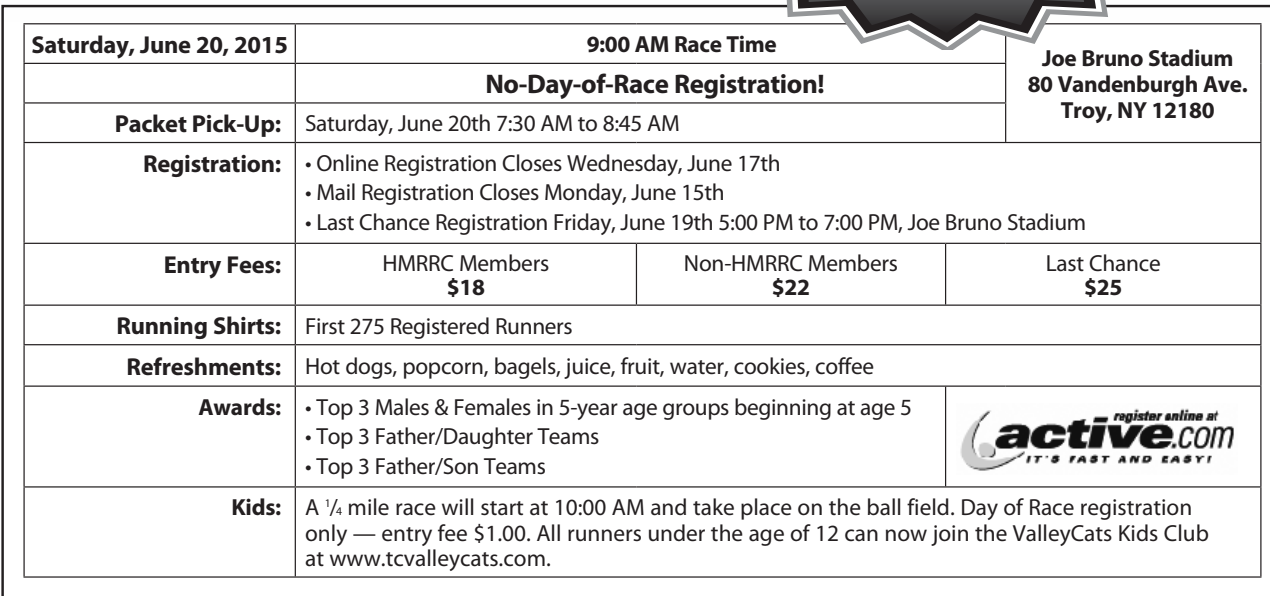
In her leisure time, when not engaged in sports, Sally reads a lot and helps as one of the Content Editors of *The Pace Setter*. She usually does not read books about running, since she needs a break but does recommend *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed. Although not about running it deals with a woman who uses hiking to overcome grief and other challenges. She loved the movie too and feels both have parallels to running. She became involved in working on *The Pace Setter* when Kristina Gracey, the Managing Editor, asked her, while they were running together, if she would take over a vacancy. Sally gladly agreed to help and wishes she could do even more! When her children get older she would love to try race directing. She thinks of it as another nice stage to which she looks forward. She believes it is important to support our vibrant volunteer based running community and that we should do all we can to maintain it.

Her current goals are to finish the Boston Marathon and remain healthy. In 2013, when she ran the Boston Marathon, she also did the Philadelphia Marathon that fall and it was too much for her body. As she was running she felt something tear in her foot and she found out later it was her plantar fascia. For the first time in her recent running career, she was out for four full months. From this seeming disaster she came back healthier and smarter about how to best handle her running. She realized that quantity is not as important as quality. That more is not always better or productive and that balance is the key.

Sally's running tip is to be consistent. Try to run regularly. For almost 15 years, except for her pregnancies and injury, she has run most days. Practice makes perfect.

