

The Pace Setter

January 2010

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



2009
Stockade-athon



The HMRRC Annual Awards Banquet

SATURDAY, FEBRUARY 6, 2010

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to be inducted into the HMRRC Hall of Fame

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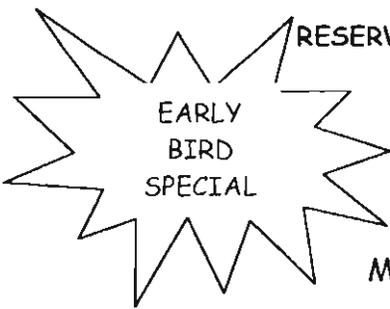
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The Pace Setter

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Photos in this issue by Tom Adams, Bob Briskie, Robbie Briskie, Bill Meehan

HMRRRC Mission Statement

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

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by Mark Warner

As the year winds down, it is a good time to reflect back on 2009 and begin thinking ahead to 2010. The HMRRRC had a full and eventful year in 2009, with many successful races and activities, along with its continued support of the local running community at large. The club put on close to thirty races. Many of the races, including the three largest (Workforce Team Challenge, Stockade-athon and Mohawk Hudson River Marathon) had record numbers of entrants. The club continues to produce a world class running magazine in *The Pace Setter*. Both the club banquet and the summer picnic were great successes. The club supported the running community through its grant and scholarship programs as well as a number of other charitable activities as highlighted in this column in December.

Now as we move into 2010, it is a good time to look at our goals as runners and HMRRRC volunteers, as well as, goals for the club. January is the perfect time to set new goals for the year whether they include setting new PRs, winning your age group, increasing your training (or decreasing it for those who over trained and got injured in 2009) or just to stay healthy. For many, this may be the year to run their first 5K or maybe even their first marathon. For others, it may be opportunity to try something different such as a relay race, a trail run or maybe try the shorter distances on the track. For all, the Capital District provides great places to run from the numerous bike paths to the many parks with miles of trails. For those looking for other options to run and/or train with, there are many opportunities to join a group such as ARE (Albany Running Exchange), Team Utopia or the Willow Street Gang. Whatever your goals as a runner may be in 2010, the HMRRRC will be there to help you reach them.

While looking at your goals as a runner in 2010, give some thought to how you can contribute to the HMRRRC as a volunteer. With almost 30 races per year, there are plenty of volunteer opportunities. If you've never volunteered before, just contact one of the race directors or Marcia Adams, HMRRRC Volunteer Coordinator (madams01@nycap.rr.com). If you've assisted with races in the past, this may be the year to consider being a race director. Every year the club is looking for new race directors and many of the more experienced race directors will be glad to mentor new ones.

There are plenty of opportunities to write articles or take photographs for the *Pace Setter*. You may want to cover one of our club races or possibly write a first-person account of a race or running adventure you participated in. There are numerous other activities where you could volunteer your time to the club such as serving on a club committee or manning the club booth at one of several expos each year.

As president of the HMRRRC, I have several goals for the club in 2010. One is to keep membership increasing from the current count of a little more than 2000 members. Another is to continue to see increases in participation at club events. To meet both of these goals, we need to continue to provide races and other running related activities that meet the needs of our membership. My third goal is for the club to continue to find ways it can give back to the running community through its grants, scholarships and other charitable activities. This includes the support of youth running programs as the youth are the future of the club. My final goal is to increase our volunteer participation. Without volunteers the club could not hold all the successful events that it does.

As you look at your running goals for 2010, do not forget to include a goal to participate more as a volunteer. It is as a result of the many volunteers that the HMRRRC can put on the many successful events it does. For all, happy running in 2010 and may you meet your goals as a runner and as a person. □

Article Submissions are Encouraged for Upcoming Pace Setter Issues

What: The article topics can range from HMRRRC races, to out-of-town race coverage, and personal running accounts. Articles should be written in the context of the HMRRRC mission statement, which can be found on the HMRRRC web homepage at www.hmrrc.com. All members are encouraged to submit articles for publication in upcoming *Pace Setter* issues.

Deadline: The 25th of each month (ex. Submission is received on October 25, the article would be published in the December issue).

Where: Submissions can be sent in Word document format and photos in .jpg, .tif, .bmp, or .gif format to: pacesetterarticles@verizon.net. Questions about publication can also be directed to the same e-mail address.



What's Happening in January

by Al Maikels

Do you remember all the fuss over Y2K? Ten years ago we wondered whether all of the mechanical processes that ran with the help of computers would fail. It seems like a long, long time ago. The second decade of the new century brings great promise and an equal amount of uncertainty. One thing that is certain is that the HMRRRC will offer a varied schedule of well organized, affordable races at sites located throughout the Capital District.

The first month of this New Year shows a full race schedule. The racing kicks off on New Year's Day with the Hangover Half and its companion Bill Hogan 3.5-mile run/walk. Unlike the other Winter Series races, the New Year's Day races begin at 12 noon. The half marathon race is also the first Grand Prix race for 2010. The Winter Series continues on Sunday, January 10 with races of 3 miles, 10k and 25k to choose from, with the start at 10 a.m. When the HMRRRC was a serious distance running the club the 25k was a grand prix race, sadly those days seem to be over. Sunday, January 24 is the date of the next Winter Series with races of 3 miles, 15k and 30k. All of the

Winter Series races are held at UAlbany. The Winter Series is one of the great assets of the HMRRRC and it takes a lot to put these races on. If you can find the time, volunteer at one of these races and help the club keep this great series going.

Runners looking for an out of town racing fix are directed to the Winter Wimp 2.2 and 4.4 mile races, held on Saturday, January 9 at 1 p.m. in Hagaman, NY. For a slightly farther out of town experience, I would suggest the Key West Half Marathon in Key West, FL, set for Sunday, January 31 at 7 a.m. I have run this race over the years and for some reason I found running a slow half marathon along the blue water and sandy beaches of Key West more enjoyable than freezing on a long run in upstate New York.

I want to take the time to wish all a safe, healthy and happy New Year, one with many miles and smiles.

Club members are welcome to attend the club's business meeting set for Wednesday, January 13 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Avenue Extension. □



New HMRRRC Members

- Jack Alvey
- Mary and Brian Bean
- Kermit Cadretti
- Tom Curry
- Crystal Davis
- Victoria Engel
- David Fields
- Michael Ford
- Vince Giuseffi
- Stefanie Harrington
- William Heeney
- Bob Hess
- Purna Ilipilla
- Richard Kelly
- Manohar Kothi and family
- Samantha Krawitzky
- Jennifer Masula
- Carm Matrese Sr.
- Deborah Oeser
- David Parente and family
- Kathy Pacuk
- Lauren Roecker
- Lucy Sacco
- Tiffany Salisbury
- Dan Scatena
- Melissa Termine-Goetz
- Victor Tse
- Tim White
- Tracy Zayac



There is an ongoing need for food banks to assist local families in reaching food security on a daily basis. Winter Series #1 will mark the start of the 5 for 500 food drive. This is an opportunity for the HMRRRC community to make a difference in helping out local food banks. The goal of the food drive is for members to collectively donate 100 non-perishable food items at each Winter Series to reach a season goal of 500 items over the five races. Be sure to remember to bring a non-perishable food item to each Winter Series to help local food banks assist families in meeting food security.

3 - PERSON RELAY

Albany, NY Sunday, February 21, 2010 10:00 AM

Sponsored by the Hudson Mohawk Road Runners Club

Report to: Physical Education Building of the State University at Albany located 1/2 mile from the crossing of I-87 and I-90 on US 20. The Physical Education Building is near the Western Avenue entrance to the Campus. The race will start and finish near the building. Shower facilities are available.

Course: 26.2 mile course is comprised of five loops involving the interior roadways of the State University Campus and the New York State Office Campus. Mostly flat, no steep hills.

Due to usual inclement weather and concern for volunteers course marshalls and water stops will be pulled off course at 5 hours.

24th Annual 3-Person Relay

3 Legs: 9.2 miles, 5.7 miles, & 11.3 miles, in that order.

Teams: 3 - persons in one of these (4) categories: All male, All female, 2 males & 1 female, 2 females & 1 male

Age Groups: Combined age under 120 Combined age 120 - 149 Additional category - 150 - 300

Awards: Each person on the first place team in each category.

Registration: One entry form per Team only. **No** individual applications necessary!

Entry Fee (per team) Pre-registration \$20.00
Pre registrations must be received by February 17, 2010
Late entries and "day of" registration \$25.00 per team

Look for race information and results on www.hmrrc.com!

For Information on the Race or Nearby Hotels see info on web page.

Mail Entries to: Winter Marathon, 17 Norwood St., Albany, NY 12203 Make checks payable to HMRRC

Names of Team Members _____ Age (on race day) _____ Sex _____
_____ Age (on race day) _____ Sex _____
_____ Age (on race day) _____ Sex _____

All male team All female team 2 males + 1 female 2 female + 1 male

Name of Main Contact _____ Phone _____

Street Address & Apt. _____ Email _____

City _____ State _____ Zip _____

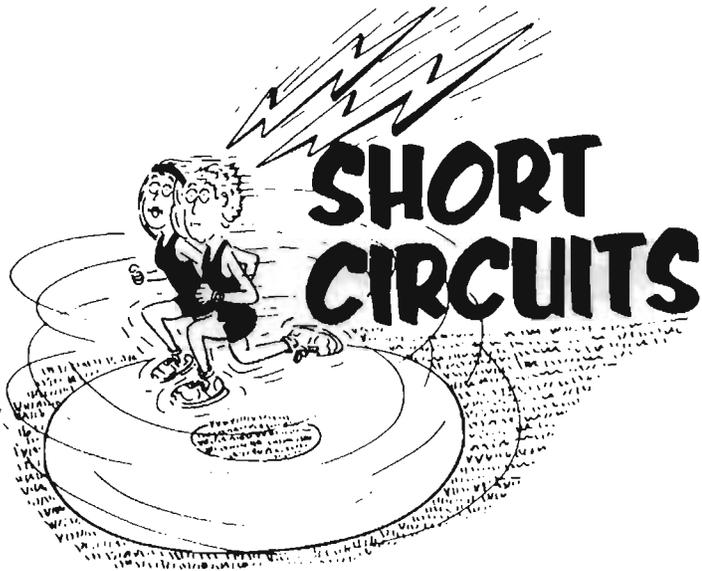
HMRRC Member: Yes No Fee enclosed _____

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 a headphone 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 hypothermia or frost bite, 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 Hudson Mohawk Road Runners Club, the State University, the State of New York 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 _____ Date _____

Signature _____ Date _____



A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRC members.

All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

When Greg Rickes picked up his packet for the Stockade-athon he found it included a personalized message.

Greg, an amateur winemaker and noted imbiber, has contributed his handiwork as prizes at several local events.

The identity of the budding artist remains a mystery, but Greg is grateful for the encouragement (for both his running and winemaking).



Richard Chelimo, a runner, has a large family in Kenya with little income to support it. So he decided to get a temporary job that pays. He signed up for his first marathon, flew to Ohio to run in the Akron Marathon. He won by four minutes, taking home to his family the \$2000 winner's prize.



