The Pace Setter

October 2012

The monthly news magazine of

The Hudson-Mohawk Road Runners Club



The Gazette Stockade-athon 15K

Celebrates 37 Years

Join us on Sunday, November 11th, 2012 • 9:00am









Photos: Brightroom Inc.

Storm the Stockade - A classic loop course of Schenectady's historic neighborhoods and parks.

The oldest major 15k road race in the USA



An HMRRC premier event

- Stockade-athor 15K Sunday, Nov. 11 in Central Park, Schenestady, New York
- 15K USATF & HMRRC Grand Prix Event
- USATF Regional Competition Open, Masters, Age-Graded, & Team Divisions
- \$5,000 Cash Prizes presented by Fleet Feet Sports

1-mile Duck Pond Run for Children

Last Chance registration and early packet pick-up will be held Saturday, November 10th from 9:30am to 1:00pm at the Gazette Newspapers Building at 2345 Maxon Rd., Schenectady.

RUNNER PERKS: Brooks L/S Technical Shirt to the first 900 men and 900 women who pre-register. **Gender specific sizes available...** first come first serve at packet pick-up.

Additional race clothing accessories for sale at discounted rates.

Testimonials:

"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."

2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

Said Central MA masters mainstay Sidney Letendre:
"Thanks for really one of the greatest races ever. I loved the pavilion with the fire and the whole set up of food was really great. I don't think there was one detail that was left undone. So thank you for a fine day. PS: I LOVE the performance t-shirts!!"

Visit Website for event details and how to register www.stockadeathon.com









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- Been There, Done That

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- Senior Running

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Short Circuits

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— Kopac's Korner



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HM-RRC 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 Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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Photos in this issue by Ed Gillen, Bill Meehan, Paul Turner



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 John Parisella

Welcome to the October issue of *The Pace Setter*. I am writing this as I and some of the best volunteers ever are making final preparations for the Labor Day 5k. I would like to thank John Haley who, from the first year I directed the Labor Day race in 2007 through this year, has generously given his time and talent to help me with course preparations as well and recruiting volunteer course marshals. Thanks John!

From my perspective, the Club's (HMRRC) summer schedule of races went very well this year. The weekly track meets and Colonie mile, the Two-Person relay, Hour Run, Pentathlon, Dynamic Duo, Indian Ladder Races and Tawasentha Cross-Country series were well-attended and also well produced by the various race directors and many, many volunteers.

Coach Don Myers and his dedicated group of volunteers have, for as long as I've been attending the Colonie High summer meets, Colonie Mile and the Dynamic Duo race, always done a fine job. This year's series was also immensely enjoyed by many new runners and HMRRC regulars.

Some of the most demanding events, such as the hour run and Pentathlon, attract not only the toughest of competitors in the Capital District, but they also attract, no, require the attention of the most experienced of HMRRC volunteers. Todd Mesick directs the Pentathlon. I want to thank Todd for his time and effort on behalf of the club. These events cannot take place without the experience and knowledge

of Doug Bowden, Ed Neiles and Jim Moore. These guys also make the volunteers' efforts more fun. Thanks guys!

One of the more challenging events to manage each year is the Indian Ladder races and club picnic. This year was no different. Former HMRRC President Mike Kelly had his hands full this year, but it all worked out thanks to the many regular volunteers and others who stepped up at pretty much the last minute to lend a hand with the picnic planning.

I'd also like to thank John Kinnicutt and Coach Bob Oates for their efforts at making the three Tawasentha cross country races as challenging and fun as they can be. I'm sure that the runners who come to those races expecting them to be challenging were not disappointed. I also expect that most of them went home having enjoyed the tough course and camaraderie of competition. I also expect that many went home with at least one good race story to tell and re-tell over the years.

The Hudson Mohawk Road Runners Club has been growing. There are excellent reasons to join the HMRRC, among them are the summer races noted above. There are also many, many opportunities to become involved and to enjoy the teamwork involved in planning and managing the events on the summer schedule or at other times during the year. When you're not running in a race, please consider helping out at an event. Thanks to everyone who has helped this past summer's race schedule go off without a hitch. \square

Submissions for the December Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is November 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.com

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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.



What's Happening in October

by Al Maikels

The October race schedule only has one date for scheduled club events but it contains two of the club's better races and combines for more total miles than any other day in the club year.. For a good long run, the Mohawk-Hudson River Marathon should fill the bill. Years ago Paul Rosenberg envisioned a top quality club fall marathon and in 1983 he made it happen. Over the years the course has changed a bit, primarily in the finish area, but the basic route is still the same. The race is set for Sunday, October 7 at 8:30 a.m. at Central Park in Schenectady and follows the bike path along the Mohawk River, through the Town of Colonie Park and into the City of Cohoes. After a short stretch of urban running, the course re-joins the bike path in Watervliet and offers some scenic views of the Hudson River. This race is a Grand Prix event and also serves as the USA Track and Field Adirondack Championship. If you are not ready for the marathon distance, you can opt for the 11th Annual Half-Marathon that has the same 8:30 a.m. start as marathon but starts at the Town of Colonie Park and follows the same course as the marathon. If you haven't signed up for either race you are too late, registration closed out in late May.

