

The Pace Setter

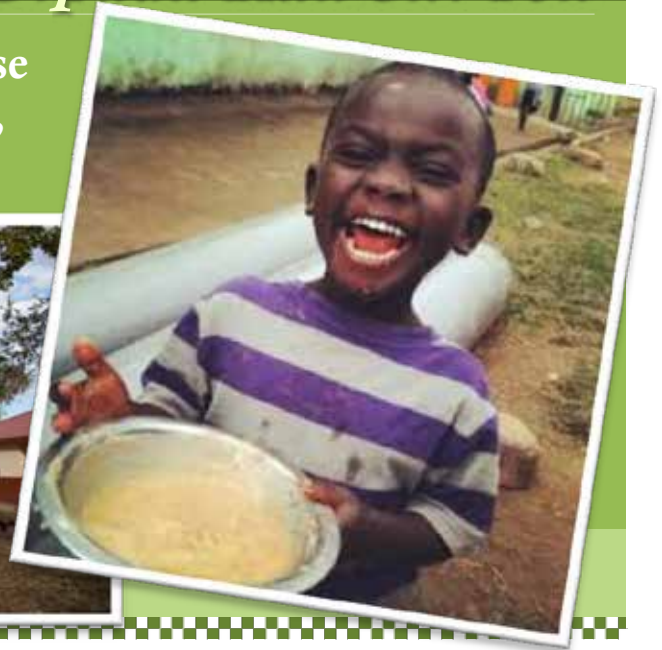
April 2015

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



Capital Region Zambia Orphan Run 5k/10k

To help raise \$110,000 to build a house in Zambia for 12 young orphan boys, currently living in the slums



Saturday, April 18, 2015

- 10k at 9am
- 5k at 11am

Albany Corning Preserve

(near Jennings Landing)

- 1 Quay Street Albany, NY 12207

Pre-Registered by April 10th

- \$25 for either the 5k or 10k
- \$40 for both the 5k and 10k

Registered after April 10th

(including day of registration)

- \$35 for either the 5k or 10k
- \$50 for both

Prizes/medals awarded to age division winners. **Jimmy John's sandwiches** and quality **custom t-shirts** for all participants. Event also includes **silent auction** and opportunity to purchase 50+ gift cards at 80% of face value.

OUR VISION

The Tree of Life Children's Village, located just outside the capital city of Lusaka, Zambia is a 130-acre community of homes for orphaned children, designed to be a haven of hope and healing. My wife and I's vision is to build an additional house in this village that will serve as a refuge and a loving Christian home for 12 additional orphan boys who currently live outside and in the slums.

The children that move into this village come from the most severe backgrounds of extreme poverty, abuse and neglect. Some are HIV positive, while others come from child-headed households. 17% of all children in Zambia die before their 5th birthday and 65% of the population lives on less than \$1.25 a day. As a whole, the orphans of Zambia are needlessly sick, drastically underfed, and generally neglected at every juncture of society. None of these kids chose their state in life, but now each of them must somehow try to exist in it.

Children at the Tree of Life receive both the educational and spiritual development that will dramatically transform their future. Kids living in this Children's village are provided first class education through highly qualified teachers and exceptional curriculum, equipping these children to become the future leaders of their country. Full-time pastors build on this by teaching the Word of God and encouraging the children in their faith.

Our desire is to cast visions into the lives of these kids so they can become all that God intended them to be. Top-notch education, discipleship and counseling are daily fixtures in their lives. In this village, children have the opportunity to do what most children in Zambia have never done before: just be kids.

Register at www.runforzambia.com

Contact Andrew DeVlieger (Race Director) at 616-835-1170 or andrewdevlieger@gmail.com with any questions



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— **What's Happening**

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— **Grand Prix Update**

Bob Kopac
— **Kopac's Korner**



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Photos in this issue are by Charles Bishop, Chris Bishop



HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) 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 HMRRC exists.

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

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President's Message

by Meghan Mortensen

The mission of HMRRRC is to promote running through training and education by encouraging a healthy lifestyle among members, and supporting running related events throughout the community. We are much more than a club that puts on races. Most notably, the Club provides \$18,000 in scholarship money to six talented student-athletes throughout section II looking to pursue a future in running at the collegiate level; offers special grants to organization's throughout the community that encourage running related events; administers the Just Run Albany youth running program; and sponsors the Strong Through Every Mile (S.T.E.M.) program for victims of domestic violence and abuse.

Since 2000, HMRRRC has been awarding money to high school seniors through the Bill Shrader, Sr. Scholarship. April 1st was the 2015 deadline for applicants to submit their entries, and I'd like to thank Vice President, and scholarship chairperson, John Parisella, who worked diligently with local athletic directors and students. John spent time at schools, communicated via email and online forums. He was even seen handing out applications at indoor track meets this past winter. The applications of more than 50 students are now in the dedicated hands of committee members Chris Rush, Ken Skinner, Jon Rocco, and Joan Celentano, who will meet to review these applications and announce the winners in May.

For five years, HMRRRC has sponsored Just Run Albany in hopes of promoting fitness and healthy lifestyles to youth in schools and other organizations within the capital district. This program is a licensed satellite of the Big Sur International Marathon in California, which, according to the Just Run website, was designed to be "educational and promote fitness, healthy eating, good citizenship and pride in accomplishment." Ken Skinner, HMRRRC's volunteer program administrator, is committed to replicating this successful, award-winning program in our area. Ken was honored at the USATF banquet as 2014 Volunteer of the Year. Just Run Albany events kicked off this March thanks to the \$40,000 in sponsorship we were able to provide again this year. We are proud to join Just Run in the fight against the ongoing childhood obesity epidemic. We currently have approximately 27 area schools participating in the 2015 events, and are always looking for more involvement. If you know of a school leader interested in being a part of the future of Just Run, have them contact Ken at kenny-skin@earthlink.net. The final track meets will be held at Union College during the first week of June, and include events from the 50m dash to the 1500m run. Who knows, maybe in a

few short years HMRRRC members will run shoulder to shoulder with these young athletes as they strive for a happier and healthier lifestyle.

HMRRRC is proud to have officially partnered with the S.T.E.M. program, which the Club piloted in 2014, and officially began sponsoring this year. S.T.E.M. uses running as a means of assisting victims of domestic violence and abuse. Led by volunteer and administrator, Sue Nealon, S.T.E.M. uses the \$10,000 provided by the club to organize a Couch to 5K type program in various counties, and help the victims of domestic violence get started on the road to recovery. These clients enter the program with poor self-esteem, and are often unaware of their own self-worth. Running offers them an avenue to enhance their self-esteem and build the strength required to overcome their challenges. According to HMRRRC member Sue, "S.T.E.M. helps those same people see that they are worthwhile, that they can accomplish something all while connecting them to a group of other survivors and volunteers who do want them to be part of their group." For these victims, like so many of our fellow members, crossing the finish line is just the beginning. □





What's Happening in April

by Al Maikels

There is absolutely nothing going on in April. Every so often, usually in March or April, the club will have a month with no races scheduled and this is one of those years. The Masters 10k, usually held in April will be in May this year, due to scheduling conflicts with the Guilderland High School.

There are races to be found in April, some of the more notable are as follows:

13th Dodge the Deer 5k and Mile Fun Run on Sunday, April 12 at the Schodack Island State Park. with the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

The 21st Rabbit Ramble 4 mile race will

also be held on Saturday, April 4 at Guilderland High School with a 10 a.m. start time.

The 14th running of Sean's Run 5k will be held on Sunday, April 26 at 12 noon at the Chatham High School.

The grand daddy of all marathons is also held in April. Monday, April 20 is the date for the 119th Boston Marathon. The HMRRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be held on Wednesday the 8th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □



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 June Issue of *The Pace Setter*

Articles:

Deadline is April 25.

Submit to:

Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is May 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.

Should Athletes Avoid “Junk Food”?

“I’m training really hard, doing double workouts, and eating only healthy foods. I feel full all the time – but I am losing too much weight. I don’t think I could comfortably eat any more. “I generally eat clean – but some days I cheat and have ice cream.” “Fruit juice is bad; it has way too much sugar! I’ve stopped drinking it.”