"Let's have a moment of silence for all those Americans who are stuck in traffic on their way to the gym to ride the stationary bicycle." -- U.S. Rep. Earl Blumenauer (D-Ore.)

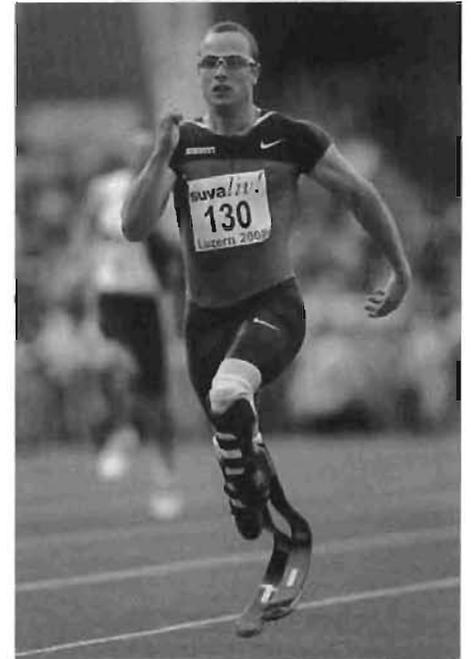


The Blade Runner, Oscar Pistorius, received seemingly bad news in November when the press reported that two researchers from the US found that his carbon fiber lower legs give him a 15% competitive advantage over able-bodied runners because the weight of the carbon legs is half that of a normal lower leg.

This report came one year after a IAAF ban against Oscar was lifted after a seven member research group found that his blades gave him no competitive advantage. What the media has not reported is that the two researchers who issued the new report were part of the seven member group that found no competi-



NYC Marathon winner Meb Keflezighi in the Thanksgiving Day Parade



Will the Blade Runner ride again?



Spotted on back of a T-Shirt at the Stockade-athon: "Does this shirt make my butt look fast?" ☐



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"BEEN THERE, DONE THAT"

by Mike Becker

January 1975...Thirty Five Years Ago

- It is announced that club president Bill Shrader, Jr. is leaving the area to train in Florida. A meeting is scheduled on the 15th to discuss filling the vacated post.

- A total of 21 runners come out to SUNYA on the 12th for three and nine mile runs. Tom Clarke wins the nine-miler by nearly four minutes with an excellent 48:33.

- On the 19th, runs of three and 15 miles are scheduled at SUNYA. A nine-mile run is added for the three runners who want a long run, but not 15 miles! Among those participating are Ed Thomas and Bill Shrader, Sr.

January 1980...Thirty Years Ago

- Unseasonably mild weather (30s) brings out 165 runners on the 1st at SUNYA for the 4th annual Hangover Half Marathon and 3-mile Sober Up Run. This is the largest number of runners to ever turnout for club races on New Years Day (up to that point.) Paul Murray wins the half in 73:14 by a minute over Mark Sullivan and 76 seconds over Don Wilken. This was Paul's first major victory in a club race. Mark Mindel wins the 3-miler in 15:43, and Ellen Weglarz is top female with an 18:23.

- One hundred ten runners participate in the three Winter Series races on the 29th. Paul Murray wins his 3rd consecutive "long" Winter Series race, this one 18.6 miles, with Don Wilken in 2nd place. Bill Robinson and Lee Wilcox were among three runners who tied for 4th place. The only female finisher of the 18.6-miler is Janet Grenda, who continued her tradition of getting lost and wandering off course.

January 1985...Twenty Five Years Ago

- It is notable that the back cover of *The Pace Setter* has a club entry form with individual memberships for \$12 and family memberships for \$15. These are the same rates that the club charges today, 25 years later!

- An item in Short Circuits suggests Doug Bowden would be a good candidate for club "volunteer of the year." Doug was assistant director of the first 1984 Winter Series race and assisted at the Chopperthon, Manufacturers Hanover race, Masters 10K, and Stockade-Athon. He will also be director of the Hangover Half Marathon.

- Patches of ice and a heavy rain greet 260 runners for the Hangover Half Marathon and Sober Up 3-miler on New Year's Day. Dale Keenan wins the half with an excellent 1:10:47, just over two minutes faster than Pat Glover. Marge Rajczewski is top female in 1:37:09. Fine times are also turned in by Paul Murray, Ed Neiles, Jim Burnes, Don Wilken, Wade Stockman, Judy Swasey and Julie Wilcox.

January 1990...Twenty Years Ago

- *The Pace Setter* is a thick 56 pages with 17 articles and 11 pages of race results. The cover photo is of Tom Dalton, alone in front of



the November '89 Stockade-Athon, which he won by 80 seconds.

- Among two full pages of items in Short Circuits, the "twit of the month" award goes to Dick Pagel, who honestly forgot to register for the Mohawk-Hudson Marathon and then ran it in 3:04 for a PR which will never be recorded!

- Also from Short Circuits, Turkey Raffle Run director Al Maikels asks for volunteers to pull names out of the box. Sally Secombe volunteered, pulled out a ticket, and passed it to Al who read the lucky winner's name: "Sally Secombe." Amidst boos and hisses, she quickly accepted her baked goods and embarrassingly slinked to the back of the crowd.

January 1995...Fifteen Years Ago

- Long time club marathon director Elaine Humphrey is profiled. She explains due to a serious ankle sprain, she began racewalking for the opportunity for high-quality physical conditioning while minimizing the risks of injuries that often accompany running. She states most people find the entire idea of racewalking to be hilarious judging from some of the comments any racewalker receives regularly.

- A short article lists the top ten stupid things runners put up with. Among them:

- Very wide walkers utilizing the inside running track lane while carrying on inane conversations;
- Automobiles and bicycles that use road runners as targets to improve their vehicle point scores;
- High energy food that is said to be highly nutritious and is great for your stamina, but which tastes like asphalt shingles;
- People who ask marathon runners that are not running the NYC Marathon and are running another marathon: "How long is that marathon?"

January 2000...Ten Years Ago

- *The Pace Setter* has long articles detailing the accomplishments of new club hall of fame inductees Pat Glover (by Tom Bulger) and Dale Keenan (by Don Wilken). Glover and Keenan are the 4th and 5th members elected to the hall of fame.

- Clothing with the HMRRRC logo is offered for sale for the first time. Socks, shorts, singlets, and long-sleeved shirts are offered. If demand is there, the line will be expanded to include baseball caps, tights, and jackets.

- Fifty degree temperatures and no wind brings out a large crowd to the Hangover Half and Sober Up 5K on the 1st, directed by Bill Hogan. The 156 runners in the half and 86 finishers in the 5K were more than expected, not only because of the good weather, but also because of the Y2K fears. Dale Keenan and Joan Noonan win the half, and Todd Mesick and Daniele Chermiak win the 5K.

January 2005...Five Years Ago

- An article by Martha DeGrazia highlights the Winter Series #4 races on the 30th. Races of 3 miles, 15K, and 30K are directed by Josh Merlis and the Albany Running Exchange. A total of 175 runners combine to finish the three races. Six runners break 20 minutes in the 3-miler, three break an hour in the 15K, and six break 2:20 in the 30K, with Jamie Rodriguez winning in 2:06, eight minutes faster than Chris Hartshorn. Cheryl Tracy-DeBraccio is top female in the 30K with a 2:35:40. □



HMRRRC "The Best Of" Results

(Part 3 of 3)

by Jon Rocco

The 'Best Of' the HMRRRC series takes its final look at the results of the remaining categories. While the first two articles of the series looked primarily at our favorite races, many of the remaining categories focus on training and our Club. Now for the rest of the best ...

Favorite Place to Train: This category produced a large list of locations, but in a close race for the top spots, the winner is **TRAILS OF THE PINE BUSH**. The trails are considered easy to moderate and generally flat with gradual up and down slopes. The terrain varies from open and sandy to narrow, grassy, and woodland passages. The most popular access points would be at Madison Avenue Extension (past the water tower at the end of Washington Avenue Extension), Willow Street and behind the Discovery Center (formerly SEFCU Headquarters) on New Karner Road. The #2 choice is the **Niskayuna portion** of the **Mohawk-Hudson Bike-Hike Trail** which is also part of the Mohawk-Hudson Fall Marathon course. The flat asphalt surface with an approximate eight to ten foot width is also popular for bikers and in-line skaters. Access to this portion of the path can be gained from Route 7 off of Rosendale Road where there is a parking lot at the 'train station' which is also referred to Lyons Park. This spot gives you ample room to run west toward Schenectady or east toward Colonie (Town Park). Another point of access would be Blatnick Park on River Road in Niskayuna.

Favorite Trails to Run On: This category produced a repeat winner. The **PINE BUSH TRAILS**, with nine formal trail heads, was not only the favorite place to train, but also the favorite trails to train on. **Thacher State Park** which sits atop of the Helderberg escarpment trailed closely behind in the voting. Here you can find over 12 miles of trails with the most famous trail being the Indian Ladder. The park offers a spectacular panoramic view of the Adirondacks, Green Mountains of Vermont, and the Hudson and Mohawk Valleys. *Peebles Island (State Park)*, located in Waterford and at the meeting of the Mohawk and Hudson Rivers, was the 3rd choice. With several trails crisscrossing, the perimeter trail winds through open meadows, a hardwood forest, along cliff tops, and past river rapids in its two-mile loop. Certainly our area is not lacking available trails. Also making strong runs to make the top three were: Five Rivers (Delmar), Schodack Island State Park, Tawasentha Park, Saratoga State Park, and Central Park.

I imagine there is also great anticipation for the upcoming completion of the Albany County Rail Trail project. This will be a 9 mile mostly level recreational trail beginning in the

city of Albany (just east of South Pearl Street) and ending in the village of Voorheesville, with the majority in the towns of Bethlehem and New Scotland.

Favorite Track for Speed Work: The most original answer would have to be 'what's that?' There is no question that this training aspect is never fun to do alone. The top track choice is **UALBANY**. The runner-up choice of the oval shape is **Colonie High School** while *Shaker High School* and *Schenectady High School* came in a dead heat to round out the field.

Favorite Local Park to Run At: This category was nip and tuck all the way and when the final votes were tallied we were led away with a four way tie for first place. **WASHINGTON PARK, SARATOGA STATE PARK, CENTRAL PARK, and THE CROSSINGS (Colonie)** took the honor while **Colonie Town Park** also drew great interest. Each of these parks is typically quite active for various activities of our community members and they are also the sites to many road races throughout the calendar. Washington and Central Parks have some good rolling hills on roads while Central Park also offers some good trail running on an approximately four mile loop, perhaps more with side trails (beware of mountain bikers). Saratoga State Park will give you flat and mostly gentle terrain but there is also availability of stream-side trails. The Crossings has 6.5 miles of mostly paved trails that wind around a natural landscape.

