

The Pace Setter

November 2015

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

Town of New Scotland 7.1 Mile Race



***See Web Page for November
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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, callen1@nycap.rr.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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Marathon article pictures by Christine Bishop*

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

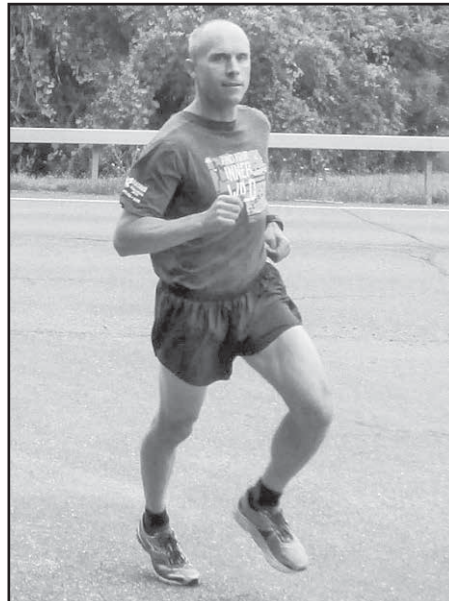
by Meghan Mortensen

A favorite poem of a dear friend was recently read at her husband's funeral. It spoke about life, and love and what matters most. In the end, it's not about the cars we drive, the house we live in, or the cash we have. Instead, what really matters, is how we spend the time we have. I honestly can't believe how fast my reign as President has come and gone. I'm not sure what my presidency says about me as a person, but I am sure that along the way, I've been fortunate to work side by side with some amazing people.

I would like to personally thank Maureen Cox, Jon Rocco, John Parisella, Ed Neiles and Cathy Sliwinski for your extensive guidance

and support during my term. I would also like to extend my appreciation to Barb Light and Chuck Terry, who have completed their respective terms as Secretary and Executive VP of Finance after many years of dedication. Your quiet presence and valued input will surely be missed. I look forward to seeing you both out on the roads! I want to welcome new officers Frank Broderick, Executive Vice President, and Lara Stelmacyk, Secretary. I know the club is in good hands!

Lastly, to all the club members, volunteers, and fellow runners, without whom this club would not exist, thank you, and best of luck in wherever life's roads may take you! ☐





What's Happening in November

by Al Maikels

The fall racing season reaches its peak on Sunday, November 8 with the 40th running of the MVP Healthcare Stockade-athon. This 15K is a tour of the city of Schenectady, starting at Veterans Park in downtown Schenectady, entering the Stockade District and then going past Union College, through the GE Plot and then into Central Park. The final 3k of the race is mostly downhill and finishes on Franklin Street at City Hall. A race doesn't last 39 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2015 series and there is also Clydesdale competition for the full figured runners. The race starts at 8:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRRC there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988 the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race. I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Six years ago we moved the event to the Crossings in the Town of Colonie and had a record turnout, as well as a new name, the Turkey Raffle Run. The Crossings changed their policies for races and I moved the race to its true spot, Tawasentha Park. This year the run is scheduled for Sunday, November 22 at 10:00 a.m. at Tawasentha Park off Rt

146 in Guilderland. This is an hour run; each one-mile loop around the park earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out there raffle tickets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status but for the time being I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event registration is limited to the first 1,000 runners so get to the park early.

A highlight on the November calendar is always the running of The New York City Marathon. This year's race will be held on Sunday, November 1 and as always, there will be a large contingent of local runners at the marathon.

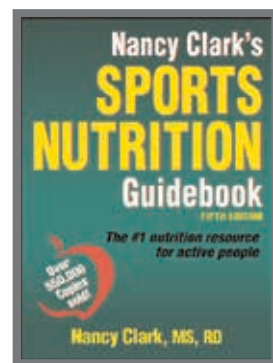
Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race while Troy holds the Turkey Trot at the Atrium with 1 mile, 5K and 10K races on the schedule. The Turkey Trot is back under the capable guidance of George Regan and is going back to its riverside course. There is also Thanksgiving Day races in Cohoes and the Town of Bethlehem so there should be a race for everyone to enjoy. If you over do the turkey and stuffing you can opt to "Run off the Turkey" in a 5k race set for Saturday, November 28 at 10 a.m. at the Altamont Elementary school on Grand Street in Altamont.

The Club business meeting for November will be held on Wednesday the 11th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. □



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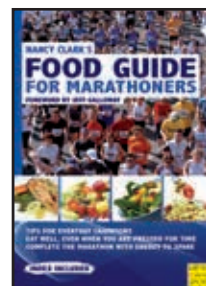


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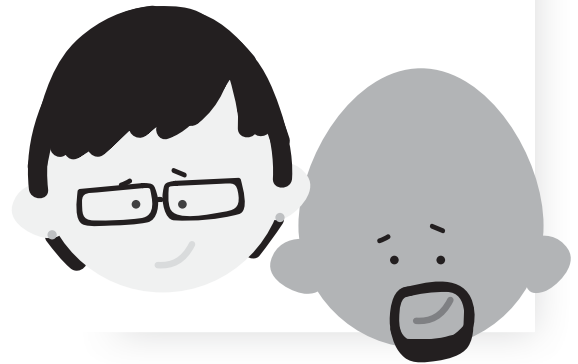
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Hot Topics in Food and Nutrition: Updates from the Academy of Nutrition & Dietetics

*Can vegetarian runners get enough protein?`
What about antibiotics in meat?
Do artificial sweeteners cause cancer?*

These are just a few of the questions that runners often ask me in their quest to eat wisely and consume a quality sports diet. They feel so confused by the plethora of conflicting messages. To dispel some of this confusion, respected food and nutrition experts addressed some hot topics at the Academy of Nutrition and Dietetics' (AND) 2015 Convention. (AND is the nation's largest group of registered dietitians and nutrition professionals; www.eatright.org). Here are some highlights that might be of interest to you.

Sugar and artificial sweeteners: Aye or Nay?

It's no secret we have an innate preference for sweet foods, starting with all-natural breast milk. Kids, more than adults, enjoy sweetness. However, as we age, taste buds lose their ability to perceive sweetness. Perhaps you have noticed your parents adding extra sugar to their coffee to achieve a desired level of sweetness? These extra sugar-calories can become problematic for unfit folks who might have (pre-) diabetes.

Sugar sends a positive message to our brain and excites our reward system. (That helps explain why ceasing to eat sugar can feel like withdrawal). Artificial sweeteners (such as Equal, Sweet 'n Low, NutraSweet, etc.) do not create a big "reward" for the brain; hence they feel less "addictive."

All living species – apart from cats – are attracted to sweets. (Yes, my dog loves blueberries!) Hungry runners, in particular, tend to enjoy sweet stuff, too. While little is wrong with the occasional dessert, some runners enjoy way too many sugar-laden foods, including those sweetened with high fructose corn syrup (HFCS). The question arises: Is HFCS health-erosive and to be avoided?

To date, research indicates that at normal intakes (research is often done with abnormally high intakes), HFCS should not be of concern. It is not inherently fattening, nor inflammatory. Any inflammation associated with HFCS can be traced to obesity. Obesity triggers the inflammation found in heart disease, hypertension, and diabetes.

If you are a lover of soft drinks, sweet tea and other HFCS beverages, you might be left wondering if you should quit drinking the sugary stuff and opt for diet beverages instead? Controversy surrounds the topic of artificial sweeteners: Do they increase sweet cravings? Contribute to fat gain? Cause cancer? According to Dr. Jim Hill of the University of Colora-

do and a principal researcher for the National Weight Control Registry (a study of more than 10,000 people who have lost more than 30 pounds and have kept it off for more than a year), the dieters who drank sugar-free soda reported it helped them manage their weight.

A review of all the research on diet soda and weight concludes:

1) Diet soda does not lead to weight gain in humans. Rather, the studies indicate diet soda is associated with either weight loss or weight maintenance (i.e., lack of weight gain).

2) Diet soda does not contribute to adverse health effects or inflammation. Even the American Cancer Society places no limitation on sugar substitutes. (Rather, they suggest a high sugar intake can promote obesity and that places people at a higher risk for cancer.)

3) To date, no scientific findings recommend against diet soda. (Science changes, as we know.)

Hence, if desired, artificial sweeteners can be one tool in a dieter's weight-management toolbox and part of a healthy eating plan that preaches balance and moderation with all foods.

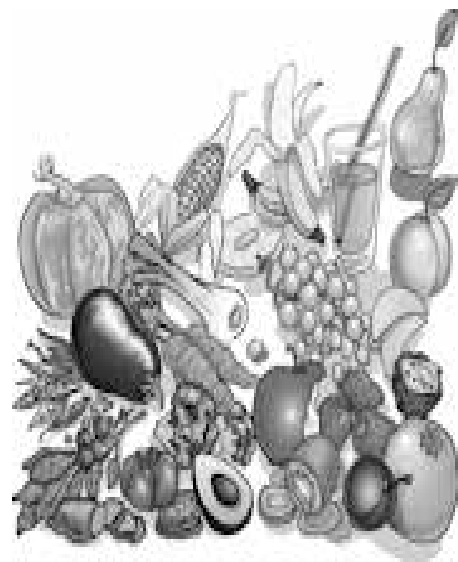
Antibiotics in foods.