Many athletes go to great extremes to eat healthfully. Needless to say, the definition of “eating healthfully” varies from person to person—and often takes on a religious zeal. “Healthy eating” tends to include these parameters:

- No refined sugar, gummy candy, soda pop, sweets
- No potato chips, corn chips, Cheetos, salty snacks
- No doughnuts, pastries, croissants, pancakes, PopTarts
- No McDonald’s, Burger King, pizza, hot dogs
- No cookies, desserts, birthday cake, holiday treats
- No foods in wrappers—particularly among athletes who are “eating clean.” (Question: Are wrapped foods actually dirty? Or is trendy terminology breeding craziness?)

While eliminating “bad” and “dirty” foods is a noble attempt to put premium nutrition into your body’s engine, the questions arise:

1. Do you need a “perfect diet” to have an “excellent diet”? No
2. Does enjoying a hot dog or a candy bar once in a blue moon negate all of the “good stuff” you generally eat? No
3. Do you really have to “cheat” on your birthday so you can partake in cake with your family and friends? Heavens no!!!

In my opinion, there is no such thing as a “junk food.” There is a bad diet, yes, as judged by looking at the whole day’s intake. That is, 50 calories from refined sugar in an 8-oz. sports drink will not ruin your health. But consuming 400 calories from a half-gallon displaces a significant number of nutrient-dense foods—as well as can ruin your teeth. (Sipping all day on sugary, acidic fluids damages tooth enamel.)

While foods with little nutritional value fail to invest in an athlete’s well-being and ability to withstand the demands of rigorous training, occasional “junk food” does not ruin health when eaten in moderation. You can indeed have an excellent diet without having a perfect diet.

- The question arises: how much “junk food” is OK to eat? A healthful sports diet can target 85 to 90-percent of calories from quality foods and 10 to 15-percent from “whatever.” Some days “whatever” might be blueberries and other days it might be (guilt-free) blueberry pie with ice cream.

Given that you can ingest the recommend-

ed intake of all the vitamins, minerals, and protein you need within 1,500 calories from a variety of wholesome foods, a hungry athlete who consumes 2,000 to 4,000 calories a day has the opportunity to consume LOTS of nutrients. For example, 8 ounces of orange juice offers 100% of the Recommended Dietary Allowance (RDA) for Vitamin C. A thirsty runner who chugs the whole quart can consume 4 times the RDA in that one snack. OJ is better than an all-natural vitamin pill!

- But isn’t fruit juice filled with sugar? Yes, all the calories in juice come from natural sugar. This sugar fuels muscles. Vitamin C, potassium, folate, and a multitude of health-protective, anti-inflammatory bio-active compounds also come in the juice. For athletes who want to eat “healthy” but have trouble getting in enough calories to maintain weight, I often recommend grape, pomegranate, tart cherry, orange, and blueberry juices. (In contrast, overfat people who reduce their juice intake can easily delete some calories. For them, eating the whole fruit would be more satiating.)

- Should athletes try to avoid refined sugar? Refined white sugar is a nutritional zero, void of any vitamins, minerals or protein. Yet, the calories in sugar come from carbohydrates. Muscles welcome these carbs to fuel depleted glycogen stores. Muscles don’t know the difference between carbs from juice, candy, and sports drinks vs. apple, sweet potato, and banana. The difference shows up in health, immune response, and ability to fight off colds and flu.

A rule of thumb is to limit refined sugar to 10% of total calories. For most active women, that equates to 200 to 250+ calories from sugar a day. And for active men, 250 to 300+ calories. That means, an athlete could enjoy either 16- ounces of a sports drink and a gel

or a few cookies—and stay within the recommended sugar-budget for the day.

Note: The sugar is evil message is targeted to the 66% of Americans who are overfat and underfit, not to athletes. The muscles of athletes easily take up sugar from the bloodstream with far less insulin than needed by unfit people. Hence, unfit people who sip on Big Slurpees all day easily consume excessive, health-eroding sugar-calories. They need to seriously think about their future and if they want to be vibrant and healthy enough to enjoy fun times.

- Can you eat too healthfully? Yes. Eating too many healthy foods can actually be bad for you. For example, fruits & veggies are healthy foods, but eating only fruits & veggies creates a bad diet. Eliminating all unhealthy foods is also needless. Enjoying birthday cake can be good for the soul!

Rather than categorize a food as being “bad,” please look at your whole diet to see if it is balanced. I differentiate between a diet filled with PopTarts for breakfast, Fluffernutters for lunch, candy bars for snacks, and sweet & sour chicken for dinner vs. the occasional PopTart tossed into a gym bag for a pre-exercise energy booster when traveling to an event. While not trendy, choosing a balanced sports diet based on moderate portions offers a sustainable, effective path that can help you eat well, perform well, and feel great.

Nancy Clark, MS, RD counsels active people at her private practice in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for marathoners, soccer players, and cyclists offer abundant tips to help you balance your sports diet. The books are available at www.nancyclarkrd.com. For online education, visit www.NutritionSportsExerciseCEUs.com. □



PUZZLE PAGE

by Christine Bishop

-Dentity Crisis

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



CONTEST

With a friend, a team or by yourself, find embedded the 8 parts of a running shoe and then find as many connected words as possible. To make a word, letters must be connected going up, down, diagonally, and/or side-by-side and can only be used once in a word. To score: 100 points for finding all the embedded shoe parts, 3 points for three letter words, 4 points for 4 letter words, 5 points for 5 letters, and so on. Send your name(s), answers and tally to BishopPacesetter@gmail.com and the top three winning entries will be announced in the next issue.

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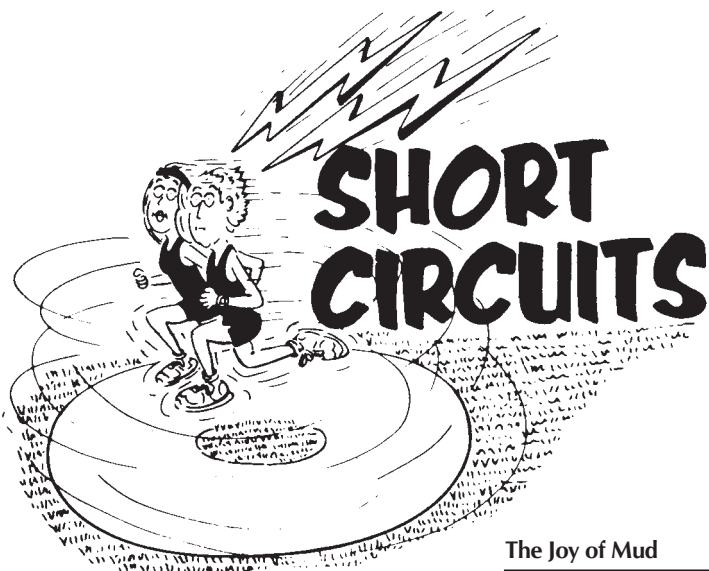
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L M O D S A D J P B G D Z C K U V F
K Y N U Y U X E P S O B O I P E W X

Winter Series 5 Grand Prix – 10 Miler Top Ten

Tom O'Grady
Josh Merlis
Mike Roda
Bob Irwin
Kyle McCormack
Aaron Knobloch
Eamon Dempsey
Richard Hamlin
Ben Heller
Brian Northan

Emily McCabe
Emily Acker
Sally Drake
Lisa D'Aniello
Nancy Briskie
Michelle Davis
Chris Varley
Ruth Sadinsky
Sydney Smith
Lara Stelmaszyk



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

likely to die sooner than those who ran slowly and infrequently, or were sedentary. For those interested in more details about the study, Google: "Slow Runners Come Out Ahead" by Gretchen Reynolds of the *New York Times*. Since the publication of the article, many have pointed out that the numbers involved in the study dealing with "hardcore" joggers was around 80 people, making it hard to draw valid conclusions from such a small group, and that the health of those in study who died early was not known or studied before they entered the programs used to establish data. This leaves one wondering why data such as these were published when the bases for them are so tenuous. Common sense in evaluating information published in the media should be exercised, and just because something is published does not mean it is correct.

