The Pace Setter

September 2014

The monthly news magazine of

The Hudson-Mohawk Road Runners Club

Splish Splash

Tawasentha Park Cross Country Race August 11

Saratoga Cross Country Classic 5k

USA TRACK & FIELD ADIRONDACK

Sunday, October 19th, 2014, 10 AM
Saratoga Spa State Park
Saratoga Springs, New York

Open Competition & USATF Adirondack Championship
Individual & Team Championship

Registration Fee:
-$22 Through 10/6
-$25 From 10/7 to 10/18
-$28 On race day
-$5 Kid's runs

Register online at www.usatfadir.org

USATF Adirondack Race Walk Championship - 8 AM

2k and 3k Kids' Developmental XC Runs - 11 AM

Contact:
USA Track & Field Adirondack
518-273-5552
eventinfo@usatfadir.org

Race Directior - Pat Glover
518-877-0654
pjglove@aol.com

Presented by

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Vol. 35 No. 9

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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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The Pace Setter

SEPTEMBER 2014

4 President's Message

6 What's Happening in September

8 Been There, Done That

12 The Athlete's Kitchen: ADHD, Runners & Appetite Issues

13 Reaching The Next Level – Recognition and Responsibility
by Vince Juliano

15 Short Circuits

20 Profiles: Tom O'Grady

25 Grand Prix Update

Photos in this issue are by Bill Meehan

Submissions for the November Issue of *The Pace Setter*

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

Advertisements:
Deadline is October 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.

HMRRC Mission Statement

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

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

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President's Message

by Maureen Cox

As the summer winds down and the fall racing season kicks off,

hope you all enjoyed the summer and are ready for a wonderful fall racing season. As I mentioned last month we have a new home for the club's van and equipment and we are making progress on getting settled in. Details on when we plan an open house and other activities to come.

September's club running events opens with the 26th Annual Labor Day 5K. September 1, 2014 will be the 10th year the race has been run at the Harriman State Office Campus. Last year from a field of about 500 runners, the race was won by Jaime Julia in a time of 15:43, and the winner for the women was Nicole Soblosky with a time of 18:52. This race is a great partnership with SEFCU and another of the many events the club is involved with that has a charity component. It also offers a mile fun run for the next generation of runners, which is always brings out a smile in all of us.

On Sunday September 14, 2014 we will have the 42nd running of the HMRRC Anniversary Run on the SUNY Albany Campus. It offers two distances – 2.95 miles and 5.9 miles and usually attracts 100 or so runners. The winner of the 2.95 mile distance for the men for the second straight year was Kyle McCormack with a time of 17:25, and the women's winner at that distance was Danielle Maslowsky with a time of 18:47. The men's winner at the 5.9, distance, for the fourth time, was Chuck Terry with a time of 33:14. The women's winner at the 5.9 distance, for the fourth straight year in a row, was *The Pace Setter*'s Editor, Kristina Gracey, with a time of 36:17. Let's see if Chuck and Kristina are ready to take on all comers!

We close out the month with the Voorheesville 7.1 Mile. The 34th running of this race will be on September 28th. This club race attracts about 100 runners. Last year the male winner was Richard Messineo in a time of 41:07, and the first female was Martha Snyder with a time of 48:07.

All the club races and events would not happen without the dedication of the many volunteers who give of their time and talents. I hope if you are not running you consider volunteering and seeing it from the other side of the line. Looking forward to seeing you all, at the races. ❐

Official 2014 HMRRC
BALLOT

The Election Committee presented a slate of nominees at the August meeting. In addition, a notice appeared in the August issue of *The Pace Setter* indicating that petitions for nominations could be sent to P.O. Box 12304. The slate of nominees for the year October 1, 2014 to September 30, 2015 is as follows:

- ❑ MEGHAN MORTENSEN
  President
- ❑ JOHN PARISELLA
  Executive Vice President
- ❑ JON GOLDEN.
  Treasurer
- ❑ BARBARA LIGHT
  Secretary

Please show your support for these nominees by casting your votes and mailing your ballot to:
HMRRC Nominating Committee, P.O. Box 12304, Albany, NY 12212
Ballots must be received by September 23, 2014

To make your Ballot official, you must sign your name in the lower right hand corner of the envelope in which you mail the Ballot.

HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN
2.95 M & 5.9 M*

***Grand Prix Race for HMRRC Club Members • Commemorative Glass Mug for First 125 Registrants**

Location: University of New York at Albany - *Gymnasium near Western Ave. Ent.*

Date & Time:

Sunday, September 14, 2014
9:00 a.m.

FEE: **FREE** for HMRRC members, $6 non-members — ***Day of Race Registration Only***

Come join us for the 43rd Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and
Top Male and Female finishers in each of 14 five-year age groups in the 5.9 Mile Race

For more info, or to volunteer, call Pat Glover at 877-0654 or email pjglove@aol.com

What's Happening in September

by Al Maikels

Summer ends after Labor Day so you might as well get over it with a good 5k race.

The 26th SEFCU Labor Day 5k will be held on Monday, September 1 at 9 a.m. at SEFCU Headquarters on the Washington Ave. side of the State Office Campus. There is day of race registration available for this Grand Prix race; if it's a nice morning you'll want to get there early.

The HMRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.9 miles (Grand Prix race) and 2.95 miles, these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 43rd anniversary celebration will be held on Sunday, September 14 at 9 a.m. at SUNY and feature day of race registration only.

The Town of New Scotland 7.1 mile race rounds out the club schedule for September. This race features rolling hills, fine fall foliage and usually has tasty pies for the age group winners. The race is set for Sunday, September 28 at 10 a.m. at Swift Road Park in Voorheesville.

Because of the construction work that has started at the Empire State Plaza and so as not to conflict with Yom Kippur, the organizers of the Susan Komen Race for the Cure moved their race from October into the month of September. The 20th Annual Race for the Cure will be held on Saturday, September 13 at 9 a.m. at the Empire State Plaza. This 5k race utilizes the Freihofer Run for Women course and presents a chance for all runners to race the course in cooler and less crowded conditions. If you can't make the race you can always sleep in for the cure as well.

Thacher Park turns 100 this year and to celebrate that fact the Thacher Park Centennial Running Festival will be held on September 13. The races all go off at 8:30 a.m. and feature distances of 5k, 10k, Marathon and 50k.

There are also some fine shorter distance races in September, located around the Albany area. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 27 at 10 a.m. at the Cobleskill Fairgrounds. Other fine 5k runs include the Dunkin Run on Sunday, September 7 at 8:30 a.m. at the Albany Jewish Community Center and the 13th Annual Teal Ribbon 5k on September 20 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 20 at 9 a.m. and the Crossings 5k Challenge on Sunday, September 28 at 10 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 10 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in Maureen Cox's presidency and all club members are welcome. ❐

5k Race *and* Fun Walk

6th ANNUAL

Race Away Stigma

Help "*Race Away*" the stigma that surrounds mental illness

Saturday, October 18, 2014
Hudson Valley Community College Pavilion

Registration begins at 8:30 a.m.

Race/Walk begins at 10 a.m.

Awards and post-race begins at 11 a.m.

Sponsored by Hudson Valley's Center for Counseling and Transfer in collaboration with:

Hudson Valley Community College
Be Bold. Be a Viking.

$17 HMRRC members, $20 non-members (T-shirt, raffle prizes, post-race snacks included)

$25 Day of Race Registration (T-shirt based on availability.)

Name _____

Address _____
City State Zip

Shirt Size S M L XL XXL Age: _____ Sex: _____

If you are under the age of 18, a parent or gaurdian must sign. _____
Parent or guardian signature Date

I represent that I am 18 or older (unless my parent or guardian has signed above), that I am physically fit to participate in the Race, and that my condition has been verified by a medical doctor within a reasonable period of time. I give up my right to bring an action to recover any compensation for injury or damages to me or my property arising from my participation in the Race, and release, to the fullest extent allowed by law, Hudson Valley Community College, Rensselaer County, the State University of New York and their respective agents, servants and employees ("collectively Releasees") from any claim I or my heirs, executors, administrators and assigns may have against any Releasee in any way resulting from my participation in the Race, to the fullest extent allowed by law and I agree to defend, indemnify and hold harmless Releasees from all such costs, claims, losses or damages. I recognize and voluntarily and knowingly assume the risks inherent in the Race.

_____
Signature Date

Mail form and entry fee to:
Hudson Valley Community College
Race Away Stigma 5K
Center for Counseling and Transfer
80 Vandenburgh Avenue, Troy, NY 12180

OR

Online Registration and Forms:
www.hvcc.edu/cct/race.html
www.active.com

(Checks payable to HVCC Project Aware)

Contact and Questions: Carrie Zurenko, (518) 629-7176, c.zurenko@hvcc.edu • Larry Ellis, (518) 629-7175, l.ellis@hvcc.edu

"BEEN THERE, DONE THAT"

by Mike Becker

September 1974...Forty Years Ago

• Future Nike President Tom Clarke was one of the top local runners in 1974. He won a ten-mile cross country race on the seventh and a 9.3-mile road race on the 15th. Among the other finishers in the ten-miler were Don Wilken, Bill Shrader, Jr., and Jim Bowles.

• Runs of 3.8 and 7.6 miles were held at Olana in Catskill to mark the birthdays of Bilbo and Frodo (from *The Hobbit*). Race director Barry Hopkins won the longer race. Some familiar names from the results are Phil Carducci, Dick Vincent, and Ted Grenda.

September 1979...Thirty Five Years Ago

• Club newsletter Editor Paul Rosenberg wrote an editorial stating this would be his last newsletter. He had been working on it since early 1975 and was tired of writing, mimeographing, collating, sorting by zip code, etc., primarily due to a real job that required frequent out-of-town travel. He warned if no one took over, this would be the last newsletter ever. Actually, it was the last newsletter! In December, *The Pace Setter* was published for the first time, edited by David Kelley.

September 1984...Thirty Years Ago

• Nancy Powhida directed the club Grand Prix 15K at Saratoga Battlefield on the ninth. Pat Glover won with a 50:31, ahead of Vinny Reda. Denise Herman topped the ladies with a 61:18, ahead of Julie Wilcox.

• Ray Newkirk was profiled. He began running with his brothers after spending time in a tavern after work made them look like "bowling balls." His PRs included a 55:51 15K and 2:55 marathon. He served two terms as club President, founded and funded the Willow Street Athletic Club, and directed many club races. He was later honored with the club Distinguished Service Award and enshrined in the club Hall of Fame, one of 15 people bestowed with both honors.