In the 1940s, farmers started using antibiotics in cattle to promote quicker growth. That helped the farmers make more money, and no one thought anything about it. The farmers bought over-the-counter antibiotics and used them as desired. Today, we are acutely aware this has contributed to excessive use of antibiotics.

Because 50% to 90% of antibiotics pass through the intestinal tract "alive," they get into the environment via manure. Over time, this has contributed to increasing prevalence of bacteria that survive exposure to antibiotics and have become antibiotic-resistant. If antibiotic resistance keeps increasing, we could potentially resurrect the pre-antibiotic era, where bacterial diseases ravage our health. A scary thought.

Today, the government is starting to strictly regulate the use of antibiotics in farm animals, with full enforcement by 2017. Only veterinarians can prescribe antibiotics, and they must be used only to take care of sick animals, and not used to foster growth. This approach has been used in the Netherlands to successfully reduce antibiotic use, but that has not reduced antibiotic resistance.

According to Dr. Mike Apley DVM and professor of clinical pharmacology at Kansas State University's College of Veterinary Medicine, very little, if any, antibiotics end up in meat itself due to withdrawal periods. Milk is



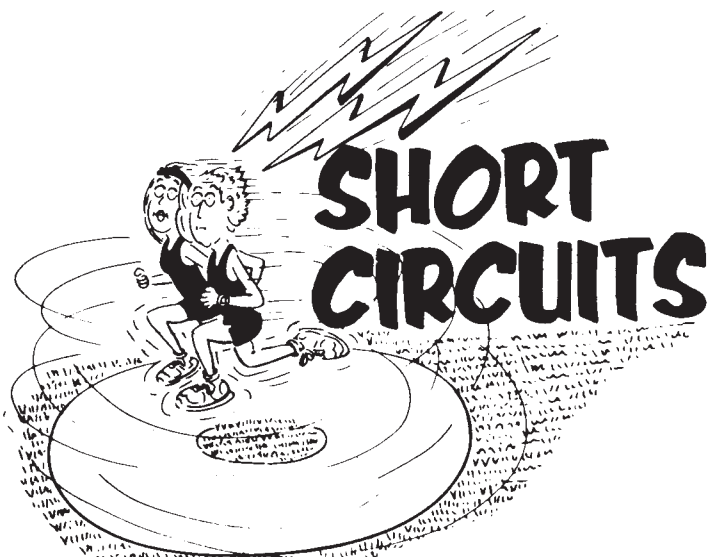
also antibiotic-free. Every truckload of milk is tested for certain antibiotics, and if they are detected, the farmer has to pay for the entire ruined batch. Hence, dairy farmers discard milk from sick cows that had been given antibiotics.

One way to alleviate concern about resistant bacteria is to cook food well, and carefully clean the meat preparation area. You can also consume more plant-based proteins, which over time, can reduce the need for more cattle. And yes, even athletes can get plenty of protein from plant-based meals.

The bottom line:

To add years to your life, and life to your years, consider taking Michael Pollan's advice: Eat real food. Not too much. Mostly plants. You can balance in some sugary foods, as long as 85-90% of your calories are from nutrient-rich wholesome foods. While artificial sweeteners can save a few calories, the better bet, is to abate cravings for sweets by enjoying satiating, high quality meals earlier in the day that prevent afternoon and evening cravings for sweets. Breakfast bagel with peanut butter and a lunchtime bean burrito, anyone?

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. For on-line and live workshops, visit NutritionSportsExerciseCEUs.com. □



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

on this by saying: "As with any prototype, elements can sometimes go wrong. On this occasion, the sockliner didn't work. As in all innovations, we will learn quickly from mistakes." Cynics might say that even their prototypes are made in Bangladesh. Also of interest is that the winner's massive glass of beer is, unfortunately for some, non-alcoholic.

Olympic Trials

This year the Olympic trials will be tele-



vised from Los Angeles on February 13, 2016, at 1 p.m. EST. The network will also air the men's and women's races nationally on NBC Sports Live Extra, which is a streaming app available on desktops, mobile devices, tablets, and connected TVs. Only entrants who have met qualifying standards can participate. For men, that means 2:18:00 or better in a marathon, or 1:05:00 in a half marathon. For women, it is 2:43:00 or better in a marathon, or 1:15:00 for a half marathon. There are two qualifying groups A and B. The A group which is the faster (under 2:15:00 for men and under 2:37 for women), gets their travel and lodging expenses paid for, while B does not. The top two females are Shalane Flanagan (2:21:14) and Desiree Linden (2:23:54) with Amy Cragg (2:27:03) looking good for the third spot. The men's race has two clear favorites, Meb Keflezighi (2:08:37) and Dathan Ritzenheim (2:11:59). Behind them are Jared Ward (2:10:35), Jeffrey Eggleston (2:10:52), and Ryan Vail (2:10:57). Good running to all of them.

Windfall For Runners

Because the US Olympic trials are so close



ALANA HADLEY
EVERYTHING HAPPENS FOR A REASON

at hand, the leading American female competitors like Shalane Flanagan, Desi Linden and Kara Goucher will not be competing in the major fall marathons, leaving the field wide open

Smokin'



Ben Drake at age 14 is following in his mother Sally's footsteps and came in tenth at the Beat Beethoven 5k race in Schenectady put on by the Schenectady Symphony Orchestra. This yearly race challenges runners to complete 5K before Beethoven's Fifth Symphony finishes playing in Central Park.

The Dunkin' races saw fast times. 5K Males: Aaron Lozier, Albany, 16:03; Richard Messineo, Albany, 16:25; Shea Weilbaker, Saratoga Springs, 16:38. Females: Meghan Mortenson, Rotterdam, 18:29; Tess Fitzmaurice, Greenville, 20:56; Casey Kohler, Albany, 21:38. 10K Males: Jaime Julia, Albany, 31:47 (5:07 pace!); Matt Ninneman, Albany, 35:07; Joel Gordon, Queensbury, 36:47. Females: Jennifer Bennice, Ballston Lakes, 40:15; Erin Corcoran, Schenectady, 41:10; Deanne Webster, Albany, 42:16.

The Arsenal City 5K saw Derrick Staley's amazing age-graded performance of 91.83%. Derrick, at age 56, ran the 5K in 16:50 with a pace of 5:26 a mile, placing fifth overall. The top three winners were: Males: Eric Young, Latham, 16:30; Ken Little, Ballston Lake, 16:36; Tim Van Orden, Bennington, VT, 16:38. Females: Renee Tolan, Albany, 18:09; Emily Bryans, Delanson, 18:27; Lori Kingsley, Wysox, 19:29.

Colors R Us

On October 4, at the Saratoga Spa State Park in Saratoga Springs, amazingly over 7,000 people took part in the Color Me Rad 5K road race. In this race people are showered with color at eight different color stations by ex-



plosive color bombs, color cannons and color mortars. Holi, the Hindu Festival of Colors that celebrates spring and love, inspired the race. The award for running is a rainbow of color covering your body and a smile on your face. The online *Schenectady Gazette* has a color gallery of pictures by Erica Miller.

You Need Sole(s)



Eliud Kipchoge of Kenya, who won the April 2015 London Marathon in his personal best of 2:04, was hoping to surpass this record at the September 2015 Berlin Marathon. Lightning speed and flashy new sneakers especially designed for him by Nike engineers marked his start in Berlin. But after the first kilometer, he knew something was terribly wrong as his neon green insoles slowly started to loom out over his heels. He managed to finish the marathon in 2:04:01 and win the event, but sustained massive blisters. However, he remained much the diplomat when recounting his experience by saying that his shoes were the best ever and that he had tested the shoe in Kenya where "it was good." Nike put a further spin

for other female runners in Chicago and New York City. On the flip side, Alana Hadley, a top American female runner who qualified with an A standard, would not be in the Olympic marathon finals because even if she won the trials, at age 18 she is not old enough to compete in the Olympic Marathon.



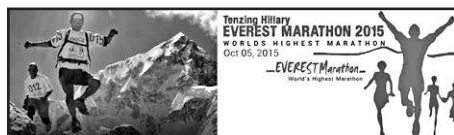
Marshal Spike Lee

Film director and noted New York City sports fan Spike Lee, who can be spotted cheering wildly at NY Knicks games, has been named the grand marshal of the November NYC Marathon. Lee calls it "New York City's biggest block party." He shares the honor of being grand marshal with two others who happened to be legendary runners: Emil Zapotek, winner of three Olympic gold medals, and grand marshal in 1979, and Olympian Grete Waitz, nine-time New York City Marathon champion, and grand marshal in 2003. Lee was chosen by the NYC Marathon organizers for this honor because to them he embodies the quintessential New York sports enthusiast.



Boston Rejection

Although 4,562 runners had qualifying times for next year's Boston Marathon, they have been rejected because so many others qualified with better times. The event is capped off at 30,000, with 24,000 positions being filled by time qualifiers. So, if you have received an acceptance letter from the Boston Athletic Association for the Boston Marathon, feel honored.