Major Changes Coming



Due to the doping scandal surrounding Rita Jeptoo, who was about to be awarded the \$500,000 World Marathon Majors prize, changes have been made to the program. Many countries with star runners do not have effective testing of their athletes for performance enhancing drugs. Jeptoo was tested randomly in an out-of-competition evaluation and failed. A Russian runner, Liliya Shobukhova, was found to be paying Russian officials to hide data that proved she was doping. The WMM officials decided to take steps to remedy this problem. First, the prize will no longer be given in a lump sum but will be given in \$100,000 increments for five years, ensuring that the winners remain clean. Next, there will be numerous and rigorous out of competition drug tests given to contenders for the prize. Fittingly, Abbott, a global healthcare company known for its diagnostic programs, is now the sponsor for the event.

Kneedy Solution



Short Circuits continued on next page

Runcrastination –
Having a long list of things to do,
and going for a 5 mile run instead
of doing any of it.

This wacky, but true sign was found by Liz Chauhan. If you find something that you think will amuse readers of this column, please send them to BishopPaceSetter@gmail.com.

A Must Miss Marathon



This marathon is reminiscent of a verse in the Eagles' Hotel California, "You can check out any time you like, but you can never leave." Tours are being offered to run the Pyongyang Marathon in North Korea and then sightsee for three days. This unique travel opportunity features a fun tour of the DMZ, but the "famous" North Korean prisons are not on the itinerary. You can have lunch in the Kim Il Sung Square and then visit the Victorious Fatherland Liberation War Museum that features the USS Pueblo, captured in 1968 by North Korean forces. You may be blessed by a chance to meet Kim Jong-un. The cost is only \$2,000 without airfare included.

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The Joy of Mud



Now not only adults can enjoy a mud bath full of obstacles, but kids can too. On March 7, the Tough Mudder Organization will have run its first race for kids aged 7 to 12 called the Fruit Shoot Mini Mudder at Gulf Coast near Pensacola, Florida. Some of the events in the race include a 'the "Tunnel of Terror" (a slippery tube for participants to crawl through), "Goody Shoes" (a sticky surface for kids to navigate with their shoelaces tied together), and "Mount Mud" (a hill of mud that rewards kids who conquer it with a slide into—you guessed it—more mud).' At least the kids will have a good excuse for how they look.

Can You Believe Everything You Read?



A scientific study made headlines in February that asserted slow joggers get the most health benefits from running and live longer than those who exercise frequently and strenuously. The *Journal of the American College of Cardiology* published an article by researchers at the University of Copenhagen that examined metadata from runners and other people in ongoing studies. It came to the startling conclusion that those who ran frequently were

Runnin' of the Green 4 Rescue Successful: Foundation Set for Future Sustainability

by VRJ

For 15 years the Runnin' of the Green (Island) was an unqualified success, known for being the first competitive road race of the new year, a fast spectator friendly course, with festive team colors. There was a heightened anticipation for a new racing season and genuine relief in winter's demise.

The race was directed for the first decade by HMRRRC Hall of Famer Ken Skinner, who organized a win-win partnership with USATF Adirondack to host a 4-mile championship race, introduce USATF team competition and an age-graded handicap division while utilizing the HMRRRC's vast resources and volunteer turn-out to put forth a well organized event. The small community of Green Island was also an enthusiastic partner and used their public works department to keep the tight course safe and clear of vehicular traffic.

The initial race drew 264 finishers and was won by standout Utopian runner Jeff Brooks, followed closely by Nick Conway, Peter Flynn, and Jamie Rodriguez, all under age 25. The women's division went to Emily Bryans, 32, who had recently moved to the area and began racing competitively. In subsequent years, the race grew gradually while drawing very competitive fields, with up to 400 participating.

ROG 4 champion Brooks would sustain injuries that forced him to retire from competitive road racing, but Conway, Rodriguez, and Bryans would go on to win multiple championships and dominate regional racing for a decade, while Flynn would win back to back Workforce Challenge races in a very stellar career.

Ed Gillen (3 years), Dave and Letticia Ruderman (2 years), would later direct the ROG 4, adding chip timing, modifying the course, and reinvesting entry fees back into the race with creative new shirt designs and glass steins, as the popularity of the race grew significantly to reach 700 participants. By nearly any measure, this event was worthy of its USATF championship status, and year after year drew the deepest and most talented field of area runners during the entire spring season.

However, the adept management and marketing by race organizers and responding enthusiasm by runners who wanted to celebrate St Patrick's Day, ultimately led the small community of Green Island to insist on hard entry caps due to limited parking and other concerns. Once the popularity spigot was turned on, it was difficult to turn it off and a new race venue had to be found.

Fortunately Brian Northan stepped forward this past fall and agreed to take on the challenge of directing a new ROG 4 event, if a suitable venue could be found. HMRRRC stalwarts Tom and Marcia Adams suggested a course from Schalmont HS and made the connections with the school administration. Another



important link was retired Rotterdam Police Officer and Schalmont XC coach Rich Kranick, who helped with critical police contacts and volunteer support. The final school and police approval was not obtained until late January 2015. Registration opened February 1, and a press release followed, making the rescue of the ROG 4 official. Then came arguably the most severe February in modern recorded weather history for the northeast, with half of the days having sub 0F temperatures, near record snowfall, and zero days above 32F. This delayed the measurement of the new course until 5 days prior to the race.

The running community was forced to train indoors on treadmills or bravely running outdoors in multiple layers on days where temperatures occasionally approached 15F. The few races normally held in February were either canceled or delayed, leaving race fitness a real question for most runners as the new ROG 4 race approached.

Winter slowly gave way in the final days before the race, but not without one final scare, as ice and freezing rain fell early on race morning. Fortunately, temperatures gradually rose to 35F in the final hour prior to the race, and Schalmont public works crews and HMRRRC volunteers helped spread salt along the course to make it safe for road racing.

The 4-mile course was superbly marked with cones and signs, and a 2-mile split mat was set up at the race midpoint within a nice residential Rotterdam neighborhood. The high school was a much more spacious venue for staging registration and awards, and there was a nice offering of hot and cold post-race refreshments. The Rotterdam Police were

very helpful in managing the quarter mile Rt. 7 corridor and leading the race. Despite initial concerns, there was ample room for parking. In this author's opinion, all of the above were improvements over the former venue.

18 USATF teams registered 72 competitive runners, and 15 complete teams finished the course. In total 90 USATF athletes participated among the 287 overall finishers, as the first race in Rotterdam mirrored the initial Green Island Race in year 2000.

The men's race was highlighted by a duel between Clarkson graduate Patrick Carroll, 23, and seasoned racer Chuck Terry, 32, who raced side by side at 5:15 per mile pace until Carroll edged clear in the final quarter mile for the win by 5 seconds in 21:11. Carroll ran to an impressive 14th place finish (49:15) at his Stockade-athon debut last year, showing a lot of upside potential if he can maintain a strong work ethic and stay

Short Circuits, continued

Under the aegis of the FDA, Ohio State University Wexner Medical Center has implanted an experimental plastic meniscus into a patient to help cure chronic knee pain. Damage to the meniscus is quite common in runners and if the implant works as hoped, it could help millions of Americans. The plastic meniscus is around two inches in diameter and is pliable but not rigid. The doctors hope they can contour it to fit the knee perfectly. The aim is to obviate the need for full knee replacement surgery, which currently is performed around 750,000 times per year. If you know anyone who is willing to be part of the clinical trial, have them contact the Wexner Medical Center in Ohio. □

healthy. It may have been destined that Patrick would win on this Irish holiday. A similar close duel took place for the final podium spot, as Richard Messina, 26, edged Eric Young, 23, by one second. Another close race occurred in the masters division, as Bob Irwin, 42, edged Volker Burkowski, 43, 22:12 to 22:22.