Favorite Local Bike Path to Train On: The second favorite place to train brings us the favorite local bike path to train on- the **NISKAYUNA portion** of the **MOHAWK-HUDSON BIKE-HIKE TRAIL**. The runner-up for favorite local bike path is the **Corning Preserve section** of the **Mohawk-Hudson Bike-Hike Trail**. Both are part of the same 30+ mile trail, but are the grounds for two different training spots. The Corning Preserve, which runs along the Hudson River, is the location of the fall marathon finish as you head toward Riverfront Park (amphitheater). The popular gathering spot to begin a northern trek on the path toward Watervliet would be the Boat Launch under the 787 overpass. This area was recently repaved this past fall.

Race With the Best Shirts: Paying an entry fee and running a race is typically synonymous with getting a race shirt at packet pickup. With the vast number of races members do annually this category led to many top choices. We have seen the many years of the white 100% cotton shirt and long sleeve (50/50 cotton/polyester blends), but in recent years it is the Coolmax technical shirts which have become a favorite.

The brand is designed to wick moisture away from the skin and to improve 'breathability.' The winner in this category is the **STOCKADE-ATHON** with the runner-up choice the **Delmar Dash**. As of recent years, the technical shirt can be received with entry at both of these races. My closet also has a few recent mock turtle-necks from the Stockade-athon, good for winter running, and my father's wardrobe has a fair number of the comfortable long sleeve 50/50 shirts of my many prior Delmar Dash runs.

Preferred Brand of Running Shoe: In order of ranking by brand, it was **BROOKS** that led the way with 27.3% of the vote followed by **Asics** with 22.7% and *New Balance* with 18.2%. We rounded out the top five with Mizuno (13.6%) and Saucony (6.8%). Other brands totaled for the remaining 11.4%.

Favorite Place to Purchase Running Shoes: Now that we know the shoe choices, where does one go for them? The overwhelming choice with huge numbers was **FLEET FEET** (www.fleetfeetalbany.com) which is located at 155 Wolf Road (Metro Park Road) near Macaroni Grill. Fleet Feet (459-FEET or 459-3338) is open 7 days a week and until 7 p.m. during the week. Fleet Feet, which opened locally in 2006, is known for its superior customer service and its Personal Proprietary FIT Process. They are a true specialty store that will help you select the best for your fitness needs. The runner-up choice is **Holabird Sports** out of Baltimore (www.holabirdsports.com). Holabird generally offers free ground shipping for orders over \$65 and will ship orders within two business days.

Favorite Thing About HMRRRC: As this was basically an open question, there were many differing responses. However, the resonating theme dealt with the **RACES** offered by the Club. Some of the words often used to describe the races were: free, low cost/affordable, quality, and plenty of them. Keep in mind that as a member of HMRRRC, there is free entry to over one dozen races throughout the year. Members also had great words for the club magazine, *The Pace Setter*. The magazine, as part of your dues, is published monthly and is also available on-line in PDF format. The next popular response had to do with the *people*. Responders had high marks for the volunteers (the backbone of the Club) and the camaraderie felt by being a member. HMRRRC is the largest road runners club in upstate New York ... 2100+ and growing.

Favorite Thing About The Pace Setter: The favorite thing about our Club's monthly publication would be the **PICTURES/PHOTOS**.

Special thanks go to those out there snapping pictures from pre-race to post-race and from good weather to bad weather. As a reminder, you can see many more photo collections on the web page under the 'members only' link then go to 'photo gallery.' The runner-up goes to the **Profile of a Runner** segment where you can get to know a club member just a little better and perhaps put a name to a face. *Race stories/race articles* was next up as a *Pace Setter* favorite. It is always nice to read about a new out of town race that someone has traveled to or relive a race that we had participated in and get another's perspective. Ideally, it would be great to have an article written on every local race and club race, and we encourage you to do just that. The Short Circuits feature which is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners or our club members also garnered a fair number of votes worthy of mention. There you have what's happening in the minds of our club members as to our monthly magazine.

Favorite Thing About the HMRRRC Website: The runaway response in this category was the **RACE RESULTS** which can be found under the 'race corner' link. Most notably it is the speed in which the results get put up as well as the number of races which are added. The runner-up selection for the website is the **race schedule** which can also be found under the 'race corner' link. The race schedule, which provides a multitude of local and out of town races in an easy to read format, is kept very accurate and up to date while providing links to websites and applications. The **race archives** rounded out the top three website features. The archives can be found under the 'members only' link where results can be seen as far back as the prior 12 years. Ed Neiles, who maintains the web site, should be commended for his fine work on all facets of www.hmrrc.com and getting the results listed so quickly. Hats off to Ed!

Favorite Thing About the Winter Series: This was another category producing open ended answers, but the most original answer has to be 'no ticks.' The most frequent response was that the Winter Series runs (with the exception of the February marathon) are **FREE**. The five Winter Series runs are basically every other Sunday from mid December to the first week in February. As a member, your entry fee is waived, saving you easily more than the cost of a yearly membership. The next prevalent response was **food/drink**. Club members welcome the post race hot chocolate, coffee, cookies, bread (several like this as being offered as a prize), pizza (common at the Hangover Half), and really like the hot homemade soup from Tom and Marcia Adams. The third most popular response had to do with the *people*: the volunteers who are out there and the ability to run with others who keep them motivated in the winter. Several did express gratitude that it even exists at all, that it allows long distance training for spring marathon preparation, and that it gets them out and off

the couch during the winter time.

Congratulations to our third and final random winner- **Rick Eckhardt**. Rick wins a \$25 voucher for HMRRRC apparel for his survey participation.

I hope you enjoyed the series of articles on the 'Best of.' Thanks for your participation and it has been a pleasure bringing it to you. Now that the 2010 season is underway, wishing you all the best for a fun, successful, and injury free season!

Recap of Winners (with runner-up):

Favorite Place to Train: Pine Bush (Niskayuna Bike Path)

Favorite Trails to Run On: Pine Bush (Thacher Park)

Favorite Track For Speed Work: UAlbany (Colonie High)

Favorite Local Park to Run At: Washington/Saratoga/Central, Crossings of Colonie

Favorite Local Bike Path to Train On: Niskayuna (Corning Preserve)

Race With The Best Shirts: Stockade-athon (Delmar Dash)

Preferred Brand of Running Shoe: Brooks (Asics)

Favorite Place to Purchase Running Shoes: Fleet Feet (Holabird Sports)

Favorite Thing About HMRRC: Races (*Pace Setter*)

Favorite Thing About *The Pace Setter*: Pictures/Photos (Profiles of a Runner)

Favorite Thing About the HMRRRC Website: Race Results (Race Schedule)

Favorite Thing About the Winter Series: Free Races (Post Race Food/Drink)

Profile of a Runner

BRIAN DILLENBECK

What is your occupation, background, age, hobbies, and other sports or other interests?

I'm a CAD technician for an engineering company. In October, I will be 39 years young. I enjoy pretty much anything outdoors. When not running, I'm working around the house, going for motorcycle rides, skiing, or relaxing around a campfire at the lake.

When and how did you get started running?

Back in 2001, I would take my dog Abby for runs after work to get some energy out of her. From there, a friend got me to sign up for Corporate Challenge and I've been running ever since.

Do you have a favorite race or races?

All of them! The "high" you get hearing everyone cheering you on is the best.

What are your most memorable races?

This year was a year of firsts. I ran my first 10-miler in June. Ran two 15ks, Boilermaker and Indian Ladder. Also ran my first half-marathon, Chingachgook. Then I signed up for the Saratoga Palio and Mohawk-Hudson half marathons. Most of all, after being a consistent 25-minute 5k runner, I ran Southern Saratoga YMCA 5k in 23:38 on one of the hottest days of summer.

How do you train? Do you have training partners?

I run with Abby after work and will go over to the Niskayuna path when I feel like doing more. On days that I don't run, I'll bike. ... or watch a movie :)

What are your current goals?

Break into 22s for a 5k, and to do the Mohawk-Hudson Half around 1:40-1:45.

Do you have any future running goals?

Nothing set just yet. Possibilities are for a full marathon and the Escarpment Trail Run.



Do you have a philosophy of running?

It doesn't matter who you are, what your age is, how fast you run ... everyone cheers you on.

Any funny stories?

Dodge the Deer ... around mile 2.5 I tripped over a root and almost face-planted, but somehow managed to save it. Whoever was behind me, I'm sure, got a good laugh out of it seeing arms and feet going every which direction.



A Stockade-athon Review

by Rachel Clattenburg

A lot can be discerned about a race by observing the runners gathered behind the starting line. Each time I lined up to race in New York City's Central Park this past summer, I'd scan the field of well-coiffed and trendy runners whose cute outfits always made me wish I had at least rinsed my sneakers off after the last rainstorm. Let's just say that with my cotton t-shirt and mud-stained shoes, I wasn't mistaken for a local. But looking around at the thousands of runners at the starting line for the Central Park races, I felt reassured that there were enough fair-weather-only runners to ensure a good size pack of racers behind me.

The same can't be said of the starting line in Schenectady's Central Park. At the 2009 Stockade-athon, the pack is fit and competitive. I look to my right: a lean woman wearing a running skirt with a determined expression on her face. I look to my left: a man wearing slender racing flats highlighted in neon green. I step back a row and survey my nearby competitors again. Once more, these people look fast, fit and ready to race. I keep inching my way back until I find a row with runners wearing sweatshirts and a few with headphones.



With just two weeks of running under my belt after a forced rest, I'm looking to enjoy running hard again, but certainly not expecting a fast time.

We're off. I, and the woman next to me who was using this as a tune-up race before the Philadelphia Marathon, yo-yoed our way through the first half-mile of the race. Speed up, get stuck behind lumbering runner, hop on our toes as we wait for a gap on either side of said runner, dash around lumbering runner, speed-up again. We make our way around the tight corner and head for the cheers near the 1-mile mark.

I don't know Schenectady well, so I have no map in my head of where our pounding feet will take us. Instead, I envision the course has a downhill section then an uphill section. Runners whiz by me as we go down, some skimming the pavement with light feet, others clenching the air in front of them in their fists and pulling it towards them – grasp, pull, grasp, pull. On every long downhill, I hear the voice of my high school cross-country coach who had us run downhill repeats every season to teach us fast running without flailing arms. Relax. Make little circles with your hands. Relax. I wouldn't say that I'm exactly taking advantage of gravity and plummeting down the hills, but making circles with my hands is a welcome distraction from the fatigue that's already started to slither from my feet to my quads. So I make circles with my hands as we go down and down.

Then it's through the Stockade. The quaint, historic houses don't get attention from this group of runners. We're all focused on that left-hand turn up ahead that leads to Hill One. This hill is long, but once my stride adjusts to the grade, it is smooth going. Through the cemetery and past the 10-km mark, I latch my eyes onto the neck of a runner in a green jersey and try to pull a little closer to her. I chug along dreading the right-hand turn onto Hill Two. This hill hurts. It's the type of grade where I just feel slower and slower until it doesn't feel like I'm running anymore. Thank you to whoever parked the VW with the doors open blasting U2 on this hill and gave us the little oomph we needed to get over the top.

