

The Pace Setter

February 2015

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

2015 Hall of Fame Inductee: George Regan





THE ADIRONDACK RUNNERS 29th ANNUAL

Shamrock Shuffle



And The Leprechaun Leap

MARCH 22, 2015 - 11:00 AM

GLENS FALLS HIGH SCHOOL

TO BENEFIT: WARREN-WASHINGTON COUNTIES SPECIAL OLYMPICS



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AWARDS

Male & Female

Overall
1st, 2nd, 3rd

Age Groups
1st, 2nd, 3rd

Special Masters (40+)
1st Male & Female

Wheelchair Overall
1st, 2nd, 3rd

No Duplicates

LOCATION: Glens Falls High School – 10 Quade Street, Glens Falls, NY, 12801

NUMBER PICK-UP: Starts 8:30 am race day at the Glens Falls High School Gymnasium.

COURSE: 5 mile basically flat & fast loop course – www.AmericasRunningRoutes.com.

REGISTRATION: \$20.00 (\$16.00 Member Adirondack Runners) closes March 18th

RACE-DAY REGISTRATION: \$25.00 closes 10:30 am

RESULTS: Chip-Timing by **Sisu Racing.**

T-SHIRTS: High Quality, Custom T-shirts (**First 400 Entrants**).

DONATIONS: Benefit Warren-Washington Counties Special Olympics Programs.

FACILITIES: Glens Falls High School. Showers & Restrooms available.

INFORMATION: Kevin Sullivan, Race Director - (518)798-9593 or shamrockshuffle@roadrunner.com or www.adirondackrunners.org



The Leprechaun Leap



CHILDREN'S (12 & Under) FUN RUN - 7/8 Mile Run – Donation: \$3.00

Registration: 8:30am - 9:45am - Start 10:00am. – Custom Medals For ALL Finishers.

-----Detach Here-----

LAST NAME

FIRST

MIDDLE INITIAL

SHIRT SIZE

SM MED LG XL

ADDRESS

PHONE

Sex (M/F)

Wheelchair

CITY

STATE/PROVINCE

ZIP/POSTAL CODE

Age Race Day

DOB mm/dd/yy

I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, *snow, sleet and rain* traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the City of Glens Falls, Town of Queensbury, Glens Falls City School District, and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

SIGNATURE _____

DATE _____

EMAIL ADDRESS _____

SIGNATURE OF PARENT (if under 18) _____

Entry Fee \$ _____

Add'l Donat \$ _____

Amount Enc. \$ _____

Make Checks Payable To: ADIRONDACK RUNNERS

MAIL ENTRIES: SHAMROCK SHUFFLE, 13 Lawton Ave., GLENS FALLS, N.Y. 12801



Register online today!!!

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The Pace Setter

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HMRRRC Mission Statement

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

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

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President's Message

by Meghan Mortensen

Running and Love

I love to love. I love my family, I love my husband, I love my dog, I love my friends, I love my work, I love to run. But what is love? What is the connection between love and running? Are love in a relationship and running totally different or are they exactly the same? We build our relationships on compromise and trust. Compromise is necessary and worthwhile. Some fights aren't worth having and some runs aren't worth doing. Listen to your gut and trust your heart in both cases. Is it better to visit her parents this weekend, or to fight about it and send her away alone and angry? Is it better to do a session of painful (and embarrassing) yoga, or run yourself into the ground on inflexible joints and subsequent injuries? It's usually better to compromise; give a little. Visit her parents and take that yoga class. You'll receive far greater returns for your efforts.

Trust is mandatory. When we run, we must trust what our minds and bodies are telling us. As runners, we can follow our training plans perfectly. We can have awesome interval workouts, and drag ourselves down the road during our long runs, but if we don't trust ourselves, we can worry ourselves sick. Our

relationships are no different. When the time comes to do the hard work of strengthening our foundation of trust, we can choose to run through the hard work, or away from it.

As humans, we strive for comfort and consistency in our lives. We fall into routines to get us through our day to day battles, but complacency is the enemy of love. During this month of love, don't be afraid to spice things up. Add in some hill repeats, take a new running route, try some fartleks, try a new restaurant with that special someone, or surprise a loved one with something completely spontaneous.

Love is everything. Love in a relationship and running; they're totally different, but exactly the same. It's a flood of endorphins, a bit of adrenaline and some serotonin. No matter what comes your way in a relationship, love is what you need to get through it. In my short, but passionate affair with running, I have found something I truly love. This love has given me the will to strengthen my foundation and practice my compromise on and off the road. It is nowhere near over; in fact, it has only just begun. I never said that running and love would be easy, but I do promise it will be worth it. □





What's Happening in February

by Al Maikels



February is a short month with some long races. The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 1. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon while the 4-mile race is popular with those runners just looking to get in a short workout. Quite often the race distance chosen is factor of the weather as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987 as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 42nd Winter Marathon and 29th Annual 3 Person Relay will be held on Sunday, February 15 at 10 a.m. at UAlbany. Back in the day, when running was running the Winter

Marathon was billed as a last chance to qualify for Boston, now it can be a first chance to qualify for next year's Boston. The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers and as always volunteers are needed.

The HMRRRC Club Banquet will be held on February 7 at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards and this year features the induction of George Regan into the HMRRRC Hall of Fame.

The club business meeting for February is set for Wednesday, February 11 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged to attend these meetings. □

Dear Editor,

The running community is saddened by the recent passing of one of its stalwarts, BJ Sotile. As noted in the recent obituary notice that appeared in the Albany Times Union on January 20:

"Bj (Francisco) Sotile, 82, passed away on January 13, 2015, at home surrounded by her loving family. Bj battled cancer in the same manner she lived life, with a fighting spirit, perseverance, humor and a determination to always win. Bj was born in the Stockade area of Schenectady on July 13, 1932, to the late Gladys Grace Skipworth and Charles Earl Francisco. She was a lifelong resident of Schenectady who worked at the General Electric Company. Bj was predeceased by her husband, Peter G. Sotile, and survived by her six children, Susan Sotile, Peter Sotile III, Michael Sotile, Karen Sotile, Kathleen (Sotile) Brooks, and John Sotile and his wife Karen (Missy) Sotile; her cherished grandchildren, Laura Powers and her husband Ryan Powers, Michael Schrom, Peter Sotile IV, Michelle and Michael, Jacqueline Wade, Erica Wade, Timothy Wade, Rachel Brooks, John Chase Sotile, Lucas Sotile and Alessandra Sotile; and endearing great-grandson Sean Hunter Powers. Her special felines, Pretty Girl and Little Girl, will be forever in her heart. Bj lived life to the fullest and will be missed by her close family of friends in the local tennis and running communities as well as her knitting circle. She was a member of the Hudson Mohawk Road Runners Club, participated in the Empire State Games, and traveled abroad to complete a 10k run on the Great Wall of China."