The women's race was won by one of the best racers within our Eastern New York US-ATF association. Sara Dunham, 38, won her 3rd ROG 4 title, impressively posting a 22:53 (5:44 pace) to draw away from Schalmont High School standout Julia Flower, 16, during the second half of the race. Dunham had a 2 second edge on Flower at the 2-mile split, but increased her margin with every stride after that, as the superbly talented Flower, who raced very hard early, could not sustain such a demanding pace in the race's final mile. Sara has won both the MHR Marathon and Hannover Half Marathon, along with her 3 ROG 4 titles. She has also finished 5th the past 2 years at the Stockade-athon road race, behind such regional talents as Megan Hogan, Maegan Krifchin, Hannah Davidson, and Sasha Verenka (NH). All of this has been accomplished since she returned to competitive road racing in her mid 30's after a stellar scholastic career. Now at age 38, she is running as well as any point in her career, with consistent racing results at a variety of distances from 5K to the occasional marathon.

Renee Tolan, 40, led a strong field of accomplished female masters runners to finish 3rd overall in 24:13, followed by Emily Bryans, 47, (25:06) and Eric Corcoran, 40, (25:26). Tolan was one of only 3 of the top 20 finishers to post a negative 2-mile split, while picking up the pace during the slightly tougher second half. Also negative splitting were Derrick Staley, 56, who won the Age-graded division (88%) and Tom Kracker, 50, who finished just

ahead of Tolan, 15th place overall.

There were 12 performances considered National Class (80%+) according to the Age-Graded tables, with Judy Phelps (85.4%) earning the best female AG performance ahead of Dunham, Flower and Bryans.

Despite reduced participation this year, the race went off remarkably well after a lot of hard work from the race director and his organizing team. The foundation is set for a new era of the ROG 4, with a solid course, new spacious venue with easy access off the interstate, and the potential to grow race participation gradually in future years. Perhaps a modest cash prize structure may be needed to encourage top area athletes to race locally. Perhaps bagpipers could be enticed to play, or green eggs and ham added to the refreshment menu to add to the St Patrick's Day theme. But that is for the new race director to figure out over the coming year.

I am grateful that the 2015 ROG 4 race happened, and the turnout and competition reminded me of that original race held on Green Island 16 years ago. Since then, many memorable races have occurred at the ROG 4, and thankfully many more to come. □









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.

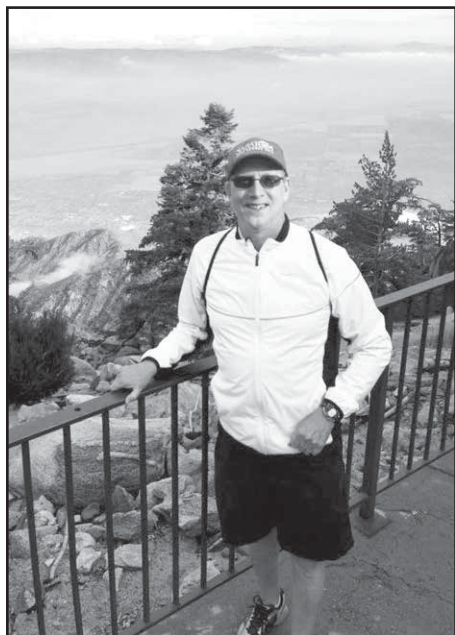
Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

MARK MINDEL



When a book about the history of running in the greater Albany area is written, Mark Mindel will be featured. Mark is the creator of the Stockade-athon, known as one of the top 15K races in the United States, and he has run every one since its inception. In addition, he has done the Troy Turkey Trot consecutively since 1967. He has won an international marathon, and he and his older son have both done marathons in under 2:30. He still coaches runners, which he has done since graduating from college. He presently is a member in good standing of the FROGs (to be explained later).

Mark started running in ninth grade. Even though he had done well at field day distance events, running was not important since he was consumed by football. When he did finally play football in ninth grade as an 80-pound, third string running back, he was destroyed. In winter he tried basketball, and then in the spring ran track and has been hooked ever since. However, he is still a big football fan and loves Eli Manning. At Union College he ran indoor and outdoor track and cross-country. He had an academic scholarship, but as he notes, back then in the early 1970s, the tuition was \$3,000 a year! His college team won relays in championships. After graduation, he ran local road races and decided to share his love of running with kids by becoming a coach.

He originally taught English, but went back to college for a graduate degree in special education and taught in that field for almost 30 years at Notre Dame-Bishop Gibbons High School, Bishop Maginn and Averill Park until he retired. When his three children reached college age, he returned to full time employment to help pay for their education. He

worked for 11 years at the post office and is now in his second retirement.

His three children are all athletic, but it is his older son Scott who is the hard-core runner. Mark ran with Scott when he was a little boy and would let him win, but that has changed. When Scott was in college, both father and son ran a race that started at the same time, Scott a 10K and Mark a 5K. Well before the finish line, Scott whizzed by him, much to the pride of his dad. Mark talks proudly of Scott's accomplishments. He mentions that Scott does not like the Boston Marathon but it is here that he has set records. In Scott's first Boston Marathon the temperature was abnormally high. Mark advised his son to get an exemption for the next year, but Scott did not heed his advice and came in 19th overall with 2:27. The following year, Scott ran it again and this time finished in 2:22 but came in 30th!

Mark has done 13 marathons, including the NYC Marathon three times. He did Boston once, and like his son did not enjoy it. The hills brought his six-minute mile pace down to seven. Mark's favorite marathon is the one he won, Montreal in 1979. On a lark, he went to Montreal with friends, some of whom are FROGs now, and signed up for the marathon that day! He loved the international flavor of the race and said that the French Canadians were welcoming and their "c'est si bons" were charming. One of the competitors in the marathon was Barry Brown, a star runner from Colonie. In 1976, Barry was heading for qualifying for the Olympics in the Marathon Trials but dropped out at 20 miles. Frank Shorter and Kenny Moore (later a *Sports Illustrated* writer) tied for first and second. The race began with Barry ahead of Mark, but Mark caught up and passed Barry, along with the other 10,000 runners, to win the 1979 Montreal Marathon in 2:26:33. Coming in first for the females was Jacqueline Gareau, a noted marathoner who the next year at the 1980 Boston Marathon came in second, but won first prize. That happened because the first place runner, Rosie Ruiz, was seen on video cameras riding the Boston subway to get to the finish line and



Montreal Marathon FROGs



Mark with son Scott at Stockade-athon

was disqualified. The prizes at the Montreal Marathon were memorable. In addition to a trophy, they were given special handmade sculptures celebrating the event and received a Caribbean vacation together. After that race, Brooks sponsored Mark for a year, showering him with lots of fun freebies. In 1984, he did three marathons, which did him in. He has not run one since.

Mark worked summers in Schenectady in the parks. During the summer of 1976, he, Chris Carroll, and Joe Notar, the Commissioner of Public Recreation for the City of Schenectady, thought a race would be a great way to celebrate the country's bicentennial. Mark planned the race to start and finish in Central Park, Schenectady, continuing to the Stockade and back. The route was 9.3 miles, making it a perfect 15K race. Mark won the first three out of four races. His best time was 47:29 in 1979, setting a new course record. He was the first of several race directors, with Vince Juliano having the greatest tenure. There have been many route changes over the years and Mark has surprised himself by liking them all even though he is a traditionalist. He particularly liked this year's finish, being able to coast the last two



Mark with Renee Tolan at Stockade-athon

miles downhill. He also enjoyed the beauty of the path running through the Stockade by the river.

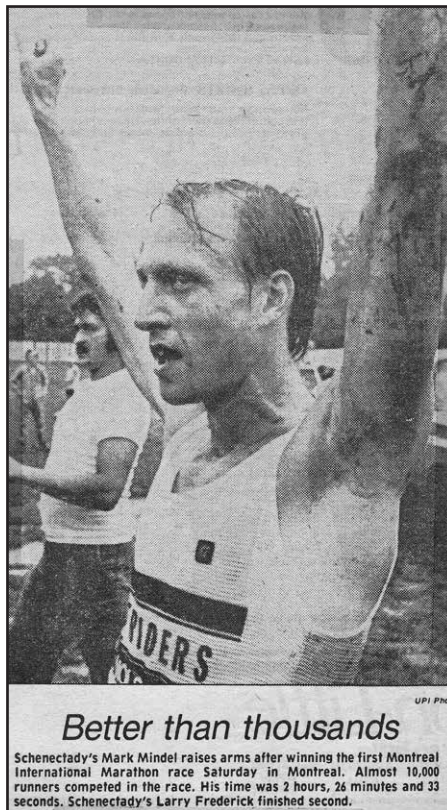
Mark mentioned that when he was young, he was noted for his speed, whereas now it is for his longevity. He holds the record for having run every Stockade-athon and is anticipating number 40 this year. He is also in the record books for having run the 2nd most consecutive Troy Turkey Trots (Dan Larson of Queensbury is one ahead of him). His first was in 1967 when he was a sophomore in high school and he is looking forward to 2017 when he will have run it for a half century!