Marathon High

Devastating earthquakes shook Nepal and other areas of the foothills of Mt. Everest, making it impossible for the Tenzing Hillary Everest Marathon that began in 2003 from being held. The course starts at the Everest Base Camp, nearly 5,500 meters (18,050 ft.) above sea level where oxygen levels are low, passes Buddhist monasteries, crosses suspension bridges finally plunging 2,000m (6,560ft) to the village of Namche Bazaar, known as the "Sherpa capital." Four months after the disastrous earthquakes, enough had been rebuilt to allow the

marathon to be held and indicating that the area was again open for tourism. Running is extremely difficult in high altitudes since the air contains 50% less oxygen than at sea level. Not surprisingly, only 54 people ran the event, the top winners being from the area.



Drug Cheating Consequences

In 2013, Liliya Shobukhova was found to have used performance enhancing drugs that helped her win marathons and the World Marathon Majors title twice, for which she received \$1 million. So far, only the London Marathon is suing her to repay the prize money she won. However, she returned her medals to be given to the deserving winners, and Liliya's wins were expunged from record books. Her suspension was to run until March 23, 2016, but the World Anti-Doping Agency has lifted her ban by seven months because of her "unspecified help in the battle against the use of drugs in sport." She will soon be running competitively. Nevertheless, the World Marathon Majors organization stated that she is banned for life from running in the five marathons they comprise: London, Berlin, NYC, Chicago and Tokyo.



Coach to Go

Doping revelations have effected more than runners. Rita Jeptoo was discovered to be doping during a random drug test. Consequently, she lost the World Marathon Majors cash prize of \$500,000, which originally she was to have been given that week. In addition, she has been banned from running until Oct. 29, 2016. Recently, it was learned that her coach has continued to provide drugs for some of his other runners. Of the five training camps in Kenya only the one run by Jeptoo's coach has had any offenders. The international training organization he works for fired him.



Punishment Quandary

Those who cheat by using drugs are usually given racing bans for about two years but

many clean athletes think this is unfair. Meb Keflezghi, American winner of the 2014 Boston Marathon, has stated that he supports a lifetime ban for those using banned substances, as does Shalene Flanagan, another major American runner who placed third in the Berlin Marathon in 2014. She pointed out that the changes in the body chemistry of those who use drugs last for years, producing improved performance long after drug use has terminated. A temporary ban therefore is pointless since they "still reap the benefits of those drugs for years." What do you think? □



VINCE JULIANO



Vince Juliano is known throughout the running community for his work on the Stockade-athon, his excellent articles in *The Pace Setter*, and being the husband of Emily Bryans, a truly gifted runner. His life has taken many unexpected turns, as did this article. Vince shares many provoking ideas and opinions that were not part of my regular interview but that I will share with you.

Vince comes from a non-athletic family. It was hard for his parents and siblings to understand his devotion to sports but they didn't discourage it. When he was in school he played in two softball leagues, played tag football and was a tetherball phenom. In his 30's he began his lifelong love of cross-country skiing and hiking in the Adirondacks, which he now does with Emily. Every four years when the Olympics occur, he is in his element watching people at the top of their game compete. Indirectly, the Olympics diverted him to running.

In 1976, New York City changed the course of the Marathon from laps around Central Park to a course through all five boroughs. It proved wildly popular. Viewers on television were riveted as runners whizzed by on city streets packed with millions of spectators. Alberto Salazar, a brash gifted athlete, made his marathon debut at NYC after president Jimmy Carter boycotted the Olympics in 1980 because the Soviet Union had invaded Afghanistan, leaving NYC as one of the only major venues left for Salazar's amazing talent. Vince thinks it wrong to use sports as a political tool but Salazar's world record setting performance at the NYC Marathon was electric. Seeing that on

TV for Vince was epochal, like watching Neil Armstrong being the first human to step on the moon in July 1969. Running was instantly transformed from a small cult-like thing to a world-class event. Having an audacious young star like Salazar besting the best runners in the world motivated Vince to first put on running shoes.

In 1983 Vince saw an advertisement for the Deer Run 15K trail run north of Utica while hiking and decided to try it. He went out hard but at 7 miles he was almost ready to drop out when a guy told him he was in 10th place and should keep going. The fellow also told him that if he liked this race, he should try the Utica Boilermaker 15K, which he did the next year. Vince loved the Boilermaker. The world class runners, the festivities, and enthusiasm of the spectators reminded him of the NYC Marathon only this time he was a participant. That is one of the unique attributes of racing, that regular runners can compete with world class runners in the same event.

Between 1986 and 1997, he ran the Stockade-athon almost every year. To him, this was the closest thing to a big-time race in the Greater Albany area because it has a distinct championship feel to it. In 1998 he volunteered to direct the Stockade-athon when Chris Rush, one of his mentors, chose to step down.

Before discussing Vince's role in the Stockade-athon, we digress, as did Vince, to discuss volunteerism. Ninety percent of the work Vince has done for the running community, HMRRC, and later USA Track and Field, was because he was asked by people he respected.

He first volunteered when he answered an ad in *The Pace Setter* placed by then Stockade-athon director Rich Brown, who for six years



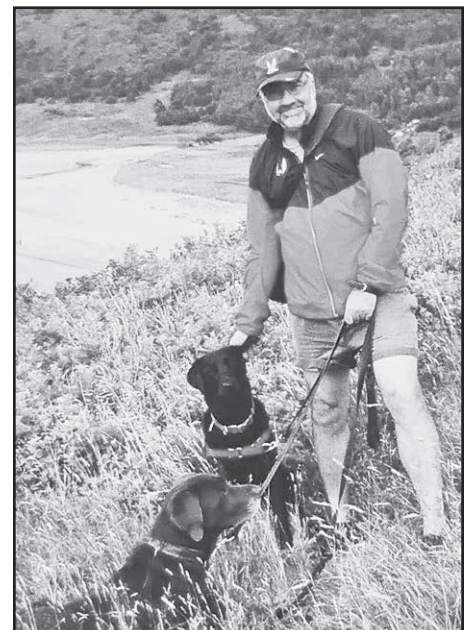
Vince and his wife Emily



Vince with Sally Drake at the 35th Annual Dynamic Duo Race

masterfully organized the race. Vince said that Brown hated meetings and after going to one club meeting, vowed never to go to another. Instead, he conducted business literally on the run. When Brown needed someone to purchase and announce the awards, Vince agreed so in true Brown style, the two hammered out the details while running. Josh Merlis most reminds Vince of the Rich Brown style. When Brown retired as Stockade-athon Director, Chris Rush took over for the next 6 years. Before the Stockade-athon, Vince directed the much smaller HMRRC Pentathlon for many years, which helped him learn many of the nuances of directing races. After 25 years directing races, Vince is currently looking for someone to step up and help as a co-director of the Stockade-athon, to lessen his workload.

Vince believes that the original HMRRC model based on 100% volunteerism may be flawed in these current times. The current system is probably not sustainable because the club is much bigger and more significant than it was twenty five years ago. At that time the running club hosted mostly small races run around the SUNY Albany campus. Races like the Stockade-athon, the MHR marathon, and the Corporate Challenge have grown sig-



Vince on vacation in Nova Scotia with his beloved running companions



Vince with Josh Merlis (left) at the Stockade-athon

nificantly since then and have become increasingly complex. These events require yearlong planning, course changes, medical and safety upgrades and finding and nurturing sponsors and key race volunteers. In Vince's opinion the HMRRC would benefit by compensating race directors of these 3 major events, and also hiring an office manager or two for its new club warehouse. Volunteerism should remain the backbone of the club, but there are several jobs that require full time attention and a certain level of commitment over the long term, that don't really fit the definition of volunteerism. Vince has come to this conclusion after 20+ years of directing races and worries that it may be difficult to find successors for the HMRRC's major races without some modest compensation plan.

Vince prefers to read a hard copy of *The Pace Setter* not a digital one, but realizes others may have a different view. Personally he will be sad to see it go but feels *The Pace Setter* editor job is another one that really does not fit the definition of a volunteer task. He remains hopeful that a small print order of 200 copies could be made available each month at club meetings or club races for those who prefer a hard copy. That could be an inducement for people to attend meetings. Vince recalls that for him the primary reasons for being an HMRRC member is to receive the monthly *Pace Setter* and to be able to participate in the free Winter Series events.

Vince has never been a coach as some think. He has a familiarity with elite runners because of his wife Emily Bryans who is a member of the Willow Street Athletic Club, a group made up of many women like herself who wanted to run post collegiately at a high level. The Willow Street women train together, race together, socialize together and try to be the best they can be. Vince's role on their team is as a supporter, not a coach. He assists them by driving them to races, putting their bags at the finish line, and giving them words of encouragement. He believes running can and should be fun even when runners are truly gifted and work extremely hard.

Vince is realistic about his own running abilities and trains within them. When he was

younger he was a good but not a great runner like Emily or Chuck Terry, but better than most. He would often place in the top 15%. In his best Boilermaker he finished 400 out of 4,000 runners. His best age-graded performances reached 70% but now his best is about 63%. He thinks that he could do better if he weighed 10lbs less but Emily's great cooking makes it hard. He runs 30 miles a week in a four or five day span. In the winter he adds cross-country skiing to the mix at least once a week.