BJ's decades' long continuing presence at, and participation in, road running events throughout the area was an inspiration to everyone she met. For her, it was the camaraderie of the running community that prompted her involvement. Personal challenges posed in any particular race, while stimulating, were of secondary importance. For BJ, just being present made her a winner. Her attitude was infectious and provoked many others to do a bit of soul-searching on what the sport meant for us personally. In the end, BJ gave us more than she got, and we are better people for having known her.

— Bob Redmond



We welcome your Letters to the Editor. They can be sent to pseditor123@gmail.com. Most letters will be those in response to articles published in The Pace Setter. Please include your name, email address and a phone number where we can reach you if needed. Thank you, as always, for your contributions.

Weight-Related Research from The American College of Sports Medicine (ACSM)

Exercise is medicine. That was a key message highlighted at the 2014 Annual Meeting of the American College of Sports Medicine. Given that two-thirds of Americans are either overweight or obese, and that healthcare costs (to say nothing of quality-of-life costs) are staggering, we need to figure out how to turn this ship around. This article highlights some research by ACSM members related to diet, exercise, weight, and health. The info will hopefully remind you a wise food & exercise program is far better than taking medicine.

- To lose weight, you need to create an energy deficit. But is it true *the less you eat, the more weight you will lose*? No. A big slashing of calories poorly predicts how much weight you will lose because your body adapts to perceived “famine” conditions by conserving energy.

In a three-month study, young, healthy women were given a diet to lose weight. One diet had a moderate (-400) calorie deficit; this group lost six pounds in 3 months. The other diet had a severe (-850) calorie deficit; that group lost only 8 pounds. This was far less than predicted and related to a drop in resting metabolic rate. The body's ability to conserve energy is quite powerful! If you want to lose weight, plan to chip off just a few hundred calories at the end of the day, rather than starve yourself by undereating all day.

- Men who want to lose weight should not crash diet. They will lose not only muscle but also testosterone (a muscle-building hormone). In a three-week study, soldiers ate a high protein diet (3 x the RDA; 2.4 g pro/kg/day) but underate calories by 40% below the amount needed to maintain weight. While the very high protein intake helped counter loss of muscle, it did not maintain testosterone levels. Remember: chipping off a few hundred calories is preferable to a chopping off a thousand. Two fewer cans of soda or beer a day can make a difference in weight!

- Are dieters better off eating three small meals plus three small snacks—or eating the same amount of calories but in just two meals? For two weeks, obese middle-age women ate calorie-controlled packets of food either two or six times a day. Either way, the subjects reported being hungry. Eating six smaller meals did not appear to improve appetite response. So take your choice how often you want to eat, being sure to keep the total calories within the budget.

- Many dieters drink coffee for breakfast, swearing it curbs their morning hunger pangs. Yet, a study with 12 subjects reported no differences in appetite (and subsequent food intake) when their breakfast and mid-morning

beverages were 1) water, 2) water+caffeine, 3) decaffeinated coffee or 4) decaf+caffeine. At lunch (4.5 hours after breakfast), the subjects reported similar amounts of hunger and ate similar amount of calories, regardless of their caffeine intake. The coffee did not effectively curb their appetites.

- What happens to food intake when healthy college men who exercise regularly are told to sit for 10 additional hours a week for 8 weeks? They eat less! At baseline, the subjects ate about 2,600 calories a day (47% carb, 18% protein, 32% fat). When they were told to be more sedentary, they intuitively ate less than baseline. They chose the same foods, just smaller portions. Only 1 of the 8 subjects ate more than at baseline. The moral of the study: If you get injured and cannot exercise, your body can naturally desire fewer calories. The trick is to listen to your body's cues, not tempting food ads on TV!

- Exercise can impact not only weight but also the kinds of microbes that grow in the gut. In mice, the kinds of microbes differ by 40% between sedentary lean and obese mice. Even mice made obese by a high fat diet—but allowed to use an exercise wheel—had a lean phenotype compared to the sedentary obese mice with no access to the exercise wheel. The exercised mice had distinctly different gut microbes. We need more research to understand how exercise impacts gut microbes in humans and how those microbes impact metabolism and weight.

- Many lightweight rowers have to drop weight during in-season training. Does this hurt their rowing? Likely yes! A study compared the 2K erg performance of 7 heavyweight and 7 lightweight candidates for the US Rowing National Team in December (off-season) and July (in-season). Compared to the off-season, the heavyweight rowers improved their VO₂peak/fat-free mass while in-season. The lightweight rowers did not. The dieting rowers decreased total body weight by ~4.5 pounds and body fat by ~1%. They lost about 2 pounds of lean muscle. They rowed slower in the simulated 2,000-meter rowing test. The researchers recommend that lightweight rowers try to maintain their required weight throughout the year, so they can focus on performance during the season. Easier said than done...?

- Female athletes commonly have low bone mineral density. Is this related to their being light in weight? Having low body fat? Less muscle? A study of 44 female D-1 athletes (from cross-country, tennis, basketball and soccer teams) suggests that bone mineral density significantly relates to muscle mass. The more muscle, the better the bone density. Keep lift-

ing those weights!

- Does very slow walking (1 mile/hour) on a treadmill desk offer any health benefits? Yes. In a study, 32 college students consumed 300 calories of glucose and then either 1) remained sedentary for two hours or 2) for two hours, alternated walking on a treadmill workstation for 30 minutes then sitting for 30 minutes. The results suggest even very slow walking helped with blood glucose control. Any exercise is better than no exercise. Being sedentary is deleterious to health.

- The older we get, the less we move. Regular leisure-time exercise patterns drop from childhood to adolescence and become unacceptably low in adulthood. Is this decline related to changes in reward pathways in the brain? Researchers need more information to unravel the genetic pathways that affect exercise behavior. But before too long, we may get personalized strategies, based on our genes, that will increase our lifelong desire for exercise. Stay tuned!

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



**Bill Shrader, Sr.
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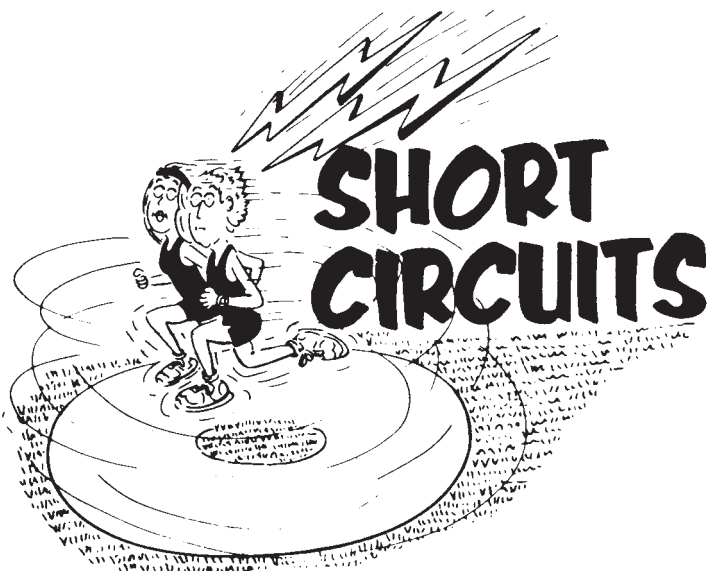
The Hudson Mohawk Road Runners Club offers separate scholarships for three male and three female student athletes who participate in cross-country or track and field.