We look forward to seeing Sally directing races in the future and for now thank her for all she has done to help make the Albany area a better place to run and to make *The Pace Setter* a top notch running publication. □





NAME:

FIRST NAME LAST NAME

CITY: STATE: ZIP:

[illegible]**COMPLETE THIS SECTION ONLY IF RUNNING AS A TEAM**

ALL TEAM MEMBERS MUST COMPLETE A SEPARATE APPLICATION

Father & Son Team? ☐

Father & Daughter Team? ☐

Team Members Names: _____ & _____

Signature: _____ Parent/Guardian (if under 18): _____

Applications available online at www.hmrrc.com.

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*Any individual who likes the Positive Motion Physical Therapy Facebook page before May 31, 2015 will automatically be entered into a raffle to win a free video running gait analysis. The winner will be selected on June 1, 2015.

Rudermans Rock Mexico City

Dave and Letticia Ruderman were delighted to read about a Rock n' Roll Half Marathon in Mexico City on March 15, 2015. To them, combining adventure with running is heaven. They had done Rock n' Roll races before, enjoying them tremendously, and half of Letticia's family lives in Mexico City. Although Dave prefers the challenge of marathons, for vacations, the half is it. In addition, the race in Mexico City would qualify them for the Rock n' Roll "World Rocker" medal for running two half or full marathons in two countries in the same year. Letticia contacted Bill and Tammy Krisher, with whom they have vacationed and run before, and they were up for an across the border adventure.

Dave met Bill in 2011 when they trained for the MHR Marathon in a program led by Jim Thomas, and they have been running partners since. Tammy is a run/walker who has trained with Don Lawrence. Dave and Bill run together weekly, but Tammy's schedule precludes training with Letticia; however, they have run the More/Fitness/Shape Women's Half Marathon in NYC and the Outer Banks Half Marathon in North Carolina together, where Roxanne and Ed Gillen also joined in the fun.

Dave has done four marathons and together they ran the 2012 Chicago Marathon. Other than the never-ending support of the people lining the streets, the Chicago race was particularly memorable for them in a shaggy dog tale way. During the winter they usually vacation at a tropical island. Years ago they went to Jamaica and met a couple from Chicago with whom they became friendly at the hotel pool. Letticia mentioned that they have made many lasting friendships through running. They communicated for years on Facebook. Letticia frequently posts messages on Facebook and when she wrote that they just registered for the Chicago Marathon, their friends immediately sent a message saying that they must come to their wedding, which was on the same day as the marathon but at night in the Ritz Carlton. So after the marathon, which they ran with Letticia's young nephew and his girlfriend, they went to the wedding. During their speech at the wedding, the bride and groom gave recognition to Dave and Letticia and another person during their speech who had run Chicago, giving them chocolate ribbon prizes. Later Dave and Letticia danced until the early hours of the morning. The next day, surprisingly, they felt refreshed and had none of the usual pain from lactic acid build up when recovering from other marathons. Letticia's nephew and his girlfriend, who went to bed early that night, suffered greatly the next day from not having partaken of the Ruderman Marathon Recovery Program.

When Dave and Letticia arrived in Mexico, they stayed at the Rock n' Roll host hotel in the upscale Polanco section of Mexico City. Museums and swanky stores surrounded the hotel. The race course went right by their hotel. They joked that if they got tired, they could take a break or go to the restroom and later

join the race. Letticia lived in Mexico at various points in her life: once as a child living with an aunt and attending high school, and once as an adult teaching grammar school. With these experiences, and many shorter visits under her belt, she is very familiar with the culture, lifestyle and language. Dave's approach to this visit was more like a novice. Up to this point his only experience in Mexico had been that of the "Americanized" resort areas. This was to be his first "true" experience of the culture and people of México. Of all the things there, the traffic amazed him the most. He noted: "there are 23 million people in the greater Mexico City area and they all seemed to be in cars." He has been in many traffic congested cities but never one like this. He called the driving controlled chaos. The weaving of bumper-to-bumper traffic, where cars would slowly inch their way in front of you and crisscross intersections with people merging from all directions, was frightening. After witnessing this, he decided not to rent a car. Amazingly, though, the drivers were polite and the most that happened were a few car honks. It was so unlike New York City where, Dave said, "you can walk two blocks and see enough road rage to last a lifetime." Mexico City is in a basin ringed by beautiful hills. The sight was breathtaking. Many of the houses on the slopes were unpainted since the government considers them to be "under construction and unfinished" and therefore un-taxable. People were very friendly and the streets were filled with music coming from seemingly everywhere.