He now tries to race once a month with a distance limit of 10 miles. He ran four marathons in his youth, his last at age 33. Among his favorite races is the Shamrock Shuffle 5 miler in Glens Falls. He loves to run 15K so he often runs the Forks XV in Binghamton. Both races are in March and he usually starts his racing season at one of them. He has done the Boilermaker 25 times but dislikes the heat and humidity, and now that they cap the event, he prefers the Adirondack Distance Classic as his summer race goal. He also loves the Kinderhook OK and the Arsenal City Run as his favorite 5Ks. In November, since Thanksgiving is about tradition, he always ends the running year the Troy 10K Turkey Trot.

His diet stresses health and with Emily's good cooking, he is fortunate. They go out to eat once a week, usually at El Mariachi, since they are Mexican food aficionados, and once a week Vince cooks a fish dinner. They enjoy dinner at home with their dog Ceilidh and 3 cats: Summer, Jelly and Cole. A glass of wine with dinner is a must.

Vince has been retired for the past three years. He worked at the lottery for 35 years. Does he buy New York State lottery tickets? His advice is to buy only one because it could transform your life. Your chances are just as good (or not so good) buying one as buying 100 since the odds are so much against you. So, just go for one!

His running tip is that it is important to keep running fun and enjoyable. He does this for himself by varying his running routes and he still enjoys racing. His favorite training distance is 7 miles and he prefers the non-paved



Vince thanking Jim Tierney (left) for his working directing the Bill Robinson 10K

Canalway bike path west of Amsterdam. He also recommends having a running partner be it human or a dog. Further, be appreciative that you can run. If you are nursing an injury, consider giving back into the running community by volunteering. Vince says directing the Stockade-athon has been his most rewarding job and he wants to direct it at least 2 more years to match Earle Reed of the Boilermaker- with 20 years directing a major road race event. So get ready to see him on November 8 at the 40th running of the Stockade-athon doing what he does best. □



Vince with Willow Street athletic members

Bill Robinson Masters 10k Championship Road Race and The Bill Robinson Story

by Jim Tierney

Each year, The Bill Robinson Masters 10K Championship Run brings together some of the best area masters athletes to compete on a very challenging course. But who is Bill Robinson? For those who may not know, here is the story.

Bill Robinson, from the Capital Region, graduated from CBA in Albany. After graduation, he continued running both on the track and on the road. He became one of the absolute top runners in the area, highly respected in the running community.

A three time Gold Medal Winner, 1987, 1988 and 1989 at the Empire State Games, 1 minute 59 seconds 800 meters on the track, 32:12 10K at age 43, 4:27.9 mile at age 40, 4:28.9 mile at age 43, 49:45 15K Stockade-athon at age 40 and a marathon time of 2 hours 35 minutes. He was a truly talented and highly respected runner. He won the very difficult Masters 10K Race twice, with times of 34 minutes 15 seconds and 35 minutes 20 seconds in 1987 and 1989. Bill was inducted into the HMRRRC Hall of Fame in 2001.

As we would say, he was at the top of his game. Life was good and his future was extremely bright. Then on March 16, 1990, 25 years ago, a horrible accident occurred that left the running community in emotional shock. On that day, Bill along with four of his running buddies, gathered at the Albany College of Pharmacy for their daily, noon-time run that took them onto nearby streets. A half mile from the end of the run on Hackett Boulevard, Bill's life changed forever. An older driver made a U Turn in the middle of the road and hit Bill. He lay bloodied and unconscious and was taken to Albany Med for extensive evaluation – tests, X-rays and the like. The very sad result was a severe spinal cord injury, paralysis to his legs and upper body. He would remain at Albany Med for several months for rehabilitation at which time, many running friends, coworkers from the NY State Division for Youth, and of course, family visited, supported and prayed for him. To all who knew Bill, it was an incredible injustice, not simply because he was an outstanding runner, but because he was such an outstanding human being.

There was a tremendous display of caring and support from the community. It was very obvious how much people cared. Within five short weeks, a committee jointly composed of representatives from The Division for Youth (Bill's place of employment) and The Hudson-Mohawk Road Runners Club put on a benefit run called The Robbie Run. Participants in the run arrived to find that sponsors were generous beyond measure: bagels, balloons, gallons of water, countless boxes of fruit, 500 T-shirts provided free of charge. Albany Medical Center opened its facilities to support the run. The Albany Police Department not only provided

traffic control but contributed \$500 to the event. A generous group of contractors remodeled the Robinson home at zero cost, so that it would be accessible for Bill's wheelchair.

Ray Newkirk and Ed Neiles developed a program they called "Shoes". It was a five year program set up to give runners the opportunity to donate the cost of a pair of running shoes each year for the duration of the program. Participants were reminded each year of their pledge by receiving a pair of shoelaces with "Bill" imprinted on them. About 100 people joined the program and contributed a wide range of amounts. This assisted the Robinson family in getting a specially equipped van to be used by Bill to drive and to be transported in and for several visits to the Miami Project to Cure Paralysis where Bill received beneficial bio-feedback therapy.

Upon his release, he would finally return to a fully accessible home and be with his wife, Mary Ellen, and his two daughters, Carrie Kate and Carly, where he and Mary Ellen live to this day. With much loving help and support from Mary Ellen

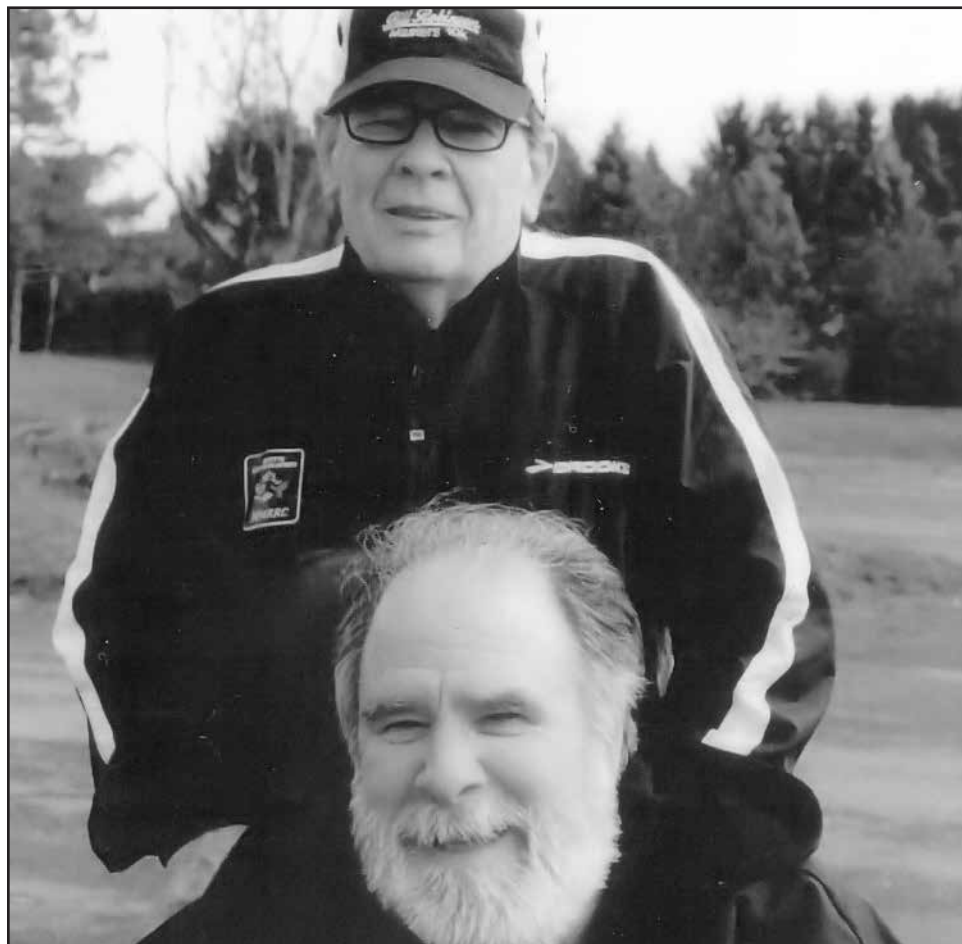
and during the past several years, his health aides, Bill has remained very healthy. Bill was a tenacious and yet gracious competitor; run to win, but not at the expense of others. Because of this competitive spirit, he worked extremely hard many hours and days with specialists. This allowed Bill with his limited physical ability to eventually return to work for ten more years before retiring.

Perhaps the best way to describe Bill Robinson is to reveal two quotes, one from a former employer. "Bill was a wonderful worker, a good friend and one of the most honest and caring people I've ever met in my life".

The other is on a plaque that hangs in the SUNY Albany Physical Education Building. "Bill excels in the most important of all human activities: Enhancing the life of everyone who has had the pleasure and privilege of meeting him". So it is easily recognized that Bill Robinson was not only a Championship Runner but also is a Championship Individual.

In 2003, The Masters Race was officially named in honor of Bill: "THE BILL ROBINSON MASTERS 10K CHAMPIONSHIP". Over the years since his injury, Bill has frequently been transported by family or friends to the race to participate in the start and/or finish ceremonies. His appearance is always very heart warming and inspirational to all, but especially to those masters athletes who competed with Bill over his illustrious running career.