For application details see:

www.hmrrc.com

(See “membership benefits” under the “membership info link”)

**Applications must be submitted no later than
April 1, 2015**



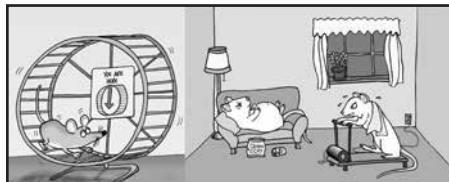
Winter Series 2015



On a brightly sunlit day temperatures hovered in the twenties, but this did not deter the hundreds of runners who came to celebrate January 1st by competing in the Hangover Half Marathon and the Bill Hogan 3.5 mile run. Runners are such a hardy bunch that 309 completed 13.1 miles and 294 finished 3.5. Both races saw significant increases in the numbers participating: almost 20% more in the Hangover Half and 30% in the Bill Hogan! Lookin' good Albany! The winner in the Hangover Half Marathon was again Tom O'Grady, who, as he was nearing the finish line, welcomed his two-year-old son Conor to proudly run with him to the finish line. About a half minute later Chuck Terry blazed down the path to the finish line. These two have been battling it out for several years to the delight of the onlookers. Richard Messineo placed third with his usual top performance, running a crowd-pleasing 5:57 pace. Karen Bertasso, a top Willow Street runner, easily placed first among the women with 1:27:02, followed by Emily McCabe, 1:28:59, and Jessica Bashaw 1:29:05. Youth led the Bill Hogan 3.5 miler with Francisco Geltran, age 13, winning for the males, 22:06; and Julia Flower, age 16, for the females, 22:12. Francisco was followed by Paul Cox (21 years old), 22:21 and Ben Heller (26), 22:40, and Julia by Colleen Maloney (19), 24:48 and Stephanie Vilorio (32!), 26:12. Top age-graded performances for the men were Derrick Staley, age 56, 83.99%; John Stadtlander, 49, 80.34%; and Lee Pollock, 62, 81.95%; for women, Nancy Briskie, 57, 80.49%; Colleen Brackett, 8 – The Pace Setter

54, 77.83%; and Ginny Pezzula, 69, 76.80%. For runners and onlookers it was a memorable way to start the New Year.

Keep Running, Baby!!



Many joggers believe that running makes them feel younger, and recent scientific data corroborates that indeed it does. Researchers at Humboldt State University and the University of Colorado at Boulder studied adults age 65 and older who walked, ran, or were couch potatoes. Those who ran regularly were judged to have walking gaits like twenty year olds. Those who walked as exercise did not fare as well as the runners, but were healthier than those who were sedentary. Walking impairment in the elderly is a key predictor of morbidity so the ability to walk well as one gets older is highly desirable.

Further studies involving aging and running have shown that brain function is better in those who run. The brain begins to shrink slowly in size as a part of the aging process. Researchers at the Beckman Institute for Neuroscience at the University of Illinois decided to try to determine what influence running would have on this process. They divided mice into four groups and had them put into special cages. One cage had stimulating items in it. The second cage had the enrichment of cage 1 but with a running wheel. Cage 3 had only a running wheel, and cage 4 had nothing in it except for food and water. Prior to the test and at the end, the mice were given tests to assess their mental capabilities. The results showed that the mice that were in the cages with the running wheels did markedly better on the tests at the end than those without them no matter whether there were stimulating items in their cages or just food and water.

If this is not enough to make you happy you

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

are a runner, a study published in the *Journal of Alzheimer's Disease* examined more than 154,000 runners and walkers over an eleven year plus period. It found that runners who did more than 15.3 miles a week had a 40% lower risk of Alzheimer's disease mortality than the general population.

So, older members of the HMRR, when you walk like twenty year olds, finish the *New York Times* crossword puzzle before others, and remember where you placed your keys, you will now know why. So tie up those running shoes and hit the trail!

What's Hot for 2015



If you want to be in, according to the American College of Sports Medicine, try either bodyweight training or high intensity interval training. Body weight training rose from the number three spot last year to the top this year. Body weight training is an inexpensive method of gaining fitness, as no special equipment is required. It involves exercises that rely solely on your own weight, sometimes using equipment such as resistance bands, suspended cables or resistance wands. Although, if one of these bands should snap as it did for Speaker of the Senate Harry Reid, the results can be disastrous. The other trend, high intensity interval training, involves short bursts of extreme exercise followed by a short period of rest and usually is around a half-hour in length. Although there has been an increased rate of injury with this intense form of exercise, it has become extremely popular among fitness pros and is featured at the gyms you frequent.

Don't Worry Maureen Cox: The MHR Marathon Is Not in the Running



The BBC World Service polled people around the world for what was the most dangerous marathon, and the one in the Amazon rainforest in Manaus, Brazil, has won the dubious honor. This event, which the sponsors call the "world's wildest eco race" involves crossing swamps and rivers in temperatures over 100 degrees with humidity and toxic creatures to match. There are three different lengths to run but all are challenging from a simple 26.2

miles to 158. In addition to seeing wildlife first-hand like anacondas, venomous spiders, and poison dart frogs, there is also the possibility of swimming along with piranhas and gators. For this opportunity of a lifetime, the entry fee is \$3,140 and that's without airfare or medical expenses included. However, there is another challenger for the most dangerous race, the Marathon des Sables, which is a 155-mile race through the Sahara desert. It has grown from 80 in 1986 to 1,300 participants in 2014. Runners have been known to get trapped in sandstorms and veer off-course, causing them to drink their urine and bat blood to survive. The cost for this is around \$1,000 and registration is full until 2017. □



2015 HUDSON-MOHAWK ROAD RUNNERS CLUB DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to jp2cella@me.com or by mailing a nomination form to John Parisella, 117 Elmer Ave., Schenectady NY 12308. Nomination forms can be found at www.hmrrc.com. Nomination forms may also be submitted in person at the March 18, 2015 club meeting.

Qualifications of nominees may include – but are not limited to – an elected officer, member or chair of a standing or *ad hoc* committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at club functions or races, or an attendee at monthly club meetings.

Previous recipients of the Distinguished Service Award:

Jim Moore (2014), Jon Rocco (2014), John Haley (2013), Edward Gillen (2012), Cathy Sliwinski (2011), Tom & Marcia Adams (2010), Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson- Wintle (1985), Bill Mehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2015. The election of the DSA recipient(s) will take place at the April 15, 2015 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions please contact John Parisella, DSA Committee Chair, at jp2cella@me.com.

Acid-Base

Water is the body's solvent. Virtually all the processes of the body need water to happen. Digestion, circulation, and elimination are all affected by our water stores and the lack of water or dehydration can have a significant affect on these processes in both the short and long terms.

In the classic book *Your Body's Many Cries for Water* author Batmanhelidj effectively argues that dehydration is at the core of most of the illnesses and diseases generic man succumbs to. To paraphrase Thoreau – most (wo)men lead lives of chronic dehydration.