He has been relatively healthy over the years but his running has slowed after repeated knee injuries. In 2007 he had surgery for a torn meniscus but still ran three weeks after the operation. However, his times have never been the same. Because of this, he only runs once a week now and bicycles instead. He goes to the gym during the week with a group of his friends who are retired track coaches. The group is called FROG for "Former Runners on Gear." However, Mark thinks the acronym should be Former Runners on Geritol. The FROGs are Bob Oates, the 2012 HMRR Hall of Fame winner, Frank Myers, Donnie Myers, Tommy Greene, Ron Ravena, who all ran the Montreal Marathon with him in 1979; Chris Schultz; Matt Jones; Paul Gansle; Dale Broomhead; and Sandy Morley, the only woman. They meet almost every week to bike for ten to twenty miles. They can be seen riding in the capital district even in the winter if the roads are passable.

Mark is starting a new career. Charlie Woodruff of Fleet Feet has hired him to co-coach Fleet Feet's Marathon and Half Marathon training program, which runs for 18 weeks culminating in the Kingston Marathon on April 19, and also a later one to prepare for the Mohawk Hudson River Marathon and Hannaford Half Marathon. In addition



Mark with Eli Manning



Victory at Montreal

to coaching, Mark is a track official. He is a starter for the Capital District Track Organization; works indoors at SUNY Albany, RPI, and HVCC track meets and outdoors for schools having events; and is the USATF Adirondack Executive Vice-President. So even though he says he is retired, there is room for doubt.

When asked what his running tip is, he says that willingness to work hard is the key. If you do the training, you will improve. The results may be incremental, but ultimately your hard work will make you a champion.

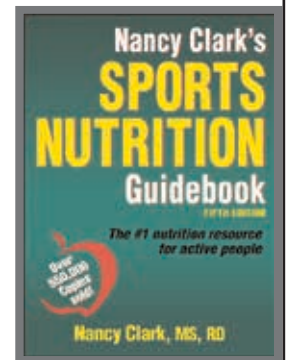
You may see Mark with the FROGs pedaling around Albany, officiating at a race, running the Troy Turkey Trot, or celebrating the 40th Anniversary of the Stockade-athon. His running career has spanned almost 50 years. Let's hope he breaks even more records in the decade to come. □



Montreal newspaper cover

EAT WELL, RUN WELL

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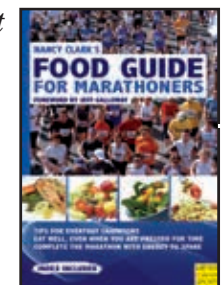


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35th Annual Mother's Day 5K Women's Run/Walk bRUNch

Sunday, May 10, 2015

9:30 am • Central Park, Schenectady



A great warm-up for the

Freihofer's Run for Women & CDPHP Workforce Team Challenge

RACE FEES: HMRRRC Members: \$18, Non-HMRRRC Members: \$20

Mail-in Deadline: May 4, 2015 • Online Deadline: May 7, 2015 on www.hmrrc.com • DAY OF RACE REGISTRATION \$25

Sons may participate on teams with moms, but only women will be scored individually

Men are encouraged to volunteer and support their families. All volunteers receive a t-shirt!

TEAMS: Moms may run on teams with their sons and/or daughters 18 and under

*Separate entry form is required and available at www.hmrrc.com. Teams **MUST** be pre-registered by mail.*

Technical, gender-specific, short sleeve T-shirts guaranteed to first 150 registrants!!

AWARDS: Women's individual 10 Year Age Group Awards from 19 and under thru 70+; Team awards to top 3 teams

FOR RUNNERS' SAFETY: No strollers — No dogs or other pets — No Headsets — No skateboards, bikes etc.

FREE KIDS' RACE (Youth 12 or under) ♦ ½ mile ♦ **Day of Race registration ONLY**

Race will start at 10:30 am at the Duck Pond in Central Park

KIDS DAY OF RACE REGISTRATION: 9 - 10 am in the Central Park Pavilion

35th Annual Mother's Day bRUNch Application

Submit registration form and non-refundable payment to: HMRRRC, c/o DEE FISHER-GOLDEN, 120 BLESSING RD, SLINGERLANDS, NY 12159-2179

PLEASE PRINT

WOMEN'S T-SHIRT SIZE: Small ☐ Medium ☐ Large ☐ X-Large ☐ X-X-Large ☐

[illegible]

ADDRESS:

CITY:

 STATE:

 ZIP:

PHONE: ()

DATE OF BIRTH:

Month		Day		Year

AGE ON 05/10/15: HMRRC Member? ☐ Yes ☐ No

Amount Enclosed: \$ _____
(\$18 HMRRC Member, \$20 Non-Member)

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 agree not to wear headphones during this event. 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 including high heat or humidity, traffic and the conditions of the road, all such risks are 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 Hudson Mohawk Road Runners Club, the City of Schenectady or Best Fitness, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

14 YEARS RUNNING

Sean's Run 2015



You spent the winter training. Time to come to beautiful Columbia County and see what runners from all over the region have discovered: Sean's Run is a small town race with a big time festive feel. You will traverse the streets of our charming village, enjoy the many amenities and nice give-aways, experience the fun atmosphere, meet our dedicated volunteers and generous sponsors and feel a special spirit all in support of an important cause. Event shirts to the first 1,200 entries. Again this year: *Sean'sRide*, our well managed bicycling event with its own special amenities and superb 10-, 20- and 50-mile routes on the day before the 5K.

Register at www.seansrun.com

Presented by:



Media Sponsor:

CHATHAM COURIER
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KICK INTO HIGH GEAR

APRIL 26 CHATHAM NEW YORK

5k Sponsor



Meghan's Mile Sponsor:



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WHERE THE RUBBER MEETS THE ROAD

You've waited all year for this day. You've worked hard and trained hard. If you haven't registered your team yet, now's the time to do so before the **May 8 deadline**. Just visit www.cdphpwtc.com. It's that simple.

Running for a Cause

Aside from improving your fitness and bonding with your teammates, you'll be helping some worthy charities, three to be exact. A portion of the race proceeds will benefit them, and you'll have the opportunity to make an additional donation as well.

Volunteers Needed

Not up to running or walking this year? You can still join in the fun by volunteering. A number of opportunities are listed on www.cdphpwtc.com.

We'll see you at the Start line!

2015 CDPHP® Workforce Team Challenge
Thursday, May 21
Empire State Plaza, Albany
Start Time: 6:25 p.m.



2015 Charities of Choice:



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 _____

Your Fascia and How It Affects Your Performance

What is fascia? Fascia is a sticky type of tissue that connects your skin to your muscles. Fascia covers every muscle in your body. When your fascia gets scar tissue or adhesions from over use, and repetitive poor posture then it affects how you feel and perform. A good example of fascial tightness is when you stretch a particular muscle group and it tightens right back up again in a short period of time. Think of fascia like a Lycra top or tights. If you pull on any part of it there is tension throughout the whole garment.

Fascia is often found in sheet-like planes. These sheets of fascia tend to separate groups of muscles from one another, and will often extend great distances through the body. For example, there are planes of fascia that extend from the fingertips of the right hand to the fingertips of the left hand, through the shoulder girdle.

When adhesions form along these sheets of fascia, symptoms feel like they cover a broad area. It is hard to pinpoint exactly where the pain is located. This is very common in areas of the body where muscles run parallel to one another as in the hamstrings or the trapezius muscles.

Muscles will sometimes become bonded to one another in a functional group along a seam of fascia running between them. When muscles are glued to one another in this way, normal contraction of each muscle becomes limited. They simply can't work as well when glued to a neighbor. These types of limitations can prevent you from turning your head as fully as you used to, or lifting your leg as high when running.