In addition to visiting her family, there were two things that Letticia looked forward to doing while she was in Mexico. She wanted to eat a Mexican delicacy, chapulines (grasshoppers roasted with garlic, lime juice, salt and an extract of agave worms), and climb to the top of the Pyramid of the Sun at the ancient city of Teotihuacan. She did the first, but the pyramid proved to steep for her. Dave, Bill and Tammy climbed to the top and triumphantly stood with their arms outstretched to receive the special energy of the site (which visitors are encouraged to do), while Letticia watched. The night before the race, they went to carb-load at an Italian restaurant and the salad was tainted. Dave and Bill recovered more quickly, but Letticia and Tammy felt rocky throughout the race. That, along with the altitude, did not help their times.

The altitude of Mexico City, 7,382 feet, had an effect on them that they were not expecting. Just going up stairs made them out of breath, and they were in good shape. The weather also was warmer than Albany, but not what they expected. On the day of the race, it was 45 degrees with strong winds. They took a shuttle to the race two hours before the 6:30 p.m. start. They huddled inside a tent with others where they met two brothers from Sacramento who shared the fact that they would normally run sub 1:30 half marathons. However, the altitude negatively affected their

times too, as they found out later. Throughout the race, runners commented on how tough it was to run at that altitude and many ended up walking.

The half-marathon started and ended on a horse race track, el Hipódromo de las Américas. The racetrack was made up of wet red clay that covered everyone's colorful running shoes in red slime, seemingly sucking them in as they tried to walk. Dave could understand this happening at a Tough Mudder or a trail run, but was shocked by it here. The race was staged in waves and was well organized. Surprisingly, almost everyone was wearing the race shirt. A good number of the 8,000 who finished the race were from the United States, particularly California. In addition to mile/km markers on the course, there were 15 stages with bands playing at them, lined with enthusiastic spectators. The bands were situated so that runners could easily take selfies with the band and the onlookers as a backdrop. Dave and Letticia were prepared for this and brought their own selfie stick. The course was mainly flat except at around mile ten when steep ramps were traversed. Everything was closed to traffic. The route wove through famous tourist spots in the city, which for once had no cars or exhaust. The course and the monuments surrounding the city looked spectacular at night lit up. There had been a worry about rain but it remained clear and cool. As the runners came toward the finish line, there were three featured bands on one side of the course and cheering spectators on the other. It was a thrilling finish. After the race was over, they were given an attractive finisher shirt and medals that were pure bling, glowing in the dark. In addition, all finishers received two extra tickets for the lavish party staged later that night.

The week following the race, Dave and Letticia relaxed by spending time with her family in beautiful Acapulco. While sipping margaritas and looking out at the ocean, they thought happily of their Rock n' Roll adventure in Mexico City. Their next one will be at Virginia Beach on September 6, 2015. This will qualify them for the World Rocker medal. Again, Bill and Tammy will come along. We wish them the best and look forward to hearing about their exploits. The Short Circuits column will document the ultimate bling of the World Rocker medal. Stay tuned! □