Maybe the most telling result of this chronic dehydration is that it causes the body to age faster. I need only reference one's 25th high school reunion to make the point. Those "hard livers" who have spent the last 25 years smoking and drinking have paid the price, and they show it.

Water has the unique chemical property of having a neutral pH of seven on a 14-point scale. Most water is at the balance point between an acid (numbers below 7) and a base (numbers above 7). The natural physiological pH for most people's bodily fluids ranges between 7.3 – 7.4. This is all "nice to know" but what does it mean?

A quick review of Chem 101 is necessary to make the point. The pH of the body refers to the acid-base balance. An equal acid-base balance is 7.0, usually the pH of most water samples. Acidic foods and beverages (with a pH below 7) would include coffee, sodas, sugars, alcohol and most processed foods. Basic or alkaline foods have a pH above 7.0 and would be things like fruits and vegetables and most juices.

One of the problems of the American diet is the prevalence of acid based foods for the majority of people. Not only do these "foods" fuel the obesity crisis but they create an acidic environment within the body. This acidic environment slows the recovery process and in some cases promotes degenerative diseases such as cancers, heart disease, diabetes and even osteoarthritis, with the joints not getting the nutritional support they need for repair.

You are what you eat. Most people get this. Care must be taken to eat a more natural, less processed diet. It is easy to get preachy about this, but the importance needs to be underscored. Nothing goes in your mouth by accident. A certain level of mindfulness – staying in the here and now – may differentiate healthy choices from simply the easiest choice.

The acid-base balance of the body can even be traced to our breathing patterns. In yogic thought, the most important "food" is one's breath. In fact, there is a yogic saying, "He who half breathes, half lives." Improper breathing patterns due to poor posture, spinal scoliosis or nervous tension can have a subtle, yet insidious affect on acid-based balance and long-term health.

Most know that oxygen is necessary to sustain life. We get oxygen, or O₂, when we breathe in. The waste product of respiration is carbon dioxide, or CO₂. When compared on

a molecular level, CO₂ is considered to be a heavier gas than O₂. If you check out the molecular weights on a Periodic Table you can do the math. CO₂ has a molecular weight of 28 with O₂ weighing in at 16.

Chemically CO₂ acts as an acidic gas, O₂ is the basic gas. Another fact that most people never consider is that when one breathes in and out the lungs never fully clear, there is always a little gas (CO₂) left in the lungs to prevent their collapse. This little extra is called the residual volume and since it is CO₂, the heavier gas, it settles in the bottom or lower lobes of the lungs.

For a healthy person this is no big deal. The constant exchange of CO₂ and O₂ is an unconscious reflex. But for those with compromised lung function due to a long history of smoking, lung cancer or COPD there is an inability of the lungs to expel the CO₂ increasing the percent of CO₂ in that residual volume and tipping the acid-base balance towards the acidic. This creates a condition called metabolic acidosis and usually forecasts a series of system wide problems past the lung disease.

Somehow the yogis of old figured this out centuries before traditional medicine had advanced to the point where it could diagnose the condition. In yoga there are several recommended "inverted positions" where the practitioner positions the lungs above the head or mouth. The head stand and shoulder stand are two common examples.(figure 1)

You might think – what does this do? You need to recall that CO₂ is a heavier gas than O₂. Just as gravity affects how an apple falls from a tree the "heavier object," in this case the CO₂, "sinks" towards the lower opening (the mouth) effectively "cleaning out" the residual volume and oxygenating this area.

A final influence on the chemical balance of the body is our thoughts. While I realize this may be a stretch for some, it is an accepted fact that thought is the result of a chemical process.

Actually, thought is a bio-chemical process. You know this. Extreme examples would be getting drunk when the chemical, in this case alcohol, upsets the balance of one's normal thought patterns and subsequent actions. Use of psychedelic drugs such as LSD would be another example. Yet another example would be low oxygen situations experienced by pilots or mountain climbers that can significantly influence thoughts and behaviors.

Note that all these examples happen fairly rapidly, in minutes to hours. But what if there were circumstances that went on for months, years or decades? The changes could be slow and insidious, but I think you can see changes would happen and they could be profound.

Sustained emotional states of hate, anger, fear, anxiety, regret, revenge or depression all create chemical reactions to life's stressors. Over the course of time these states not only affect our thought patterns but also how we breathe and

even our posture. And if one's posture is altered, that will in turn alter breathing patterns, which will affect oxygenation. Note the slumped shoulders and forward lean of the depressed person. He who half breathes, half lives and is probably depressed also.

Conversely the person who lives life in the "here and now" with appreciation, joy for simple things, wonder, thankfulness, optimism, love and charity creates a mental state that promotes health from the inside out. For these people the glass is always half-full, at the very least.

The solutions to maintaining a balanced body pH are fairly simple. Number one recommendation would be to get fresh air on a daily basis. Make it a habit to get outside and take what our grandparents called a "breather" at least twice a day. Breathe deeply, hold that breath and be thankful you have the opportunity to do so.

Secondly, make a consistent effort to drink 8-10 eight ounce glasses of water on a daily basis. Read that as water, not juice, coffee, tea or some other fluid. Remember, you need water to break down the other fluids and foods you ingest.

Thirdly, strive for a water-based diet. Shoot for 80% of the food intake to be as natural as possible. Fruits and vegetables should comprise the majority of this 80%. Try to keep your protein sources of a high quality and if it comes from a box or is highly processed – avoid it.

Mentally strive to maintain a positive mindset. The practice of mindfulness, staying in the "here and now," focusing on the good and being thankful for what you have all create a state that reduces negative stress on the mind and body.

A final check is to monitor one's morning urine on a daily basis. Using acid-base sensitive litmus paper and a few drops of urine, one can get a daily check of where body pH is. Acidic morning urine (pH lower than 7) indicates the desired alkaline state in the body. The converse is also true. The "flip" of the pH takes place in the kidneys.

Testing consistently, you will come to see that certain foods create certain states, both desired and not desired. This method is also a valid test for how training and recovery are going. An alkaline morning pH would be a sign of an acidic body, indicating that one's recovery from a previous day's workout is not complete or may be the early warning sign of a cold or other illness. Rest, recovery and some vitamin C may be in order.

Most chain drug stores carry the referenced litmus paper or look for MicroEssentials on the Internet. You will want the litmus paper with a pH range of 5.5-8.0 for best results.

