The Albany Running Exchange
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Summer TRAIL RUN Series

Thursdays
May 28 - August 27
Start time is 6:30PM. Location varies each week.
www.RunAlbany.com/STRS

Tawasentha Mud Mania 5
Sunday, June 21, 2015
www.TawasenthaMudMania.com

Trail Running Camp
July 16 - 19, 2015
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Hairy Gorilla Half Marathon & Squirrelly Six Mile
"Best Costume Trail Race in America" - Runnersworld ‘The Trail’ 2012
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The Pace Setter – 3

The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page ($150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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Photos in this issue are by Bill Meehan and Ginny Larner

Cover Photo by Bill Meehan

Boston Marathon photos by John Parisella

HMRRC Mission Statement

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

The opinions expressed by the authors are their own and not representative of or endorsed by The Pace Setter staff or HMRRC.
Finally June! Welcome to the official start of summer! Equally important for some club members, this month is the 44th Annual Distinguished Service Award (DSA) Race. First-time organizer David Tromp heads this year’s race after taking over for Mark Warner, following his phenomenal 20 years as race director. I’d like to thank David for stepping up to the plate as he has some big shoes to fill; however, I know he will do a great job as well. One would think Mark Warner would have a lot of extra free time since passing the baton of the DSA race, but that is certainly not the case. Last month, Mark directed his 3rd CDPHP Workforce Team Challenge race in downtown Albany, the biggest event on the HMRRC calendar and undeniably a year-round job. I’d personally like to extend a thank you to Mark and his family for the many years of dedication and service, including his work on the DSA race, the CDPHP WTC, and to the club as a whole.

This year’s 8-mile DSA event will be held on Sunday, June 7 at SUNY Albany at 9 a.m. For 44 years, an award has been presented to individuals of distinction who have given their time selflessly for the betterment of HMRRC. This year, one outstanding individual will be recognized for her active role and participation in making HMRRC the successful club it is today. Maureen Cox has demonstrated wholeheartedly the definition of what it means to be a volunteer. Not a runner, Maureen continues to be tireless in her efforts in providing all of us runners a fun and safe experience at events. It has been an honor to work side by side with Maureen these last couple years. Her list of club roles is as long as it is distinguished. Maureen has been an HMRRC Vice President and President, and assistant race director, and now coordinator of the Mohawk-Hudson River Marathon and Hannaford Half Marathon in the fall, refreshments coordinator for all of our Winter Series events and the CDPHP Workforce Team Challenge, and has served as a member of the Long-Range Planning Committee. I hope to see you all at this year’s event and would love for you to join me in thanking and celebrating Maureen for her commitment to HMRRC.
Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRC special. The 44th Distinguished Service Race is set for Sunday, June 7 at 9 a.m. at UAlbany. This race is 8 miles long, a good test of speed and endurance. Before the start of the race there is a brief ceremony where the past recipients are called up before the current winner receives their award. The award is given to club members for long and distinguished service to the club and this year’s honorees is the very deserving Maureen Cox. Come join us this year as we honor Maureen for her years of hard work on the club’s behalf.

The next club race in the June lineup is the Father’s Day Valley Cats 5k, set for Saturday June 20 at 9:00 a.m. at the Joe Bruno Stadium on the campus of HVCC. This race features 4 Valley Cats tickets and a tour of the warning track as you head to the finish line. There are a variety of father/child prize categories, making this race a great event for the whole family.

Looking for more races? Races of note this month include the 17th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 6 at 9 a.m. at the village square in Kinderhook.

This race is a favorite of mine and has a flat, fast course. Fans of mud will enjoy the Tawasentha Mud Mania races, set for Sunday, June 21 at 10:00 at Tawasentha Park in Guilderland.

If you need more than a 5k race there is a good race on the June schedule this year. The Adirondack Distance Run has moved from July to the June calendar. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 21 at 7:30 a.m. at the Lake George Fire House.

June is also the month for the start of the summer track series at Colonie High School. The 48th season of meets starts on Tuesday, June 16 and runs through August. The first race (the mile) starts at 6:00 p.m. and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 10 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings.

Submissions for the August Issue of The Pace Setter

Articles:
Deadline is June 25.
Submit to:
Editor, pscontenteditor@gmail.com

Advertisements:
Deadline is July 1st. Contact Advertising Director at psads123@gmail.com to reserve space. Please send ads to psads123@gmail.com

High resolution black & white files or greyscale required (no compression). Full page ad size must be 7-5/8” wide by 10” high. Contact Cyndy Allen at callen@gscallen.com for further info.

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
So you want to get buff, eh, and have nicely defined muscles, a six-pack ab, and compliments galore about “looking great”?

The ads in magazines such as Muscle & Fitness easily lead wanna-be buff athletes to believe that anyone can look like a hulk by simply taking an assortment of protein powders, muscle builders, essential amino acids, and recovery drinks. While the primary key to being buff is not nutritional supplements but rather hard work (have you ever watched those hulks train?), eating optimally is indeed important for optimal workouts. Runners and triathletes who want to look buff certainly can benefit from a well-planned sports diet that supports their muscle-building efforts. 

This article can help you evaluate the role of protein supplements in helping you acquire the physique of your dreams. The information is from Nancy Rodriguez PhD of the University of Connecticut and Stuart Phillips PhD of McMaster University. They are both well-respected protein researchers who shared their knowledge at SCAN’s Annual Conference in Colorado Springs, May 2015. SCAN is the 7,000-member Sports and Cardiovascular Nutrition practice group of the Academy of Nutrition and Dietetics. SCAN’s referral network (www.SCANdp.org) can help you find a local Certified Specialist in Sports Dietetics.

So you want to build some muscles...?

When it comes to building muscles, the prevailing beliefs are:

1. The more protein you eat, the more muscle you will build.

2. Protein supplements are more effective than food.

Let’s take a look at what the research says.