As we head back into the park, where the course runs tantalizingly close to the finishing stretch and then slingshots the runners away from the finish clock, I am grateful for another trait of Capital Region runners. Not only are the racers around here noticeably competitive, they are also fantastic cheerers. I plod through the last mile and everyone – everyone – who passes me says "Good job" or some other welcome remark. I just ran two turkey trots near Baltimore, MD, and that kind of within-the-race cheering doesn't happen everywhere.

After crossing the finish line and grabbing some warm clothes, I take advantage of the chocolate milk, pizza and oranges in the pavilion. When I tell my parents about this race, I first describe the fires in the pavilion, which I think is one of the best features of any race I've been to in a while.

Thanks to all of the volunteers and race organizers for a great event. □

Mojo after Mile 20: Mohawk Hudson River Marathon Race Report

by Sri Bodkhe

Here is a brief introduction about myself; I started running about 3½ years back a few weeks before I was turning 40. I started a little cautiously as I had never ran in my life before and gradually built up distances while not caring much about speed. I have been improving my race times at various distances since then. I ran the Mohawk-Hudson River Marathon last year after running a few other marathons elsewhere in the Northeast. I did well in the race last year until mile 22 and then I faded a little, which was enough to miss out the Boston qualification by 93 seconds. This year I had a great spring and summer of training with steady 50s mpw (miles per week) and good results in the distance races including 1:07:59 at the Narragansett 10 miler and 1:30:56 at the Hyannis John Kelley Half marathon. So, I had high expectations for a couple of marathons including the MHRM I had planned for the fall.

As the fate had it, with marathons approaching, I developed a few niggling issues with my right foot 3 or 4 weeks before Clarence DeMar (5 or 6 weeks before the Mohawk Hudson River Marathon) and lost some quality training. My training became inconsistent as the marathons were getting closer. I recovered well for DeMar, but wasn't in a great shape to run as fast as I had planned (around 3:15). I started out not too badly on a rainy day on a hilly DeMar course. But after running for 22 miles and 2:50, I dropped out as I was going to clock 3:25 at best, not the time I wanted.

I had a faint hope of qualifying for Boston at MHRM two weeks after dropping out of DeMar, as a compromise to my original goal of New York City Marathon qualifying time out the window (I need 3:10). I started out well at the Mohawk Hudson Marathon for the first 5 miles then got progressively slower until mile 20, clocking 7:58 and 7:57 for mile 19 and 20. Since I was going "nowhere", I stopped to look at my GPS and stopped planning my mile splits. Just then, something kicked in and I started running well for the first time since the beginning of the race! Passing a bunch of runners only helped me to keep up my new found "speed". I passed "a lot" of runners while not being passed by anyone else over the last 10K+. In the end I clocked 7:16 for mile 26 and 6:43 for the last 0.35 mile (I'm not good at tangents, hence the extra 0.15 mi) and pleasantly surprised to see myself BQing (qualifying for the Boston Marathon in 2010 and 11), just barely in 3:20:35 net time (needed 3:20:59 or less). As I was crossing the finish line, the timer ticking past 3:20, my wife Ann felt bad that I missed out the BQ again. With all smiles I told her that all I needed was 3:20:59 or under. The official results show me having even splits of 1:40:18 and 1:40:21 for the two halves based on a gun time of 3:20:38.2, but I was much slower by mile 20. After picking up my pace

after mile 20, I averaged around 7:25 min/mi for the last 10K.

In retrospect, I might have been running "way too slow" for the first 20 miles (considering I was training during the summer for a 3:10 or 3:15 marathon) and had significant negative splits over the last 10K. It felt great to pass so many, including some female age group award winners. The flat MHRM course also enabled me to maintain the steady fast pace, along with the scenic fall day along the Mohawk and

Hudson rivers. I had a great experience both times I ran here and consider making it my annual pilgrimage. □



Profile of a Runner

DENIS HURLEY, JR.



What is your occupation, background, age, hobbies, and other sports or other interests?

I am a 46-year-old personal injury lawyer with Conway and Kirby, LLP in Latham. My wife, Anne, and I live in Delmar with our two teenagers, Denis (17), a runner for LaSalle Institute in Troy and Grace (15), a softball and tennis player at Academy of the Holy Names. In addition to running, I enjoy watching my kids' sporting events and reading (history and/or political biography).

When and how did you get started running?

I started with the Delmar Dash at the urging of my friend, Pete Bukowski, in 2003. After that race I was hooked. I started signing up for other races, joining HMRRRC, and running regularly.

Do you have a favorite race or races?

My favorite race, which I have been running every year since 2003, is the Stockade-athon in Schenectady. The fall is my favorite time of year to run, 15K is my favorite distance, the Stockade District is beautiful, and the food at the end of the race is the best. I also very much enjoy the Squirrely Six at Thacher Park. I love an occasional trail run.

What are your most memorable races?

In 2005, I ran the HMRRRC Marathon.

How do you train? Do you have training partners?

My wife, Anne, and I run and train together. We typically run at 5:00 a.m., three times during the week, 4 miles per run, and we do a long run on the weekend. Our long run is usually about 10 miles. The weekend run, thankfully, is not so early in the morning and typically follows a cup of coffee.

Do you have any future running goals?

I would like to run the New York Marathon. Also, once my wife and I are "empty nesters", we are planning on attending the ARE Trail Running Camp.

Do you have a philosophy of running?

Have Fun!! I love the fresh air and camaraderie of running. I enjoy the social aspect of competing in several races annually. I love to run in different locations, for the change of scenery. We vacation every summer at Wildwood Crest, New Jersey, and my wife and I like to run the length of the Wildwood Boardwalk (from our hotel to the end of the Boardwalk and back is 6 miles). A few years ago, I was at a family reunion in Cape May, New Jersey, and ran with my cousin Paul, who I see infrequently. We had a great time and ended the run with a jump in the ocean. □

The 2009 Turkey Raffle Run: The Third Time is a Charm

by Al Maikels

I joined the HMRRRC in the fall of 1985 and the first *Pace Setter* that I received had the race schedule for November in it. One of the club races listed was an event called the Turkey Raffle Run. The race was held at the Saratoga State Park near the Columbia Pavilion and featured a challenging 1 mile loop with a little bit of a cross country feel.

The race lasted an hour and each loop got you a raffle ticket. It was a fun race, a good workout with a little bit of suspense at the end with the raffle. If my memory serves me, there may have been 75-100 people in the race and everyone seemed to enjoy themselves.

I ran in this race from 1985 through 1987 and was disappointed when the race was not on the HMRRRC schedule for 1988. When I expressed my unhappiness on the race's absence from the schedule during a training run with Ray Newkirk, he suggested I stop whining and direct the race myself with the location moved into Albany.

From November of 1989 through 2006, the Turkey Raffle Run was held at Washington Park in Albany. For the first eight or nine years, we had the full use of the facilities, including the Lake house. The race attracted 100 to 140 runners and was one of the staples of the fall schedule. There were years when I was traveling and Charlie Matlock would step in and direct the race and it didn't skip a beat. In 1998, the Holiday Lights in the Park began and slowly our access to the park began to be constricted. The city always worked hard to accommodate our use of the park, but as the Holiday Lights got bigger and more elaborate, our presence was an intrusion on the setup work needed to get the Holiday Lights ready. I took a couple of years off directing the race as Sharon Boehlke and her crew stepped in to keep the race going. I came back to direct the race in 2006, just in time to find that the continued expansion of the Holiday Lights necessitated our moving to a corner of the park and moving us away from the traditional loop around the lake. It was clear that we would just be in the way if we kept trying to hold the race in the park, so I polled the runners to see where they might want to move to and the Crossings of Colonie was the overwhelming choice.

I decided that if we were going to move the race we could tweak its name, thus the name Turkey Raffle Run came into being. The Town of Colonie Parks and Recreation Department has proven to be as accommodating as the City of Albany always was and has made it easy for us to use the Crossings. Park director Kevin Morgan and his crew go out of their way to accommodate our event and the runners seem to like the amenities that the Crossings offers.

Race day 2009 brought nice late fall

weather and a good crowd of runners. Roxanne Wunsch, Ed Gillen and Lisa Ciancetta took care of the registration and raffle while Charlie Matlock brought the turkeys. Once the runners were on the course, we had a few minutes to start setting up the raffle items while Charles Bishop and other volunteers there to hand out the raffle tickets. We had a great supply of refreshments for the runners as leftover items from the Stockade-athon were put to use. Tom and Marcia Adams brought a lot of the refreshments and Marcia handled the water stop for runners.

After the hour was over, the crowd of runners filled out their raffle slips with surprising speed. I did not count how many items we had to raffle to go along with the 12 turkeys, but my guess was that it was close to 150. Among those winning turkeys were Charlie Matlock, Ginny Pezzula, Mary Signorelli and the vegetarian Norris Pearson. Other prize winners included Frank Broderick, Sharon Fellner, John Parisella and Gail Hein, just to name a few.

The race is always the Sunday before Thanksgiving - see you there in 2010. □



Profile of a Runner

SHELLY BINSFELD



What is your occupation, background, age, hobbies, and other sports or other interests?

I am a 29-year-old stay at home mom of two great kids. I enjoy any kind of outdoor sports/activities. Some of my favorites are running, cycling, gardening and camping.

When and how did you get started running?

In high school, I would run every now and then, (but) when I joined the Army, I really learned to love and appreciate running.

Do you have a favorite race or races?

The Crossings 5K is a fun one, and Dodge the Deer 5k was very nice.

How do you train? Do you have training partners?

I don't really follow a designated training plan. I read a lot of running magazines for tips and base my training on what my body is feeling.

Do you have any future running goals?

I plan on doing the Rock and Roll Marathon in Phoenix, AZ in January. Someday I would like to complete a full Ironman.

Do you have a philosophy of running?

Listen to your body and go with the flow. □

Across the Street or Across the Ocean, Runners are All the Same

by Mark Marshall

We just got back from Ireland after running the Dublin Marathon. While it's swell to be home, I must say, I'd jump at the chance to go back and visit Ireland. With two minor exceptions, every single person I encountered there was just bursting with hospitality and friendliness. It was like the entire citizenry of Ireland just got done with a seminar on how to make visitors feel like family.

A group of us from the Upstate New York/Vermont chapter of Team in Training went over. The trip started with the friendly people in customs welcoming us to their country with giant smiles plastered on their ruddy faces. They asked us all how long we planned on being there, and it was as though they were genuinely excited to have us and a week seemed so short. We walked all over the place the first couple of days, which, unfortunately for me, turned out to be a mistake. At my only other marathon, I spent an hour at the expo and then went back to the hotel and stayed off my feet. There was no such caution here and everybody fanned out and went exploring. Then, the morning of the day before the marathon, we had a two-mile race. I was going to skip it, knowing myself better, but the breakfast race was followed by a t-shirt swap, and I really wanted to get a race shirt from some far-flung place. It turned out to be almost exclusively Americans doing the swapping, and I ended up with a weird shirt from Oregon with, oddly enough, a giant moose on the front. The shirt I had brought to trade was from a race in New Hampshire, and I never wear it because there's an enormous cartoon moose on the front. The shirt came in handy on race day, however, as it was really cold at the start and we had over an hour to just stand around. I wore it to keep warm and then threw it in the Goodwill bin when we began running.