You don't hear much about the acid-base balance in the popular press yet, but it is knowledge that can be used to make daily training more effective, prevent overtraining, live a healthier life today and even prevent the early aging of the body in the long run.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University and the High Peaks STR8 Maps trail guide to the Adirondack 46 High Peaks. Copies are available from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com. ■



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Looking Back – 2014 HMRRC Races

Part 2 of 2

by Jon Rocco

The Colonie Mile took place on July 1, 2014 and began the second half of 2014 on both the calendar and on the HMRRC running scene. It is the shortest Grand Prix event on our calendar and Chuck Terry edges out Austin Becker 4:39.6 to 4:40.1 and Lisa D'Aniello runs 5:23 to lead the women. A total of 83 make the four laps around the track. The Summer Series begins its Thursday night kickoff with the 2-person Relay. A total of 10 teams (20 runners) partake in the run where teams are formed based on predicted mile times. The team of Chuck Terry and Scott Hendricks jointly cover the six miles on the track in 38:11. A week later at the 42nd Hour Run, participants will run as many laps as they can on the track and two familiar names on the track lead the way. Mike Roda logs in 10.8 miles, edging out Chuck Terry, who finished up with 10.75 miles. Chris Varley leads the female competitors at 7.89 miles. Mike and Chuck position themselves as 12th and 16th, respectively, on the all-time list for this event going back to 1972. A total of 31 compete. The third installment of the Summer Series at the Colonie High School track concludes with the grueling Pentathlon. Mike Roda leads the way in three (5K, 800m, 3200m) of the five events and edges Chuck Terry in the final score tallies, 4670 to 4552. Irene Somerville leads the females with 2700 points and Richard Clark (age 60) sets the senior division scoring record (1984- present) with 2768 points. A total of 18 compete in a night where individuals run nearly seven miles in total on the track. The month ends by seeing 375 youths capture place ribbons on Ribbon Night in week eight of nine of Colonie Summer Track Meet. Needless to say, HMRRC certainly made good use of the South Colonie High School track for eight evenings in the month of July.

In the first weekend in August, the club puts on back to back races. The first part of the weekend sees the Dynamic Duo 'Couples' Pursuit Race. A total of 84 teams compete (over 40% are in the combined age group of under 36) and the team of Adam Custer and Maggie Szpak lead the pack with a combined six mile time of 33:17. Steve Soprano and Maggie Szpak run the fastest times for male and female in 15:12 and 17:33, respectively. The weekend wraps up with the 20th Indian Ladder Trail Run and its distances of 15K and 3.5M. Ben Fishbein captures the 15K in 56:42 and Diana Tobon Knobloch wins for the women in 1:11:32. In the 3.5M event, Josh Merlis runs 19:53 and Holly Machabee crosses the line at 25:03. A total of 225 run the two races at Thacher Park. Colonie Summer Track finishes up with its final and ninth week. HMRRC heads back to the trails of Tawasentha for the last three Mondays in August. Jaime Julia and

Lisa D'Aniello capture wins in two of the three weeks while Derrick Struck and Cara Sherman notch a victory in the cross country event that sees a 365 total compete in the series.

September always proves to be a busy month as the fall season begins and the club has three Grand Prix events. September 1 sees the SEFCU Labor Day 5K and a repeat of champions. Both Jaime Julia and Nicole Sobolsky, who won in 2013, are back on top in 2014 with finish times of 15:42 and 19:01, respectively. The top three break sixteen minutes and a total of 417 cross the finish line. The Anniversary Run (first held in 1971) takes runners around the campus perimeter in one and two lap fashion. Kyle McCormack wins for the third straight time on the 2.95M course and Aileen Eagleton leads the way for the women. Mike Roda (31:07) and Karen Bertasso (38:59) capture wins at the 5.9M distance event as a combined total of 125 compete. Karen will secure another win two weeks later when she captures first (46:36) for the ladies in the Voorheesville 7.1M. The overall winner is Aaron Knobloch in 42:01 and a total of 63 runners enjoy a scenic run with many bringing home a fresh baked apple pie for their efforts.

The Hannaford Half Marathon and Mohawk Hudson River Marathon see perfect weather conditions on the second Sunday in October. The Hannaford Half had a record 844 finishers and the race was won by the 2007 NCAA Division I Cross Country Champion Joshua McDougal. Josh ran 1:07:43, which was sixteen seconds better than runner-up, Kieran O'Connor. For the women, Sara Dunham is victorious in 1:19:45 followed by Renee Tolan, who finishes up at 1:22:36. In the marathon, Jodie Robertson shatters her personal best with a 2:34:22 (gun time), places sixth overall, and breaks the MHRM record by exactly thirteen minutes. This gives her an "A" standard Olympic qualifying time for the 2016 Olympic Trials and her time places her at number seventeen (at the time of this writing) of all women who have met the qualifying standards. On the male side, Jared Burdick runs a 1:12:16 second half and was part of a very tight pack of five runners at the halfway mark. He finishes up in 2:26:35 and he is followed by Paul Allison (2:27:53), and the first local is Chuck Terry who lands in 3rd overall in 2:28:11. Sarah Manning is the second female in 2:54:38 (25th overall) and 897 finish the trek from Schenectady's Central Park to Albany's Riverfront Park. Elena Shemyakina runs a 3:03:36, which at age 55 places her age-graded performance at 93.66%, world class level. It was a great day for many, as over twenty-three percent of the field earn a Boston Qualifying (BQ) time.

November sees the 39th Stockade-athon with a new major sponsor in MVP Health Care and a new location that starts and finishes in downtown Schenectady. A very strong men's field is present as the top sixteen break 50 minutes. In the end a familiar name from last month claims victory. Joshua McDougal (46:34) outlasts Sam Morse by eight seconds, who is then followed by Kieran O'Connor. For the women, Megan Hogan cruises home to a 51:09 to break the Stockade-athon event record set by Lori Hewig going back to 1993 (51:34). Two runners end with world class age-graded times of 90+% in Megan's 90.32% and 48 year old Kent Lemme's (51:02) 90.16%. A total of 1671 enjoy the downhill finish, making it the 2nd largest Stockade-athon ever. The month ends with the fun and low key Turkey RaffAL Run in Tawasentha Park, where 281 compete for a chance to win raffled frozen turkeys and many baked good items.

December provides the beginning of the Winter Series for the next season, but at the same time, the last race of the year. Renamed in 2010, the Doug Bowden Winter Series #1 offers 3M and 15K distances. After securing a 2nd and 3rd place finish at two of the club's biggest events over the past two months, Kieran O'Connor takes the 15K in 52:49 and sixteen year old Julia Flower of Schenectady runs an impressive 57:17 on her way to victory. Mike Giulian and Colleen Ottaglagano win the 3M which draws 154 finishers, while the 15K sees 251.

Chuck Terry and John Stadtlander repeat their Grand Prix titles on the men's side while Martha DeGrazia and Anny Stockman do the same on the women's side. Martha and Anny are the only club members to score a perfect 72. A total of 518 members score points in 2014. Derrick Staley, an ageless wonder, captures the age and gender graded category, edging out Mike Roda, 48 points to 45 points. When all is said and done, HMRRC brings home 16,967 finishers at its 2014 race events (Tuesday Colonie Summer Track not included) compared to 17,089 in 2013. It certainly was another busy, successful, and fun year with HMRRC. Thank you for your participation throughout the year and to those who volunteered their time and energy to make it all happen. □



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The World's Oldest Races

By Christine Bishop

Humans began running shortly after they split from the ape line, but running organized races is another matter. Here we will cover the oldest running races in the world. The record holder in the Americas may surprise you.