• The amount of protein needed to build muscles ranges between 0.6 to 0.8 grams protein/lb body weight (1.2 to 1.7 g pro/kg). Runners new to lifting weights should target the higher amount to support the growth of new muscles. Experienced lifters do fine with the lower amount.

• Dieting runners need more protein: about 1 gram per pound body weight (2 g/kg), when calorie intake is limited. During an energy deficit, you will burn protein for fuel, not use it for building muscles. That’s why it’s hard to build muscle and lose fat at the same time. To lose undesired body fat, chip away at fat-loss by knocking off only 200 to 500 calories in the evening, to create a small deficit.

• Consuming more than 0.6 to 0.8 grams protein per pound of body weight (1.2 to 1.7 g pro/kg) is not better. Your body can use just so much protein to build and repair muscles. Excess protein does not get stored as bulging muscles; rather, it gets burned for fuel. Excess calories from unused protein get stored as body fat.

• Food can naturally provide the 95 to 135 g protein needed by a 120-lb (55 kg) female or 170-lb (77 kg) male runner who is new to lifting weights.

• Evenly distributing your protein intake throughout the day is important to optimize your body’s ability to build muscle. Instead of skipping breakfast, eating a light lunch, and chowing down on a huge dinner with 90 grams of protein, the better bet is to consume about 25-30 grams of protein at each meal (a standard serving of meat, fish, chicken; a generous portion of plant protein) and 10 to 15 grams at afternoon and evening snacks.

• While consuming 30 grams of protein at dinner is simple (a small chicken breast), boosting protein intake at breakfast and lunch protein can be more of a challenge if you eat on the run. Protein-rich breakfast foods that add 20 to 30 g protein include:
  1-cup cottage cheese (with banana and whole wheat toast)
  3-egg omelet with a handful of shredded lowfat cheese
  2 hard boiled eggs (pre-cooked) and a tall latte
  1 cup Greek yogurt with granola + a handful of slivered almonds
  • Muscles are most receptive to using amino acids (the building blocks of protein) within the 30 to 60 minutes after you exercise. Yet, muscles continue to utilize the amino acids (at a slower rate) over the course of the next 24 hours. The supplement industry urges you to consume their (conveniently available) recovery products ASAP, so you don’t miss the “anabolic window of opportunity.” That window doesn’t completely close!

• Leucine, an essential amino acid (EAA), triggers muscles to grow bigger and stronger. The recommended post-exercise dose of leucine is about 2 to 3 grams. That is the amount in a scoop of most whey protein powders. But you don’t have to buy whey protein to get leucine. Leucine is an all protein-rich foods, with animal proteins offering more than plant proteins. Drinking 16 ounces of chocolate milk gives a hefty leucine dose and is far tastier than many recovery protein shakes!

• If you consume whey, your muscles quickly get the leucine they need for growth and repair. But if you consume a variety of proteins from natural foods, you’ll get a variety of quickly available and longer-lasting EAAs that support continual growth and repair over a longer period of time. Twenty-percent of the protein in milk is from whey (fast acting) and 80% is from casein (slow acting). They work in synergy.

• Protein powders can be convenient for making protein shakes, but a less expensive option is instant (dried) milk. To boost the protein in your breakfast shake, simply blend 1 cup milk (dairy or soy, not rice or almond) + 1/3 cup instant milk + 2 Tbsp peanut butter + a banana. Voila, 25 grams of balanced protein from natural, yummy, standard foods!

• The benefits of using powdered milk instead of a protein powder include: it is a nutrient-rich “real food” that offers more than just protein. It is rich in calcium (for bones), riboflavin (to convert food into energy), vitamin D (to boost the immune system), and a multitude of other life-sustaining nutrients. I consider protein powders to be highly refined engineered products that lack natural goodness.

• When you use “real food” such as (instant) milk, you know you are getting the nutrients you paid for. But if you buy whey protein, you might be getting cheated. Whey has become very expensive. It is not uncommon for companies to “dilute” whey with less expensive protein sources or fillers (talcum powder!). Buyer beware...

Summary

By eating a protein-rich food at each meal and snack, you will get the protein, essential amino acids, and leucine needed to support your muscle-building training program. Be sure to also consume some grains, fruits, and vegetables (carbohydrates) along with the protein to fuel your muscles so they can perform hard lifting sessions. The goal is three times more calories from carbs than from protein, such as eggs + bagel; nuts + dried fruit; milk + chocolate flavoring; chicken + rice.

With hard work and optimal fueling, you should see changes in your physique. But take note: The amazingly buff bodies in muscle magazines can be deceptively photo-shopped. Muscles do have a genetic limit and you cannot completely redesign your body (without steroids or plastic surgery, that is). P.S. Few people can achieve the “perfectly buff” body while enjoying a normal lifestyle. I encourage you to strive for an excellent body. Excellence is way more attainable than perfection. The high price of looking buff often interferes with meaningful relationships with people who likely could care less about how you look. Your best friends should love you from the inside out, not because of your looks.

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.Nutrition-SportsExerciseCEUs.com for online education.
Along the Grande Randonnée

by Bob Kopac

Would you like to hike or run while on vacation and enjoy beautiful views? If so, France is the destination. My wife Lynne and I discovered this while spending a week with our German friends Thomas, Dirk and Inge at an oceanside farmhouse in Porspoder, Brittany on the northwest coast near Brest. We enjoyed many runs and hikes along the coastline, thanks to the foresight of French government officials.

In 1976 France passed a law to create “du sentier littoral,” a path along the coast of France for pedestrian use only: walkers, hikers and runners. The law preserved the right of French people to have access to the coast and not be blocked by private mansions and businesses, and a path at least 10 feet wide along the coast has been created for this purpose. Obstacles such as private beach walls were removed to provide public access. Where the coastal path is impossible due to the terrain, the trail can cross through private property.