Note: Pat Glover, Tom Bulger, Ray Newkirk and Ed Neiles contributed to this article. □

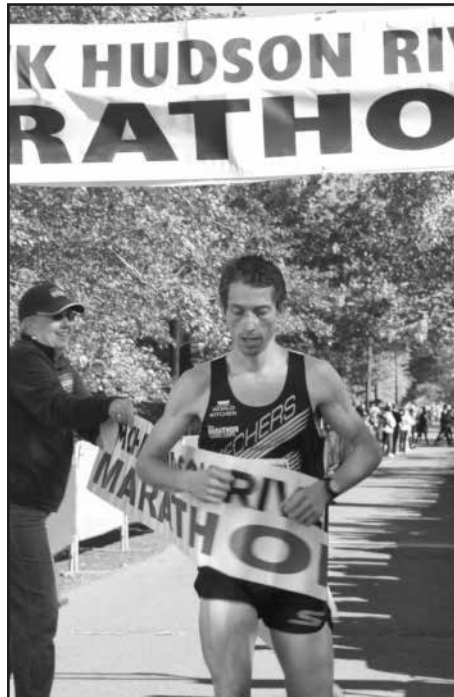


Jim Tierney and Bill Robinson (bottom)

MHR Marathon and Hannaford Half

by Christine Bishop

October is the month when thousands of people come to the Albany area to either take part in or watch the Mohawk Hudson River (MHR) Marathon and the Hannaford Half Marathon. The top winners travelled to our area, with the female winner of the marathon coming the farthest, from Texas. The races bring families and friends together. People



from across the United States came to run with friends who live here. Mothers and fathers ran with their older children, while twins and friends crossed the finish line holding hands. A mother surprised her son by giving him his medal as he finished his first marathon. All this happened on a glorious autumn day with bright colors and bold winners who all placed minutes ahead of their closest rivals.

Bryan Morseman of Bath, New York, clinched the men's title with his third marathon victory in three weeks. Finishing in 2:24:01 he was 23 seconds faster than his MHR Marathon win in 2013 and this year five minutes ahead of his closest opponent. Bryan has been running and winning marathons across the country to raise money for his infant son who was born with spina bifida and needs costly medical care. If you wish to donate to his son's cause, go online to: GoFundMe.com/rc6xsc8.

Belying her age of 41, Megan Skeels of Aledo, Texas, won the top woman's spot in 2:46:40, almost 15 minutes ahead of her closest rival. No stranger to fierce competition, she qualified for the Olympic Marathon Trials in Houston in 2012 and placed 59th out of 180 elite runners. Megan loved the course despite the headwind at the end remarking, "It is

probably the prettiest course, I don't think you can top this for beauty."

Lou Serafini of Brighton, Massachusetts,



easily won the Hannaford Half Marathon cruising in five minutes before anyone else in 1:05:18 with a blazing pace of 5:02 a mile. He stated that it is harder to run with no one in sight because you have to do "more mental checks to make sure the pace you're running is sustainable," and you never know who is behind you. In 2013, Lou was third in the Hannaford Half in 1:11:34. He wanted to run it because he is from Niskayuna and thought the race be a good opportunity to compete and visit his family since he now lives near Boston. He said his first half marathon was easily the most pain he has ever been in.

Grace Kahura, who hails from Kenya but now lives in Katonah, New York, won easily with a six-minute lead over her closest opponent in 1:20:42. Grace is a formidable runner. In 2014 she set her personal best for a mile (4:48:02), and for a half marathon in Minneapolis (1:15:25). We will be hearing much more about Grace, as she is only 22.

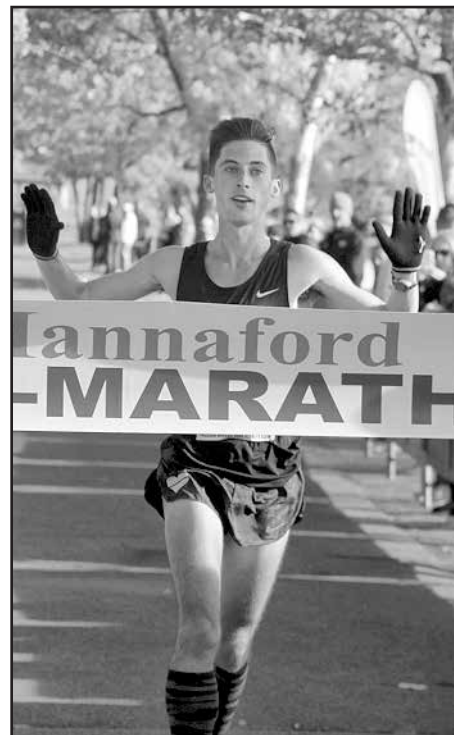
The races occurred without a hitch and that is because of the work of hundreds of volunteers headed by Maureen Cox and Cathy Sliwinski, who spent months ensuring that every detail was taken care of, and the results demonstrated it. Maureen had the extra bonus of being able to cheer her 22-year-old son on in his first marathon, which he completed in 3:12:40. We know there will be more mara-



thons in his future once he recovers.

Kudos to Darryl and Mona Caron, editors of the *Adirondack Sports and Fitness* magazine, who organized the expo held at the Hilton Hotel in Albany the day before the race where runners came to pick up their race packets. Exhibitors lined the hall displaying information about races and running, merchandise, and freebies for the runners to enjoy.

Unbelievably as this is being written and read, Maureen Cox and Cathy Sliwinski are already beginning to plan next year's races. Maybe you may want to join in the fun as a participant or a volunteer. Happy running! □



Marathon Musings: *Words from the Runners Themselves*

Compiled and Edited by Christine Bishop

Once again we have been treated to the awesome performances of our local talented runners whose skills are so great that one in five qualified for Boston! These accomplishments do not come easily. They must train all year and make sacrifices to be the best they can be. To honor their performances at the October 11 MHR Marathon and Hannaford Half Marathon, I managed to contact runners to get their perspective on the race and to share it with you. Enjoy entering the racers' minds and celebrating their accomplishments.

Half Marathon

Lou Serafini – Winner, 1:05:48



The half in 2013 was actually my first ever half marathon and I was totally unprepared for it. I wanted to run it because I'm from Niskayuna and figured it would be a good opportunity to run a race and visit family since I live in Boston now. I came in 3rd that year and ran 1:11:34. It was easily the most pain I've ever been in. I'm

currently targeting a half marathon in Philadelphia at the end of the month and thought that this half would be the perfect opportunity to go run a strong effort, close to goal pace. I honestly didn't have a race plan going in. I thought maybe I'd run relaxed in the pack and then kick it in - but when the gun went off, I felt good and just decided to run close to 5:00/mi for as long as I could. There was a headwind that made it tricky to stay comfortable, but other than that it was an absolutely perfect day to run. It's definitely harder when you don't have anyone to run with. You have to do a lot more mental checks to ensure the pace you're running is sustainable. It's great practice though and a huge confidence booster knowing that I can run that pace all by myself. The lack of hills definitely helped too! My previous half marathon best is 1:07:17. I'm looking to run under 1:05 at the end of the month.



Aaron Lozier – 3rd Place Overall, 1:12:21

The morning started at 5:30 with a bowl of cereal and a few gallons of Gatorade, while getting the house ready to get moving. I was in charge of making sure that 2 first time marathoners had their gear and nutrition set and get to their bus on

time. We arrived at the buses at 6:45 and left the car parked on State Street with my bike in the car so when I finished my half I could cheer them on in Watervliet and Cohoes. With some time to kill I picked up "Racing in the Rain" that I have been trying to finish since August. 7:50 a.m. hit and it was time to warm up, I threw my iPod in and started jogging in the opposite direction of the finish. I saw Louis Serafini warming up on the course, and I thought to myself, "well I am going to be seeing the back of his jersey for the next hour or so." Truth be told I only saw it for 10 minutes in his record setting run. I dropped my gear at the truck and made my way to the start line. The gun went off on time, and Louis set a hot pace. I crossed the first mile in 5:10 feeling good and he already had 40 - 50m on me. I was shooting for a 5:15 - 5:20 pace for the run, hoping to lower my PR. The problem is that the course is very easy to run on too quickly. I ran by myself until the train tracks where I got caught by Joshua Lerch. We battled back and forth until mile 7, where I did some bargaining and realized that if I kept this pace up I ran the chance of really blowing up hard. I blew up hard before during this race a few years ago and I didn't want that to happen again. (Side note: that year I was disqualified because I ran under my brother's bib). Entering the Corning bike path, I was hurting bad and was hanging on for dear life, I didn't know that I had 3rd place locked up until the last water stop. I slowed my pace further in fear that my churlish stomach would revolt on me during the race. I crossed the line in 1:12:21, and after maybe 3 minutes of bargaining with my body, my post race ritual of losing my breakfast was complete.

After the award ceremony I met Jeff Goupil and we cheered on the runners completing the marathon. My dad, Kurt Lozier, was pacing my girlfriend, Elizabeth Rice, and friend Veronica Cimilluca, for their first marathon. They all ran great, no one hit a wall, and no one went to the hospital, so it was a good day. During my recovery run on Monday on the Pine Bush water tower trails, I took some time to reflect on what went wrong during the race. I realized that the race plan was set and I executed well for a goal time of 1:09-1:10. The problem was that I had been racing every weekend since the Malta 5K. I lacked recovery time. I also needed longer half marathon paced runs and didn't have enough long runs under my belt. Next week starts a new 7 week training cycle with a year ending goal at the California International Marathon, with the Saratoga XC classic, Stockade-athon and the Troy Turkey Trot along the way. Every race provides a learning experience, and hopefully I learned the lesson from this event.