A deep adhesion inside your fascia that penetrates throughout muscle, surrounding individual muscle fibers, causes a different kind of problem when it becomes compromised. An adhesion in the deep muscular fascia tends to limit the ability of the muscle to contract, making it function and feel weaker. If you have developed a weakness in your hamstring or hip rotator muscles, for example, it is likely due to bonded areas deep in the belly of the muscle that may also be paired with adhesions in the seams of fascia between the muscles. This happens from having sedentary activities like sitting at a desk all day.

Gravity puts an additional strain on tissue that is not properly aligned. All aspects of your body have a natural alignment to each other and to gravity. When that alignment is disturbed because you slouch, or raise your shoulders unconsciously, or lean to one side because you usually carry a heavy bag on that side, gravity pulls you down even more. As gravity pulls down, your body needs ad-

ditional support to hold you up. So, to help, fascia undergoes a chemical change to thicken, tighten and offer more support. Unfortunately, the thickened fascia also tends to be sticky, which leads to the formation of adhesions. This is why, for some people, rebalancing their posture can be a very helpful part of the recovery process.

Once an adhesion forms, it becomes, in itself, another form of additional stress to your body. You adapt by forming more bonds between muscles and other tissues, causing more stress to your body. The effects of these distortions spread throughout your body. And because much of the fascia in your body is found in the long and extended fascial meridians, the effects of those adhesions can extend far and wide throughout your body.

Often, compromised tissues affecting parts of your body not normally associated with your injury can cause symptoms of your repetitive strain injury. For example, deep aching in the wrist is often caused by fascial limitations in one of the major back muscles. How is that happening? The effects of the bonding in the back muscle are spreading all the way down the arm to the wrist along a fascial meridian. By releasing the fascia in the back muscle, the aching in the wrist goes away.

This is why it is important as an athlete to foam roll to keep muscles loose, and to have soft tissue work done on you periodically by a massage therapist, a chiropractor, or a physical therapist. Certain types of soft tissue work can be done by doing long strokes on you're tight muscles, skin on skin with no lotions or oils. By using lotions or oils you tend to glide over the muscle instead of stretching the fascia. Or you can use a special tool called a graston tool that you use over the tight areas of adhesion. This helps break up the scar tissue and encourages blood flow back into the tight injured tissue. This helps you keep you're fascia moving smoothly allowing your muscles to function loose and relaxed as they can be.

I recently had a patient that had been having long standing plantar fascia issues. After a few treatments using the graston tool on their plantar area and some soft tissue work on the fascia of their calves, their long standing plantar fasciitis cleared up after many months of discomfort.

Dr. Robert Irwin
Bobdc99@yahoo.com
www.sportsandspinalwellness.com
Sports & Spinal Wellness Center
2021 Western Ave., Albany N.Y. 12203 □

2014-2015 Winter Series Participants

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Marcia Adams
George Baranauskas
Marie Bailey
Melanie Capron
Darlene Cardillo
Joan Celentano
Donna Choiniere
James Christian
Eric Clark
Dave Cole
Michael Conroy
Maureen Cox
Peter Cowie
Gail Doering
Art Dott
Karen Dott
Thomas Dansereau
Kathleen Dougherty
Sharon Fellner
Carolyn George
Karen Gerstenberger
Dave Gilson
Jonathan Golden
Diane Fisher-Golden
Lori Francesconi
Ed Hampston
Anne Hurley
Denis Hurley
Ray Lee
Clay Lodovice
Michael Libertucci
Patrick Lynsky
Joe McDonald
Shannon Mackesey
Jill Mehan
Josh Merlis
Diane Montes
Megan Mortensen
Paul Mueller
David Newman
Mark Nunez
Ed Neiles
Gretchen Oliver
Jon Rocco
John Parisella
Martin Patrick
Dana Peterson
Letticia Ruderman
Victor Pugliano
Gavin Richard
Stacia Smith
William Smith
Steven Sweeney
Meredith Streeter
Ginny Sweeney
Bart Trudeau
Vincent Wenger

Running Away

by Kathy Barlow



Days are getting longer and daylight is finally here in the late afternoon as we move into spring! For those of us who don't run outside during winter, spring is a time to celebrate the joy of being outdoors again. There is liberation in shedding the excess layers worn throughout winter. Spring running is an opportunity to witness a great rebirth in the Northeast. My favorite place to witness winter turn to spring is observing the buds form on the trees at the Corning Preserve bike trail and turn in to leaves in a matter of a few weeks. Every day the trees take on a different shape and form. The birds down by the river sing and chirp to announce the bursting of buds into leaves. There is a great sense of freedom in running outdoors on a spring day.

Not every spring day is agreeable for running, though. There's rain, slush and mud to get through. In addition to the safety concerns that arise from running on icy or wet surfaces, sometimes it's just not fun to run outside when it's damp and cold.

If you run indoors when the spring weather is challenging, here is a suggestion to make your indoor running a true "running away" experience.

Try visualization mixed in with a little reality on your next treadmill run. One of the strategies that I developed after a trip to Tortola, British Virgin Islands (and return to chilly upstate New York weather) was to use my imagination to visualize and remember the cultural experience I had while running in Tortola.



The British Virgin Islands are one of my favorite vacation destinations. From the moment your plane dips over the turquoise water and it's many hued shades of blue, your heart races with excitement at the anticipation of enveloping yourself in the warm sun. The British Virgin Islands are a group of islands that pop up out of

the sea. Tortola is the capitol and largest island in the BVI. Mountainous, with steep elevations rising up from pristine beaches, Tortola offers opportunities for sailing, snorkeling and swimming. If you like a challenge, try running up a twisty road! Vehicles drive on the left in Tortola and there are few shoulders on the side of any road. Take care to pay attention to cars and drivers. The best part of running up these hills is the reward you get at the top - a breathtaking view of the ocean from atop the hill!

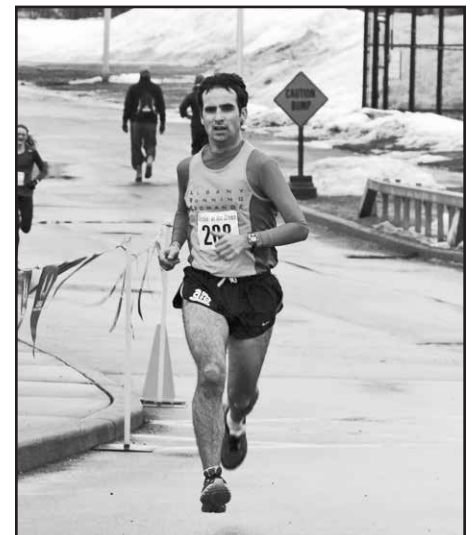
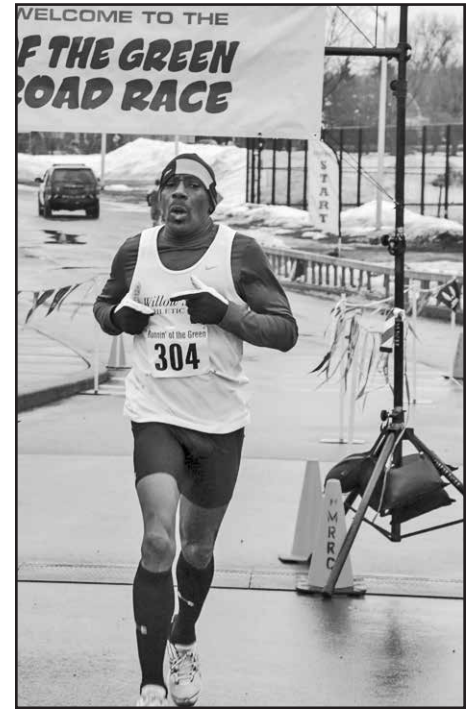
Food is a large part of the BVI culture. Native food in Tortola is tasty and provides perfect nutrition after a run. Conch is the local seafood. Of the many ways to prepare it, my favorite is a lime/pepper conch dish served over noodles. The dish is visually attractive with its bright shades of green contrasting with the pale conch meat. Conch is a chewy seafood, similar in texture to calamari. It is also a favorite chowder ingredient served in a Manhattan style broth.