The coastal path is part of an extensive “GR” long-distance hiking system throughout Europe, including Spain (Gran Recorrido), the Netherlands (Grote Routepaden) and Portugal (Grande Rota). The French GR system (Les Sentiers de Grande Randonnée) consists of over 35,000 miles of trails along the coast and through the French countryside.

In France the GR trails are marked by signs – sometimes wooden, sometimes metal – containing two horizontal painted lines: white on top and red on bottom. To indicate a particular direction of the trail, the sign is cut on one end like the tip of an arrow to point the way to the left or right, or sometimes on the top to indicate straight ahead. At an intersection of the trail with another trail or road, the sign contains a bottom third white line shaped in a 90 degree angle with an arrow on one horizontal end that points out the correct turn.

It is helpful to learn a few French phrases. “Du sentier littoral” means “the coastal path.” “Vous êtes sur le sentier” means “You are on the path.” It is important to know “mauvaise direction” which means “wrong direction;” this can also be marked simply by an X-shaped sign consisting of one white line and one red line. Another important symbol is a yellow triangle with a stick figure horizontal to a hill with squiggly lines below and the word “Danger.” No, this does not indicate parkour but the danger of following off the cliff into the ocean.

Fortunately the word “danger” has the same meaning in English and in French.

Even with (or perhaps because of) the sometimes dangerous spots, the coastal path is spectacular. We hiked and ran along GR34; this GR runs through Brittany from Mont Saint-Michel to Tour-du-Parc, along the northwest coast to the west coast and down along the southern coast of France. Each GR path is indicated by a number, and maps for each path can be found in French hiking guide books or through Internet sites (see http://www.gr-infos.com). You can also buy Grande Randonnée hiking maps for each section. The paths are usually marked on the maps as a dashed line with the letters GR and the number, such as GR34.

The word ambiance is appropriate for the setting. One morning we hiked 2 hours along the coast to a restaurant to eat a leisurely 3-hour lunch – very French – then we hiked 2 hours back. We wandered by harbors filled with fishing boats, past large rock formations, and through small villages.

Every morning Lynne and Dirk ran along the coastal path to a shop in the village of Porspoder to buy “baguette de tradition française;” that is, traditional French bread consisting of wheat flour, yeast, water, and salt. Why every morning? Because by French law the bread contains no additives or preservatives, so the baguette must be eaten the same day to avoid it from becoming stale. The sun would just be rising as Lynne and Dirk left the farmhouse, and they would arrive at the shop just as the baker made her delivery. I, on the other hand, was still in bed; I was on vacation, after all. I did arise early once to run with them to take photos for this article; one must suffer for art.

After leaving Porspoder, we spent an overnight stay on the northern coast of France at the Côte de Granit Rose (Pink Granite Coast)
where we did more hiking on GR34. This area is famous for its beautiful rare pink rock formations and pink sand. When the setting sun’s rays hit the pink rocks, the rocks glow magically.

Many more tourists visit the Côte de Granit Rose than Porspoder, and the trail is wider and better maintained to accommodate the visitors; thus it is easier to run here than on the rockier trails around the Breton coast. On the downside, there are more restrictions; for example, I saw signs forbidding the use of trekking poles.

Porspoder and the Côte de Granit Rose each offer their own attractions and beauty, and I was glad I did not miss either one.

We had one last chance to run and hike in France when we stayed in Saint-Laurent-sur-Mer in Normandy. We could have used GR223, the Cotentin and Normandy beaches trail that runs from Mont-St-Michel to Berville-sur-Mer, a length of 415 miles. However, we did not, as my purpose there was not to move, but to stand still. After an all-day private D-Day tour, I stood at the exact spot where my father landed on Omaha Beach, Easy Red sector, on June 6, 1944. For a hiking and running vacation, standing still was the highlight of the trip.
NEW CHIP TIMING
AND ONLINE REGISTRATION

Albany Branch • Mother’s Day Weekend
WHEN: Saturday, May 9, 2015
WHERE: Albany Riverfront Park
at Corning Preserve
TIME: 8:00AM Registration

Southern Saratoga Branch • Spring Has Sprung
WHEN: Sunday, May 17, 2015
WHERE: Southern Saratoga YMCA
1 Wall Street, Clifton Park, NY
TIME: 8:00AM Registration

Greenbush Branch • Flag Day Trail Run
WHEN: Saturday, June 13, 2015
WHERE: East Greenbush Town Park
Elliot Road between Route 151
and Leslie Circle
TIME: 8:30AM Registration

Glenville Branch • Hawaii 5K
WHEN: Saturday, July 18, 2015
WHERE: Collins Park, Scotia
TIME: 8:30AM Registration

Guilderland Branch • Brenda Deer Memorial
WHEN: Saturday, September 19, 2015
WHERE: Guilderland YMCA
250 Winding Brook Drive
TIME: 8:00AM Registration

Troy Branch • Monster Madness Dash
WHEN: Saturday, October 31, 2015
WHERE: Troy YMCA
2500 21st St., Troy
TIME: 8:00AM Registration

Bethlehem Branch • Winter Wonderland 5K
WHEN: Saturday, December 12, 2015
WHERE: Hamagrael Elementary School
1 Mcguffey Lane, Delmar, NY 12054
TIME: 8:00AM Registration

For other Capital District YMCA races visit www.CDYMCA.org
SATURDAY, JUNE 20, 2015

WHEN: Saturday, June 20, 2015
WHERE: The Crossings, Town of Colonie Park, South Pavilion
TIME: 8 a.m.-9 a.m. Registration
8:30 a.m. Dash for Hope Kids Race
9 a.m. 5K Road Race and 5K Walk
ENTRY FEE: $15 Students in Diocesan Catholic Schools
$20 Early-Bird Adult/Non-students on or before May 1
$25 Race Day — All Participants
AWARDS: Male and female overall.
COURSE: Fast, mainly flat course, starting at the South Pavilion.