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EVENT SCHEDULE					
DATE	TIME	EVENT	LOCATION	CONTACT	E-MAIL
05/08/2015	6:30 PM	5th Annual Ella Grace Chari Foundation 5K	Village Commons	Amy Spairana	ella@racecharifoundation@gmail.com
05/09/2015	9:00 AM	5K Run/3K Walk and Kids Run	Albany Riverfront Park at Corning Preserve	Ben Luke	buke@cdymca.org
05/09/2015	5:30 PM	27th Annual Towpath Trail Run 10K / 2 mile	St. Johnsville	John Geesler	johngesler@frontier.com
05/09/2015	9:00 AM	Run for Hope 5K & Kids 50 Yard Dash	Valatie - Church Street Preschool	Becky Hoff	hoffbecky@yahoo.com
05/09/2015	9:00 AM	Ryan's Run 5K sponsored by Saratoga Teachers Association	Warming Hut - Saratoga Spa Park	Barbara Wersten	mjofoundation@gmail.com
05/09/2015	9:00 AM	Mastodon Challenge 15K Race - 5K Run/Walk - kid's Fun Run	Crater Park - Cohoes	Lisa P Osorio	losorio@maratx.com
05/10/2015	9:15 AM	Kelly's Angels Mother Lovin' 5K	Saratoga State Park	JoAnne Kiernan	jjawkiernan@gmail.com
05/10/2015	9:30 AM	35th Mother's Day 5K biUNCh	Central Park	Dee & Jon Golden	hmcmontherday@gmail.com
05/10/2015	8:30 AM	Fleet Feet 10K Classic	Bethlehem High School	Jim Sweeney	fleetfeetalbanyvoices@gmail.com
05/15/2015	7:00 PM	Middleburgh Rotary Slaughter 5K	Middleburgh	Stephen Hoerz	shoezrj@midtel.net
05/16/2015	9:00 AM	35th Annual Bill Robinson Masters 10K (GP40+)	Guiderland High School	Jim Tierney	runnerjim@aol.com
05/16/2015	9:00 AM	30th Wood Memorial 5K and 1 Mile Fun Run	Hoosick Falls	Rosemarie Smith	rosemarie@hoosickrcu.com
05/16/2015	10:00 AM	Joahn and Nancy 5K Run early detection ovarian cancer	Central Park	Bridget Rodecker	bridget.napji@gmail.com
05/16/2015	9:00 AM	5th Annual Kerry Blue Hustle 5K	10 Church Street Glens Falls	Babette L Danton	kerrybluehustlers@gmail.com
05/16/2015	9:00 AM	No One Left Behind 5K	Grafton Lakes State Park	Katie MacVeigh	katiemacveigh@gmail.com
05/16/2015	9:00 AM	The Melissa Fund 5/10K Sun Run	183 Main Street	Maribeth Chikara	mchikara@gmail.com
05/17/2015	9:00 AM	DACC 5K Dash	Duanesburg Area Community Center	Daric Adams	dadams@dac.info
05/17/2015	9:00 AM	AP Run (and Walk) for The Warriors 5K	Algonquin Middle School	Greg DeJulio/Patrick Ryan	sevejoia37@aol.com
05/17/2015	8:00 AM	National Distance Running Hall of Fame 1/2 Marathon	Ulta	Stephen Murphy	murph483@gmail.com
05/17/2015	9:00 AM	Shires of VT Half Marathon Relay	Bennington to Manchester	Mary MacEnroe	mary@boilemaker.com
05/21/2015	6:25 PM	COPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Jennifer Casey	jencasey@nycap.rr.com
05/24/2015	9:00 AM	Sprint for Soldiers 5K and 10K for Wounded Warriors Project	Corning Preserve Albany New York	Dave Felden	dave.felden@planaheadvents.com
05/25/2015	9:40 AM	Memorial Day Mile	Glens Street	Bob Underwood	underwoodu@aol.com
05/25/2015	9:00 AM	Woodstock Races 15K & 5K	Zena Elementary School	Rich Groniek	rgroniek@aol.com
05/30/2015	7:00 AM	Biggest Loser Run/Walk Half Marathon/5K/kids Fit Fun Run	Front of City Hall	Biggest Loser Run	contact@biggestloserwalk.com
05/30/2015	10:00 AM	Le Moyne College Dolphin Dash 5K run	Le Moyne College	Christine Liglio	liglioc@lemoyne.edu
05/30/2015	10:30 AM	LeMoyne College 5K Dolphin Dash	Heminger AC	Christine Liglio	liglioc@lemoyne.edu
05/31/2015	9:00 AM	Rail Trail to the Footbridge 5K	17 Water St Granville	Keri Thomas	racedirector@railtraihterfootbridge5k.com
05/31/2015	9:00 AM	Cantina Kids Fun Run	Congress Park near the Carousel	Kate Ingram	kitgram@saratogahospital.org