To set the stage for running on the treadmill and visualizing Tortola, I crank up Latin-influenced and reggae tunes. I enlarge a few pictures of the mountains, the water and the beach and tape them on the treadmill or wall in front of me. Turn on a fan to simulate the soft ocean breezes. I change the incline and my pace on the treadmill to match the picture or image on the treadmill or in my mind.



Running...away can be as close as your treadmill. Make a plan to bring the Caribbean to you on your next indoor run! ☐



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Everybody Must Estonia

by Bob Kopac



Bob at Old Town Square

My wife Lynne and I took a 2-week vacation to Estonia. Lynne wanted to attend a wellness retreat, while I went because Bob Dylan told me to go: "Everybody must Estonia."

Unfortunately, we were too early for the September 14, 2014 SEB Tallinn Marathon, half marathon and 10K, and Lynne was too late to run the May 17, 2014 SEB Majooks 7 KM women-only race, where there were 3,317 finishers.

Based on my observations, I determined the women's races in Tallin must be quite competitive. Many women were very tall with long legs, so their running stride must be quite long. However, they could be slowed by running in very short, tight dresses with stiletto heels.

Since I could not find a race, Lynne and I ran by ourselves. We stayed in Tallinn's medieval Old Town, which has lots of atmosphere, including cobble-stoned streets, making it difficult to run. We scouted running locations by purchasing a Tallinn Card. See the www.tallinncard.ee web site. You can buy a 24-, 48-, or 78-hour card for 24, 32 or 40 Euro. The card gives you free public transport, free admission to 40 city attractions and other offers, such as your choice of 1 of 3 free city sightseeing tours.

We chose the Guided Tallinn Official Sightseeing Tour, which is 20 Euro or free with the Tallinn Card. The 2 ½ hour tour reaches the major highlights of Old Town and outlying areas. See www.travel2baltics.com for a schedule including the English tour times.

We also rented bikes at City Bike in Old Town at Uus 33 (www.citybike.ee). They require a deposit of 100 Euro or a photo identification document per bicycle. We biked past the harbor and the ferry landings to an esplanade paralleling Pirita Tee (Road), east of the harbor and next to the Baltic Sea. There were



Old Town Estonia



Lynne at Talu Art Center

many people running here.

Just past Pirita Harbor (Pirata Sadam) there is an entrance to a running and biking path through a pine forest. On the left are short paths leading to swimming spots on the Baltic Sea.

Another running route from Pirata Harbor is on Kloostrimetsa Tee away from the harbor. After passing a few suburban streets, you can run through woods on a paved bike and running path parallel to Kloostrimetsa Tee. The Metsakalmistu Cemetery, where many famous Estonians are buried, is on your left. This cemetery was designed to maintain the effect of a natural forest.

Three kilometers out on Kloostrimetsa Tee are 2 attractions that warrant a running break. The entrance to the Tallinn Botanic Gardens (Tallinna Botaanikaäed) is on your right. Admission is 3.50 Euro or free with the Tallinn Card. The entrance is right before the Tallinn TV Tower which towers over the landscape. Tower admission is 11 Euro or free with the Tallinn Card. The 314-meter observation deck provides a great view of Tallinn.

You can also run at the park around Kadriorg Palace and Art Museum at Weizenbergi 37. This baroque palace was built by Peter the Great for his wife, Catherine I.

All of the above running locations can be reached using bus 34A from the bus terminal in the basement of the Viru Keskus Department store just outside of Old Town.

After a week in Tallinn, we traveled south to the countryside of Vätla, Estonia for a wellness retreat consisting of yoga, meditation, breath walking and healthy cooking at the Polli Talu Arts Center. The Center was founded by and is run by Marika Blossfeldt, who spends half her time in Beacon, NY and half her time in Estonia. See the <http://www.pollitalu.org/homepage.english.html> web site.

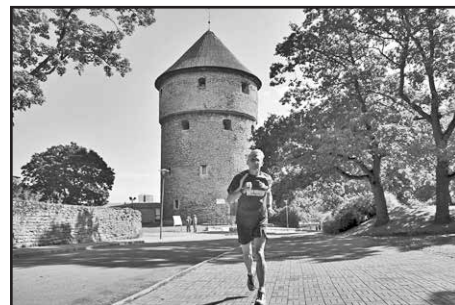
Vätla, like most of Estonia, is very flat and thus great for long distance running. (Estonians call their hills "mountains"; for example, the highest "mountain" is Suur Munamägi at 1,043 feet.) From the Arts Center you can run on Rame Küla road to Laelatu Tee road. Turning left, it is 2.5 kilometers to Laelatu puisniit ("wooded meadow"). The entrance is at a bend in the road; when the road curves left, you go straight into the wooded meadow. The entrance is marked with a sign that



Kadriorg Palace

says Puhtu - Laelatu Looduskaitseala (Nature Reserve) and has a symbol that looks like a green Rorschach test. If you reach a causeway on the road over an inlet of the Baltic Sea, you have gone too far.

The path is grass and dirt, or you can run through the meadow without using the path. Use bug spray, as Estonian ticks carry a disease similar to Lyme Disease. There also is a chance of



Tower Called Kiek

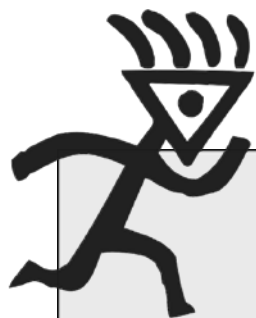
encountering a viper (rästik) or a moose (moose). However, this is offset by wild flowers such as white Queen Anne's Lace and purple thistle, and orange berries of the mountain ash tree, as well as maple and birch trees.

The area is part of the 5,000 mile EuroVelo (EV) 10 Baltic Sea Cycle Route which traverses Sweden, Finland, Russia, Estonia, Latvia, Lithuania, Poland, Germany and Denmark. See the www.biroto.eu/en/cycle-route/europe/eurovelo-baltic-sea-cycle-route-hansa-circuit-ev10/r00000416 web site.

While in Tallinn, we did take a ferry for a day trip to Helsinki, Finland. The best place to run is around Töölönlahti Lake north of Finlandia Hall and south of the Helsinki Olympic Stadium. There also are jogging paths by Eläintarhanlahti Lake just north of the Kaisaniemi Botanical Gardens. Unfortunately, we were a week too early for the August 16, 2014 Helsinki City Marathon which ends in the Helsinki Olympic Stadium. I was disappointed that I could not find a race for Lynne in Helsinki so I could write that she crossed the Finnish line. □