Proceeds benefit the Albany Diocese Beacon of Hope Scholarship Fund in the form of tuition assistance at: Bishop Maginn High School, Catholic Central High School, Notre Dame-Bishop Gibbons School and Saratoga Central Catholic High School.

For Sponsorship information, please call Martha Fashouer, Director of Advancement, Catholic School Office at (518) 453-6676.
Please make checks payable to CSO Diocesan Dash. For additional information, please call Christine Baseel at (518) 393-3131, Ext. 107.

Detach Here. Submit one form for each entry. Please print clearly using blue or black ink.

Name ____________________________________________ last first middle initial
Address ____________________________________________
Email ____________________________________________
City __________________________ State _____ Zip ________
School Name ____________________________________________
Age on day of race _____ Gender □ M □ F T-shirt size
□ 5K Run □ Dash for Hope Kids Race
Size not guaranteed. Limited to the first 200 participants.
I will not be able to attend, but please accept my donation of $__________.
Mail registration and fee to: Sharon Boehlke, Race With Us,
314 New Scotland South Rd., Slingerlands, NY 12159

Certification and Full Release from Liability
I hereby release the Roman Catholic Diocese of Albany and the Town of Colonie whose property and personnel are used, and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child may suffer as a result of my/his/her participation in the Diocesan Dash 5K. In addition, I authorize the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and acknowledge my agreement with the terms of same by signing below.

Walker/Runner Signature: ____________________________________________
Parent/Guardian Signature for minor: ____________________________________________
Running .... Away

by Kathy Barlow

Hills! You either love running up and down them or hate them. There's no in-between with running hills, especially if you live in upstate New York. Most of this region is bounded geographically by hills ... or mountains! From the Berkshire, Green and Taconic Mountains to the east to the Catskills to the south, the Adirondack Mountains to the north, the Capital District is surrounded with hills and mountains.

I've always lived on a hill...or a mountain! My childhood home was on a hill that we reached by ascending another hill. When I married and moved to my own home we bought a home on a mountain. Hills have always been in my blood!

It's no wonder that several of my favorite races, including the Lake Placid Half Marathon, route you through short and long bursts of hilly terrain. Lake Placid, New York, a small village nestled in the High Peak region of the Adirondack Mountains, is about two and a half hours north of Albany and proudly boasts hosting two Winter Olympics (the first in 1932, then again in 1980).

The Lake Placid Marathon and Half Marathon are held annually on the second Sunday of June. June weather in Lake Placid is quite changeable! The first time that I ran this race, it was a cold and rainy morning- 38 degrees and a chilly drizzle. It was tough to leave the house that we rented with the cozy fire burning in the fireplace to make our way to the starting line. As we started the race the drizzling rain turned into a steady downpour which made running in wet clothes a chore. The race starts on Main Street in front of the skating oval, heads out Main Street and curves around the lake. Mile 3 and 4 bring you back out to Route 73 heading east and past the Horse Show grounds. This section of the race is relatively flat and offers you an opportunity to relax into your running groove.

The next seven miles are my favorite part of the race. After running down the hill, over the bridge and turning on to River Road, the landscape softens into farmland. The rolling hills and freshly planted fields reminded me of how fortunate I am to be able to run in this part of the state. This out and back stretch of the race feels very peaceful to me. Heading back up the hill through mile 11 I feel the excitement of running well and nearing the finish line.

Once I pass mile 12 (which is slightly downhill) I am filled with glee that the race is almost over. That is, until I hit the last two hills leading up to the finish in front of the high school at the speed skating oval. I have tried to conquer these hills, really I have, and they beat me every time. I have run this half marathon twice and I cannot get my speed up to run these hills that switchback like a trail on a mountain. Someday...someday(!) I will do it!

I ran the half marathon again a few years later and it was 70 degrees at 8 a.m. and very humid and muggy. The wide range in temperature makes it very important to train under a variety of conditions in order to be prepared to run in unpredictable weather. I have learned that I must pack multiple clothing options and layers to be comfortable during the race. The year it was 38 degrees many of us had to go shopping to buy additional clothing to wear.

If you like to reward yourself with a little shopping, like I do, Lake Placid offers a mix of local and chain stores where you can buy a memento of your trip or a whole new wardrobe. I love to browse the little shops and find unique items such as the decorative stained glass hanging that we bought for our kitchen. There is a terrific running store in town with on-site owners to help you find just what you are looking for. In addition there are specialty stores that cater to climbing, hiking and biking. Finding an unusual item or looking to add to your collections, you'll find something appealing in the shops in Lake Placid!

Lake Placid is also home to many restaurants, ranging from coffee shops to fine dining. There are several lovely places I enjoy that overlook the lake or have outdoor dining patios or sidewalk dining. Many restaurants also have indoor dining with huge windows that look out on Mirror Lake. From the windows I have watched athletes training in the water, stand up paddlers and kayakers. During the winter, sled dogs take riders bundled up in blankets for a spin around the lake. Most restaurants do not have "dress codes" and welcome runners, hikers and fine diners alike! There are also two brew pubs and a few wine bars. Athletes from around the world come to Lake Placid to train in their various sports and often work at the local restaurants between training sessions. I have met and chatted with hardworking athletes about their sports and the countries they represent.

Lake Placid has a variety of accommodations including hostels, home rentals and hotels in many price ranges. We have rented homes near the center of town for a reasonable price and walked to the start line for the half marathon. The village is very walkable. The sidewalks are lighted and well maintained.

The Lake Placid Marathon and Half Marathon races give you great value for your racing dollar. Treating yourself to breathtaking scenery, unparalleled views of the high peaks and a chance to boost your O2 by running some of the best hills in New York State!
HMRRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

Race #1:  **COLONIE MILE**
6:15 p.m., Tuesday, June 30
Location: South Colonie H.S. track
Fee: FREE
Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRRC club members.**

Race #2:  **TWO PERSON RELAY**
6:15 p.m., Thursday, July 9
Location: South Colonie H.S. track
Fee: Free for members, $5 non-members
Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.