My race started out awesome. We started in the very back. I caught, and passed the 4-hour group about 4 miles into the race, and by mile 8, was running just behind the 3:45 group. This is phenomenal timing for me. My secret fantasy for this race was to qualify for Boston, which, in my age group, meant a 3:35 time. It was a wicked long shot and so I didn't mention it to anybody, but it was always in the back of my mind, and at this pace plus the 5 minutes "in the bank" from our late start it actually seemed possible. Just after mile 9, there was a water stop. I got a drink and had a gel, and when I joined the group again, my legs felt like concrete. I sputtered along until the half-way point and found I couldn't keep running. My legs just refused. This has happened before, but never this early on. In those 4 miles, I watched the balloons marking the 3:45 group fade further and further into the distance until I couldn't see them any more. Then the 4-hour

group swept up behind me, and before I knew it, I was surrounded by them. I figured this was good. I could just stay with these guys, and even though a Boston qualifying time was off the table, a sub 4-hour time wasn't. I managed to stay with this group for about a half mile and then had to just plod along watching the marker balloons get smaller and smaller. It was heartbreaking. I kept grinding along, walking more and more and running when I could. Then the 4:30 group swallowed me up. By that time, I was demoralized, and watching them come and go was no big deal. Now I was at the back of the pack. I hate running there. The water stops are all a mess, there are huge lines at the port-a-johns, and the crowd along the route is starting to thin. I was just hanging on for mile 18. Two-thirds done. Along about this time, I ran into one of our coaches. He walked with me for a while, and as we were walking, this man in the crowd bellows, "Come on lads! Ya didn't come here for a stroll! There's two of ya together, no excuses!" I looked at Jan, the coach, and we both started running. A bunch of people cheered, "Well done, boys! You're nearly there!" I had tears in my eyes. The crowd was so awesome and we all kept hearing, "Well done, nearly there now!" After mile 18, my next goal was 20. At 20 miles, you

have just about 10 kilometers left. The 10k is my favorite distance and I figured I could just psych myself into thinking of it as just another 10k. It sort of worked, but I bonked again at mile 23. This Irish guy was walking next to me and we started talking. After about two minutes of walking, we both started running again at the same time. We were pretty much in the same boat, and so we decided we'd run it in together and help one another along. It worked great until he cramped about 3/4 mile from the finish. He had to stop completely, and told me to just go on ahead. I never even got this guy's name but I felt like I was leaving my best friend behind. It's amazing how emotional you get during these things. So I went on ahead, and at 26 miles, I couldn't run another step. This is a big fear of mine. To finish a marathon walking, not running. But I didn't have a choice in the matter. I was definitely walking, hobbling really, when suddenly my Irish pal comes running up and blows right past me. No way. So I started running again, for that last 10th of a mile, and though it wasn't pretty, did manage to cross the finish in a slow run. There was a huge crowd at the finish and I never saw that guy again.

Running is such a fantastic fraternity. Big or small, fast or slow, women or men, we all share a thread of commonality. Most of us are running against our own PRs, but I've noticed, even among truly competitive runners, the vibe is always friendly and helpful. Dubliners are wonderful, friendly people, but I've come to learn that you don't need to travel to another country to meet these kinds of people. They're as close as your nearest running group. □



Tricks and Treats at Hairy Gorilla

by Laura Clark

When we reach a certain landmark age, seven minute miles are a thing of the past and PRs only come at odd 11.35 mile distances or at races never-before-experienced.

So I have shifted my focus away from PRs and towards equaling or surpassing more recent performances.

To add interest, I have also developed some fairly quirky goals. After Brian Teague pointed out that folks never seem to carpool with me more than once, that quest has topped my list. As with all objectives, there are certain quantifying factors. Brian, being a hybrid runner of many years standing, doesn't count. And neither does my husband Jeff. He doesn't have a choice. At this juncture, I reluctantly admit that my failure to entice others has less to do with my choice of friends than with my outlook. What I regard as a fairly mild trail tends to frighten normal people.

So naturally I figured there was no chance I would ever find a car buddy for the Albany Running Exchange's Hairy Gorilla Half Marathon and Squirrely Six Miller. Besides the requisite muddy, technical trail this Halloween race features fully costumed Gorillas and Squirrels, themed water stops, assorted graveyards and a chainsaw wielding woodsman.

But I was wrong. I corralled Jen Ferris, who to my delight, said it sounded like fun. Jen made the perfect companion for two reasons. First, she lives just up the road so we needed only one car and didn't have to plan an elaborate rendezvous in a mutually familiar out-of-the-way location. Second, she is a computer wizard to whom the roundabouts outside of Albany represent a fun experience and not a nightmarish adventure. I could picture her holding her own against fearless French competition on that mother of all roundabouts, the Champs-Élysées. With Jen navigating, this was the first time I did not end up in the Price Chopper parking lot. This particular Price Chopper has long been a rendezvous point for many befuddled souls who find themselves rotating through Dante's nine circles of hell as a prelude to Thacher Park's Graveyard.

I'm suggesting that next year Race Director Josh Merlis hire Jen Ferris, or perhaps even Dante himself, to design a similar series of traffic circles for the second half of the 13 miler, where things can get rather hairy. A major portion of this section consists of a half dozen or so intersecting trails that were very likely designed by someone experiencing nature on his ATV. This someone was obviously very lost, traveling up and down, back and forth on his own personal journey through hell, pulling us along in his wake. The result is dizzying, even for someone like me who is not running all that fast. The same runners kaleidoscope by time and again, heading in multiple directions. I have always wondered how the course mar-

shals Gorillas seem to know where you have been and where you need to go when there are so many of us helter-skeltering along. Obviously, this section just begs for roundabout restructuring, perhaps featuring a refueling table sponsored by Price Chopper.

Moving right along, my other vaguely race-related goal was to locate my gravestone. As close as I can figure it, every pre-registered runner gets his own personal gravestone. Other headstones memorialize those who have run the race in previous years, but are currently too dead to make an appearance. Some gravestones form an ominous cemetery plot at the start; others are randomly planted along the course or on the edge of the parking lot. Somehow, I never seem to have enough energy after the race to go exploring. But this year, my headstone was conveniently lodged near the six mile finish line, indicating that if I had any sense I would lie down and take a nap. I declined the invitation and planned on absconding with my marker after six more miles. Since I was conveniently buried directly behind the food tent, I could approach the scene of the crime fully fortified.

But with six miles left in which to ponder the implications, I began to have my doubts. If I took my gravestone home and suddenly became undead next year, would I get another? Would I even deserve another? Perhaps one of Dante's roundabouts was reserved for folks who stole valued objects. I decided not to chance it. What starts out as a treat could just as easily revert back to a cruel trick of fate.

But the cruelest tricks were yet to come. Somewhere around the nine mile mark, I was passed by a perky grey-haired lady who spronged past me with evident enthusiasm and no apology whatsoever. Naturally, I fretted that she could very likely be in my age group. But in a light bulb moment, in itself surprising for this late in the game, I remembered that this event also featured a half marathon relay. Obviously, she was part of a relay team. Tricked again! She was Suzanne Mahoney from High Bridge, NJ and she won my age group!

If you enter enough local trail races you can pretty much judge how you are doing by who is already ahead of you and who is trying to get ahead of you. True to form, Barb Sorrell and Darlene McCarthy finished several minutes in front of me, but Martin Glendon crossed the line a full ten minutes in the lead. Marty and I had been running buddies all summer, sometimes even dead-heating it. Now one month after our neck-and-neck at Curly's Half, he was suddenly ten minutes better! The best I could figure was that some Gorilla out there passed him a Get Out of Roundabout Free Card.

Next year, I may just trade a few extra bananas for a mummy. ☐



Happy Holidays!

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Linear People

One of the odd things about life, that we never seem to think of, is that as we age we become more linear. What I mean by that is that we tend to travel in straighter lines. The significance of this is that there are implications for our body that affects our health, well being and athletic performance in both the general and specific sense.

There is an old adage that applies here – use it or lose it. Whether it be knowledge, skills or physical abilities what gets used gets sharpened, that not used gets lost. That is how the musician or athlete develops a talent and the couch potato loses theirs.

The particular problem this causes for an adult, and for this discussion “adult” refers to anyone past the teen years, is becoming more linear leads to the atrophy of the medial and lateral stabilizer muscles of the body.

The 20-something (or 30-something) is not a child anymore, at least not physically, and subsequently does not engage in the activities of a child. Specifically I’m talking about the running, jumping and games of childhood. Of course there are exceptions who may continue to play sports like basketball or soccer well into middle age, but I would counter that even those individuals would benefit from attention to development of their medial and lateral movement skills.

Now it would make simple sense that medial and lateral development would be part of the competitive athlete’s training plan – but more often than not, it is not.

And for the competitive runner it becomes worse. The nature of sport dictates and prizes one’s ability to move quickly in a linear manner. Lateral movements represents time lost through dissipated force production and an increase in the time one’s foot is on the ground – the ground reaction time. Two critical concepts we’ll come back to.

What is lacking in many training regimes, no matter what the sport, is attention to the concept of multi-lateral development (MLD). MLD can be partially understood by discussing the concept of physical fitness. Physical fitness is classically defined as the ability to meet present and future physical challenges with success. If one considers that statement for a moment it becomes obvious that the application of the concept would vary greatly from athlete to elderly person. And it would also vary significantly from sport to sport.

MLD ideally should be a training component in the early part of one’s training calendar. If a training calendar is divided into four larger areas of training focus attention to MLD should have a strong emphasis in the early general development phase, early in the training cycle. Attention to MLD is decreased, but not abandoned throughout the training calendar and is the underpinning link between general and specific training.

So what should be addressed with MLD? If we take a second to define what it means to be an athlete that will give some greater direction. An athlete is a subtle combination of balance, poise and grace coupled with the physical speed and power necessary to successfully compete. Accepting this, how does one develop these skills?

Training can be done in a joint by joint approach (bodybuilding) or by training specific movements that address multiple joints at once, or at least in sequence. While there is validity in both approaches the vast majority of sports involve the broader physical concept of movements. But it is also critical to give attention to specific joint complexes, such as the hips, that may present as a “weak link” in a kinetic chain. This weak link can become a focal point of injury or a lack of development that translates into unrealized potential through dissipated force production or an increase in ground reaction times.

A second area for consideration when constructing a training plan is for one to design workouts that involve the whole body in an exercise. Use of Olympic lifts (snatch or clean and jerk), squatting and various other exercises using body weight or free weights can challenge several combinations of muscle groups at once. This is a good idea because if the exercises are chosen carefully one can structure the workout that would mimic the demands of the competitive activity.

Another movement-type area is attention to core stability. The core can be safely defined as the area from the shoulders to the groin, generally referred to as the trunk. Any balance work on the large physio-balls will help create core stability. How this works is that the small, intrinsic muscles of the spine, the oblique muscles of the lower torso and the stomach muscles must work in unison to stabilize the hips, pelvis and lumbar spine before any activity can begin. A stable core is truly the basis of any power and speed activity and should be an initial area of concern.