September 1989...Twenty Five Years Ago

• The SEFCU Labor Day 5K was held in Schenectady's Central Park on the fourth, the first time for the race at this venue. Mike Morrissey won with a 15:21, with Liz Ludwigson taking female honors with a 17:03. There were 362 finishers with an impressive 129 running under 20 minutes.

• Dan Paxson won the Distinguished Service eight-mile race at SUNYA on the tenth with a 43:07. Anne Kuklinski was the female winner with a 52:22. Pat Glover topped the masters with a 45:00, good for third overall. Rich Brown was the honoree, and the race director was Kathy Carrigan.

• Tom Dalton ran 14:36 to win the Arsenal City 5K in Watervliet on the 24th. Jan Vermile topped the ladies with a 17:39. Bill Colvin and Lori Hewig won the 10K.

September 1994...Twenty Years Ago

• Vinny O'Brien won the eight-mile Distinguished Service Award race on the 11th with a 42:39, with Dale Keenan coming in second. The female winner was Amy Herold with a 49:33, with Sandra Phibbs placing second. Steve Basinait and Hank Steadman were the honorees.

• *The Pace Setter* had a story by Chris Rush about the late Bill Cooney, who recently passed away from cancer. Bill was an accomplished track and road runner and a regular volunteer at club events. He regularly won his age group in the 800 and 1500 meters at the Empire State Games, and he held a number of age group records at those distances. He also coached track and cross country at several area high schools after retiring.

September 1999...Fifteen Years Ago

• The Labor Day 5K was held on the sixth in Central Park in Schenectady. There were 341 finishers, and Mark McKenzie won with a 16:23. Amy Herold was the top female with an 18:43.

• The 17th Annual Grand Union Corning Cup 10K was held on the 18th at the Corning Preserve. This was the USATF Adirondack Men's 10K Championship and drew a very strong field. Paul Mbugua won with a blistering 31:34, with Mary Judge the top female with a 39:01.

• The FAM 5K "Fund" Run was held on the 25th in Cobleskill and was won by Birger Ohlsson in 15:40. Heather Cox topped the ladies with an 18:26. Runners-up were Zach Yannone and Amy Herold.

September 2004...Ten Years Ago

• Lou DiNuzzo and Kimberly Miseno won the Amber Teta Memorial 5K at Mohonasen HS on the 11th with times of 16:24 and 18:42, respectively. Rich Cummings and Stacy Gaynor were runners-up.

• Josh Merlis won the 33rd Annual 5.6-mile Anniversary Race on the 12th, two laps around the SUNYA campus, with a 30:46. Kara Lynne-Kerr was the top female with a 34:48, good for ninth overall. Peter Cure and Amanda Thornton won the 2.8-miler.

• Nick Conway ran a fast 14:57 to win the Arsenal City 5K in Watervliet on the 26th. Nancy Taormina was the female winner with a 19:29. Forty-two of the 282 finishers (15%) ran under 20 minutes.

September 2009...Five Years Ago

• Justin Bishop won the 21st SEFCU Labor Day 5K on the seventh at the State Office Campus with a 15:48. Anne Benson topped the ladies with an 18:29. Age group winners included Tom O'Grady, Aaron Knoblauch, Jim Maney, Nancy Briskie, Dale Keenan, Judy Phelps, and Pat Glover.

• Anthony Giuliano (16:22) and Beth Stalker (20:12) won the Eighth Annual Teal Ribbon 5K in Washington Park on the 13th. ❒

3RD ANNUAL

Veeder Tree Farm

5K Run

10/18/2014 at 10:00 am

Race will start from 1235 High Hill Rd in Earlton at the tree farm

$25 pre registration / $30 Day of. Finisher medal for all

Bonfire, Tailgating, Music and More!

Special discounts on Christmas trees for competitors

100% proceeds go to the Leukemia and Lymphoma Society in memory of Skip Veeder

Online registration
http://www.active.com/event_detail.cfm?event_id=2132287

For more information contact Mike @ 518-857-3948 or Email Mike at
mveeder@kooltemp.com

I Quit!

by Erin Schambach

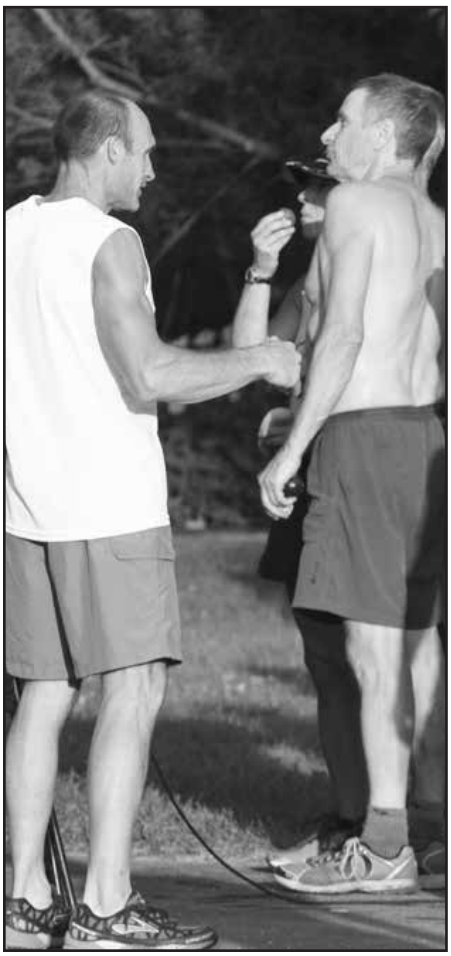
Recently, I gave up running. There aren't enough hours in the day. At times, running just 3 times a week seems impossible. Between family, work and all of the other "stuff" life throws at me, I missed a full week of training. I'm used to missing an occasional run, but this time it was an entire week. When I finally tried to head out for my long run, I just couldn't move my feet. I swear they were glued right to the ground. I tried telekinesis, I tried to pick them up with my hands and manually move them forward, but nothing worked. Oddly, when I suggested a walk back to the car, they moved willingly.

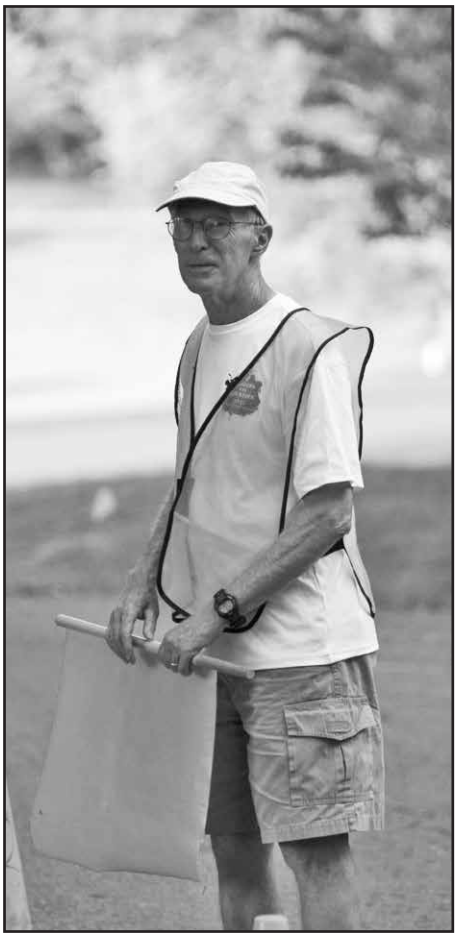
I started making travel plans for the weekend of the Hudson Mohawk half, because I most certainly would never be able to run it. Besides, I'm not very good at running anyway. It took me 2 years to finish a C25K program… 2 years, that's not a typo. My last long run? I was viciously attacked by a stick. It jumped straight up from the pavement and got tangled in my feet. I still have scrapes and bruises. Melodramatic much? Yes, which is one reason I haven't yet attended a group run. I enjoy bellyaching almost as much as I enjoy running, and I'd hate to drag anyone else down with my special blend of the two. If I ever manage to internalize my whiny dialogue, maybe I'll attend one.

Mostly, I run for the quiet time and the solitude, anyway. It's so noisy in my head that alone on a run is often the only time I have to clear my mind. It takes approximately 2 miles for the voices of my children to stop echoing inside my brain. Unfortunately, I also use that time to catch up on excuse-making homework—I can't run; the kids need to be fed again.

So now what? I had 2 goals for this year. The first one, the Boilermaker, is a memory, and I have the pin to prove it! Somewhere. (Shout out to Marcia and the other volunteers for coordinating the bus trip. It was awesome and kept me from having an anxiety attack over parking and packet pick up. No one wants to start a 15k hyperventilating. Thanks!) The second, the Hudson Mohawk Half, is coming up fast. All I really want to do is finish it without assistance from EMTs, but I'm not getting anywhere sitting on this couch, and I never did make those travel arrangements, so I better lace up.

It's time to get back on the training plan (prescribed by the coach of the Half Marathon Mentoring program at my local Y), which means that my next run cannot translate into sitting on a park bench feeling defeated and looking very silly in fluorescent run gear whilst sitting still. If it takes 2 miles to outrun the voices of my children, and 2 more to silence the doubt, I have many miles to go. ❒





Hairy Gorilla Half Marathon & Squirrelly Six Mile

The tenth year of mayhem ominously brought to you by ARE Event Productions

9:30AM SUNDAY, OCTOBER 26, 2014 THACHER STATE PARK, NY

CHOSEN AS BEST COSTUME TRAIL RACE IN AMERICA— RUNNER'S WORLD "THE TRAIL" SUMMER 2012

What you need to know

This highly popular event typically draws runners from over ten states. It is one of the largest trail races in the northeast and participants range from national-class to those brand-new to trail running. The course is a roller-coaster ride with mud, muck, roots, steep drops, big puddles—and the occasional grave that may have your name on it.

Many runners compete in costume—be it simply wearing a ridiculous outfit to an all-out, performance-inhibiting full body uniform of sorts. This event is about having fun and we guarantee that you will. Be sure to consider entering one of the special categories.

Awards

Custom-made awards await the top 3 overall male and female finishers. Delicious gorilla and squirrel cookies await the top 3 males and females in:
14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Additional categories (if you dare!)
Best: Gorilla Impersonation - Costume - Pumpkin Carving;
Finisher carrying the most bananas.

We will also award the fastest male and female teams.
For team applications, please visit the event website.

- BRING BANANAS TO APPEASE THE HUNGRY GORILLAS
- GORILLA "MEDAL" TO ALL EVENT FINISHERS

- POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

Event Schedule

8:00am: Day-of registration and packet pickup opens
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrelly 6m and Hairy Gorilla Half Marathon
11:00am: Squirrelly 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

Entry Fee	6m	1/2 Marathon
Early Reg.	**$25**	**$30**
Late. Reg.	**$35**	**$40**

Entry fees are non-refundable.
Early Registration: Postmarked by October 17.
Do not mail after 10/17. Checks out to **AREEP**

We highly encourage you to register online.
There are no additional fees and ARE members receive a discount when registering through the ARE members page.