Race #3:  **HOUR RUN**
6:15 p.m., Thursday, July 16
Location: South Colonie H.S. track
Fee: Free for members, $5 non-members
Format: Participants run on the track for one hour. Participants running the furthest are the winners.

Race #4:  **PENTATHLON**
6:15 p.m., Thursday, July 23
Location: South Colonie H.S. track
Fee: Free for members, $5 non-members
Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

**Summer Series Contact: Ken Skinner, 489-5311**
E-mail: kennyskin@earthlink.net
Bryans and O’Connor Win
2015 Bill Robinson Masters
10K Championship

by Jim Tierney

With ideal running weather the 35th annual Bill Robinson Masters 10k road race took place, as it has for the past 35 years, at Guilderland High School. This year, the race was held on Saturday, May 16th, a change from the traditional April date. The date change was due to a series of events scheduled at the school in April.

This out and back 10k race is part of the Grand Prix Series for HMRRC and the USATF Adirondack Association.

Emily Bryans was this year’s female winner, with James O’Connor the male winner. Both led for the entire race. In second place for the women was five time previous winner, Anne Benson.

Sally Drake finished third with a fine performance.

James O’Connor from Troy, who also won the 2014 race, finished first with a time of 34:51.

With second place going to Volker Burkowski in a time of 35:17. Bob Irwin finished third with a time of 35:37.

Other female age group winners were Sally Drake, Mary Fenton, Anne Benson, Nancy Taormina, Martha DeGrazia, Susan Wong, Eiko Bogue, Anny Stockman.

Other male age group winners were Volker Burkowski, John Stadtlander, John Sestito, Derrick Staley, David Roy, John Carlson, Frank Close, Roger Robinson, Wade Stockman, Ed Doucette.

A special note of accomplishment goes to Eiko Bogue for competing and completing another of her many road races. A special salute to 85 year old Ed Doucette for also completing this challenging course.

A thank you goes out to club photographer Bill Meehan for all the nice photographs he took.

Just prior to the awards ceremony, I relayed a message sent to all runners from Bill Robinson wishing them well and good luck and saying he would love to be at the race but it is extremely difficult for him to be there. I do know for certain that Bill wishes he could be at the race.

Finally, we all sang “Happy Birthday” to the lead biker in the race: Mr. Vincent Juliano.

A huge thank you goes out to all the volunteers from the race director, Jim Tierney: Marcia and Tom Adams, Katherine Ambrosio, Emily Bryans, Mike Caccuitto, Kathleen Dogherty, Rich Eckhardt, Pat Glover, Tina Hayden and her daughter, Vince Juliano, Bob Knouse, Ken Klemp, Barb Light, Mike Lee, Bill Meehan, Joan and Lowell Montgomery, Ed Neiles, Ginny Pezzula, Joe Premo, and Jim Russo.

In closing, we all say thank you to the officers and staff and EMT at the Guilderland Police Department for their cooperation, support and guidance in allowing us to put on another safe and successful road race. Also, a sincere thank you to the Guilderland High School staff for their continued assistance and ongoing support for this event.
Don’t let nutrition be your missing link...

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- feel great!

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

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

**Entry Fees:**
- Half Marathon: $60.00 until June 28, 2015; $70 until July 11, 2015; $80.00 on race day.
- Half Marathon Relay: $90.00 until June 28, 2015; $105 until July 11, 2015; $120.00 on race day.
- 5K: $30.00 until June 28, 2015; $30 until July 11, 2015; $40.00 on race day.

**Amenities:**
- Technical shirts to all half marathon & relay runners; cotton T-shirts to all 5K runners; finisher medals to all half marathon & relay runners; Chip Timing by AREEP; fresh fruit and pastries at the finish line; flat and fast course through Saratoga Spa State Park, Saratoga Springs, and Milton, 6 water stops; and more.

**Awards:**
- Saratoga Springs Half Marathon Pint Glasses to overall and age groups winners in the half marathon and 5K.

**Directions:**
- Saratoga Spa State Park, Peerless Pool, East-West Road, Saratoga Springs, NY. Between Route 9 and Route 50.

**Information:**
- Call Michael Amarello at (603) 429-8879 or email: michael@3craceproductions.com or go to: http://www.saratogaspringshm.com. Make check payable to 3C Race Productions. Mail entry to Saratoga Springs Half Marathon, 160 Amherst Road, Merrimack, NH 03054

**Sponsors:**
- Saratoga Spa State Park, iRunLocal, Total Facility Solutions, BC Flynn, Plumbers & Steamfitters Local 773

**Signup online at:** [https://g2racereg.webconnex.com/saratogaspringshm2015](https://g2racereg.webconnex.com/saratogaspringshm2015)

$10 Off Coupon Code MOHAWK

Select Race: _____Half _____Relay _____5K

**Individual Entry**

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

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

Address: __________________________ City: ______________ State: ___ Zip Code: __________

Phone Number: _____________________ E-Mail Address: ____________________________

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

Signature of ______________________ Date ______________ Parent's Signature required for all runners under 18 – sign on back of form.
IT’S TIME TO LACE UP.
JOIN THE 2015 Schenectady arc 5K CHALLENGE.

run to fund, raise awareness & build friendships.

RACE DAY IS
FRIDAY, AUGUST 7, 2015
5K START @ 6:30 P.M.

Mail In and Online Registration is now OPEN

www.arc5kchallenge.com

5K Road Race (open to contestants of all abilities) - 6:30 PM • Awards - 7:45 PM • Race Packet Pick-up, Day of race: 4:00pm-6:00pm • Isabella Pavilion in Central Park

Bringing a Corporate Team. There are three steps in the registration process:
① Create team ② Join the Team ③ Finalize Team
Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team. Registration as an individual is required for each runner. All runners must sign a waiver. Registration is $25. Please note - Each runner may be placed on only ONE team. Each runner must be a full time employee of the company.