The world's oldest recorded race is the Palio del Drappo Verde, which is still held in Verona, Italy. It began in 1207 by order of the local government along with a horse race and was slated to occur on the first Sunday of Lent. The race could be a rowdy affair, so men ran naked to prevent others from pulling off their clothes or otherwise impeding them from running. The race was named after the 13-meter long, green mantle the winner was awarded. The slowest runner received a rooster on a tether that was to be paraded around the city. In 1393, the law was changed to include women, the fastest receiving a green cloak and the male now receiving a scarlet mantle. The slowest woman was also awarded a rooster. It is believed that the women ran naked too since the law giving women the right to run stated that if honorable women could not be found to run the race, then prostitutes could. In 1450 when Verona came under Venetian control, the race date was changed to the Thursday before Ash Wednesday that is colloquially called Fat Thursday. This is a day of celebration that included the race and a carnival. The race was mentioned in Dante's Divine Comedy and the following quote from a mid-15th century record in Pienza will give you an idea of what the early race could be like: "There had been a light rain and the track was slippery. They ran naked and now one, now another was ahead and often one or another could be seen to slip and fall and roll on the ground and mud and those who had been last were now ahead."

This run lasted for 590 years before taking a two-century long break when the French invaded Italy in 1798 during the French Revolutionary Wars. Race organizers brought back the event in 2008 as a 10K, though earlier versions were reportedly designed as a seven to eight kilometer circuit that passed by Verona's landmarks, including a handful of churches. March 30, 2014, marked the 597th running of the event. In 2017 Verona will celebrate the sex-centenary of the race with many festive events but not as it was originally run, in the buff.

Technically, the world's oldest continuous race, which has been run 506 times is Scotland's three mile, the Carnwath Red Hose Race, that began in 1508. Again, the race was legally required. James IV, King of Scots, granted a parcel of land in Carnwath with the provision that residents in order to retain the land must stage a yearly run to determine the fastest man in the village. The winner was awarded a pair of red wool hose hand knitted by the head game-keeper's wife or mother. Hose in Scotland is the term given for long knee socks. The race was important for military reasons as the winner could be depended on to bring news of invasion and was highly visible running into the village wearing red hose under his kilt. The charter

of King James stated that the race could only be abandoned if the village petitioned the king to seek approval. In its history, the crown gave permission to cancel the event four times: once during World War I, once during World War II; and again once in 1926 and 1952 during an outbreak of foot and mouth disease. To attract more people, Carnwath has added a county fair with dancing, handicrafts, other sports like tug-o-war, music, sheep shearing and livestock competitions.

Surprisingly, the oldest road race in the Americas is the Buffalo Turkey Trot, which began in 1896, five months before the Boston Marathon, and has been held consecutively since, with no interruptions for war or plague. In Canada, the Around the Bay Road Race in Hamilton, Ontario, actually began before the Buffalo Turkey Trot but because the race was not held during World War I or during a ten-year period from 1925-1935, it is not counted by the Guinness Book of World Records as the longest running race in the Americas.

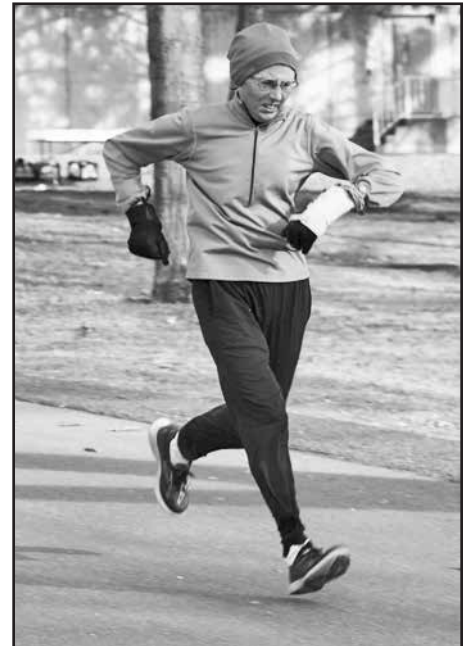
The original Buffalo Turkey Trot saw six entrants run five miles on dirt roads that circled the downtown area. Today the race is still five miles but is run on city streets by 14,000 people! The race has sold out every year since 2010 with registration set at 14,000 runners. People wear costumes and there is a big party after the event. The greatest challenge to holding the Buffalo race is the weather.

Buffalo has weird unpredictable snow patterns. One part of the city can be inundated in snow when the rest of the city has none. This is due to lake effect conditions and changing wind patterns. On average, Buffalo has fifty days per year with temperatures below freezing, but usually in November snow storms are rare. However, there are some years that over two feet or more of snow has fallen, necessitating mass group shoveling and road clearance to enable the race to be held. This year the race planners had to deal with over six feet of snow, but they were up to the challenge. In spite of the daunting weather, many records have been set. David O'Keefe set the course record of 23:13 in 1989 when the temperature was in the low 20s.

Victoria Mitchell holds the women's course record with her 26:21 in 1998.

So, if you want to take part in history, either go to Verona, Carnwath, or Buffalo next year to watch great races with celebrations to match. If you are interested in running in the historic Buffalo race, you need to apply quickly after registration opens since the 14,000 spots fill quickly.

Happy running! □





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PUZZLE PAGE



-Dentity Crisis

by Christine Bishop

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



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C N R E B Q P B S A M O H T M I J H

CONTEST

With a friend, a team or by yourself, find embedded the names of 7 words related to feet and then find as many connected words as possible. To make a word, letters must be connected going up, down, diagonally, and/or side-by-side and can only be used once in that word. To score: 100 points for finding all the embedded words re:feet, 3 points for three letter words, 4 points for 4 letter words, 5 points for 5 letters, and so on. Send your name(s), answers and tally to BishopPacesetter@gmail.com and the top three winning entries will be announced in the next issue.

C R B U N
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Dreaming of a White Christmas Here in South Florida?

by Ken Orner

What? I know some have thought that I may be a bit odd, but, a white Christmas in south Florida? What has Ken been drinking to bring about this aberration? How could “white Christmas” be possible? With daytime temperatures in the seventies and low eighties; nighttime lows in the fifties or low sixties, it doesn’t seem possible. Florida, the “Sunshine State” invariably produces beautiful white puffy cumulus clouds gliding effortlessly along a dazzling blue sky backdrop. Now, allow your imagination to kick in, allow your mind to convert those white puffy clouds into white puffy snow-banks. We are all familiar with the song, “God Bless America” and the lyric “from the mountains to the prairies to the oceans white with foam”. While watching that white foam roll into the beach I conjure up visions of drifting snow up home in Albany. Honest! My home here in Florida is a short 15 minute drive to the Atlantic, with its expansive white sandy beaches. As I watch the waves roll in to shore, I can see the sparkling white foam glistening in the sunshine while rolling in over the snow white sandy beach. Now, that definitely brings back thoughts of the white snow blowing in Albany.