06/06/2015	8:15 AM	Kid's 1 Mile (Ages 4-12)	Kinderhook Village Square	Dan Curtin	kinderhook5k@ac@gmail.com
06/06/2015	10:00 AM	H.E.R.O. 5K Challenge	SUNY Albany campus	Kim Duncan	kcduncan03@aol.com
06/06/2015	9:00 AM	Kinderhook Bank OK 5K	Kinderhook Village Square	Dan Curtin	kinderhook5k@ace@gmail.com
06/06/2015	10:00 AM	Charlton 5K Run	Charlton Village Center	Bill Herkenham	bherk@nycap.rr.com
06/07/2015	8:00 AM	Pride 5K	Albany's Corning Preserve	Pilar Arthur-Sneed	PAArthur-Sneed@capitalpridecenter.org
06/07/2015	9:00 AM	44th Distinguished Service Race 8 Mile (GP)	SUNY/Albany --- Day of Race Signup only!	David Tromp	dtromp@nycap.rr.com
06/13/2015	9:00 AM	Surfower Run HM 5K run/walk	Crossings of Colonie	Deb Rappazzo	surfowerrunhm@gmail.com
06/13/2015	10:00 AM	Greenbush YMCA 1st Annual Flag Day 5K Trail Run	East Greenbush Town Park	Alison Reinhardt	areinhardt@cdymca.org
06/13/2015	8:00 AM	Race The Lake Marathon and Half	The Clark Sports Center Cooperstown	Doug McCoy	mccoyd@clarksportscenter.com
06/13/2015	5:30 PM	20th Annual Lions Ramble	Fort Plan	John Geesler	johngesler@frontier.com
06/16/2015	6:00 PM	Colonie Summer Track #1 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/20/2015	8:30 AM	Whipple City 5K	Greenwich	Barbara Hanel	whippletv5k@yahoo.com
06/20/2015	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	jhalley36@yahoo.com
06/20/2015	9:00 AM	Diocean Dash 5K	The Crossings	Christine Baseel	bbaseel@nd-bg.org
06/21/2015	7:30 AM	Adirondack Distance Run 10 Mile	Lake George Fire House	Marcy Dreiniller	madoneit@roadrunner.com
06/22/2015	6:15 PM	Saratoga Striders Camp Saratoga 5K Trail Race	Camp Saratoga	Laura Clark	lauraz@saratogastriders.org
06/23/2015	6:00 PM	Colonie Summer Track #2 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/30/2015	6:00 PM	The Colonie Mile (GP)	Colonie HS Track --- Day of Race Signup only!	Ken Skinner -- Frank Myers	kennyskin@earthlink.net
07/04/2015	9:00 AM	Firecracker 4 Mile	Saratoga Springs City Center	Bob Vanderhinden	bobv@firecrackercsual.com
07/06/2015	6:15 PM	Saratoga Striders Camp Saratoga 5K Trail Race	Camp Saratoga	Laura Clark	lauraz@saratogastriders.org
07/07/2015	6:00 PM	Colonie Summer Track #4 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/09/2015	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	petenewkirk32@gmail.com
07/14/2015	6:00 PM	Colonie Summer Track #5 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/16/2015	6:15 PM	42nd HMRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tommabrb@yahoo.com
07/18/2015	8:45 AM	Maple Ski Ridge 5 and 2K	Maple Ski Ridge	Kate Michener	kate@mapleskridge.com
07/18/2015	9:30 AM	Glenville - Schenectady YMCA Healthy Community Series 5K Run - 3K Walk	Collins Park	Patty McCormack	pntccormack@cdymca.org
07/18/2015	7:30 AM	Roller Coaster Race @ The Great Escape 2015 (10K/5K)	The Great Escape & Splashwater Kingdom	Amber Garrett	hello@rollercoasterace.com
07/20/2015	6:15 PM	Saratoga Striders Camp Saratoga 5K Trail Race	Camp Saratoga	Laura Clark	lauraz@saratogastriders.org
07/21/2015	6:00 PM	Colonie Summer Track #6 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/23/2015	6:15 PM	39th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/28/2015	6:00 PM	Colonie Summer Track (Ribbon Night) #7 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com

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_____	_____	_____	_____
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