Entry Fees - Registration - $25 (per team member) $100 for a team of 4.

Individual Entry Fees - $25.00
Race shirts and sizes only guaranteed to the first 300 paid registered 5K participants. Entry fees are non-refundable. (fees may be applied for online registration)
The Dynamic Duo Plus!

To say that Brian and Jessica Northan are a couple on the go is an understatement. They thrive on activity as you will soon see, and both have a strong sense of commitment to help make organizations to which they belong better.

Neither is from the Albany region. Jessica is from a small town in Kansas between Dodge City and Wichita. She came to the area when her sister, who was with the U.S. Navy, was stationed in NY. Her sister left, but Jessica remained because after the “flatter than a pancake” vistas of Kansas, she was thrilled with the mountains, the scenery, the wonderful trails for running, and just being outdoors in New York State. Brian was born in Kingston, Ontario, Canada, in the same hospital as was another of our runners, Charles Bishop. As Stephen Wright says, “Small world, but I wouldn’t want to paint it.” Brian moved around Canada as a child and graduated from university in Waterloo with a degree in computer science. He relocated to the Albany region for a job about ten years ago, and as he says, he came for the job and stayed for the wife.

The sports programs offered at Jessica’s school in Kansas were limited, but she participated in all three: volleyball, basketball, and track. Of the three sports, she viewed running as a great way to stay in shape for the other two and would go out for runs when basketball or volleyball was not possible. As an adult in the Capital Region, she excelled at volleyball and found that in addition to enjoying playing in tournaments for eight hours, she could actually make money from it, unlike running. However, somewhere along the path her interests changed and she realized that if she ran for an hour or two, she could have the rest of the day free to engage in a variety of outdoor sports so she began to run more and play volleyball less.

She arrived in Albany in wintertime and needed something to do. She didn’t know how to ski, which Brian later taught her, but she saw in the Adirondack News that there was a snowshoe race. So thinking it couldn’t be too hard, she tried it and found out that it was hard but that she loved it anyway. She later joined ARE so she could carpool with mates to snowshoe races. The association with ARE morphed into participating into running competitively on a large scale, and this is how she met Brian in 2007.

As a child, Brian began running occasionally with his dad, who was a natural runner. His father, on more than one occasion, ran five-minute miles at local competitions in Canada. In high school Brian participated in cross country skiing, basketball, and track. In college he did cross country skiing but didn’t run until he came to Albany about ten years ago. Realizing that cross country skiing was not practical here, he started running again. He joined Team Utopia and has been a loyal member ever since. He thinks he holds the record for attendance along with Chuck Terry, Sr., and John Parisella.

It was kismet when Jessica and Brian’s
paths crossed in 2007 since their passions are so similar. They love running, winter sports and the outdoors. They planned to visit national parks for their honeymoon and discovered El Vacquero Loco 25K in Afton, Wyoming, near the Grand Tetons. In August of 2012, they ran through lovely forests, around sparkling lakes and by snow covered mountains. On their vacations, they usually throw in a race somewhere new. They have done three 50K races together and individually and their accomplishments are notable.

Jessica has run marathons and ultramarathons. Among the 21 marathons she has completed are Chicago, NYC and Boston, where she PRed at 3:23:57 in a time faster than she expected. Sometimes she doesn’t know why she subjects himself to such torture, knowing that he could do a lot better on other courses, but for the last three years, Boston is the only one he has done. At the 2013 Boston Marathon he finished two hours before the bombing and was on the subway. To his amazement, the subway was closed down and everyone was told to leave. When he got a cab, he learned what had happened and was shocked. This year his goal was to run the marathon and qualify for 2016, which he did easily. His time of 3:05:50 was almost ten minutes under what was required! Brian has run the MHR Marathon course for the last two years on Columbus Day, the day after the official run. Each time for fun, he ran it in reverse, making it more challenging. Brian also loves the Stockade-athon and enjoyed the new route. He has done well in 5K races such as the Siena Fall Classic, which he won in 2007 in 17:10, with a 5:02 pace, but he still likes long distances the best.

Both Northans believe in giving back to the running community from which they gain so much. Brian was hailed at the recent HMRRC Awards Dinner as the “Grand Prix Tsar” for the exercise and your satisfaction with it. Distance is not as important as it feels good. Distance is not as important as the exercise and your satisfaction with it. Brian advised to not run in pain. Even though it works and they found their race times improving. In training, they will run together slowly, doing 12 miles in two hours, then will do a tempo run where they go from 10 minute miles to six minute miles for six miles. Coach Jim also influenced them to wear lighter shoes in races. Both Jessica and Brian found their times dropped dramatically in races by following this advice. Jessica runs on average 20-25 miles a week and Brian 50, although when training for long races, their mileage increases. Jessica keeps a log of her mileage, but surprisingly Brian, who works with data all day, does not. Jess replaces running shoes when they accumulate miles, but Brian does not and proudly told me that for one year he kept three pairs of running shoes going.

When asked what their running tips were, they dovetailed together. Jessica has a mantra to “Let the run come,” and just do it as long as it feels good. Distance is not as important as the exercise and your satisfaction with it. Brian advised to not run in pain. Even though distance is important, if you are not happy, than it is futile to continue. Many run with the “No pain, no gain” ethic, but Brian feels this can lead down the path to injuries and disappointment. A relaxed attitude and enjoying the race is the best way to go. Although he has not always followed his own advice, at times he wishes he had.

Jessica and Brian have many more races to go, fields to cross country ski, and mountains to hike. Whatever it is, they will do it together having fun as they go and volunteering within the sports community. We thank them for the help they have given the HMRRC and hope that the Runnin’ of the Green brings the luck of the Irish to them.