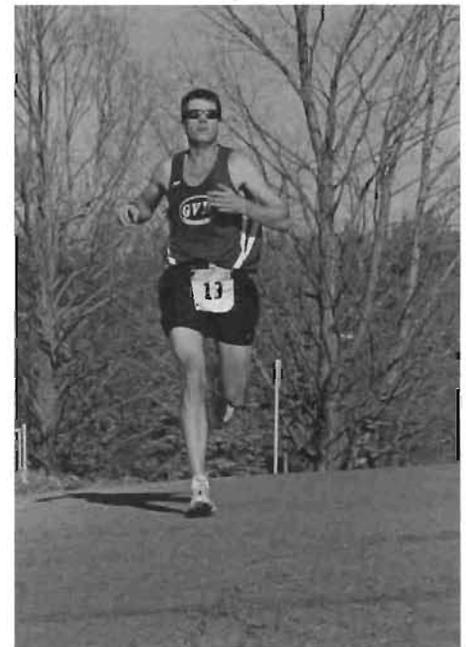
A third area for consideration is dynamic movements that again challenge the body in multiple planes of motion. Sideways running, cross-over steps, side lunges or more esoteric actions like t’ai chi, somatics or yoga all can challenge the dynamic stabilizers of the body reducing any lateral sway or counter productive movements that dissipate forces, reducing biomechanical efficiency.

The last point, but certainly not the least is that functional development of the dynamic stabilizers will go a long way towards injury prevention. Maximal use is always abuse. It becomes important for long-term health and well being of the athlete that any training regime be designed to include work to lessen this damage, what some have called “pre-hab.” Attention to the development of the dynamic

stabilizers is just that.

Balance must be struck between the general and specific nature of training. They both play a significant role for the recreational athlete and the performance based athlete. The awareness and realization of the subtle demands of sports performance often becomes one of the factors that differentiates one from achieving the benefits of an active lifestyle versus the frustration and limitations of nuisance pains and injury. So while the shortest distance between two points will remain a straight line, the fact is that the most productive path will include a few zigzags.

Dr. Russ Ebbets is the editor of *Track Coach Magazine*, the technical journal for USA Track and Field. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for 10.95 plus \$2.0 S&H from PO Box 229, Union Springs, NY 13160. □



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When?

by John Furgele

It all started in the summer of 1983, when a 15 year old sophomore-to-be went out for a run and decided that cross country was going to be the fall sport of choice. After serving as a tackling dummy in the summer of 1982 while trying out for the junior varsity football team--thank goodness there were cuts back then--then switching to soccer and breaking a foot, there weren't many other choices for a lad desperate to do something athletic in the fall. Sure, there was golf, but you have to do more than hack to make the high school golf team.

Three seasons of high school running were followed by five seasons in college, followed by decades more on the roads and the tracks, and 26 years later, it remains a comfortable diversion. Twenty six years is a long time and running has been there for me through relationships, jobs, moves, career changes, unemployment, marriage, children and so much more. It has outlasted much, from friends to foes and despite the ups and downs of life; there has always been a run or a race to look forward to.

Like some, after college, I let myself go. I decided to stop training for a while and focus on other things for a spell. Of course, I kept eating like a runner and the obvious result was weight gain and bigger clothes. But running kept pulling me back and in 1995, I was back training, logging the 50 miles per week, the Sunday long runs and competing in anywhere from 30 to 50 races per year. From 1995 to 1998, I was on fire, becoming well known in the Buffalo-Rochester area, affectionately called Buffchester, not so much for running fast times (although I did have many good times), but more for the frequency of my appearances. Every week, I kept showing up to races, winning some, struggling in some and making plenty of running friends who you would see a few times per month at one 5K after another.

Injuries derailed my "elite" running career in 1998, and after battling them for the next two years, I decided to come back in a much more curtailed version. During the healing, I was able to run three miles without setbacks and I promised myself that if I could stay healthy, I would stay at three miles. For the last eight years, I have remained pretty true to that promise. I don't think I have run more than seven miles at one time and for the most part, my short run is three miles and so, too is my long run. The runs may be short, but there is a quality to them, a concerted effort to run them hard most of the time.

Since moving to the Albany area, I have been nothing more than a three mile per day runner who tries to race twice per month. Because of my training, the 5K is my best race. I have, on occasion, stretched myself out and have run some 8Ks, 5 milers, 10Ks and a few Stockade-a-thons and even the Utica Boilermaker.

Now, there is a new dilemma for me. I am not retiring from running at all, but this summer

has been a summer of pause. While still training, a new job has made it harder to get out there and race. Since June, I have done four races. One was an all-out affair in my hometown of Buffalo and I was very pleased with my 18:32 5K time. The next day, still in Buffalo, I jumped into another 5K, and knowing I would be tired from the previous day, went out slower and finished up in 19:30. Though the time was slower, the race was much more enjoyable and more fun. A couple of weeks later, I ran the Father's Day 5K at the Crossings in Colonie, and finished up in 18:31. Afterwards, I was shot, spent, tired exhausted and every other synonym for "beat," you could think of. Recently, I ran a 10K in Auburn and after hitting the 5K in 19:41, slowed badly over the last half to finish in 40:16. And, I felt the same afterwards as I did after the Father's Day 5K two months earlier.

My point is this: Is it better to run slower times and enjoy the "race" more, or is it best to lace up the shoes and go for it every time you toe the line? I have had a nice career. I was an above average high school runner, a decent Division III runner and during my prime, a "good" local road racer. Since moving to Albany, I have held my own, and despite my cut in miles, I have managed to stay somewhat competitive in a region that has many talented runners.

There is a part of me that would like to show up at a 5K, take it out in 6:30 and come home comfortably in 20:10. But, the competitive side barks back as doing that would result in being beaten by 90 seconds or more to the "guys who I usually battle against." Would I really be able to do that, go out that much slower as my contemporaries surge ahead of me? It takes a real good day to beat them now, but letting them beat me by 90 plus seconds? And, once you agree to slow down, could you ramp it up again and get back to the sub-19 level? These thoughts do not keep me up at night, but they do rattle around in my head while out on a training run.

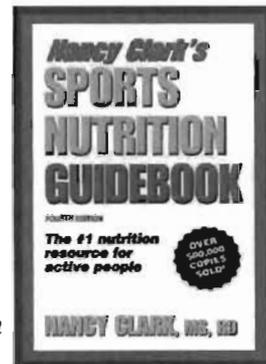
I have made transitions before and obviously could do it again, but I seem to wrestling with this one more than usual. I consider the Turkey Trot the biggest day of the season and usually go all out in the streets of Troy. Could I really show up there and run 20:00? Perhaps I could and perhaps taking the pressure off would be much more fun and enjoyable.

Am I alone in my thoughts? What do others think? Have you made the decision to "cruise in races," rather than "race them?" Running has always been fun, and it will remain fun, but right now, I seem to be at a crossroad in my mind, a crossroad I must remind everybody doesn't really mean anything, but I would like to know what others think. If you have an opinion on my "dilemma," drop me a note at furgele22@yahoo.com.

Happy Running to all. ☐

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What's New in the Healthy Food Scene?

Here I am, walking through the American Dietetic Association (ADA) Food and Nutrition Expo that is held in conjunction with ADA's Annual Convention. ADA, the nation's largest group of nutrition professionals, has over 70,000 members and this huge expo hall is filled with registered dietitians sampling new food products. Booth after booth of vendors are inviting me to sample their goodies. Mind you, no one leaves this expo hungry!

Here's a peek at a few new healthful foods (well, some are new and some are forgotten treasures) that taste good, are good-for-you, and can add variety to your daily sports diet. Look for them in your local grocery store, natural foods store, or on the internet.

Frozen Fruit Bars. The "Power of Fruit Frozen Fruit™ Bar" will be a welcomed and refreshing snack after a long run or other sweaty workout! They are made with 100% whole frozen fruit, with no added sugar, color or preservatives. The frozen fruit bar looks like a hefty freeze-pop, but you can actually see bits of real fruit—banana, pineapple, mango, berries. www.poweroffruit.com

KIND Fruit & Nut Bars. I know why KIND can claim to be the fastest growing brand of energy / nutrition bars. They taste great! They contain only wholesome natural ingredients—whole nuts, chunks of fruit, and honey. While they might be a bit sticky if you snack on them while on the run, at least they taste finger-licking good! Five percent of profits from sales of the KIND bars are used to fund programs that foster tolerance and coexistence in the world. Hence, the name of their website is www.peaceworks.com, and their slogan is "Be KIND to your body, your taste buds and the world."

Omega Cookies. Touting "pure science baked into a yummy treat," Omega Cookies offer a whole day's worth of omega-3 fats (500 mg EPA and 1200 mg DHA, equal in potency to a salmon filet or 8 fish-oil capsules). With 270 calories, the cookie can be a tasty pre- or post-workout snack, or even part of a breakfast on the run. Being rich in fiber, calcium and vitamin D, the cookies are preferable to a donut or cake-like muffin, that's for sure! Keep them in your freezer, and take one or two out for a quick thaw, when needed. www.omega-cookie.com

Welch's Grape Juice: Not a new kid on the block, but promoting a new message, Welch's reports their grape juice (either purple or white) is antioxidant rich. Grape juice is also a local alternative to "tropical superfruits" such as acai berries that get flown in from the Amazon and leave a huge carbon footprint. Other antioxidant-rich juices include tart cherry juice (CherryPharm) and pomegranate juice (POM Wonderful). All promote heart-health and a strong immune system. Drink them straight-

up, or as the base for a fruit smoothie, blended with other colorful fruits.

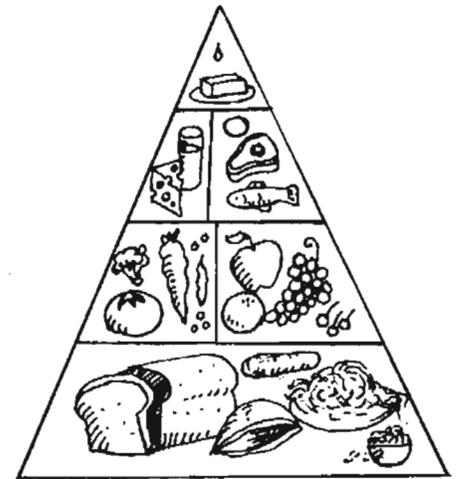
Blueberries. A potent source of antioxidants, (frozen) blueberries claim to have the highest antioxidant capacity per serving, compared with more than 20 other fruits. Wild blueberries rank even higher than cultivated blueberries, but all blueberries are a good addition to your sports diet. Blueberries may help reverse the short-term memory loss that comes with aging, reduce inflammation that is associated with cancer and heart disease, and like cranberries, can reduce urinary tract infections. Sprinkle a handful of frozen berries on top of your breakfast cereal, zap in the microwave for 30 seconds, then douse with milk. Voila—you'll think you are eating blueberry cobbler for breakfast. Yum!