Anthony Guilano – 4th Overall, 1st 35-39, 1:13:39

In the weeks and days leading up to the race



I went back and forth deciding whether I was going to race. I felt that I hadn't really trained the way I should have for the half marathon distance since most of my training had been short runs aimed at 5K distances. But I finally decided that I would go and just do my best, and I finished with a 40 second PR. I was extremely happy to share my finish with my wife, my running friends, Dave Tromp and

Frank Horn. I joked at the finish how the water should be champagne, but instead I went home, popped a bottle and celebrated on my deck. Overall it was a great unexpected PR for a race I almost didn't run, especially, when so many times you expect to PR and don't.

Russ Lauer – 1st 50-54, 1:26:24



I reached my goal. but was a bit beat up. The first thing that I noticed before the start of the race was the cold temperature and the blustery conditions. When I stripped down to my singlet and started jogging around, it was a shock to the system, much like jumping into cold stream and your body needing time to acclimate. Nevertheless, it was a beautiful morning, with sunshine and beautiful foliage along the bike path. It was obvious the head wind was going to be a factor in the race. This is a relatively small half-marathon by design, with approximately 1000 runners. Both times I've run it, I've been by myself-in between packs of faster and slower paced runners. Personally, I enjoy the peace and solitude this brings. I find it easier to concentrate on my breathing and running form. There is some support in terms of people cheering you on in certain spots of the bike path, but crowd support is relatively sparse for much of the course. I was inspired and excited near the end of the race where the last 1/4 of a mile along the Corning Preserve was lined with a large number of people cheering you on en route to the finish. As for the course itself, it is very fast with a net drop in elevation. The biggest drop in elevation is in the first 5 miles, and you can get carried away if you're not careful to pace yourself accordingly. It was 10 years since I participated in this half-marathon, so I had largely forgotten the grade on the first part of the race. I went out too quickly, but in the end I was satisfied with my time and place. It was good to win my age division again exactly on the 10th anniversary since I ran it last time. It was also great to witness some incredible milestones of many other runners on my team who ran the half and full

marathons! It was a good day! As far as preparation for this race, I had been running consistently for the past 6 months and built up a weekly mileage of about 40 miles per week. I ran 5 times per week, and I usually took 2 days off to recover. Workouts consisted of the usual speed work (track) once a week, longer tempo runs (once or twice a week), and long runs (once a week). I have run some shorter races to gauge where my fitness level is at various points up to the half.

Sally Drake – First 40-44, 1:32:11



This was my sixth time running the MHM Half and as always, it was perfectly organized, fun and beautiful. We couldn't have asked for a better day to showcase the Albany area foliage and the scenery along the Hudson River that we are very lucky to have here. I was happy with my race—my time was a little slower than

last year, when I had a big personal best, but I was still within my goal. The weather was great though I underestimated the headwind during the second half and should have had more water, I felt the effects of that in the last 2 miles. I hope to do this race many more times—absolutely my favorite half!

Deanne Webster – Second, 35-39, 1:33:18



My goal was to beat 1:34. I maintained my goal pace of 7:10 to mile 10. Once I knew I was on track picked it up to 7-minute miles after mile 10 until I reached the finish with a time of 1:33:17 and 2nd place in my age group. I was very happy and felt great! I like to finish my races strong and fast. My coach, Mathew Nark, met me at mile 10

on his bike to give me a predicted finish time. I was ahead of my goal so my choice was to either maintain the pace or to pick it up. I decided to pick it up! I love the race. The HMRRRC does an incredible job. I loved the live feed results provided by ARE this year. I was able to check on all my friends. I stayed around until 1 p.m. to see my friends come through the finish line while enjoying the great refreshments provided by HMRRRC. It was a great day.

John Parisella 2nd 55-59, 1:32:56

The day couldn't have been much better than it turned out. I knew that my training since June had been steady and I was improving, and I was coming off some relatively good races in the last few weeks. I ran much of the race with a very strong training partner and this definitely helped. I had a better effort than I had planned and was faster than my anticipated finish time.



It was pretty cold at the start. I think the cool temperature and cooling breeze through Cohoes, Watervliet, and the last section of the bike path into Albany were helpful. Of course there were some runners in my age group, so I also had that motivation in mind.

The finish area after the transition from the boat launch had, as usual, a festival atmosphere, and the close-in, welcoming, crowd along the last 200 meters of the race was exciting. Afterward we all continued welcoming our friends who were finishing great efforts and we relaxed in the now warm sun.

Janne Rand 1st 30-34, 1:34:09



I enjoyed the race. Everything at the start was really organized. Parking, porta potties, and baggage claim were so smooth. I did not have the race I wanted. Last year when I went to pick up my bib I got turned away because I didn't have my ID, so on my way to get my ID I got into a car accident and

flipped my car. Needless to say, the next day I ran the best race of my life. This year I avoided any car accidents, got to pick up my bib from the elite table (with my name on it!) and then ran a very bad race (6 minutes slower than last year!). The race was awesome and nicely organized, but the morning of the race I woke up late, I forgot my honey stinger gels, I didn't eat breakfast or take in any calories, and then jumped into the race and hit a wall at mile 6. My legs felt like lead for the last half and I had no gas. I wanted to drop out, but I felt that out of respect for Ed Nieves and the event, I should shuffle along and finish with whatever time I finished with. Next year I will be living in Park City, Utah (7,000 feet) so I definitely want to come back and race this next year after being at altitude!

Marathon



Meghan Mortenson - 2nd 30-34, 3:08:10

This was my 13th marathon, 2nd best time, and the first time I've ever run a marathon twice. It's been two years since I've run one because of Noah, my new baby. I ran 10 minutes faster than my last 2 marathons! I always hope for

bigger and better results the next time. I loved looking forward to seeing my family: Mark, Noah, sister Christine and 7 of her kids watching at various points on the course. Maureen Cox did an amazing job with the rest of her team. She even took time to congratulate me and other runners. I am now dealing with post-marathon blues until I have recovered and can get back at it!

Ben Heller - 4th 25-29, 2:55:36



I was happy with the race. I came in just a tad short of my goal time. I gambled and got aggressive after the half marathon point and really paid for it at mile 23. Those last three miles and the few hours after were the most pain I've ever been in my entire life. I'm writing this from my bed because the thought of getting up sends waves of pain through my body.

Joan Celantano – 2nd 60-64, 4:00:25



I ran the marathon—my 14th—in 4:00:18. My goal was to run under 4 hours—just missed it. I love this marathon—my hometown, the course is beautiful and I train on it all summer. I ran the whole marathon with my training partner from Team Utopia, Rich Kelly! Thank you! I plan on more marathons in my future!

Walking



Don Lawrence – 1st Walking Division, 2:58:55

On a cool and sunny Sunday morning several of “us walkers” not just toed the start line but “heel & toed” the beginning of 13.1 mile trek. After our feet finally defrosted, the challenge of staying on pace was assisted by the runners giving us race walkers arm swinging, hip thrusting “props” for being ahead of so many runners! Race Directors, Maureen Cox and Cathy Sliwinski, gave an opportunity for the walkers to take part on an equal playing “footing.” May we all have fleet feet and better health for years to come. ☐

Running Away

by Kathy Barlow



Stevie Wonder sang the lyrics “music knows it is and always will be one of the things that life just won’t quit” in the song “Sir Duke.” How right he was! Music has the ability to transport you through time and place. This month we are travelling with music and sound to explore how the right song prompts your feet to move faster, your heart to beat faster and your race to run faster.

One of my favorite songs is a very old one by Sly and the Family Stone called “You Can Make it if You Try”. It’s a great song to motivate you whether you are on a long training run or half a mile from the finish line. The rhythm is hypnotic and constant and the beat takes over your movements. Who can resist the challenge of the title? Yes, you can make it if you try!

I haven’t updated my playlists in a while so I tend to listen to familiar music over and over. I recently read an article that suggested that marathon runners repeat a mantra to focus on. Playing familiar music has become that mantra for me. For example, every time I hear Beyonce sing “All the Single Ladies” I remember running downhill between miles two and three on the rolling hills in the Lake Placid half marathon. When I hear Gnarlz Barkley sing “Crazy”, in my mind I am on a training run on the Niskayuna bike path heading east just past Blatinick Park where the view opens up to encompass the Rensselaer County hills. That’s when I think to myself “maybe I’m crazy...” but I know I’m just having fun!

My songs are always on random and I never know what will come on next. The most fun I’ve had with a song was during the Vermont City Marathon. It started to rain around mile 10 and the drizzle turned into heavy, steady rain. Suddenly the Steve Miller Band song “Jungle Love” popped on with the line “everything’s better when wet.” It became my own private joke that I laughed about through that down-pour.