My white Florida Christmas obviously has no real snow, but I have managed to allow myself to substitute white cumulus clouds; white ocean foam and white sandy beaches, for the real thing. Perhaps a poor substitute but that’s the best we can do! I will try to remain upbeat though it all.

Now back to my favorite topic, running. I have some pet peeves that I would like to describe and learn if you too may share them.

At most races the race director will request that the walkers please line up at the back of the pack and not interfere with the runners. Seems reasonable doesn’t it? Most walkers do just that, but quite a number of them tend to line up in the middle of the pack. I ran a 5K race recently in which the race director announced the runners would start at 7:30, followed by the walkers, who will be delayed 5 minutes and start at 7:35. Why can’t all races be conducted that way?

So, what’s my peeve? Often times the walkers will be with friends and they will be two or even three abreast, making it more difficult to get around them. My suggestion for walkers would be to walk single file and to one side of the path or road until all of the runners have passed. Isn’t this reasonable and logical?

Next peeve: the individuals who do intervals -- they run for short time; then walk for a short time and continue this pattern throughout the course. I have no problem with this

strategy and earlier this year when I was getting back into running again, following a medical issue I employed this exact approach and gradually increased my stamina. So what’s my issue?

If you are going to use walk/run intervals, please move to the side of the path or road and don’t stay in the middle of the course when you stop to walk. Often I find that the individuals employing this strategy will often be in pairs and when they stop suddenly in front of me, they could cause a collision.

Have you had this experience during a race? So what is the solution? If you are getting ready to stop and walk, move to the side of the course and allow the runners to move on by. On the positive side, I have found the runners pushing strollers are generally the most, careful, polite, courteous and considerate race participants out there.

My last “pet peeve” for today involves award ceremonies. Invariably, the age group awards start with the youngest runners and finally finish with oldest. On rare occasions I have experienced the older groups announced first. Also some creative race directors have jumped back and forth from one age group to another. Being in the elder age category, by the time they reach my group, 75% of the participants have left and I could be on my way to a nursing home or an as-

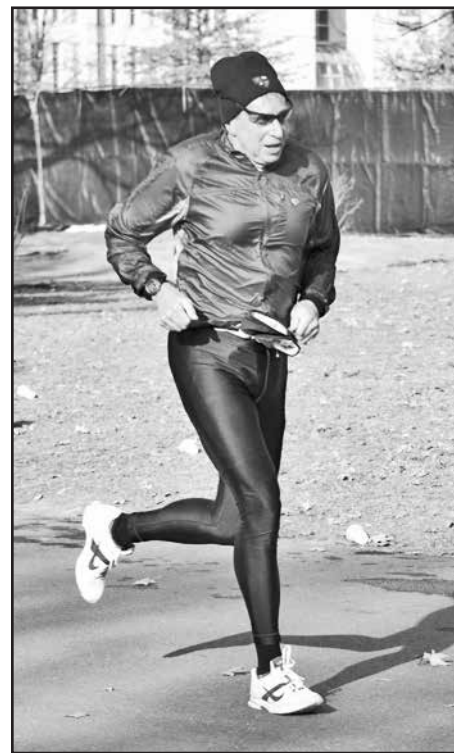
sisted living facility.

I would like to withdraw the above pet peeve because the race directors and their staff work so hard to organize the race and handle the many details and difficulties that are involved I only want to thank all of them for their effort in our behalf.

One more thing about awards. I just finished reading a book that compiled many of the newspaper columns written by Mike Royko. Mike wrote for several Chicago newspapers and eventually his columns appeared in over 600 newspapers across the U.S.A. He died in 1997 at the age of 65. He had a marvelous sense of humor and many times he would cloak his humor using a fictional character that he called “Slats Grobniak”. And Mike in one of his columns says the Slats Grobniak described getting award “like getting a hemorrhoid; that is, anybody could get one in the end.”

My final thought on the running of the elders is that I would like to organize a group of runners that are 65 and older. And so as not to be sexist, I want to make it a maternal and fraternal order. I thought I would name the group, The Ancient Institute of Runners (the AIR, as in hot air). The membership fee would be \$1.00 per annum per ancient member and with the fee I would organize a one mile event open to runners, walkers, wheelchairs and anyone else that would like to participate. I would exclude bicycles, skateboards and roller blades. There would be no registration, no timing, no t-shirts but I would provide refreshments using the dollar dues to cover the cost. And if any member only wants to participate in the refreshments at the end, they would also be welcome.

Enjoy your white winter, the New Year (2015) and above all: stay healthy and injury free. □



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Running Away

by Kathy Barlow

The state of Virginia's marketing slogan is "Virginia is for lovers." It's a catchy phrase, especially in this month of love, that may interest you in visiting the state. I'd like to add that Virginia is also for runners! In fact, there are over 55 half marathons scheduled in Virginia during the 2014-2015 year. This month we are running....away to Virginia Beach and the Anthem Shamrock half marathon.



Virginia Beach is just south enough of the Capital District to offer temperate weather earlier and stay comfortable later in the year. The city is about a nine hour drive on decent roadways. It helps to have friends and relatives with you in a big car – the camaraderie, jokes and conversation keep you on your game. Crank up your favorite satellite or public radio station or bring some CD's with your motivating running tunes to get you through the drive and eager to hit the beach or pavement to stretch out your running legs once you arrive.

The Shamrock half marathon is a race big on swag – great shirts, bags, hats, mugs and a finisher's medal – a swag lover's dream!!! Packet pick-up is held at the Shamrock Sports and Fitness expo at the Virginia Beach convention center. It is open for two full days before the race to entice you with the latest in running gear. The promoters dub the expo one of the largest running expos on the East coast.



This year's Shamrock half marathon starts at 7 a.m. on Sunday March 22, 2015. The race begins on Atlantic Avenue and runs north to Shore Drive. I don't know which part of this race is my favorite - the crowds of cheering spectators along Atlantic Avenue, the diversity of landscape, the magnificent sweep of Atlantic Ocean, the organization of the race or the huge post-race party on the beach! At



mile 3 the race landscape changes and you are running through a forested area with sandy shoulders instead of sidewalks. Sound travels differently though the woods and the running is peaceful and meditative. Few well wishers line this road until you enter Fort Story, a hundred year old naval base on Cape Henry at the mouth of the Chesapeake Bay, at almost the halfway mark in the race. Although the public is not allowed on base, military and civilian personnel are huge supporters through this section. The direction change puts you running into the wind and back down Atlantic Avenue with the ocean on your left. Just after mile 12 you round a corner and wow! the ocean spreads out in front of you as you finish up the race to more cheering spectators on the Boardwalk! You can't help but smile as Leprechaun Bob announces your name as you cross the finish line.

The party begins immediately in the huge tent set up to host runners and their families. Beef stew, beverages and rollicking music are a great way to end a fun morning. The Shamrock, which started in 1973, has a Dolphin Challenge, which combines the half marathon with an 8K the day before, and a Whale Challenge, which combined the marathon with the 8K. If you want an additional challenge, new for 2015 is the King Neptune Challenge which combines the Shamrock 8k on Saturday and then both the Anthem Half Marathon and the Yuengling Shamrock Marathon on Sunday.