Oikos Organic Greek Yogurt (by Stonyfield Farms). If you haven't tried Greek yogurt yet, you are missing a treat! Available in 5-ounce single servings, Oikos is incredibly smooth, creamy and indulgent. It's hard to believe this healthful yogurt is really fat-free and has only about 80 calories per serving. Greek yogurt offers twice the protein of regular yogurt, and can be easily enjoyed mixed with fruit.

Eggs. Yes, remember the whole egg, yolk and all? Research has failed to even suggest that healthy people who eat egg yolks have a higher rate of heart disease, so why not eat the whole egg. Enjoying one or two eggs for breakfast is unlikely to give you a heart attack! (1) Half of an egg's protein is in the yolk, along with a myriad of health-promoting nutrients that help athletes thrive, including iron, folate, vitamin D, zinc, B-12, and riboflavin (plus more). Enjoying eggs for breakfast can be a good weight-reduction strategy because eggs are more satiating than just a carb-based breakfast (toast, bagel). You'll tend to stay "full" for longer after breakfast (2).

Barramundi. Not a fan of salmon or strong-tasting fish? Try Barramundi (means "fish with big scales" in an Australian aboriginal dialect). Barramundi are a sweet, mild-tasting white fish (similar to cod) that have the omega-3 content of wild Coho salmon. Barramundi have the rare ability to make omega-3's from plants (unlike salmon that eat small fish). This means Barramundi have no mercury and are eco-friendly, with a small environmental footprint. They are raised using sustainable aquaculture and were crowned the 2009 "Seafood Champion" for ocean-friendly production practices. Definitely worth seeking out (either fresh or frozen) at Whole Foods, Costco, Legal Seafoods, and likely your local supermarket. A good catch!

Chicken and Beef Strips. This isn't just ordinary jerky; this is good stuff that has great flavor and texture! Silver Creek has created a variety of moist, tender and very tasty strips,



such as dried chicken breast with black bean salsa and cheddar, and dried beef sirloin with cranberries and blueberries. Each strip has about 50 calories, 10-12 grams of protein and 1-2 grams of fat. They are a handy pre-wrapped, not-messy snack for hiking, biking, cross-country skiing—a welcome protein alternative to keep you from getting "sugared out" from too many gels and sports drinks. Or just keep them filed under "emergency food" for a satiating afternoon snack at the office. www.silvercreekspecialtymeats.com

The bottom line: The more variety in your daily diet, the more likely you are to enhance your intake of a wider variety of vitamins, minerals, antioxidants and other health protective compounds. Instead of eating the "same ol' stuff," find a few new menu items that are convenient, taste good, and support your goals for good health and high energy.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her Sports Nutrition Guidebook and food guides for new runners, marathoners and cyclists are available via www.nancyclarkrd.com. See also sports-nutritionworkshop.com.

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2. Leidy HJ, Bossingham MJ, Mattes RD, Campbell WW. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *British J of Nutr* 2009;(101):798-803. □

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Grand Prix Update

Race #12. Stockade-athon, November 8, 2009

Male Open

- 12 Chuck Terry
- 10 Justin Bishop
- 8 Tom O'Grady
- 7 Andrew McCarthy
- 6 Dan Jordy
- 5 Greg Stevens
- 4 David Newman

Male 30-39

- 12 Michael Roda
- 10 Anthony Giuliano
- 8 Chris Mulford
- 7 Jonathon Bright
- 6 Matthew Howard
- 5 Mike Kelly
- 4 Clay Lodovice

Male 40-49

- 12 Tom Kracker
- 10 Richard Cummings
- 8 Ahmed Elasser
- 7 Tim Hoff
- 6 Jon Rocco
- 5 Ed Menis
- 4 Norris Pearson

Male 50-59

- 12 John Noonan
- 10 Tom Dalton
- 8 Jim Maney
- 7 Dale Keenan
- 6 Lee Pollock
- 5 John Parisella
- 4 Jim Amell

Male 60-69

- 12 Ernie Paquin
- 10 Paul Turner
- 8 John Stockwell
- 7 Bob Ellison
- 6 John Silk
- 5 Frederick Eames
- 4 Joseph Yavonditte

Male 70+

- 12 John Pelton
- 10 Bob Husted
- 8 Wade Stockman
- 7 Jim Moore
- 6 George Freeman
- 5 Ed Docette
- 4 Charles Bishop

Women

Female Open

- 12 Karen Bertasso
- 10 Justine Mosher
- 8 Erin McDonald
- 7 Rachel Clattenburg

- 6 Diana Rodriguez Tobon
- 5 Kelly Virkler
- 4 Heidi Nark

Female 30-39

- 12 Eileen Combs
- 10 Julie Gold
- 8 Karen Dolge
- 7 Christina Ardito
- 6 Lori Weaver
- 5 Martha Snyder
- 4 Estelle Burns

Female 40-49

- 12 Kari Gathen
- 10 Anne Benson
- 8 Mary Buck
- 7 Judy Guzzo
- 6 Cheryl DeBraccio
- 5 Megan Leitzinger
- 4 Chris Varley

Female 50-59

- 12 Beth Stalker
- 10 Nancy Briskie
- 8 Martha DeGrazia
- 7 Joyce Goodrich
- 6 Judy Phelps
- 5 Erika Oesterle
- 4 Cathy Sliwinski

Female 60-69

- 12 Susan Wong
- 10 Cecily Dexter
- 8 Ginny Pezzulo
- 7 Lichu Sloan
- 6 Ginny Mosher
- 5 Debbie Brown
- 4 Linda Plante

Female 70-79

- 12 Eiko Bogue

Age Graded

Runner	Age	Gr
12 Dale Keenan	59	M
10 John Noonan	50	M
8 Martha DeGrazia	58	F
7 Nancy Briskie	52	F
6 Chuck Terry	27	M
5 Tom Dalton	51	M
4 Lee Pollock	57	M

Total After 12 Races

Male Open

- 66 Justin Bishop
- 55 Tom O'Grady
- 52 Chuck Terry
- 50 Pat Cullen
- 34 Andrew McCarthy
- 34 Greg Stevens

- 25 Josh Merlis
- 24 Eamon Dempsey
- 21 Jim Sweeney
- 19 David Vona
- 15 Joe Hayter
- 14 Paul Cox
- 13 Tim Caramore
- 12 Andy Allstadt
- 12 Anthony Giuliano
- 10 Chris Imperial
- 9 Daniel Jordy
- 9 Paul Mueller
- 8 Brad Lewis
- 7 Matt Lange
- 7 David Newman
- 7 Dale Owen
- 7 Zach Russo
- 6 Matthew Fryer
- 6 Richard Messineo
- 6 Jordan Pantalone
- 5 Bryan Mannarino
- 5 Jeff Nastke
- 4 Daniel Cummings
- 4 Chris Cure
- 4 Jason Lange
- 4 Chris Senez

Male 30-39

- 68 Aaron Knobloch
- 60 Jonathon Bright
- 58 Brian Northan
- 45 David Tromp
- 34 Anthony Giuliano
- 33 Corbin Gosier
- 24 Chris Mulford
- 20 Mike Kelly
- 20 Sean Madden
- 19 Jim David
- 17 Bob Irwin
- 16 Joe Benny
- 16 Chad Davey
- 15 Jeff Loukmas
- 12 Michael Roda
- 11 Clay Lodovice
- 11 Patrik Sorsby
- 8 Todd Smith
- 7 Neil Sergott
- 6 Matthew Howard
- 6 Dan Murphy
- 6 David Statdlander
- 5 Matther Brom
- 5 Jon Catlett
- 5 Patrick Lynskey
- 4 Gabriel McGarry
- 4 Matthew Nark
- 4 Robert Norman

Male 40-49

- 62 Ahmed Elasser
- 55 Jon Rocco
- 51 Tim Hoff
- 50 Edward Hampston
- 35 Tom Kracker
- 34 Russ Hoyer
- 33 Richard Cummings

- 28 Christian Lietzau
- 22 Rob Paley
- 18 Norris Pearson
- 15 Steve Becker
- 13 Ed Menis
- 12 Frank Boscoe
- 12 John Noonan
- 12 Bill Venner
- 10 Dan Cantwell
- 9 Todd Mesick
- 8 Roy Headwell
- 7 Brian DeBraccio
- 7 Lawrence Poitras
- 7 Joe Skufca
- 7 John Willaims-Searle
- 6 Mike Biehl
- 6 George Burke
- 6 Bob Jones
- 6 Todd Rowe
- 5 Chris Chartrand
- 5 Will Moran
- 4 Paul Bohl
- 4 Mark Devenpeck
- 4 William Drapeau
- 4 Norris Pearson
- 4 John Slyer
- 4 Robert Wither

Male 50-59

- 60 Jim Maney
- 56 Lee Pollock
- 43 Rick Munson
- 36 Derrick Staley
- 34 Rob Colborn
- 33 Dale Keenan
- 32 Mark Warner
- 29 Peter Cure
- 28 Paul Forbes
- 24 Kevin Dollard
- 22 Tom Dalton
- 21 John Parisella
- 18 Bill Herkenham
- 17 Richard Clark
- 14 John Haley
- 13 Bob Somerville
- 12 Alar Elken
- 12 John Noonan
- 11 Ken Klemp
- 11 Brian Teague
- 10 Carl Matuszek
- 10 Steve Sweeney
- 9 Juergen Reher
- 7 Dale Broomhead
- 7 Kenneth Klapp
- 6 Cole Hickman
- 5 Jack Connor
- 5 James Jacobs
- 4 Jim Amell
- 4 Chris Murphy
- 4 Frank Paone
- 4 Rob Picotte