Running with music became the center of a debate in 2007 when the USATF banned the use of portable music devices in sanctioned races (the ban was later amended). I hadn’t run too much with portable music before the ban and was a fan of listening to the sounds

of nature, the cheers of onlookers and the live music that many races I ran in provided. Many, if not most people manage their music responsibly. It seemed unfair to limit the ability to motivate oneself through music because of a few runners who fail to act with common sense. I saw this first hand when I volunteered to be a course marshal for the Mohawk Hudson River marathon. I was stationed at a very busy intersection directing runners and cars when a runner came around the corner with headphones, never looked at me or the other marshal and proceeded to run into the oncoming traffic lane. We chased after her to redirect her and maintain her safety.

I began to train with music about five years ago. It’s helped to motivate me and to keep a steady pace. I listen to almost any genre from



any era. My playlists are developed first by my favorite songs, then with music culled from lists of running songs gathered from blogs and magazines. Occasionally I will find that some really slow songs have slipped into the playlist. If this happens during a race, I’ll generally take my earbuds out and hum another tune in my head.

Music can help you run ... away to another place, another time or toward the finish line, the victory! Let the music take you on a journey! □



Teal Ribbon Run

by Ken Orner

On Sunday, September 13, the 14th annual Teal Ribbon 5K Run and One Mile Walk were held at the Washington Park Lake House in Albany. The event raises much needed funds for ovarian cancer research and awareness.

Over 700 men and women participated in the one mile walk and there were 500 finishers in the 5K run. The course consists of two laps around the inner perimeter of Washington Park, where there is a small lake and also the beautiful statue of Moses. The road around the lake has several challenging hills but fortunately there is a long downhill stretch to the finish line.

One oddity that puzzled me and several other runners that I spoke with after the race, was how the awards were presented. In addition to the top three male and female overall finishers, there were 10 year age groups concluding with a 70 to 99 category. After the race results were posted, I was elated to see that I had placed third among the senior male runners: two men in their early 70’s finished ahead of me which was to be expected. When the top three names were called for my age group, I went up to receive the award for third place, but then to my shock I learned that only first place got an award and second and third place only received name recognition. That was an unexpected surprise. At age 85 I do not need another medal, plaque, or trophy but the way it was presented made me feel disappointed.

Incidentally, Benita Zahn of Channel 13 (NBC), ran the 5K and then emceed the awards ceremony.

On Saturday, September 12th, the weather forecast for race day morning called for rain and possible thunder showers. It turned out to be cloudy but we were spared any storms. Based on the weather prediction I wrote a par-

ody on the song, *Singing in the Rain*.

The 5K race was named the Teal and it had a certain appeal.

So I found myself runnin’
Running in the rain.

The clouds at the start
made the sky dreary and dark
throughout Washington Park
Why was I runnin’?

Running in the rain.
The storm clouds did break
all around the small lake
but there I was runnin’
Running in the rain.

Soaked to the skin
with nothing to win
I was runnin’
Running in the rain.
I tried not to curse
because it could always be worse.

So I kept runnin’
Running in the rain.
Volunteers shouted “Way to Go”
at least it didn’t snow.
It felt like I was runnin’
Running in the rain.

Popeye said “Eat your spinach
you’ll be strong to the finish.”
so I tried to keep runnin’
Running in the rain.
What was the reward?
not another award.

Guess it was worth just runnin’
Running in the rain.
Old Ken isn’t quite dead,
Perhaps “touched in the head”
There I was runnin’
Running in the rain.
I might be insane
Running in the rain. □

Maggs' Law of Tissue Tolerance

by Dr. Tim Maggs

When the loading of a tissue exceeds the capacity of that tissue, compensatory physiological changes occur.

These changes consist of virtually every musculoskeletal diagnosis you've ever heard of. Low back strain, herniated disc, pinched nerve, hamstring strain, ruptured achilles tendon, patellar tendonitis, stress reactions, stress fractures, torn meniscus and a hundred others. We live in a medical model world where we look to get our injury diagnosed, then hope that the healing process will hurry up and do its job. We're never learn why we have this injury. It's almost like someone has all of our names in a hat with another hat full of injuries, and for fun on a Saturday night, they pick one from each hat and voila, we're injured. It wasn't our fault, and there's not much we can do about it but wait for it to get better. Oh, and then there's that co-pay to hear, "take 2 weeks off".

Altered Biomechanics

A recent research study was headed by Dr. Alicia Yochum, a chiropractic radiologist. She duplicated a study that was performed in 1996 by Dr. Marc Schweitzer, a medical physician who was also a runner. Dr. Schweitzer wanted to see if there was any relationship between lower leg injuries and abnormal, altered biomechanics of the feet. So, he chose his subjects, inserted a heel wedge into each of their right shoes, and waited. He found not only that these people became injured, but it showed up on MRI. Bone marrow edema (swelling and inflammation in the bone) presented within 2 weeks after the wedge was put in. Dr. Yochum wanted to expand on the study to see if there were low back findings, so her MRI studies were done of the foot/ankle, knee and low back at periods of initially, 1 week, 2 weeks, 3 weeks (wedges removed) and 4 weeks. The findings were staggering. Stress reactions and pain were present in the majority of subjects, and bone marrow edema began to reduce immediately on MRI once the wedge was removed.

Basic Engineering

All engineers know that any material has a breaking point when put under stress. When the stress exceeds the capacity, something's going to happen. The same applies to the human being. The problem is, our health care delivery teams that take care of runners aren't trained this way. First of all, they are reactive. A runner will only make an appointment when they become an injured runner. Then, the feverish question is asked, "Who's the best?". What that means is, who's the cheapest and who can get you back to running the soonest. As I've said many times before, that's the wrong question to ask.

When the famed Dr. George Sheehan re-

turned to running at the age of 45, he detailed in his Book on Running how his body started screaming with an aching sciatic nerve, a pulled hamstring and low back pain. He quickly contacted his specialist friends, and to his disappointment, they were only interested in the symptoms, and not the cause. They didn't know how to find the cause, because that's not what they do. Sheehan concluded that he needed someone higher on the ladder, some super specialist. Unfortunately, the super specialist didn't exist.

Today

The super specialist does exist today. The teacher, doctor, therapist and healer is out there. The key is, they must be trained in human biomechanics. They must know what normal biomechanics are, and how to examine a patient to see what biomechanical faults exist. This will identify the tissues that are under excessive stress. One of my greatest teachers was learning how to solve my chronic calf pulls that cost me 14 years between my 13th and 14th marathon. Not to

mention the 70-80 calf pulls that occurred during this time.

Director of Sports Biomechanics

Three years ago, I created this position at Christian Brothers Academy in Albany. They have a fantastic athletic department. But, at that time they didn't even have a trainer. Together, we developed the sports biomechanics department, and it has been an overwhelming success. They now have an athletic trainer, and I provide acute injury exams and complete biomechanical exams to all athletes who elect to have it done. We also provide both acute and corrective treatment.

We look for biomechanical faults to identify the sites of imbalance and overloading, and to guide the young athlete back to a more balanced musculoskeletal system which will provide many more years of safer sports and fitness in their life.

So, if you want to know why you are injured, I can safely say it's probably due to abnormal loading secondary to your biomechanical faults. Don't worry about the co-pay, that pearl is on me.

Are they fixable? In most cases, yes. But, there's no magic bullet. It's the same as conditioning, one day at a time, re-educating the body to be more aligned, have improved mobility and better flexibility. It may take time and effort, but I can assure you, it's well worth it. Have a great month. □



Meeting Minutes of the HMRRC General Meeting, October, 2015

Attendance: Tom and Marcia Adams, Doug Bowden, Frank Broderick, Barbara Light, Ed Neiles, Ray Newkirk, John Parisella, Jon Rocco, Cathy Sliwinski, Lara Stelmaszyk, Chuck Terry, Jim Tierney

Call to Order (John Parisella):

1. Approval of September 9, 2015 minutes. Motion made by Marcia Adams to approve minutes, seconded by Ray Newkirk. Motion passed.

2. Reports of Officers

2.1 President (J. Parisella): No report

2.2 Executive Vice President (F. Broderick): No report

2.3 Executive Vice President – Finance (R. Newkirk): Will have a 2016 budget at next meeting (November) to be voted on in December; he would like: (1) a club-wide accounting system in place (QuickBooks) for all accounts; (2) all club accounts in same institution, potentially a master account with subaccounts; (3) to have all race directors to prepare a race budget to submit in advance for approval; (4) to have an accounting firm perform an audit in the near future.

2.4 Secretary (L. Stelmaszyk): No report

2.5 Treasurer (J. Golden): See attached report.

3. Reports of Committees

3.1 Membership (D. Fisher-Golden):

Total membership: 3,004

Change in membership: -50

New memberships: 28

Facebook followers: 2,423

Twitter followers: 214

3.2 Volunteers (M. Adams): Wants to formally thank all marathon and half marathon volunteers; call for Stockade-athon and Just Run volunteers (events in the same week); principal drivers on van need to be listed on insurance policy.