Amenities

Hooded long sleeve shirts to the first 500 entrants! That's right, and you will love them! The course is decorated in the spirit of Halloween with ample relics of despair and frustration, truly a hoot! There's a grand cook-out following the chip-timed races and a beautiful view too!

Half Marathon Cut-off Time

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.

are Event Productions

www.HairyGorillaHalf.com

Please complete, cut, and return the bottom portion to: HGH-AREEP, PO Box 38195, Albany, NY 12203

We really prefer that you register online. That way your information is assured to be as accurate as you type it. :)

Name _____	__ __ /__ __ /__ __ __ __ Birthday	Age (on race day) ___	☐ M ☐ F
Address _____	Email _____		
City _____	State _____	Zip _____	
Phone ( ) __ __ __-__ __ __ __	Race: ☐ 6m ☐ Half Marathon		
☐ I want to join the ARE (additional $10)	Random fact about you: _____		

In consideration of 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 have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.

Signature _____	Date _____	Parent's Signature _____ (if under 18)

ADHD, Runners & Appetite Issues

Many teens and adults with attention deficit hyperactivity disorder (ADHD) are good runners. In elementary school, they may not have been good at sitting quietly, but they certainly could excel at sports. Many found exercise had a calming, centering effect. With maturation, exercise still helps them get through their school/workday.

Runners with ADHD often have trouble organizing an effective fueling protocol, including the basic tasks of shopping for and preparing food, as well as having the right foods available at the right times. This can create problems with low blood sugar (hypoglycemia) and hunger that gets disguised as inability to concentrate, stay focused on a task, edginess, hot temper, and reduced athletic performance. Runners with ADHD often disregard these symptoms, thinking they relate to their ADHD diagnosis, not hunger and poor diet.

ADHD medications

Runners with ADHD often take appetite-killing meds that easily disrupt normal fueling cycles and contribute to fluctuations in energy. Runners need steady energy to be able to concentrate and perform at their best. Hence, runners with ADHD need to vigilantly monitor their bodies for early signs of hunger, including feeling fatigued or moody. Some may seek an energy drink such as Red Bull or some coffee, but the solution is not caffeine. They need fuel!

When runners with ADHD miss meals due to lack of planning, they often end up craving sweets—a sign the body is too hungry and wants a sugar fix. They can then easily succumb to overindulging in cookies, candy, and other so-called "junk foods." This may happen at 10:00 p.m., after their appetite-suppressing meds have worn off, and this can disrupt normal sleep patterns, as well as kill their appetite for their breakfast and that perpetuates a bad eating cycle.

What's a runner with ADHD to do?

The information below is helpful for any athlete – not just those with ADHD…

• *Take mealtimes seriously*. If you can find the time to train and compete, you can also find the time to fuel right. In fact, all competitive athletes who don't show up for meals might as well not show up for events. Everyone loses his or her competitive edge with hit-or-miss fueling.

• *Fuel your body on a regular schedule* by eating meals at least every four hours. If meds curb your appetite, plan to eat by the clock, and not by (non-existent) hunger. If necessary, set the alarm on your watch or cell phone. If the sight or small of food makes you nauseous, try cold beverages such as a fruit smoothie with additional protein powder.

• *Organize your eating into four "food buckets."* Consume the contents of a bucket every four hours, either as a meal (Breakfast, Early Lunch, Late Lunch, and Dinner) or as smaller mini-meals based on wholesome foods, not sweets.

For most runners, each meal/food bucket should be the caloric equivalent of two or three slices of pizza. That's about 500 to 800 calories per bucket (or 2,000 to 3,200 calories per day), depending on your body size, sport, and energy needs. For runners on appetite-curbing ADHD meds, the breakfast bucket should be the biggest bucket and incorporates some of the lunch calories that will otherwise get left uneaten.

The following sample menu has 4 food buckets that offer a steady supply of energy for an ADHD high school runner:

7:00
Breakfast
Bagel + peanut butter + tall glass milk + banana
OR 3-egg omelet (lowfat cheese,veg)+ toast + fruit
Better bet if unable to stomach all of lunch:
Bagel & peanut butter + omelet + milk + banana

11:00*
Lunch #1
Tuna sandwich/whole wheat bread + string cheese + milk

3:00*
Lunch #2
Pre-exercise: Energy bar + apple
Recovery: Dried fruit & nuts + pretzels

7:00
Dinner
Chicken + brown rice + veggies + milk

* Remember: If you take ADHD meds, you may not feel hungry but your body still needs fuel. Figure out what you can eat, regardless!

• E*at BEFORE your appetite-killing meds kick in*. Again, figure out how to front-load your calories. For example, one athlete with ADHD started eating a hearty sandwich for breakfast. Another enjoyed "planned overs" from dinner the night before. By front-loading, they felt calmer during the day, had better workouts in the afternoon, and were better able to focus on the task at hand.

• *Plan to fill your food buckets with foods in their natural state*, and limit your intake of highly processed foods. Some health professionals believe additives and food coloring in processed foods can trigger hyperactivity in certain people. Plus, highly processed foods commonly offer less nutritional value and fewer health benefits. Shop for fresh foods along the outside aisles of the grocery store: fresh fruit, vegetables, lean meats, low fat dairy, and whole grain breads.

• *Include a protein-rich food in each food bucket*, such as eggs, cottage cheese, peanut butter, lowfat cheese, Greek yogurt, and turkey/cheese roll-ups. Again, nothing is wrong with having dinner for breakfast; enjoy that cheeseburger and oven-baked "French fries" and then roll the scrambled eggs and cheese into a wrap for lunch. Protein is satiating and helps stabilize blood sugar. A trail mix made with nuts and dried fruit is another option with compact calories for easy nibbling.

• *Make a shopping list before you go to the grocery store*, and shop after having eaten a meal. That enhances your chances of choosing more of the best sports foods, and less of the rest. Examples include: orange juice rather than sports drink; oranges instead of orange juice; oatmeal (served with a little honey) instead of frosted flakes (with a lot of sugar); whole-wheat bread rather than white bread; scrambled eggs instead of Eggo waffles; baked potatoes in place of French fries; plain yogurt sweetened with maple syrup instead of pre-sweetened yogurt; trail mix rather than M&Ms; protein bars rather than candy bars.

Not only for athletes with ADHD

If you find yourself edgy and unable to focus in the afternoon, experiment with re-organizing your meals and snacks into four (calorically-equal) food buckets and notice the benefits: better focus, fewer cravings for "sweets"—and better performance.

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her private practice is in Newton, MA; 617-795-1875). For information about her new *Sports Nutrition Guidebook*, 5th edition, see nancyclarkrd.com. For online education, also see sportsnutritionworkshop.com. ❐

Reaching The Next Level – Recognition and Responsibility

by Vince Juliano

The sport of competitive running is unique in that professional athletes, talented up and comers, regional veterans, and recreational runners can all participate almost any weekend at a popular road race. Runners, regardless of their ability, often talk of reaching the next level, with more focused training, and hard work. Rarely, though, do runners speak of the obligations and responsibilities of moving to the next level, to be recognized as a competitive runner of distinction, a local or regional champion or even someone who can compete at the national level. Runners, who through hard work and good coaching reach the next athletic level, should realize that at that level there is an obligation to say and do the right things, follow the rules in the spirit of good sportsmanship, and fair play, and to lead by example.

USATF Adirondack is our region's governing body for the sport of competitive running, and many local and regional athletes become members so that they can reap the benefits of participating in a 15 race competitive Grand Prix road race series, where they can win prize money and receive recognition for placing high in Adirondack Championship events. Over $7,000 in prize money will be distributed to just 36 top tier USATF Adirondack runners at the conclusion of the series this year. Many championship events also have generous event-specific prize structures for winning teams and open, masters, and age-graded athletes. These prizes are generously provided by sponsors, event organizers, and distributed by hard working volunteers from local running clubs and from USATF Adirondack. Athletes who become members of USATF so as to reap these benefits should take the time to learn and follow the rules of good fair competition, an important obligation and responsibility of reaching the top levels of our sport.

It was over a dozen years ago, that I accompanied my wife, a competitive road racer, to an all women's road race in NYC organized by the NYRRC. The event offered women's competitive team competition, and also individual and team prize money. As the top female racers approached the final half mile of the half marathon event, overly enthusiastic male members of a team who were just spectators, jumped into the race to encourage one of the leading female racers to give just a little extra nearing the finish. They briefly ran alongside the athlete while offering helpful advice. My wife, who was among the leading competitors, witnessed this transgression and instinctively realized something was amiss; that what these teammates were doing, while perhaps just a rare case of misjudged enthusiasm, was altering what was a highly competitive and fair road race competition that was nearing its conclusion. As we were just visitors from out of town, we said nothing at the conclusion of the event but were very impressed by how the largest and most respected road runners' club in the USA handled the situation. A brief discussion followed among race officials and athletes, and in short order the results were posted. The athlete and her team were immediately removed from the results, and the team lost out on all awards and financial benefit. This single event, early on in my wife's competitive road racing career and long before I accepted a position of administration in USATF, had a lasting impression on both of us. The NYRRC was not going to tolerate any athlete or team that did not follow the rules, or participated in conduct that was unfair or unsportsmanlike. The running club sent a clear message that day that had a lasting effect on many runners, including us out of town visitors.

In the past several years, I have traveled to many local and regional road races in my position as Vice President of USATF Long Distance Running for the Adirondack Association, and I must say that I have been increasingly frustrated and disappointed by the conduct I have witnessed at local events, by a rather small group of talented road racers, who either do not know the rules of fair play or choose to ignore them. This article is an attempt to encourage all those who participate in our sport as a competitive athlete, a coach, a team sponsor or as a race director or running club official, to take this opportunity to look within, and to do the right thing to help instill in our athletes that reaching the next level of the sport, also brings with it increased responsibility to always follow the ideals of fair and honest competition and good sportsmanship, win or lose.

USATF members should follow these basic common sense rules of conduct when entering competitive races.

• Officially enter the race – do not run as an unpaid entrant or wearing another person's bib number. Check your bib number prior to the event to make sure your personal information is accurate and inform the registrar of any data errors.

• If you are not entered in the race, stay off the road course and limit your words of encouragement from the curbside. Do not ride a bike alongside a competitor, do not run alongside a competitor to pace them or offer instruction.

• If you are racing competitively for awards, do not wear headphones or other communication devices. Do not take fluids except from official fluid stations.