Old Town Estonia



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Stan Denis, LMT

Previous owner of Albany Massage Therapy Associates

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EVENT SCHEDULE					
DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
04/04/2015	8:00 AM	Saratoga Code Blue 8k	High Rock Avenue	John M. Orsini	lorcin110@gmail.com
04/04/2015	10:00 AM	21st annual Rabbit Ramble 4 Miller & 2 Mile Walk	Gulderland HS	Phil Carducci	rabbitramble@nycap.rr.com
04/11/2015	10:00 AM	Hand in Hand 5K	Walkway Over the Hudson	Garrie Duellio	cdcellio@marplebrookschool.org
04/18/2015	9 & 11am	Zambia Orphan Run 5k & 10k Fundraiser	Corning Preserve 1 Quay Street Albany	Andrew Davleigen	andrewdavleigen@gmail.com
04/18/2015	10:00 AM	Rotary 5k & Corporate Challenge	SUNY Adirondack	Jim Goodspeed	jimmyg12804@yahoo.com
04/19/2015	10:00 AM	I am the Most 5K	SUNY Albany	Rachel Landau	alcoholprevention@albany.edu
04/25/2015	9:00 AM	Joan Nicole Prince Home - 5K & 1 Mile Walk	Central Park	Patli Niccolia	pnicolia@nycap.rr.com
04/25/2015	10:00 AM	Miles Of Hope Breast Cancer 5K & kids race	Tynor Park	Lori Decker	mohrun@hotmail.com
04/26/2015	9:00 AM	5K & 10K	Maple Ridge Park Selkirk	Kathy Brown	bethlehemops@gmail.com
04/26/2015	9:00 AM	Chocolate 5K Run / Walk - 5K	Bethlehem Church	James Roe	Chocolate5KRun@yahoo.com
04/26/2015	8:00 AM	Delmar Duathlon 2mile run 10 mile bike 2mile run	Bethlehem Elm Avenue Town Park	Randal Thomas	RTThomas@dyrna.org
04/26/2015	10:15 AM	7th Annual Cherry Blossom 5K Race for ALS	852 Ashmore Ave	Tim Fecura	info@5kforals.com
05/02/2015	9:00 AM	Tabitha Ziba 4 miler	Skateline in accord ny	Tabitha Ziba	Tziba@earthlink.net
05/02/2015	3:00 PM	CCRC 5K Run/Walk/BQG and 1k Kids' Run	Christ Community RC	Pat Glover	pjglove@aol.com
05/02/2015	8:30 AM	St. Johns/St. Ann's Spring Runoff 5k	Jennings Landing at the Amphitheater	Brian Dollard	12thspringrunoff@gmail.com
05/03/2015	9:00 AM	Book It! 5K Run and Walk	Churchtown Fire House	Dorothea Schoep	schoepa@yahoo.com
05/03/2015	8:00 AM	21st Annual Anyone Can Tri Outdoor Triathlon	Southern Saratoga YMCA	Gina Laviolette	glaviolette@cdymca.org
05/09/2015	9:00 AM	5K Run/3k Walk and Kids run	Albany Riverfront Park at Corning Preserve	Ben Luke	bluke@cdymca.org
05/09/2015	5:30 PM	27th Annual Towpath Trail Run 10K / 2 mile	St. Johnsville	John Geesler	johngeesler@frontier.com
05/09/2015	9:00 AM	Ryan's Run 5K sponsored by Saratoga Teachers Assoc	Warning Hut - Saratoga Spa Park	Barbara Wersten	info@foundation@gmail.com
05/10/2015	9:00 AM	Mastodon Challenge 15K Race - 5K - Kid's Fun Run	Crane Park - Cohoes	Lisa P Osorio	losorio@narraix.com
05/10/2015	8:30 AM	Fleet Feet 10k Classic	Bethlehem High School	Jim Sweeney	johngeesler@frontier.com
05/10/2015	9:30 AM	35th Mother's Day 5K BRUNCH	Central Park	Dee & Jon Golden	fiesteetebaby@nycap.rr.com
05/16/2015	9:15 AM	Kelly's Angels Mother Lovin 5k	Saratoga State Park	Joanne Kierman	hmrmothersday@gmail.com
05/16/2015	9:00 AM	35th Annual Bill Robinson Masters 10K (GP40+)	Gulderland High School	Jim Tierney	tyaklerman@gmail.com
05/17/2015	9:00 AM	DACC 5K Dash	Duanesburg Area Community Center	Darcie Adams	runnerjmt@aol.com
05/17/2015	9:00 AM	Spring Has Sprung 10 Mile Run	Southern Saratoga YMCA	Jennifer Casey	dadams@daccinfo
05/17/2015	8:00 AM	Shires of VT Half Marathon Relay	Bemington to Manchester	Stephen Murphy	jencasey@nycap.rr.com
05/17/2015	9:00 AM	AP Run (and Walk) for the Warriors 5K	Empire State Plaza Albany	Greg DeJulio/Patrick Ryan	mwpjsh3@gmail.com
05/21/2015	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Algonquin Middle School	Mark Warner	sevelsh3@aol.com
05/30/2015	10:00 AM	Le Moyne College Dolphin Dash 5K run	Le Moyne College	Christine Liggitto	mwarner@nycap.rr.com
05/31/2015	9:00 AM	Cantina Kids Fun Run	Congress Park near the Carousel	Kim Duncan	liggitto@lemoyne.edu
06/06/2015	10:00 AM	H.E.R.O. 5K Challenge	SUNY Albany campus	Katie Ingram	kingram@saratogahospital.org
06/06/2015	8:15 AM	Kid's 1 Mile (ages 4-12)	Kinderhook Village Square	Dan Curtin	ksduncan3@aol.com
06/06/2015	9:00 AM	44th Distinguished Service Race 8 Mile (GP)	Kinderhook Village Square	Dan Curtin	kinderhookok5k@race@gmail.com
06/07/2015	9:00 AM	44th Distinguished Service Race 8 Mile (GP)	SUNY/Albany --- Day of Race Signup only!	David Tromp	kinderhookok5k@race@gmail.com
06/07/2015	9:00 AM	Pride 5K	TBA	Pilar Arthur-Snead	dtromp@nycap.rr.com
06/13/2015	8:00 AM	Race The Lake Marathon and Half	The Clark Sports Center Coopers town	Doug McCoy	p.athur-snead@capitalpridecenter.org
06/13/2015	5:30 PM	20th Annual Lions Ramble	Fort Plain	John Geesler	mccoyd@clarksportcenter.com
06/16/2015	6:00 PM	Colonie Summer Track #1 of 8	Colonie High School	Frank Myers	johngeesler@frontier.com
06/20/2015	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley	FLYINGBB45@aol.com
06/23/2015	6:00 PM	Adirondack Distance Run 10 Mile	Lake George Fire House	Marcy Dreimuller	jhalley36@yahoo.com
06/23/2015	6:00 PM	Colonie Summer Track #2 of 8	Colonie High School	Frank Myers	madone1@roadrunner.com
06/30/2015	6:00 PM	The Colonie Mile (GP)	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	FLYINGBB45@aol.com
07/04/2015	9:00 AM	Firecracker 4 Mile	Saratoga Springs City Center	Bob Vanderminden	kennyskin@earthlink.net
07/07/2015	6:00 PM	Colonie Summer Track #4 of 8	Colonie High School	Frank Myers	bojlr@telcopcassial.com
07/09/2015	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Peter Newkirk	FLYINGBB45@aol.com
07/14/2015	6:00 PM	Colonie Summer Track #5 of 8	Colonie High School	Frank Myers	peternewkirk32@gmail.com
07/16/2015	6:15 PM	42nd HMRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	FLYINGBB45@aol.com
07/21/2015	6:00 PM	Colonie Summer Track #6 of 8	Colonie High School	Frank Myers	tommadabradley@aol.com
07/23/2015	6:15 PM	39th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	FLYINGBB45@aol.com
07/28/2015	6:00 PM	Colonie Summer Track (Ribbon Night) #7 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/01/2015	8:30 AM	The 37th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/02/2015	9:00 AM	21st Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	FLYINGBB45@aol.com
08/04/2015	6:00 PM	Colonie Summer Track #8 of 8	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/07/2015	6:30 PM	5th Annual Schenectady ARC 5K Walk/Run	Central Park	Douglas Saccor	FLYINGBB45@aol.com
08/10/2015	6:30 PM	Tawasentha XC 5K #1 of 3	Tawasentha Park, Gulderland -- Day of Race only!	John Kinimicut	douglas@arcschenectady.org
08/17/2015	6:30 PM	Tawasentha XC 5K (GP) #2 of 3	Tawasentha Park, Gulderland -- Day of Race Only!	John Kinimicut	kinimicut@gmail.com
08/24/2015	9:00 AM	Attamont 5K Run/Walk (18th)	Bozenkill Park	Phil Carducci	kinimicut@gmail.com
09/07/2015	9:00 AM	27th SEFCU Foundation Labor Day 5K (GP)	Harriman State Office Campus	John Parisella	altamont5k@nycap.rr.com
09/12/2015	8:30 AM	Malta 5K Presented by Global Foundries & Malta BPA	HVCC TEC Smart 345 Hermes Road Malta	Paul Loomis	jp2cella@me.com
09/13/2015	9:00 AM	44th HMRRC Anniversary Run (GP)	SUNY/Albany -- Day of race signup only!	Pat Glover	info@malta5k.com
09/26/2015	10:00 AM	CRSS Race for Hope 5K	Slingerlands	Carla Sobrero	pjglove@aol.com
09/27/2015	8:30 AM	Dunkin Run 2015 ---- 5K	340 WHITEHALLO ROAD	Tom Wachunas	csobrero@capitalregionalspecialsurgery.com
					tomw@albanycc.org

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