3.3 Public Relations (R. Moore): Thanks to volunteers at the Mohawk Hudson Marathon and Half Marathon Expo.

3.4 Race Committee (J. Rocco):

Races since last meeting: 4

Anniversary Run: 2.95M and 5.9M; Total finishers: 117 (down from 126 in 2014); 2.95M: 35 finishers (winners: Chris Nowak and Amber Goodspeed); 5.9M: 82 finishers (winners: Tom O'Grady and Karen Bertasso); the 2nd consecutive win for Karen). There were 3 competitors on hand from the very first race in 1971: Ed Thomas, Don Wilken, and Burke Adams (with Burke once again serving as the official starter). Thanks to Pat Glover and Ken Skinner for directing again. Thanks as well to all the volunteers.

Town of New Scotland 7.1M: Winners: Eric Young and Dana Peterson. Total finishers: 49 (down from 63 in 2014). A Grand Prix event for under-40s. Of the 49 finishers, just 16 were under age 40 (6 males, 10 females); 33 were over age 40. Thanks to race directors Ed Hampton, Todd Smith, and Martha Gohlke, and to the volunteers. Discussion followed about there being too many prizes on hand, given the low turnout.

Hannaford Half: Total finishers: 935 (a record; up from 843 in 2014, the previous record). The winner, Louis Serafini of Brighton, MA (formerly of Niskayuna), set a course record (by 18 – The Pace Setter

min. and 19 sec.) with a time of 1:05:48 (5:02 pace). The 2nd-place finisher was Joshua Lerch of NYC. The 3rd-place finisher (1st local finisher), was Aaron Lozier of Albany, NY. Winner of the women's division was Grace Kahura of Katona, NY. The runner-up (1st local finisher) was Jessica Choppy of Troy, NY. Total Prize Money: \$3,600 (\$750 [1st], \$500 [2nd], and \$250 [3rd] for both men and women's division [totaling \$3,000]; and \$150 [1st], \$100 [2nd], \$50 [3rd] [totaling \$600] for local counties and club members, women and men.

Mohawk Hudson River Marathon: 33rd year. Total finishers: 1145 (a record number; up from 896 in 2014, and 938 in 2013, the prior record). Winner was Bryan Morseman of Bath, NY (he also won in 2013) with a time of 2:24:01, the 5th fastest time ever for the course. It was his 3rd marathon win in 3 weeks. The 2nd-place finisher was Andrew Dionne of De-witt, NY. The 3rd-place finisher was Charles Remillard of Peru, NY. The 1st-place woman (15th overall) was Megan Skeels, age 41, of Texas. Her time, 2:46:40, was the 2nd-fastest women's time for the course; she was recruited to this race as an elite runner, although it was only her 6th marathon. She pulled out of a race in Minneapolis the week earlier, owing to illness. "It is probably the prettiest course" she has seen. "I don't think you can top this for beauty." The 2nd-place finisher was Dara Dalmata of Hopkinton, MA. The 3rd-place finisher was Caroline Poitras of Saint-Augustin-De-Desmaures, Quebec, Canada.

Total Prize Money: \$7,700 (\$1,500 [1st], \$1000 [2nd], and \$750 [3rd] for both men and women's division [totaling \$6,500]; and \$300 [1st], \$200 [2nd], \$100 [3rd] [totaling \$1,200] for local counties and club members, women and men.

Total Prize Money for both the half and the full marathon: \$11,300.

Special thanks to Maureen Cox and her staff, including Cathy Sliwinski, a dozen-plus coordinators, and hundreds of volunteers. You just can't say enough. Participants and spectators had good things to say about the race. No train issues. A good contingent from Canada, especially Quebec, which had runners at the top of many age groups.

Upcoming races: Stockade-athon, on November 8, 2015.

All race directors remain in place for 2016: no recruiting needed.

All race dates for 2016 confirmed, except (1) Running of the Green (Brian Northan, director) which is tentatively scheduled for Mar 12 pending confirmation from Schalmont HS, and (2) the Anniversary Run (Pat Glover, director), which will be either September 11 or September 18 (Pat Glover is trying to avoid a conflict with the Dunkin' Run).

Winter Series: Considering free races only for preregistrants, so that even members would need to preregister or, otherwise, pay the \$5.00 race fee; people who become members; about 12 percent nonmembers/88 percent members participating in the Winter Series overall. Con-

cerns expressed about angering/inconveniencing members, and also about addressing something that isn't a significant problem. Further discussion followed, including Ed Neiles saying about 5 to 10 percent run bandit.

3.5 Race Committee Treasurer (C. Sliwinski): Please see attached report. (Mohawk Hudson River Marathon account information not available in time for the meeting)

3.6 Pace Setter (E. Neiles): All fine; no problems. November issue will contain an article about the Mohawk Hudson Marathon and Hannaford Half Marathon.

3.7 Conflicts Committee (C. Terry): No report; Ray Newkirk (VP for Finance) will be heading this committee.

3.8 Safety Committee (VACANT): No report

3.9 Grants Committee (R. Newkirk): No report

3.10 Long Range Planning Committee (E. Neiles): See attached document.

By-Laws revision discussion; larger committee group met 3 or 4 times; smaller committee met and corresponded about 15 times. Multiple changes were made to update the document, to reflect how the club is run and to reflect the club's financial wherewithal and responsibility, and to define and accommodate the need to differentiate duties; primary difference is that the club will be run by a board of directors (which is, in fact, how it is run now). Discussion followed. Ed Neiles indicated that the revisions don't reflect some actual procedures.

Ray Newkirk motioned to table the motion to adopt amended bylaws; seconded by Marcia Adams. Tabled to next month.

3.11 Just Run Program (K. Skinner): The Just Run cross-country meet will be held at Tawasentha Park on Wednesday, November 4, at 3 p.m. There will be 20 schools participating in the fall Just Run program, up from 14 schools last fall. This includes 4 new schools and 2 schools that had been participating in the spring Just Run program and have now decided to participate in the fall program as well. Most of the participating schools started their Just Run program last week, so it's a short season. One new school—Wildwood School—is a new member but will not be participating in the cross-country meet because of the handicap conditions of most of their students.

Marcia Adams expressed concerns about Just Run meet being scheduled for same week as the Stockade-athon, because of having to ask volunteers to do so much in the same week.

4. Unfinished Business: VP of Finance (Ray N.) requested a line item of \$500 for miscellaneous expenditures, such as the previously mentioned accounting package. Voted on and approved.

5. New Business: Cathy Sliwinski said no garbage can be left out in the clubhouse. And food needs to be well packaged. It's a warehouse, and there are mice!

6. Announcements:

November refreshments: John Parisella

Adjourn:

Motion to adjourn, Jon Rocco. Seconded by Marcia Adams at 8:35 p.m.

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HMRRC Grant Application

Program Description

The Hudson Mohawk Road Runners Club (HMRRC) Grant Program offers grants of up to \$1,000 to qualifying organizations that advance running within the Capital District. The purpose of the grants is to encourage and support additional running-related opportunities for HMRRC members and for runners in general.

Qualifying Organization

The HMRRC Grant Program is intended to benefit running-related organizations within the Capital District. Eligible organizations might be clubs, races, or umbrella organizations established to advance road running and racing. Qualifying organizations must have ***no restrictions on membership or participation***. Thus, school teams, youth programs, or teams whose membership is by invitation only are not eligible.

Races Benefitting Charities

HMRRC has a long-standing policy of non-involvement with races whose net profits go to charitable organizations (our objective being to keep entry fees low and/or enhance the runner experience). Races that support charities through an optional check box or other voluntary method do not fall within this policy. This policy will be taken into account in awarding grants to organizations.

Grant Applications

Applications for an HMRRC grant must be received by either February 1 or June 1. Applications received after these dates will be included in the next application group. Applications should be mailed to Ray Newkirk, HMRRC, P.O. Box 12304, Albany NY 12212, or e-mailed to rnewkirk5144@gmail.com.

Award Guidelines

Applications will be reviewed by a committee of HMRRC members. The following factors will be considered: organization history; purpose for which Grant will be used; committee members' experience with the organization; special benefit to HMRRC members (not required). The Grant Committee may take other factors into account.

The application can be found on www.hmrrc.com. Please go to the 'membership info' link and then 'membership benefits on the dropdown list.

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INFORMATION: 518 • 584-4132

EMAIL: jallen3@nycap.rr.com

FIRST NIGHT IS PRESENTED BY SARATOGA ARTS

EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
11/01/2015	10:00 AM	Poconos Halloween Half Marathon & 5k	Lake Harmony	Doug Bush	info@evhalf.com
11/07/2015	10:00 AM	RUN 4 THE HILL	16 Martin Rd (Cornell Cooperative Ext.)	Kathy Taylor	ktaylor@albanycounty.com
11/08/2015	8:30 AM	40th Stockade-athon 15K [GP]	Veterans Park Downtown Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/21/2015	9:30 AM	Girls on the Run 5K	Corning Preserve at Jennings Landing	LuAnn McCormick	luann.mccormick@girlsontherun.org
11/22/2015	10:00 AM	HMRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com
11/28/2015	10:00 AM	Run Off That Turkey Trot 5K	Altamont Elementary School	Phil Carducci	turkeyrun5k@gmail.com
12/13/2015	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau	bart@truarchs.com
12/19/2015	10:00 AM	19th annual Holiday Classic 5K	Columbia-Greene Community College	Phil Carducci	holidayclassic@nycap.rr.com



Hudson Mohawk Road Runners Club

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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!*