• Line up prior to the race, according to your ability. Note pace signs or follow corral instructions. Avoid the temptation of telling race competitors about your nagging injuries at the start line. Most runners are rarely completely healthy. If you are wearing a bib number and entered in the race, your competitors consider you a serious opponent regardless of anything you may say about your compromised level of fitness.

• Run your own race and do not pace other teammates, or cut off other competitors. USATF rules prohibit providing illegal assistance or direct help to an athlete by any means. Unless a race has an official designated pacesetter, runners should refrain from pacing or interfering with a competition where prize money, awards, or podium places can be altered.

• Take the opportunity to congratulate the competitor directly in front of you and behind you post-race. Don't make excuses for a subpar performance; instead congratulate your competitor for their exceptional performance.

• If you win an award, make every effort to stay for the award ceremony, and if given the opportunity, publicly thank race organizers and sponsors. If you must leave, reach out to race officials to explain the situation and try to offer a recommendation on how to get the award to you.

• If you were treated well and enjoyed the race, take the time to send an email or a card to race organizers post event, to thank them for their hard work. Take the opportunity to thank volunteers wherever possible on race day.

• If you are not running an event, consider offering your services as a volunteer. Your knowledge of the sport would be helpful in some capacity while you are temporarily sidelined with an injury or just taking a temporary break from competitive racing.

Remember that this is a relatively small running community with an abundance of talented athletes from the high school level to national class veterans who excel on the road racing circuit. Any athlete who rises to the top levels of the sport within our region will certainly receive public recognition and awards. Their accomplishments will be noticed. How they act and what they say matters. How their coaches and sponsors advise these athletes matters. How they conduct themselves wearing a sponsored jersey should matter. Each of us has a responsibility to learn the rules of fair competition, to follow the rules and to help make our athletes better. Reaching the next level means much more than shaving a few seconds off your personal best time. It means taking responsibility for your conduct at races, setting a good example, and leading the next generation of talented youngsters as a mentor and positive influence. ❐

Fall Classic for Charity
Est. 1994
FAM 5K
Cobleskill, NY
"Fund" Run / Walk

Saturday, September 27, 2014

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region

Schoharie County ARC (2014 Charity)

8:15 - 9:30 Race Day Registration or

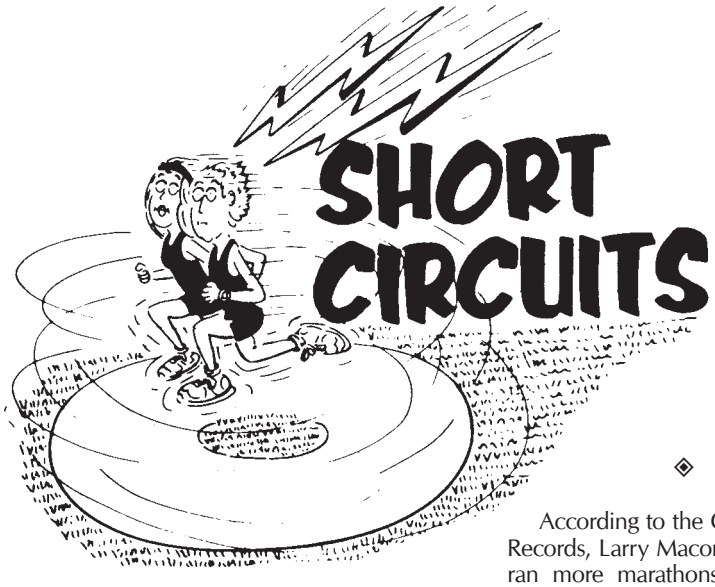
REGISTER ONLINE!

Visit FAM5K.com

Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists

The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*

Host of the 2014: USATF Adirondack 5K Open Men's Road Race Championship



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

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Runners in the News

A woman on disability for six years who claimed that she could hardly walk was filmed jogging briskly around a track with her dog. The video was not viewed happily by the Department of Work and Pensions, who brought her to court asking for repayment and jail time to be levied.

An 18-year old runner in Pontypool, Wales, Steve Arnold, was taking his evening run when he noticed flames coming from a house. He called the fire department on his cell phone and then ran to the area from where the flames were coming, kicked open the door, and pulled a burning pan from a stove. The noise of the door being battered awoke the sleeping resident, thus saving him from possible death. Steve modestly said when asked about his heroism by a reporter, "I just did what anyone else would have done. Afterwards I went and carried on with my run, I didn't beat my personal best though!"

Student jogger saves man from fire

Two runners, one from California and the other a recent Notre Dame graduate, were running by chance in the same area of South Bend, Indiana. They noticed two kids drowning in the nearby river and both jumped in the water, saving the two kids. When interviewed later, both said that it was nothing special and that anyone would "jump in" to save drowning children.

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According to the Guinness Book of World Records, Larry Macon, a San Antonio lawyer, ran more marathons in 2013 than anyone else. In total, he finished 239 marathons running 6,261.8 miles in the span of a year. The hardest part of doing this for him was getting to the races. Once there, he said that one "can always run, walk, or crawl to the finish." This is the fourth time he has set this record.

Larry Macon, most marathons in 2013

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Celebrity Runners

Ellie Goulding, Reese Witherspoon, Katie Holmes, Jennifer Lopez, Gwen Stefani, Jennifer Garner, Adrian Grenier, Jeremy Piven, Ricky Gervais, Will Ferrell, Calista Flockhart, Fergie, Halle Berry, Ryan Reynolds, Pamela Anderson, Nikki Reed, Ian Somerhalder, and Nicole Kidman. Shows that they can do more than act or sing. Way to go!

Fergie goes for a jog

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Burundi Sets New World Record

In addition to being known as one of the five poorest countries in the world, Burundi is now the only country in the world to imprison runners. If citizens of Burundi run in groups, they can face a life sentence in jail. Over 50% of the population is under 25 years old and love to run together, particularly on weekends since the sport is inexpensive and fun. The government is afraid the runs could be used "as a cover for subversion" and is jailing members of the opposition party and those who run with them. So far, prison sentences ranging from 5 years to life have been delivered.

Burundi joggers

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Crematoria in Chennai, India Eyed as Jogging Areas

In Chennai, India, two major crematoria are on large tracts of land in the city center. The areas have become infested with people who drink and gamble. To stop this, the city plans to build well-lit jogging paths throughout the crematoria property and sponsor running activities. How about a zombie run?

Crematorium in Chennai, India

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More Shoes Than Runners

In 2012, the population of the United States was 312.8 million. That year, 44.6 million pairs of running shoes were sold, yielding a profit of $3,004,000,000. Runners USA interviewed 30,000 core runners and found that Asics and Brooks are the most popular brands.

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Back to the Future

Meb Keflizighi celebrated the 4th of July with a charity race for the Atlanta Track Club. He started in the very back of the Atlanta Journal-Constitution Peachtree Road 10K Race, which had 60,000 participants. His goal was to pass at least 22,000 participants, which he did effortlessly. As he ran, he talked with runners and posed for selfies. He managed to finish the race in 38:58 while making thousands of people happy. What a nice guy!

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Man on the Run

According to a new study done after examining results from eleven major marathons in 2011, a researcher at Grand Valley State University in Michigan asserted that men do not pace themselves as well in marathons as do women, and many men start the first half of the race too quickly, crashing in the second half. We will see if this happens at the MHR Marathon on October 12.

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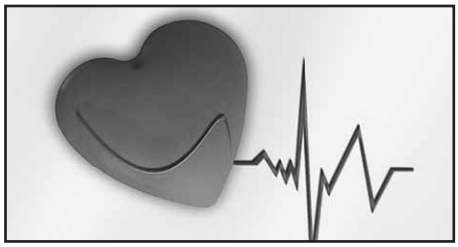
Heartening News

According to results from the Copenhagen City Heart Study, people who jog regularly are healthier and live longer. The study started in 1976 tracking 17,589 people of all ages. A subset of 1,878 persons in the group were regular runners. One of the purposes of the study was to find out if running was harmful, since it involves a high level of exertion. The study discovered that those who ran had a lower death rate than those who did not, and that for men who ran, their life expectancy was increased by 6.2 years and for women 5.6 years.



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Disheartening News

A new study in the *Scandinavian Journal of Medicine and Science in Sports* states that long distance runners have a greater incidence of tooth decay and dental problems than the regular population. They posit this to sugar from GU and other sports supplements and drinks that contain sugar, which ferment in the dry mouth of runners enabling tooth decay. To combat this, scientists recommend drinking water during the run, taking salt to stop dehydration, and using sugar-free products.

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Dangers of Treadmill Desks

Not having heard of them, I was unaware of their danger. Supposedly, they can aggravate injuries of the hips and knees. In addition, they are not very effective at weight loss. An office in Minneapolis was equipped with $126,000 worth of treadmill desks, and at the end of the year, the average weight loss of its employees was 3 pounds. Maybe they should get rid of the vending machines instead.

Treadmill desk

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Running to the Altar

Runners Steven Sweeney and Virginia Mosher were married on August 3, 2014 by ARE Founder and HMRRC member Josh Merlis. Josh, an ordained minister of the Universal Life Church, said that he only marries couples who are both runners. The following week on August 7, Ginny and Steve hosted a reception picnic at Tawasentha Park that began with trail runs and a group walk, and was followed by a gala picnic to which members of the running community were invited on Facebook. Congratulations, Mr. and Mrs. Sweeney!

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Surprising Origin of the Sports Bra

Two women working at the Shakespeare Festival in Vermont and a friend during the 1970s decided it was time to make a bra that would facilitate running for women. They were bouncing ideas about and made several models when an about to be ex-husband of one of them asked why they didn't just sew two jock straps together for support. They did and the Jockbra was born. The name was changed to the Jogbra and a new industry was created that today brings in millions . The original Jockbra has been bronzed and is on display, while two others are housed in the Smithsonian and the New York Metropolitan Museum of Art.

The original Jockbra

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To Pee or Not to Pee Is NOT the Question

Officials of the Beijing Marathon, which is being run on October 19, 2014, announced that any runner that urinates on the sidelines will be immediately disqualified from the race. Last year, there was outrage in China that runners were relieving themselves on the red imperial walls of the Forbidden City. Last year's runners pointed out that there were few toilets furnished by the organizers, leaving little choice for the participants. In fact, after the race began there were only 24 toilets for the 26.2-mile route for the 30,000 plus participants. The Beijing Marathon officials stated that they will supply more portapotties this year but stand firm on their disqualification stance.

Peeing on forbidden city walls

Run for the ROC

All proceeds benefit the patients of the Mollie Wilmot Radiation Oncology Center of Saratoga Hospital

Sunday, September 28, 2014
at 11:00 a.m.
Children's Run at 10:15 a.m.