Happy running!
Saturday, June 20, 2015

9:00 AM Race Time

Joe Bruno Stadium
80 Vandeburgh Ave.
Troy, NY 12180

Packet Pick-Up: Saturday, June 20th 7:30 AM to 8:45 AM

Registration:
• Online Registration Closes Wednesday, June 17th
• Mail Registration Closes Monday, June 15th
• Last Chance Registration Friday, June 19th 5:00 PM to 7:00 PM, Joe Bruno Stadium

Entry Fees:
HMRRC Members $18
Non-HMRRC Members $22
Last Chance $25

Running Shirts: First 275 Registered Runners

Refreshments: Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee

Awards:
• Top 3 Males & Females in 5-year age groups beginning at age 5
• Top 3 Father/Daughter Teams
• Top 3 Father/Son Teams

Kids: A ¼ mile race will start at 10:00 AM and take place on the ball field. Day of Race registration only — entry fee $1.00. All runners under the age of 12 can now join the ValleyCats Kids Club at www.tcvalleycats.com.

PLEASE PRINT

NAME: ____________________________

ADDRESS: ____________________________

CITY: ____________________________ STATE: __________ ZIP: __________

PHONE: ____________________________ SEX: F M DATE OF BIRTH: / / AGE: ______

E-MAIL: ____________________________

HMRRRC Member? YES ☐ NO ☐ T SHIRT SIZE: S ☐ M ☐ L ☐ XL ☐

COMPLETE THIS SECTION ONLY IF RUNNING AS A TEAM

ALL TEAM MEMBERS MUST COMPLETE A SEPARATE APPLICATION

Father & Son Team? ☐ Father & Daughter Team? ☐

Team Members Names: __________________________________________

☐ Check box if you would like to subscribe to the ValleyCats E-Mail Newsletter!

Please read and sign: In consideration of HMRRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the race organizers and sponsors, the Tri-City ValleyCats, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 20, 2015. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

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

Make checks payable to: HMRRC Mail to: Father’s Day Home Run 5k, P.O. Box 12304, Albany, NY 12212

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Have you ever struggled late in a marathon? I certainly have. In fact, it had been my typical outcome. However, late last year I completed my fifth marathon (Philadelphia 2014), and for the first time ever, felt strong throughout almost the entire race. While Philly was not quite my fastest marathon, it was without a doubt my strongest marathon (and a Boston Qualifier), in that I was able to maintain my goal pace through more than 24 miles. In the other marathons I have run, despite solid training programs, I almost invariably hit the wall, and struggled home the last 6-8 miles, slowing significantly. I wanted to share two training and nutritional tactics that helped me improve this time, in the event they might possibly help someone else. Many runners may have already implemented one or both strategies in their marathon preparation, but they are well worth bearing in mind.

1) Marathon pace runs, as a part of the long run regimen.
   I always used to run my long runs at an easy pace, as recommended by various training plans, including 20-24 miles. The plans also called for marathon pace runs, but they were done separately from long runs, and typically maxed out at 10 miles or so. But Advanced Marathoning, by Pete Pfitzinger and Scott Douglas (Reference 1), a technical book on marathon training, introduced me to the idea that marathon pace running should be an element of some of the longest runs. Pfitzinger called for pace runs maxing out at 14 miles, but done in conjunction with a long run. Also, he suggested that select long runs could include several miles at pace at the end, to simulate marathon pace when you are fatigued (e.g. 17 miles easy, then 5 at marathon pace). This type of pace work is not recommended for every long run so as not to exhaust you in training, but can be done every third week or so. These types of workouts build stamina and confidence, and teach you what it feels like to run your marathon pace when you are tired. More importantly, they show you that you can! For example, in the 22 mile run described above, I developed some stomach pain about mile 19, but kept going at my marathon pace knowing I had only 3 miles left. The pain subsided within a mile or so, and I was able to complete the run feeling strong physically, and stronger mentally knowing that I had run through the discomfort.

2) Taking in enough calories the morning of and during the race.
   Realizing adequate calorie intake, both in the hours before and during the race, was a huge change for me. I increased the amount of carbohydrates I took prior to, and during, long runs and the marathon itself, by about 2-3 times. Also, you’ll certainly want to practice this during your long runs leading up to the marathon to ensure you can tolerate it well.

   PRE-RACE: I used to take in about 250 calories before the marathon (e.g., a packet of oatmeal, and then 1 packet of ’Gatorade 1’ just before the race). In training and in the marathon itself, I increased to about 750 calories before the run. For these small meals I would get up 3 hours before a long run or race to eat. I initially thought this was over the top, but it led to increased energy and reduced fatigue during the long runs and the marathon, without any GI issues. I changed to a packet of oatmeal topped with dried fruit, a small bagel with peanut butter, and two scoops of Perpetuem (high carbohydrate energy powder made by Hammer) in 16-20 ounces of water. Then I would rest and just before the race/long run I would have 1 packet of ’Gatorade 1’ pre-race liquid. Two sources that convinced me to eat about 3 hours prior to running, and which discuss nutrition in more detail, were the website EndurancDoc and The New Rules of Marathon and Half-Marathon Nutrition, which I’ve listed below.

   DURING THE RACE: I used to take one gel every 45 minutes, and a couple of sips of Gatorade at most water stops. This time, in training and the marathon, I took the gel every 45 minutes, but drank ~16 oz. of Perpetuem (~1.5 scoops for each bottle) per hour, or as close to that volume as I could. So I estimate that I increased my hourly carbohydrate intake from ~150 calories per hour to ~300 calories per hour. Most of this came from Perpetuem being higher in calories per ounce than Gatorade, but I also tried to drink more. The combination of pre-race and during-race calorie intake left me with the ability to hit the desired paces for significantly longer during long runs, and the marathon itself, compared to my prior efforts with less calorie intake.