Male 60-69

- 68 Ernie Paquin
- 64 Tom Adams

47	Bob Ellison	17	Kelly Virkler	18	Nancy Piche	10	Mary Collins-Finn		
45	John Stockwell	13	Julie Nabozy	17	Miriam Hardin	10	Cecily Dexter		
26	Tom Kollar	13	Sara Peloquin	17	Megan Leitzinger	8	Coral Crossman		
24	Jim Bowles	12	Ada Lauterbach	17	Tracy Perry	7	Lichu Sloan		
24	Frank Klose	12	Chelsea Maguire	13	Cheryl DeBraccio	5	Debbie Brown		
24	Tom Yannone	12	Heidi Nark	12	Julie Burke	4	Linda Plante		
16	James Thomas	12	Sarah Sorenson	12	Kathleen Kemp	Female 70-79			
15	Jack Berkery	11	Rachel Clattenburg	11	Becky Phillips	72	Anny Stockman		
14	Jim Moore	10	Amy Becker	10	Jennifer Casey	54	Eiko Bogue		
14	Paul Turner	10	Justine Mosher	10	Marcia Harrison	Age Graded			
13	Frank Myers	10	Melissa Patrick	10	Heather Machabee	Runner	Age	G	
12	Jesse Dinkin	10	Brina Seguire	10	Janice Phoenix	60	Susan Wong	61	F
12	Pat Glover	10	Kate Thomas	10	Connie Smith	51	Anny Stockman	76/77	F
12	Ed Kampf	9	Julia Maloney	9	Sharon Fellner	49	Judy Phelps	58	F
12	John Pelton	9	Jennifer Senez	8	Kay Byrne	38	Justin Bishop	27/28	M
10	David Hayes	8	Ashley Brown	8	Diane Hanson	38	Martha DeGrazia	57/58	F
8	George Jackson	8	Bry Ann Delorenzo	8	Denise Iannizzitto	37	Dale Keenan	58/59	M
8	George McGowan	8	Casey Doak	8	Jenny Lee	37	Lee Pollock	56/57	M
7	Kenneth Lapenta	8	Kathleen Hermann	8	Barb Light	36	Derrick Staley	50	M
7	James Tansey	8	Kathryn Jones	8	Mary Signorelli	35	Jim Maney	51	M
7	Leo Vogelien	8	Sara Jones	7	Virginia Greenwood	31	Chuck Terry	26/27	M
6	Seamus Hodgkinson	8	Erin McDonald	7	Judy Guzzo	23	Pat Cullen	22/23	M
6	Peter Newkirk	7	Emily Lange	7	Mary McNair	21	Tom O'Grady	23/24	M
6	John Silk	6	TuAnh Turnbull	7	Nancy Nicholson	17	Tom Dalton	50/51	M
6	Ken Skinner	5	Jessica Bazar	6	Maryann Martel	16	Nancy Briskie	51/52	F
5	Chuck Batcher	5	Joselin Schmitz-Morfe	6	Lisa Scaringe	16	Kevin Dollard	53/54	M
5	Tom Benoit	5	Amanda Terzian	6	Jess Shelgrin	14	Anne Benson	43/44	F
5	Frederick Eames	4	Kerry Gebhardt	5	Tracy Dilauro	14	Rick Munson	52	M
5	Bob Knouse	Female 30-39		5	Sheryl Ose	13	John Noonan	49/50	M
5	Pete Newkirk	62	Lori Weaver	4	Nancy Taormina	12	Ahmed Elasser	46	M
5	Peter Thomas	55	Estelle Burns	4	Mary Fenton	10	Anthony Giuliano	29/30	M
4	Ray Lee	43	Sally Drake	4	Denise Gonder-Terzian	10	William Venner	49	M
4	Christopher Smith	42	Jess Hageman	4	Elisa Schneider	10	David Vona	27	M
4	Chuck Trimarchi	38	Kimberly Miseno-Bowles	Female 50-59		68	Judy Phelps	41	F
4	Joseph Yavonditte	32	Karen Dolge.	68	Judy Phelps	64	Martha DeGrazia	26	M
Male 70+				23	Jessica Mitchel	45	Susan Burns	54	M
68	Bob Husted	20	Margaret Bromirski	44	Nancy Briskie	5	Rob Colborn	59	M
64	Wade Stockman	19	Shelly Binsfeld	41	Cathy Sliwinski	5	Ken Klapp	32	M
41	Joe Kelly	18	Gretchen Oliver	36	Joan Celentano	5	Aaron Knobloch	46	M
34	Ed Docette	13	Regina McGarvey	27	Kathrine Ambrosio	5	Christain Lietzau	63	M
29	Joe Corrigan	12	Eileen Combs	24	Karen Dott	5	Ernie Paquin	69	M
27	Charles Bishop	12	Laura Gerson	18	Erika Oesterle	4	Paul Forbes	59	M
24	John Pelton	12	Katie Hodge	17	Donna Charlebois	4	Mike Kelly	38	M
20	Chris Rush	11	Pamale DelSignore	14	Cynthia Southard	4	Carl Matuszek	57	M
14	Denis Burns	10	Susan Bright	12	Carrie McDermott	4	Carrie McDermott	59	F
12	Dick Green	10	Julie Gold	12	Beth Stalker	4	Josh Merlis	27	M
12	Ken Orner	8	Erin McMahon	11	Elizabeth Herkenham	4	Ginny Pezzula	63	F
7	Jim Moore	8	Angela Vasilakos	11	Judy Lynch				
7	Don Wilken	7	Christina Ardito	10	Joanne Conley				
6	Richard Eckhardt	7	Alicia Bialy	10	Barbara Sorrell				
6	George Freeman	7	Holly Klein	9	Karen Gerstenberger				
6	Ed Thomas	7	Amy Polsinelli	8	Joan Brown				
4	Armand Langevin	6	Heather Langley	8	Pia Sanda				
4	Jim Tierney	6	Michelle Pendergast	7	Sue Cologan-Borrer				
				5	Candice Panichi	7	Joyce Goodrich		
				5	Ashley Peacock	6	Cynthia Finnegan		
				5	Martha Snyder	6	Gail Hein		
				4	Sarah Dzikowicz	6	Laura Milak		
				4	Stacey Kelley	6	Mary Beth Steffen		
				4	Jamie Masson	5	Nancy Taormina		
				4	Amy Ohl	4	Lois Green		
Women				Female 40-49		Female 60-69			
Female Open				64	Kari Gathen	72	Susan Wong		
47	Diana Rodriguez Tobon	64	Anne Benson	56	Ginny Pezzulo				
45	Crystal Cammarano	36	Emily Bryans	16	Noreen Buff				
43	Colleen Hayden	32	Chris Varley	16	Ginny Mosher				
36	Karen Bertasso	26	Beth Stalker	15	Sibyl Jacobson				
30	Erin Rightmyer	22	Lizette Arroyo	15	Liz Milo				
28	Christina Ardito	20	Mary Buck						
24	Diane Matthews	17	Martha Snyder						
22	Carolyn Herkenham								
20	Roxanne Wegman								
17	Martha Snyder								





Go to HMRRRC.COM
for pictures

CLUB RUNNING APPAREL

<u>Circle size and color where applicable</u>	<u>Cost:</u>	<u>Total:</u>
NEW! Dryline Zip Shirt , black, Male S,M,L, XL; Female XS,S,M,L,XL, XXL	\$35	_____
Insport Tights , black, Male, S,M,L; Female S,L	\$19	_____
Club Jacket , royal blue and black, Unisex S,M,L	\$47	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black XS,S,M,L,XL	\$24	_____
Coolmax Singlets:		
White with royal blue side panels , Female S,M,L	\$16	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Royal blue , Unisex, S,XL	\$13	_____
Hind with reflective stripes , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
New! Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$17	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
V-Notch , 3" inseam, S,XL	\$17	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L	\$22	_____
Easy , 4" inseam, S,M,L	\$18	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
Male Race Ready Shorts, all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal; L black	\$18	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$18	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$23	_____
Easy , 4" inseam, S,M,L,XL	\$20	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
Smart ID tag , snaps onto shoe, neon orange, neon green, purple \$2.25 ea. or 3/\$6		_____

If ordering only this item, postage is \$.44

TOTAL DUE: _____

All prices include sales tax Postage \$5.15
(If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)
Gift Certificates available for any amount. Just add \$.42

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judylynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

"TENTATIVE" HMRRRC 2010 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Friday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, Hangover Half* & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com
Sunday	Jan 10	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Will Dixon Ed Gillen	edgillen7@aol.com
Sunday	Jan 24	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	josh@albanyrunningexchange.org
Saturday	Feb 06	6 p.m.	Desmond Hotel	HMRRRC Club Banquet	Debbie Beach	dbeach21@verizon.net
Sunday	Feb 07	10 a.m.	UAlbany	#,F Winter Series 5: 4M, 10M*, 20M	Patrick Lynskey	plynskey@nycap.rr.com
Sunday	Feb 21	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterson@albany.edu kklemt@nycap.rr.com
Saturday	Mar 06	10 a.m.	Green Island	Runnin' of the Green (Island) 4M* ** +	Ed Gillen	edgillen7@aol.com
Sunday	Apr 11	9 a.m.	Bethlehem M.S., Delmar	Delmar Dash 5M* [GP<40] ** +	Tom & Marcia Adams	madams01@nycap.rr.com
Saturday	Apr 24	10 a.m.	Guilderland H.S.	Bill Robinson 10K Masters Championship *[GP40+] **	Jim Tierney	runnerjmt@aol.com
Sunday	May 09	10 a.m.	Hamagrael School, Delmar	Mother's Day 3.5M +	Jim Tierney Sharon Boehlke	runnerjmt@aol.com sharonruns@mindspring.com
Thursday	May 20	6:25 p.m.	Empire State Plaza	Workforce Team Challenge 3.5M **	Pete Newkirk	pnewkirk@newkirk.com
Sunday	June 13	9 a.m.	UAlbany	#, F Distinguished Service 8M*	Mark & Angela Warner	mwarner1@nycap.rr.com
Sunday	June 20	9:30 a.m.	The Crossings of Colonie	Father's Day 5K ** +	Will Dixon Randy Goldberg	FathersDayFiveK@yahoo.com
Saturday	June 26	9 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K +	John Haley Megan Leitzinger	j.haley36@yahoo.com
Tuesday	Jul 06	6:15 p.m.	Colonie H.S.	# Colonie Mile*	Ken Skinner	kennyskln@earthlink.net
Wed.	Jul 14	6:15 p.m.	TBD	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com
Wed.	Jul 21	6:15 p.m.	TBD	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com
Wed.	Jul 28	6:15 p.m.	TBD	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com
Sunday	Aug 01	9 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly	mjkhome@verizon.net
Sunday	Aug 01	Noon	Thacher State Park	Summer Picnic	Marcia Adams Cathy Sliwinski	cslwin@nycap.rr.com
Monday	Aug 02	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 1 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 09	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 2* +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 16	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 3 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Sep 06	9 a.m.	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K* ** +	John Parisella	jparisel@nycap.rr.com
Sunday	Sep 19	9 a.m.	UAlbany	#, F Anniversary Run, 2.8M & 5.6M*	Pat Glover	pjglove@aol.com
Sunday	Oct 03	10 a.m.	New Scotland Town Park	# Voorheesville 7.1M	Jim Thomas Russ Hoyer	jth430@verizon.net
Sunday	Oct 10	8:30 a.m.	Central Park, Schenectady	28th Annual Mohawk Hudson River Marathon* **	Cathy & Rob Sliwinski	cslwin@nycap.rr.com
Sunday	Oct 10	8:30 a.m.	Colonie Town Park	9th Annual USMC Reserve Half-Marathon**	Cathy & Rob Sliwinski	cslwin@nycap.rr.com
Sunday	Nov 14	9:00 a.m.	Central Park, Schenectady	35th Annual Stockade-athon 15K* ** +	Vince Juliano	Hamletbryans@nycap.rr.com
Sunday	Nov 21	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com
Sunday	Dec 12	10 a.m.	UAlbany	#, F Winter Series Starter 3M & 15K	Doug Bowden	bowden@nycap.rr.com

Day of Race Sign Up ONLY!

F No Entry Fee for HMRRRC Members

* Grand Prix Event [bold]

** USATF certified course

+ Kid's Race

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE OR FAMILY (\$15) Names _____

NEW APPLICANT RENEWAL GIFT MEMBERSHIP _____

E-MAIL _____

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!