- **Register directly online at: *www.runfortheroc.org***

or

- **Mail registration and check to:**
  Saratoga Hospital Foundation/Run for the ROC
  211 Church Street
  Saratoga Springs, NY 12866
  (Make checks payable to "Saratoga Hospital Foundation")
  ($20 per participant by September 16, or $25 after that date and on race day, and $10 for survivors.)

For more information contact:
kingram@saratogahospital.org / 518-583-8340
or visit www.runfortheroc.org

Application Fee: $20 pre-registration by September 16 or $25 after that date and on race day, and $10 for survivors.

Description: 5K Run and Community Walk with separate kids' event at the historic Saratoga Race Track. The first 500 registrants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

Day of Race Registration: 9:00 am at the Grandstand, Historic Saratoga Race Track, Union Avenue, Saratoga Springs.

Course: 5K loop through beautiful, historic Saratoga Race Track grounds.

Awards: Prizes and awards will be given to the overall top three male and female runners. Special "ROC" awards for the top three male and female in each age group.

Chip Timing: By A.R.E. Event Productions and personalized Runner Bibs!

Separate Kids' Run: The "Li'l Derby Dash!"at 10:15 a.m. is FREE! Race Day registration only. Medals & Goodie Bags for all kids!

Who are you running for? Register online to personalize your runner's bib with the name of the person you are running for.

Registration for 10th Annual Run for the ROC

Name _____Address_____

City _____State _____Zip_____

Phone _____

E-mail _____Date of birth___/___/_____Age _____

Sex .... ❑ F ❑ M ❑ Runner ❑ Walker T-Shirt Size: ❑ S ❑ M ❑ L ❑ XL ❑ 2XL

Part of the ATC Corporate Challenge?
List company here: _____ ❑ Employee ❑ Friend/Family

Are you a survivor? Check here ❑ if you'd like special recognition at the event.

Run the Triple Crown! Participate in the Monday Night Mile (8/11), Malta 5K (9/6), and the Run for the ROC and receive a special award! ❑ Check if participating. ***(Visit www.saratogatriplecrown.com)***

Early Race Packet Pickup on Friday, September 26, 4-7 p.m.
at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs

In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owning to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. ***No pets, motorized vehicles, scooters, bikes or rollerblades, please!***

_____ _____
Participant's Signature *Parent/Guardian Signature (if under 18)*

Third Annual Mario Zeolla '97 5K Run/Walk

September 27, 2014 / 9am

ACPHS Campus / 106 New Scotland Avenue / Albany

presented by MVP Health Care and Albany College of Pharmacy and Health Sciences

THIRD ANNUAL MARIO ZEOLLA '97 5K WALK/RUN RACE INFORMATION

Location:	Albany College of Pharmacy and Health Sciences Track and Field 106 New Scotland Avenue Albany, NY
Entry Fee:	$20 registration for 5K Walk/Run before September 27 $25 registration for 5/K Walk/Run day of event
Sponsorships:	$25 Patron, $50 Bronze, $75 Silver, $100 Gold OR $200 T-Shirt Sponsor
Online Registration:	www.acphs.edu/healthexpo
T-shirts:	All registered 5K Walk/Run participants will receive a free t-shirt
Time:	8:15 am day of registration and pre-registered packet pickup 9:00 am race begins
Awards:	Awards will be given to the overall top three male and female runners in a variety of age brackets

Albany College of Pharmacy and Health Sciences is proud to present the annual **Health and Wellness Expo** on **Saturday, September 27, 10 am – 2 pm** at the **ACPHS Campus**. As part of the Health and Wellness Expo, the **Mario Zeolla 5K Walk/Run** will be one of the headline events. All registration fees will benefit the *Mario Zeolla '97 Memorial Scholarship*.

This one-day, full service Health and Wellness Expo is open to the public and packed with an incredible line-up of free services and events, including Medication Take Back, Blood Drive, Flu Shot Clinic, Farmer's Market, Health Screenings and Assessments and so much more!

5K WALK/RUN REGISTRATION INFORMATION

Name: _____
Age: _____ Gender: _____ Phone: (_____) _____ - _____
Email: _____
Address: _____
City, State, Zipcode: _____
Circle T-Shirt Size: S M L XL
Circle Sponsorship: T-Shirt_____ Gold_____ Silver_____ Bronze_____ Patron____

READ BEFORE SIGNING

Waiver: In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against The Albany College of Pharmacy and Health Sciences, City of Albany, and any and all sponsors and their representatives and any official or participant for any and all injuries I may suffer in connection with this race. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Signature: _____
Parent or Guardian (if under 18) _____

☐ ***I will not be able to attend, however enclosed please find my donation to the Mario Zeolla '97 Memorial Scholarship of $_____***

Please make checks payable to Albany College of Pharmacy and Health Sciences *(MEMO 5K Walk / Run)*
APPLICATION AND ENTRY FEES SHOULD BE SENT TO: ACPHS, Office of Institutional Advancement,
106 New Scotland Avenue; Albany, NY 12208

Get your running shoes ready for the …

2nd Annual Falcon 5K (Run/Walk) & Fun Run

Get the school year off on the right (and left) foot! Join runners from our school community and beyond to celebrate a healthy and productive new school year.

Sunday, September 28, 2014 • 9:30 a.m. (Runners & Walkers)
Kids Fun Run – 1 Mile at 10:30 a.m.

(Kids Run is day of race registration only, no pre-registration)

COURSE – Race will start and finish at the Lake House in Albany's Washington Park.

AWARDS – Top 3 Overall Male & Female, Top 3 Teams, Top Male & Female Under 12, Top Male & Female 12-14 and Top 3 Male & Female in each age group:
15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

SHIRTS – First 350 Registrants receive T-Shirt (T-Shirt size not guaranteed)

REGISTRATION – Must be postmarked by September 24, 2014

New this year: Chip Timing!

Race Day Registration and Packet Pick-up will open at 8:00 a.m. at the Lake House.
Please No Dogs or Headphones on race day.

Entry Fee (non-refundable) **Postmarked by 9/24**: $5/Student (U-18) • $10/College Student (U-23) • $15/Adult
Race Day: $10/Student (U-18) • $15 College Student (U-23) • $20/Adult

You can register on line at: **www.zippyreg.com/online_reg/registration.php?eventID=467**
or mail in form below

(***Please fill out one form per participant and send with check payable to Albany Booster Club to: Falcon 5K, c/o AREEP, PO Box 38195, Albany, NY 12203)***

albanyboosterclub.org

***Name:** _____ **Sex: M_____ F_____**

***Address:** _____ ❒ **5k Run** ❒ **5k Walk** ❒ **Kid's Fun Run**
Day of Registration only

***Age (On Race Day):** _____ ***Email:** _____ **Phone (_____)**_____

***Emergency Contact:** _____ **Phone (_____)** _____

***Will you be running with a Group/Team: No ____ Yes ____ Team Name:** _____
(Minimum of 3 runners per Group/Team) ***(i.e. AHS Soccer; Montessori Magnet School; Debate Team)***

*** T-Shirt Size: Circle One S / M / L / XL / 2XL** (T-Shirt size not guaranteed)

Liability Waiver & Release: I certify that I am the subject runner or I am the legal parent/guardian of the subject runner in this event. I know that running a race is a potentially hazardous activity, and that I should not enter or run unless I am medically able and properly trained and conditioned. I further understand that the course may contain natural hazards, including uneven terrain. I assume all risks associated with running this event, including but not limited to, falls, contact with other participants and effects of weather, including high heat and/or humidity and rain/wet slippery conditions. In consideration of the acceptance of my entry, I, on behalf of my heirs, executors, administrators and assignors hereby release myself and discharge the Albany Booster Club, the ABC Falcon 5K and Fun Run, the City of Albany, the Albany City School District, as well as any other sponsors or beneficiaries and their representatives. I am aware that medical support for this event will be volunteer personnel who will be available for first aide assistance ONLY. I hereby grant permission to the Albany Booster Club and other sponsors of this event to use information submitted in this application, and any record of this race containing my likeness as well as race results, including my name and competition time for any purpose, including, but not limited to pre-race and post-race publicity. I hereby certify that I have read all terms and conditions of the release and intend to be legally bound thereby.

Signature _____ Date _____
(Parent or Guardian required if under 18)

Proceeds to Benefit the Albany Booster Club **Contact: Carol Hill (chill@albanyboosterclub.org) /518-221-4381**

This is not a school-sponsored event.
The City School District of Albany is not responsible or liable for any problems or damages arising from participation in this activity.

TOM O'GRADY
Marathon Man

Tom and his family at the Crossings of Colonie

Tom is a multitalented person. He recently completed his Ph.D., is an accomplished marathoner, and a loving father of two young active boys. He balances all this happily and will soon be starting a new job at CDPHP.

Tom graduated from Rensselaer Polytechnic Institute with a concentration in biology. He was interested in medicine and health studies and ultimately entered the Master of Public Health Program at SUNY Albany. He found that he loved the field of epidemiology and decided to get a doctorate in it. His dissertation was on the evaluation of the factors leading to the risk and detection of thyroid cancer. He finished the doctoral program in May and will be working full time at CDPHP as an informatics analyst evaluating healthcare outcomes from patient and corporate perspectives to optimize the quality of healthcare in the Albany region. He will also teach a class at SUNY Albany as an adjunct professor. From Tom's point of view as a runner, his job at CDPHP is perfect. The headquarters is fairly close to his home and he will be able to commute to work by running, as there is an exercise facility and shower rooms in the building. He mentioned that one of his friends who works in the Washington, D.C. area actually gets to work faster by running than taking a car and being stuck in gridlock.

Tom's parents were runners, but not competitive. He began running with them or following them on his bike on their three-mile neighborhood loop. This training led him to pursue running in school. Tom claims he was not fast and would "get destroyed" in the 50, 100, and 400, but in fourth grade a one mile cross country Pumpkin Run changed that. He did very well in this race. In middle and high school he pursued track and baseball as a third baseman and outfielder, but decided ultimately to specialize in track, where in races he usually placed fifth or sixth. He did not run

Mile 26, 2013 Boston Marathon: 2:29:27

for RPI but kept training with his friends, and becoming better each year. When Tom was in third grade, a father of a friend of Tom's told him that with his work ethic and determination one day he would be a great marathoner. What prophetic words!