The Shamrock half marathon is one of the best races I've ever run. Virginia Beach – a destination for runners, lovers, those who love running and those who love runners! ☐





On the Web!

The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
- Grand Prix Update
- Race Applications
- Race Results in a flash

www.hmrrc.com



Submissions for the April Issue of *The Pace Setter*

Articles:

Deadline is February 25.

Submit to:

Editor, pscontenteditor@gmail.com

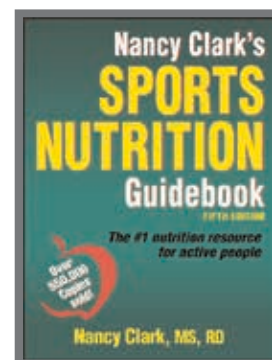
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EVENT SCHEDULE					
DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
02/01/2015	10:00 AM	Winter Series #5 -- AM	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freethofersrun.com
02/01/2015	11:00 AM	Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	snowshoeaga33@gmail.com
02/07/2015	10:00 AM	Saranac Lake Winter Carnival 4 mile Fun Run	Next to the Ice Palace in Saranac Lake	Dave Staszak	dstaszak@hotmail.com
02/07/2015	6:00 PM	HMRRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach & Brian Debraccio	dbeach21@verizon.net
02/15/2015	10:30 AM	Camp Saratoga 5 Mile Snowshoe Race	Wilton Wildlife Preserve & Park	Laura Clark	snowshoeaga33@gmail.com
02/15/2015	10:00 AM	42nd HMRRRC Winter Marathon & Marathon Relay	University at Albany	Dana Peterson -- Clay Lodovice -- Ed Hampston	peterson.dana@gmail.com
02/22/2015	10:00 AM	Brave the Blizzard 5K Snowshoe Race	Guilderland Elementary School	The ARE	staff@areep.com
03/28/2015	9:00 AM	Albany Roeing Center's Ice Breaker Challenge	Albany's Corning Preserve Boat Launch	Kathy Johnston	wade.johnston@hotmail.com
03/29/2015	9:00 AM	Delmar Dash 5M (27th)	Bethlehem Middle School	Aaron & Diana Knobloch	diana.tobin@gmail.com
04/04/2015	10:00 AM	21st annual Rabbit Rumble 4 Mile Run & 2 Mile Walk	Guilderland HS	Phil Carducci	rabbitramble@nycap.rr.com
04/26/2015	8:00 AM	Delmar Duathlon 2mile run 10 mile bike 2mile run	Bethlehem Elm Avenue Town Park	Randal Thomas	rtthomas@cdymca.org
05/02/2015	8:30 AM	St. Johns/St. Ann's Spring Runoff 5K	Jennings Landing at the Amphitheater	Brian Doland	12thspringrunoff@gmail.com
05/09/2015	9:00 AM	Mastodon Challenge 15K Race - 5K Run/Walk - Kid's Fun Run	Crater Park - Cohoes	Lisa P Osorio	losorio@maratx.com
05/09/2015	9:00 AM	Ryan's Run 5K sponsored by Saratoga Teachers Association	Warning Hut - Saratoga Spa Park	Barbara Wersten	miopfoundation@gmail.com
05/10/2015	9:30 AM	35th Mother's Day 5K brUNCH	Central Park	Dee & Jon Golden	hmrrcmothersday@gmail.com
05/16/2015	9:00 AM	35th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
05/17/2015	8:00 AM	Shires of VT Half Marathon Relay	Bennington to Manchester	Stephen Murphy	mupr483@gmail.com
05/21/2015	6:25 PM	GDHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
06/07/2015	9:00 AM	44th Distinguished Service Race 8 Mile [GP]	SUNY/Albany -- Day of Race Signup only!	David Tromp	dtrompp@nycap.rr.com
06/16/2015	6:00 PM	Colonie Summer Track #1 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/20/2015	9:00 AM	Tri-City Valley Cats Home Run 5K	NYCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
06/21/2015	7:30 AM	Adirondack Distance Run 10 Mile	Lake George Fire House	Marcy Dreimiller	madone1@oadrunner.com
06/23/2015	6:00 PM	Colonie Summer Track #2 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/30/2015	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner -- Frank Myers	kennyskin@earthlink.net
07/07/2015	6:00 PM	Colonie Summer Track #4 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/09/2015	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	peternewkirk432@gmail.com
07/14/2015	6:00 PM	Colonie Summer Track #5 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/16/2015	6:15 PM	42nd HMRRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4ba@b@yahoo.com
07/21/2015	6:00 PM	Colonie Summer Track #6 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/23/2015	6:15 PM	39th HMRRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/28/2015	6:00 PM	Colonie Summer Track (Ribbon Night) #7 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/01/2015	8:30 AM	The 37th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/02/2015	9:00 AM	21st Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjk3ny@gmail.com
08/04/2015	6:00 PM	Colonie Summer Track #8 of 8	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/07/2015	6:30 PM	5th Annual Schenectady ARC 5K Walk/Run	Central Park	Douglas Secor	dougs@arschenectady.org
08/10/2015	6:30 PM	Tawasentha XC 5K #1 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinncutt	jkinncutt@gmail.com
08/17/2015	6:30 PM	Tawasentha XC 5K [GP] #2 of 3	Tawasentha Park Guilderland -- Day of Race Only!	John Kinncutt	jkinncutt@gmail.com
08/24/2015	6:30 PM	Tawasentha XC 5K #3 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinncutt	jkinncutt@gmail.com
08/29/2015	9:00 AM	Altamont 5K Run/Walk (18th)	Bozenkill Park	Phil Carducci	altamont5k@nycap.rr.com
09/07/2015	9:00 AM	27th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jp2cella@me.com
09/12/2015	8:30 AM	Malta 5K Presented by Global Foundries & Malta BPA	HWCC TEC Smart 345 Hermes Road Malta	Paul Loomis	info@malta5k.com
09/13/2015	9:00 AM	44th HMRRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pglover@aol.com
10/03/2015	9:00 AM	Boght Fire Prevention XC 5K	Colonie Mohawk River Park	Katelyn Reepmeyer	brf167@boghfire.org
10/04/2015	10:00 AM	35th HMRRRC Voorheesville 7.1 Mile [GP]	New Scotland Town Park -- Day of race signup only	Ed Hampston & Todd Smith & Martha Golike	eddo1fan@yahoo.com
10/11/2015	8:30 AM	32nd Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@moahwkhudsonmarathon.com
10/11/2015	8:30 AM	14th Harnaford Half Marathon	Colonie Town Park	Maureen Cox	racedirector@moahwkhudsonmarathon.com
11/08/2015	8:30 AM	40th Stockade-athon 15K [GP]	Veterans Park Downtown Schenectady	Vince Juliano	hamletbryan@nycap.rr.com
11/22/2015	10:00 AM	HMRRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Walkeis	afmcpa1040@yahoo.com
12/13/2015	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau	bart@truarcts.com

Hudson Mohawk Road Runners Club

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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!*