   With marathon performance dependent on so many factors, I can’t guarantee these two tactics will work for you. But if you’ve ever struggled with hitting the wall, you might want to try one or both for an upcoming long run or marathon training run and see if you don’t notice the same improvements I did.

   Good luck, and feel free to let me know how it worked for you: rggamino@aol.com.


Reference. 2 www.endurancedoc.com/Training/Training_running_a_marathon.htm

3rd Edition

HILLTOWN TRIPLE CROWN

5K SERIES

RACE #1 – AUGUST 8TH - FOX CREEK 5K
BERNE TOWN PARK – BERNE, NY

RACE #2 – AUGUST 22ND - VOORHEESVILLE 5K
VOORHEESVILLE HS – VOORHEESVILLE, NY

RACE #3 – AUGUST 29TH - ALTAMONT 5K
BOZENKILL PARK – ALTAMONT, NY

HILLTOWN TRIPLE CROWN ENTRY FEES:

Ages 1-69 $45.00 --- Ages 70 and up $35.00
(No Refunds)

Awards – Top 3 M&F in the following age groups: 12&under; 13-19; 20-29; 30-39; 40-49; 50-59
60-69; 70-79; 80+ plus

Points awarded after each race finish: 1st = 10 pts; 2nd = 8 pts; 3rd = 6 pts; 4th = 4 pts; 5th = 3 pts; 6th = 2 pts
All other places receive 1 point.

Awards presented at the Altamont 5K.
Note: All participants in “All 3 races” will receive t-shirts, and all those not in the Top 3 M&F,
and finishing all 3 races will receive survivor medals.

Checks are payable to L.E.A.P. and mailed to 251 Cole Hill Rd., East Berne, NY 12059

FOX CREEK 5K ENTRY INFO: to benefit the L.E.A.P. Organization

Enter by August 2nd Pre-Registration $16.00 Pre-Reg age 70 & up $12.00
After August 2nd $20.00 for all ages

Awards: Top M&F finisher overall then Top 3 M&F in these age groups: 12&under; 13-19; 20-29;
30-39; 40-49; 50-59; 60-69; 70-79; 80 & up


Need more info???? Call (518) 225-4925 or (518) 861-6350 or email foxcreek5k@gmail.com

FOX CREEK 5K ENTRY FORM

CIRCLE ONE ONLY: FOX CREEK 5K HILLTOWN TRIPLE CROWN(all 3 races)

NAME___________________________________________EMAIL__________________________________
ADDRESS____________________________________CITY________________ST______ZIP___________
PHONE________________________AGE_______SEX_______T-SHIRT SIZE_______________________
Signature_____________________________________________(if under 18 Parent/Guardian must sign)

I waive & release all rights and claims for damages I might have against the Town of Berne, Albany County, LEAP, Hilltown Triple Crown
organizers, and all officials of these events and any and all volunteers. I am physically fit to participate in these events.
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## 21st Annual

15K, 3.5 Mile Trail Races & 1 Mile Kid’s Run

**John Boyd Thacher State Park**

Haile’s Cave Picnic Area

Enter at Park Office — Park in Pool Lot

**Sunday – August 2, 2015**

- 9:00 am – 15K and 3.5 mile start
- 10:30 am – 1 Mile Kid’s Run start

**Note:** 15k and 3.5 mile races will be run simultaneously

### Day of Race Registration

- 7:45 to 8:30 am – 3.5 mile & 15k
- 9:00 – 10:00 am - 1 mile Kid’s Run
  - *Kid’s Run is FREE*

1st 250 registrants

Will receive an ILTR shirt.

### No-Fee ONLINE REGISTRATION AVAILABLE AT

[www.hmrrc.com](http://www.hmrrc.com)

Questions? Email: mjk3ny@gmail.com

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<th>Name (print)</th>
<th>Race [check race entering]</th>
<th>Pre-registration by July 18 [postmark]</th>
<th>Pre-registration July 19 to July 25</th>
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<td>□ 3.5 mile □ 15K</td>
<td>□ $17.00 HMRRC Member □ $20.00 Guest</td>
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<td>□ 1 mile kids run (free)</td>
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Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.

Signature of applicant required [parent or guardian, must sign for applicant under 18]

---

Directions from ... Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill – Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157 – Follow signs to Thacher Park.

**What you pay ...**

- Pre-Registration [postmark by July 18]: $17 – Member; $20 – Nonmember/Guest
- July 19 to Day-of-Race: $20 – All [Mailed Reg’s must be postmarked by July 25]

**What you get ...**

- Race entry, Indian Ladder T-shirt to 1st 250 registrants of 15k or 3.5m race; John Boyd Thacher State Park entry pass and post-race refreshments.

**Course Descriptions ...** maps available at [www.hmrrc.com](http://www.hmrrc.com).

- Start and finish in front of Haile’s Cave Picnic Area Marked course with water/aid stations on course
- 15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills; 3.5M – Loop – 99% natural surface–rolling terrain

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**Awards**

- 15K & 3.5M races
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- Age-groups Winners: (2 deep)
  - 50-54/55-59/60-64/65-69/70+

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**Www.HMRRC.com**
Hudson-Mohawk Road Runners Club

Membership Application

Name ___________________________________ Sex _______ Age _______ D.O.B. _______________
Address _______________________________________________ Occupation ___________________
City __________________________ State ________ Zip __________ Phone _____________________

E-MAIL ___________________________________ NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐

TYPE OF MEMBERSHIP (check one): ☐ INDIVIDUAL ($12) ☐ YOUTH (Under 20) ($9) ☐ COUPLE or FAMILY ($15)

For a family/couple membership, list other family members:

Name __________________________ Relationship __________________________ Gender _________ Date of Birth __________
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Name __________________________ Relationship __________________________ Gender _________ Date of Birth __________

For those who can afford it!
My additional tax-deductible contribution: $10 $20 $50 $100 $ __________

Mail applications to: HUDDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to: HUDDSON-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!