Tom's first marathon was in 2007, the year he graduated from RPI. He ran the Mohawk Hudson River Marathon and was feeling great running in third place until at mile 22 the "bear climbed on this back" allowing Jim Sweeney to whiz by him. He came in 4th with a pace of 6:09 a mile, which foretold of good things to come. His second marathon was the 2008 Boston Marathon, where he hoped

Men's Open Team at the USATF New England 10M Championship in Amherst, MA

20 mile Sunday run finishing at the Thacher Overlook, January 2014

to bring his time down from 2:41. He tried to maintain even splits of 6 minute miles. His fastest split was 5:52 and his slowest 6:07, so his plan worked, shaving four minutes off his time, finishing at 2:37. His personal best in the marathon came this year, when he finished the Boston Marathon in 2:28, coming in first in the Capital region, first in upstate NY, and fourth in NYS. The three runners in NYS who beat him were all from NYC. In October, Tom will not be running the MHR Marathon but will be running the half-marathon instead.

Tom carefully plans his running for the year. He knows he runs best when it is not too warm or too cold, so the spring and fall are where he focuses his training. He usually prepares for a half-marathon four to six weeks before he does a marathon. So this fall he will do the MHR Half-Marathon followed by the Philadelphia Marathon in November.

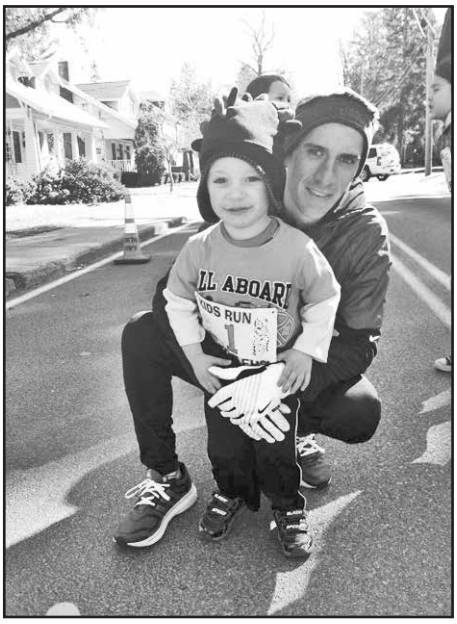
He likes half-marathons because they have the same challenges as the marathon but recovery is quicker. However, his special love is the marathon. He talks about the Philadelphia Marathon being somewhat easy with its relatively flat course. The Hartford Marathon has a prerace dinner where runners meet, which he thinks is neat. The MHR is always fun to run,

Finish of 2014 Boston Marathon, 2:28:39 - 77th

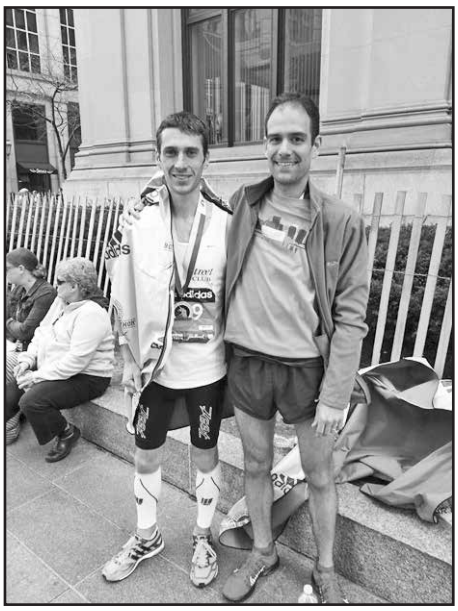
but his favorite is the Boston Marathon, which he describes as electrifying. He has run it three times and each time has set a PR. The city is transformed with streets blocked off, television cameras everywhere, and crowds lining the pavement. Starting behind the world's elite runners is thrilling. As he runs he hears the people cheering and it always brings him out of any funk he may be in or relieves the pain that accumulates as he nears the finish.

His goal for the future is to lower his Boston time of 2:29 to 2:25. He feels that with planning and perseverance this will happen. He is now 29 and believes that his best marathon years lie ahead. He cites the examples of Meb Keflezighi, who won this year's Boston Marathon two weeks before his 39th birthday; Albany's Mike Roda doing top-notch marathons in his late 30s, and Haile Gebrselassie of Ethiopia, who at age 35 in 2008 set the world record for a marathon of 2:03:59 in Berlin; that record lasted for three years but is still the record for the Masters (35 and over) age group. He is inspired by these examples and knows that he can do better.

His training program is multifaceted. He follows a 15-18 week schedule that contains key workouts and mileage he wants to achieve. Sundays are his long runs of 8 to 20 miles. The farthest he has run in training is 30 miles, but he found it punishing. In his training for the last two marathons, the farthest he ran was 24-26 miles. He believes that it helps to go close to the whole distance. If he can run comfortably in the 2:50 to 3:00 hour range, he knows he will do well. Usually on Wednesday he has a medium long run of 15 miles. On Monday, Tuesday, Thursday and Friday, he will double his exercise with an easier run in the morning of 4-6 miles and then do different workouts after school or work. He also combines this with a smattering of races on the weekend. The last two years he has tried to race more sparingly focusing on distance. (His sparingly is 20 races instead of 40 per year in addition to the marathons and half-marathons.) He values his membership in Willow Street Athletic Club as



Conor and Tom, 2014 Delmar Dash Kids Run



With friend Greg Mariano after 2014 Boston Marathon

he trains with its members and has made good friends. Over the course of the year he tries to run 100 miles a week but during the intense phase of his training for a marathon, he will run around 140 miles a week. He is a scrupulous record keeper and has logged 5,000 miles since 2010. He is also a streaker. (Streaking in running has nothing to do with lack of apparel but instead with running continuously seven days a week, 52 weeks a year!) From 2007 to 2010 he ran every day. In June of 2010, he missed two weeks of running as he recovered from an appendectomy and has been running every day since.

He keeps track of his miles by using two online databases, Athletacore and Running Journal, in case one goes down. He also uses them to track his running shoe use. He tries to get 500 miles wear out his shoes. He now runs exclusively in Adidas Boost since he finds they last longer (he is on mile 800) while retaining the oomph they had when new. For racing he uses the Adidas Adios Boost.

He no longer uses his Garmin for races, only for recording distances run. He found that the Garmin was recording longer distances for courses that were certified and this upset him. He now has successfully used an Ironman Timex watch at the recent Boilermaker and Silks

Stockadeathon 2013
Frank Horn, Pat Cullen, Macky Lloyd, Tom, Chuck Terry: 1st place Men's Open Team

and Satins race.

His diet is not restricted as it once was when he was younger. He is more flexible now but is careful to eat healthily. During a marathon he devours four packets of Roctane GU, a special GU made for ultra endurance events. He takes no pain killers like Ibuprofen before or during a race.

His long-term goals are to reduce incrementally his marathon time to 2:25 or lower, and in the half-marathon he hopes to achieve a sub 70 minute run.

His running tip deals with something that is a major part of his ethos. He feels that consistency and hard work make a winner. Running and exercising consistently are hard work and may not seem to pay off in the short term, but in the long term the gains will be rewarding. He believes that confidence is important. If you think that you will do well, you will. So, train and feel good about yourself and that will carry you through.

Sarah O'Connor

She and Tom met when working part-time at the Ciccotti Center. Tom noticed the 26.2 sticker on her car and thus began their friendship. Sarah had run two marathons at Disney World but injured her IT band at the second one. Tom helped her to recover and they have been running together ever since. She did not run when she was in school or college but began when she was asked to be a part of a Corporate Challenge team and it hooked her. She knew that she really loved running when she found it pleasurable even when she was pregnant with both of her two children, Conor, age three, and Theodore, age 1½. She and Tom continue to run together with kids in tow in a stroller.

Conor O'Connor – Age three

Tom takes short runs with Conor, and Coner has watched his dad in races. Conor has enthusiastically enjoyed running in kid's races, relishing wearing a bib. He said that he runs "as fast as my dad." Conor did reveal, however, that he was injured at the Delmar Dash kids' race when he tripped over another kid's sneaker, but in the true tradition of the brave runner, he finished the race with a few tears in his eyes and a swell medal in his hand. He told me he looks forward to his next race but has no running tip for us!

The following is from the Willow Street Athletic Club's website and contains Tom's PRs.

"The engine of the team in 2013, Tom finished as runner-up in the USATF Adirondack Grand Prix standings and set another personal best with his 2:29 performance in the Boston Marathon. Look for him at the front of the pack in any local race he enters."

Personal Bests:

5k: 15:21
6 mi: 31:11
10k: 32:12
15k: 50:38
10 Mi: 53:38
Half Marathon: 1:10:56
Marathon: 2:28:39 (Boston 2014)
2:29:27 (Boston 2013)
2:31:02 3rd (Providence 2012)
2:31:25 1st (Providence 2011) ❐

SUNDAY, SEPTEMBER 28, 2014
CLIFTON COMMONS
CLIFTON PARK, NY

Northway to Exit 9. West on Rte. 146.
Left on Vischer Ferry Rd. Clifton Commons on left

IN HONOR OF NICK RYCHCIK!

NICK'S DASH-11:45am NICK'S MILE-12:00PM 2-MILE WALK-12:45pm ZUMBA Warm-up-12:30pm
5K RUN-1:00pm

PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

Prizes given to top overall male & female finishers and 1st & 2nd place in the following male & female categories:
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Parking for everyone. No strollers/dogs allowed on 5k Run. Lunch/refreshments included for participants.

Crazy Hats! Wear your Crazy Hat to walk, run, or just have FUN!

For more info. contact Liz Fox at (631) 645-4801 or email nicksrun@fighttobehealed.org
2-mile Walk and 5K Run Pre-registration: Per person $20 ($25 day of race)
(1st 250 pre-registered walkers/5K runners guaranteed dri-fit t-shirt—size upon availability)
Nick's Dash (short dash—6 & under; 1 mile—ages 7—10): $5 per child
(Nick's Dash participants may only register via mail or day of event)
Prizes for every Nick's Dash Participant!
Registration for all events starts at 10:30am on September, 28.

Nick's Foundation supports local pediatric cancer patients and is a 501 (c) 3 organization
Register online at **www.fighttobehealed.org** or make check payable to: NFTBHF
Mail to:
Liz Fox
c/o NFTBHF
PO Box 217
Rexford, NY 12148
Fee must accompany application.
$3.25 processing fee will be charged for each online registrant.

Official use only: Bib # _____

By submitting this form you have read, understood and agreed to this waiver.

WAIVER: In consideration of accepting your 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 Nick's Fight to be Healed Foundation, the Town of Clifton Park, and any officials and promoters of this

Signature_____ Date _____

Parent/Guardian Signature (if entrants are under 18) _____

Please print
Entrant's Name_____ Age_____ Gender_____ Phone _____

Address_____

Email _____ DOB _____

Pre-registration: Walk $20____ 5K Run $20____ Team Name:_____

Day of event Registration: Walk $25____ 5K Run $25____ Nick's Dash/1-mile $5 ____
Make additional $15 donation, receive a ear buds in pouch with logo: $15 ____
Make additional $25 donation, receive knee-hi socks with logo: $25____
Make additional $50 donation, receive a hoodie with run logo: $50 ____ Sweatshirt Size_____
For all three items, donate additional $90: All items given at event.

Saturday, October 19, 2014
Central Park Schenectady
Race/Walk Start: 10:00 am
Children's Race Start: 9:00 am

Location: Schenectady Central Park

Entry Fee
- ☐ **$5** Children's Race
- ☐ **$25** 5k Run/Walk until October 1, 2014 ; **$35** after October 1, 2014
- ☐ **$35** Family Walk until October 1, 2014; **$40** after October 1, 2014
- ☐ **$25** Virtual Run/Walk (per person) – Run/Walk a 5k on your own time, from anywhere in the month of October and receive a medal!

_____ $5 Per Butterfly Message Quantity____ Message_____
_____Additional Donation Amount
_____Total Enclosed

Race Prize Structure	Awards to the top three finishers in 10 year age groups.
Swag	New! Maddie's Mark Medals will be provided to run/walk participants in the individual and virtual race.
Refreshments	Complimentary food and drinks at the end of the event.
More Info	jennie_h@me.com
On-line Registration	https://www.sportssignup.com/Maddies-Mark-Foundation-Online-Registration.start

NEW this year! Medals awarded to all participants. Can't make the run/walk and still want to earn a medal? New 5k virtual run/walk option added!

Race Form **Event: ☐ 5k Run/Walk ☐ 5k Family Walk ☐ 5k Virtual Run/Walk ☐ Children's Race**

Name: _____

Address: _____

City: _____ _____State: _____ Zip: _____

Phone: _____ Email: _____

Birthdate: _____ Gender: ☐ Male ☐ Female Shirt size: S M L XL

Emergency Contact Name: _____ Contact Number:_____

How did you hear about this event? _____

Would you like to fundraise for this event? ☐ Yes ☐ No

In consideration of my accepting this entry, I, the participant, intending to be legally bound hereby, for myself or anyone entitled to act on my behalf, want and release any and all rights and claims for damages that I may have and all injuries suffered by me in said event against City of Schenectady, Schenectady County, Maddie's Mark, and all officials of the event. I attest and verify I am physically fit and have sufficiently trained for the competition of this race.

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

Mail entry fee with completed application form to: Attn: Jennie Heidbreder 24 E Newton Rd, Latham NY 12110
Make checks payable to: Maddie's Mark Foundation

Coach Greg McMillan

You (Only Faster): 10 Secrets of Success

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON EXPO

Saturday, October 11

Hilton Albany

Book Signing of "You (Only Faster)" at the Fleet Feet Sports, adidas, and Plaza Fitness booth

Join Greg McMillan
Runner, Coach, Exercise Physiologist, and Creator of the McMillan Calculator

Two Seminars
11 a.m. 3 p.m.

PLAZA FITNESS PERFORMANCE

adidas

FLEET FEET Sports

NARK MOVEMENT STRATEGIES
STRONGER FASTER FARTHER

HMRRC

mcmillan running
train smart. run fast.

Grand Prix Update

Race #7 Tawasentha 5K
XC Race #2, August 18

Men

Male Open

12	Noah Valvo
10	Paul Cox
8	Lukas Becker
7	Jonathon Lazzara
6	Thomas Dansereau
5	Taylor Esper
4	David Thielke

Male 30-39

12	Jim Sweeney
10	Pat Cade
8	Aaron Knobloch
7	Brian Northan
6	David Tromp
5	David Newman
4	Adam Lyon

Male 40-49

12	Bob Irwin
10	Ken Plowman
8	Ed Hampston
7	Jon Rocco
6	Bruce Beesley
5	John Williams-Searle
4	Matt Roberts

Male 50-59

12	Mark Stephenson
10	Rick Munson
8	Christopher Murphy
7	Dave Wilber
6	Jim Giglio
5	James Ebersold
4	Mark Swyer

Male 60-69

12	Carl Matuszek
10	Richard Clark
8	Steve Dickerson
7	Robert Somerville
6	Paul Forbes
5	Paul Rosenberg
4	Leo Vogelien

Women

Female Open

12	Lisa D'Aniello
10	Irene Somerville
8	Allie Tedeschi
7	Shylah Weber
6	Danielle Skufca
5	Megan Boyak
4	Emma Hampston

Female 30-39

12	Estelle Burns
10	Cynthia Zinzow
8	TuAhn Turnbull

Female 40-49

12	Christine Ensslin
10	Connie Smith
8	Regina McGarvey
7	Laurie Hoyt
6	Leah Giordano
5	Tammy Jones
4	Sarah Reed-Esper

Female 50-59

12	Colleen Brackett
10	Inge Aiken
8	Susan Burns
7	Kathleen Beeman
6	Paula Boughtwood
5	Karen Dott
4	Barbara Sorrell

Female 60-69

12	Martha DeGrazia
10	Susan Wong
8	Marianne Shrader

Age Graded

	Runner	Age	G
12	Robert Irwin	41	M
10	Mark Stephenson	50	M
8	Colleen Brackett	53	F
7	Jim Sweeney	33	M
6	Susan Wong	66	F
5	Carl Matuszak	62	M
4	Martha DeGrazia	63	F

Total after 7 Races

Men

Male Open

38	Jonathon Lazzara
36	Tom O'Grady
24	Thomas Dansereau
16	Victor Warner
13	Dan Briggs
12	Eric Young
12	Noah Valvo
11	Alan Finder
10	Paul Cox
10	James Faraci
10	Brad Lewis
10	Kevin Treadway
8	Lukas Becker
8	Jaime Julia
8	Paul Mueller
8	Nick Webster
7	Alex Paley
6	Brien Maney
6	Graham Richard
5	Taylor Esper
5	James Faraci
5	Owen Hooper
5	Chris Pelligrini
4	Giovanni Rosetti
4	David Thielke

Male 30-39

43	Chuck Terry
33	Aaron Knobloch
29	David Tromp
22	Josh Merlis
20	Pat Cade
20	Brian Northan
20	Mike Roda
16	Jake Stookey
16	Jim Sweeney
12	Dan Murphy
9	Dallas DeVries
8	Carl Brewer
8	Joe Sullivan
7	Pat Sorsby
7	Dave Vona
6	Eamon Dempsey
6	Jim Eaton
6	Clay Lodovice
6	Chris Mulford
5	Paul Mueller
5	Tim Nevinger
5	David Newman
5	Ian Ross
4	Dan Gracey
4	Adam Lyon

Male 40-49

46	John Stadtlander
37	Jon Rocco
36	Bob Irwin
34	John Williams-Searle
25	Tom Fraser
22	Ed Hampston
15	Shawn Decenzo
14	Richard Hamlin
12	Neil Sergott
10	Randell Cannell
10	Frank Horn
10	Ken Plowman
10	Chong-Hwan Son
10	Mark Stephenson
9	Jim Foley
9	Lotfi Sayahi
9	Ken Tarullo
8	Thomas Kracker
8	Andy Reed
8	Todd Smith
7	Kevin Creagan
6	Bruce Beesley
5	Gil Chorbajian
5	Jonathon Golden
5	Bill Grimaldi
4	Mathew Nark
4	Matthew O'Neil
4	Gaven Richard
4	Matt Roberts

Male 50-59

54	Mark Stephenson
39	Jay Thorn
36	Derrick Staley
30	David Roy
24	John Parisella
20	Rick Munson
15	Brian Borden
12	Andrew Sponable
10	Kevin Dollard
10	John Sestito
10	John Weilbahe
8	Craig Dubois
8	Christopher Murphy
7	Patrick Irish
7	Dave Wilber
6	Paul Bohl
6	Patrick Culligan
6	Jim Giglio
6	Frank Mueller
6	Rick Munson
6	Mark Nunez
6	Mark Warner
5	James Ebersold
5	Steve Vnuk
5	John Weilbaker
5	Vincent Wenger
4	Mark Swyer
4	Samuel Mercado

Male 60-69

56	Richard Clark
42	Paul Forbes
36	Carl Matuszek
29	Robert Somerville
27	Ken Klapp
25	Kevin Donohue
17	George Baranauskas
16	James Larkin
15	Paul Bennett
15	Juergen Reher
14	Frank Broderick
14	Tom McGuire
9	David Rowell
8	Steve Dickerson
8	Tim Fisher
8	Rich Tanchyk
6	Pat Glover
6	Steve Harris
5	Tom Adams
5	Paul Rosenberg
4	John Carlson
4	Jesse Dinkin
4	Jim Fiore
4	Chuck Terry
4	Leo Vogelien

Male 70+

66	Wade Stockman
46	Ray Lee
12	Bob Flick
12	Frank Klose
12	Jim Moore
12	Chrie Rush
10	Joe Kelly
8	Charles Bishop

Women

Female Open

36	Shylah Weber
32	Lisa D'Aniello
28	Janne Rand
22	Irene Somerville
17	Megan Mortensen

14 Elizabeth Chauhan
12 Karen Bertasso
12 Alyssa Lotmore
10 Stephanie Arango
10 Payton Czupil
10 Brina Seguine
8 Christine Houde
8 Allie Tedeschi
8 Kathryn Tenney
7 Liz Chauhan
7 Lindsey Choppy
7 Kelcey Heenan
7 Becky Wheat
6 Valerie Belding
6 Samantha McBee
6 Danielle Skufca
5 Leslie Aiken
5 Megan Boyak
5 Kristen Quaresimo
4 Laurel Abowd
4 Monica Blount
4 Emma Hampston

Female 30-39

39 Diana Tobin-Knobloch
37 Heidi Nark
22 Estelle Burns
20 Erin Corcoran
18 Danielle Maslowsky
18 Laura Zima
14 Jessica Chapman
13 Deane Webster
12 Karen Bertasso
12 Kristina Gracey
11 Kari Deer
10 Cynthia Zinzow
8 TuAhn Turnbull
7 Jessica Northan
7 Gretchen Oliver
6 Colleen McGarry
6 Sara O'Grady
6 Crystal Perno
6 Sarah Reed-Hauenstein
5 Nikki O'Meara
5 Judith Wines
4 Jennifer Newman
4 Rachel Wasserman

Female 40-49

50 Chris Varley
34 Connie Smith
23 Regina McGarvey
20 Mary Fenton
19 Penny Tisko
15 Stacia Smith
15 Aixa Toledo
14 Kimberly Miseno-Bowles
13 Andrea Robinson
12 Christa Dederick
12 Sally Drake
12 Christine Ensslin
12 Judy Guzzo
10 Emily Bryans
10 Kristen Hislop
8 Diane Montes Harris
8 Kathy VanValen
7 Laurie Hoyt
7 Susan Pelligrini
7 Ruth Sadinsky
6 Pamela Delsignore
6 Miriam Hardin
5 Tammy Jones
6 Brenda Lennon
6 Colleen Murray
5 Theresa Hudda
4 Sarah Reed-Esper

Female 50-59

56 Colleen Brackett
38 Nancy Taormina
29 Susan Burns
29 Karen Gerstenberger
22 Inge Aiken
22 Jenny Lee
17 Karen Dott
14 Karen Proventure
12 Nancy Briskie
12 Nancy Nicholson
10 Kathleen Beeman
10 Mary Buck
10 Kim Law
10 Mary Signorelli
9 Kirsten LeBlanc
8 Maureen Fitzgerald
8 Denise Gonder
6 Paula Boughtwood
6 Monique Jacobs
6 Cathy Sliwinski
5 Lauren Herbs
5 Amy Keegan
5 Jill Mehan
4 Barb Bender
4 Michelle Ching
4 Susan Huston
4 Patricia Robison
4 Barbara Sorrell

Female 60-69

72 Martha DeGrazia
43 Susan Wong
30 Katherine Ambrosio
25 Joan Celentano
12 Cynthia Finnegan
12 Judy Phelps
8 Phyllis Fox
8 Erika Oesterle
8 Marianne Shrader
7 Donna Choinere
7 Nancy Johnston
7 Karen Spinozzi
7 Anne Tyrell
6 Alice Carpenter
6 Judy Lynch
4 Carolyn Burke George

Female 70+

72 Anny Stockman
40 Eiko Bogue
12 Christine Bishop

Age Graded

	Runner	Age	G
36	Derrick Staley	55	M
25	Bob Irwin	41	M
25	Mark Stephenson	50	M
24	John Stadtlander	48	M
20	David Roy	58	M
19	Tom O'Grady	28	M
19	Martha DeGrazia	62/63	F
19	Susan Wong	66	F
18	Carl Matuszak	62	M
14	Colleen Brackett	53	F
12	Kevin Dollard	58	M
12	Chuck Terry	31/32 M	
11	Karen Bertasso	29/30F	
10	Nancy Briskie	56	F
10	Judy Phelps	63	F
9	Rick Munson	57	M
9	Mike Roda	38	M
9	Jay Thorn	51	M
8	Frank Horn	44	M
7	Richard Clark	60	M
7	Kristina Gracey	31	F
7	Karen Provencher	59	F
7	Jim Sweeney	33	M
7	John Weilbahe	55	M
6	Josh Merlis	32	M
5	Brad Lewis	27	M
5	John Parisello	56	M
5	Christopher Rush	78	M
5	Nancy Taormina	54/55	F
4	Lisa D'Aniello	28	F
4	Alyssa Lotmore	28	F
4	Kathryn Tenney	12	F
4	Mark Warner	55	M

September – back to school and back to fall racing!

September 28 – Voorheesville 7.1 Mile
October 12 – Mohawk Hudson River Marathon and Half Marathon
November 9 – Stockade-athon 15K
November 23 – Turkey Raffle Run
December 12 – Doug Bowden WS #1

All of these races depend on volunteers - for course marshals, for water stops, for refreshments, for registration.

Wonder why you should volunteer? Ask a Just Run child about the program that HMRRC funds thru our race calendar? Or a scholarship winner if it made a difference in their lives? Or the charities of choice at the Corporate Challenge. These are just a few of the things HMRRC does with $$ from races at which YOU volunteer.

Want it to be more personal? It is how HMRRC is able to offer members a free or reduced race fee to members at every one of its many events.

So, if you can spare a few hours to give back to yourself by volunteering, please contact the race directors of these events and let them know. The contact information is in the race schedule online at www.hmrrc.com

EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
09/01/14	9:00 AM	26th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
09/06/14	9:30 AM	Youth Make a Difference 5K Run Walk &1 mile fun run	2 Douglas Street Wynantskill	Michael Miner	cminer001@nycap.rr.com
09/06/14	8:30 AM	5K Run for the Horses	Saratoga Spa State Park	Mary Abbruzzese	mary@thoroughbredretirement.org
09/06/14	8:00 AM	The Greene Y Tri- 350 yard swim	Sleepy Hollow Lake - Athens	Stacy Serson-White	ssersonwhite@cdymca.org
09/06/14	8:30 AM	Malta 5k Presented by Malta BPA and Global Foundries	HVCC TEC Smart 345 Hermes Road Malta	Paul Loomis	info@malta5k.com
09/07/14	9:00 AM	7th FAAP FALL CLASSIC 5k/10k	Pittsburgh	Mark Knapp	attorneymarkknapp@yahoo.com
09/07/14	8:30 AM	The Dunkin' Run 2014--5K & 10K	Sidney Albert Albany Jewish Community Center	Tom Wachunas	tomw@saajcc.org
09/13/14	10:00 AM	Race Back to School 5K and Kids Fun Run	Schalmont Middle School	Donna Notar	donnanotar@nycap.rr.com
09/13/14	9:30 AM	Fishy Frolic 5K & 10K and 1 Mile Walk	Corning Preserve	Brenda King	BKing57@yahoo.com
09/13/14	9:00 AM	20th Annual Susan G. Komen Race for the Cure 5K	Madison Avenue	Lynette Stark	info@komenneny.org
09/14/14	1:00 PM	Spencertown Shine-On 5k	Spencertown	Tammy Page	THEBTLP@GMAIL.COM
09/14/14	9:00 AM	42nd HMRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
09/20/14	10:00 AM	Arc in The Park 5K	Rensselaer Technology Park North Greenbush	Angela Ruck	aruck@renarc.org
09/20/14	9:00 AM	Red Apple Trail Run: 5k	Samascott Orchards	Mark Browne	Info@KinderhookRunnersClub.com
09/20/14	8:00 AM	Run to Remember 5k	Rensselaer Polytechnic Institute ECAV	Max Lipeles	run2remember.rpi@gmail.com
09/20/14	9:00 AM	Brenda Deer Memorial 5K	Guilderland YMCA	Casey Garvey	cgarvey@cdymca.org
09/21/14	9:00 AM	Harvest Dash 1-mile walk/run and 5K trail run	Critz Farms	Christy Kinney	Harvestdash@gmail.com
09/21/14	7:15 AM	Melanie Merola O' Donnell Memorial Half Marathon & 5K	Saratoga Springs	Maria Palmer Maurer	questions@thesaratogapalio.com
09/27/14	10:00 AM	FAM 5K	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
09/28/14	11:00 AM	Run for the ROC - 5K	Historic Saratoga Race Course-Saratoga Springs	Mike Wallner	mwallner@saratogacare.org
09/28/14	9:30 AM	Falcon 5K & Fun Run (2nd)	Albany's Washington Park	Carol Hill	chill@albanyboosterclub.org
09/28/14	10:00 AM	34th HMRRC Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
09/28/14	1:00 PM	Nick's Run to Be Healed 5K	Clifton Commons	Liz Fox	Nicksrun@fighttobehealed.org
09/28/14	10:00 AM	11th Annual Crossings 5K Challenge	30 Aviation Road	Barbara Boodram	info@colonieyouthcenter.org
09/28/14	9:00 AM	Geyser Road PTO 5K and Kids 1 mile fun run	Saratoga Spa State Park Warming Hut	Darcy Baldwin	baldwindarcy10@gmail.com
10/04/14	11:00 AM	Race Against Lyme	The Crossings 580 Albany Shaker Rd Loudonville	Sue Green	sueg615@yahoo.com
10/04/14	9:00 AM	20th Annual Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School	Paul Lewandowski	ssalmonlew@aol.com
10/05/14	9:30 AM	Beat Beethoven! 5K	Central Park Schenectady	Christine Mason	sso2@verizon.net
10/11/14	9:00 AM	The Pink Series	Park City Utah	Rachelle Sondrup	thepinkrun@gmail.com
10/11/14	9:30 AM	4th Annual Rhino Run 5k	Crossings of Colonie	Frank & Lori Murray	rhinorun@verizon.net
10/12/14	8:30 AM	31st Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/12/14	8:30 AM	13th Mohawk Hudson River Half Marathon	Colonie Town Park	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/15/14	9:30 AM	St Catherine's Center for Children Running 5k SCCCared	Crossings in Colonie	Bill Gettman	wgettman@st-cath.org
10/18/14	10:00 AM	Race Away Stigma 5K	Hudson Vally Community College	Larry Ellis	l.ellis@hvcc.edu
10/18/14	10:00 AM	Race Away Stigma 5k	Hudson Valley Community College Pavilion	Carrie Zurenko	c.zurenko@hvcc.edu
10/18/14	9:30 AM	Great Pumpkin Challenege 5K & 10K	Saratoga Spa State Park	Marissa Scally	mscally@saratogabridges.org
10/18/14	9:30 AM	Corn Maze Adult 5k and Kids 1 Mile Run	Liberty Ridge 29 Bevis Rd Schaghticoke NY 12154	Jason Freeman	cornmaze5k@gmail.com (runinthecorn.com)
10/19/14	10:00 AM	Maddie's Mark 5k	Schenectady Central Park	Jennie Heidbreder	jennie_h@me.com
10/25/14	10:00 AM	Heroes for Health Obstacle Course 2 miles	Prospect Park	Meghan Wilkinson	mwilkinson@wmyhealth.org
10/25/14	8:00 AM	Men's Health Urbanathlon 2014	Citi Field Lot E	Hawkeye Velocity	info@menshealthurbanathlon.com
10/25/14	9:00 AM	Troy Family YMCA 5k Run	Troy Family YMCA	Tammy Roberts	troberts@cdymca.org
10/26/14	9:30 AM	Hairy Gorilla Half Marathon & Squirrelly Six Mile	Thacher State Park	Josh Merlis	webcontact@areep.com

Hudson Mohawk Road Runners Club
P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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Permit No. 415

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

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

Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

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

For those who can afford it!

My additional tax-deductible contribution: $10 __ $20 __ $50 __ $100 __ $ _____

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

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

I realize there are certain dangers associated with distance running. I hereby for myself, heirs, executors, or assigns waive and release any and all claims I may have against the Hudson-Mohawk Road Runners Club, its officers or members, the State University, the State of New York, or any race official or participant for any injury, illness, or property loss which might occur to me while competing in, traveling to, or returning from any event sponsored by the Club.

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

❒ *I am interested in becoming more actively involved in the Club!*