There are numerous other local races in October with a wide range of distances to choose from. Fans of 5K races can choose the Race for the Cure, with the men and women again running together this year. The race is set for 9:00 a.m. at Albany's Empire State Plaza on Saturday, October 6. Once again this year the race will utilize the Freihofer's Run for Women championship course and should prove to be quite popular. There is also a walk at 10:00 a.m. and all who attend this race are moved by the strong sense of community present at the race.

The Albany Running Exchange introduced a new event in 2005, the Hairy Gorilla Half-Marathon and Squirrelly 6 mile run. The original plans called for the race to be held over the trails of the Pine Bush Preserve but the pleasure police put a stop to that so the race was moved to Thacher Park. The races return to Thacher Park again this year with a 9:30 a.m. start on Sunday, October 28. Thacher Park is a great venue for a trail race and the weather in midfall is bound to be better than what we get in July when the Indian Ladder Trail Run is held.

Saratoga is the setting for the 12th Annual Great Pumpkin Challenge 5k and 10k Run, set for Saturday, October 20 at the Columbia Pavilion at the Saratoga State Park, with both races set to go off at 9:30 a.m.. Fans of the 5k can also choose from the 4th Annual Race Away Stigma, set for Saturday, October 13 at 10 a.m. at Joe Bruno Stadium at HVCC, or Maddie's Mark 5k, set for Saturday, October 27 at 9m in Schenectady's Central Park.

October is the final month for the term of club president John Parisella. John's final meeting will be held on Wednesday the 10h at 7:30 p.m. at the Point of Woods clubhouse.





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









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Like to race? The ARE Event Productions' event schedule has you covered. We'll see you at the races!

10/6 Burnt Hills 5k Apple Run 10/14 Mount Desert Island Marathon Bar Harbor, ME Burnt Hills, NY 10/6 Race for the Cure 5k Albany, NY 10/20 Great Pumpkin Challenge 5k Saratoga, NY 10/7 MHRM & Half Albany, NY 10/20 Georgetown Prep XC Meet Bethesda, MD Troy, NY 10/13 Race Away Stigma 5k 10/21 Hometown Heroes 5k Colonie, NY 10/13 Octoberfest Half Marathon Peru, NY 10/27 Anne's Quest 5k Latham, NY 10/27 Maddie's Mark 5k Schenectady, NY 10/13 UA Homecoming 5k Albany, NY 10/27 Great Pumpkin Prediction Race 10/13 Falling Leaves 5k Ballston Spa, NY Plattsburgh, NY 10/14 Rensselaer County ARC 5k Rensselaer, NY 10/27 Tina Gambino 5k Pleasantville, NY 10/14 Fall Foliage 13.1m & 5k Rhinebeck, NY 10/28 Hairy Gorilla Half & Squirrelly Six Voorheesville, NY



5K WALK/RUN RACE INFORMATION

Location: Albany College of Pharmacy and Health Sciences Campus

106 New Scotland Avenue

Albany, NY

Entry Fee: \$20 registration for 5K Walk/Run before October 20

\$25 registration for 5/K Walk/Run day of event

*\$2.75 fee will be assessed for credit card transactions. There is no fee when paying by cash or

check.

Online Registration: www.acphs.edu/healthexpo

5K WALK/RUN ENTRANT'S INFORMATION

T-shirts: All registered 5K Walk/Run participants will receive a free t-shirt

Check-in: Day of registration and pre-registered packet pickup begins at 8:15 a.m. Awards: Awards will be given to the overall top three male and female runners.

Albany College of Pharmacy and Health Sciences and MVP Health Care are teaming up to host the First Annual Health and Wellness Expo on Saturday, October 27, 10 am – 2 pm at the ACPHS Campus. As part of the Health and Wellness Expo, the **Mario Zeolla Family Fun Run AND 5K Run/Walk** will be 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!

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READ BEFO	RE SIGN	<u>IING</u>				
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	•	-	•		connection with this race. I also certify that I am in good physical condition and have	
				•	rmission to any and all of the foregoing to use any photographs, videotapes, motion	
pictures, record	dings or a	ny other	record o	t this eve	ent for any purpose.	
Signature:						
Parent or Gu	ardian (if unde	r 18)			

APPLICATION AND ENTRY FEES SHOULD BE SENT TO:

I will not be able to attend, however enclosed please find my donation of \$

ACPHS

Office of Institutional Advancement 106 New Scotland Avenue Albany, NY 12208

"BEEN THERE, DONE THAT"

by Mike Becker

October 1972...Forty Years Ago

- Don Wilken was one of two handicappers at a one mile race at the SUNYA track on the first. The only two of the twelve participants that are still club members are Wilken and Burke Adams.
- A cross country race was held on the 13th, with 10 of the 28 participants from the SUNYA math department. Don Wilken was the winner.
- Paul Rosenberg and Don Wilken were winners of three and ten-mile races at SUNYA on the 29th, on a rainy afternoon that also featured a Giants-Redskins game, keeping the group small.

October 1977...Thirty Five Years Ago

- Despite taking a wrong turn, John Hale won the sixth Distinguished Service Award eight-miler on the 16th with a 43:15. Also finishing in the top ten were Mark Mindel, Don Wilken, and Bill Shrader, Jr. Don and Linda Bourgeois were honored.
- The NY City Marathon was held on the 23rd, with good times from local finishers Carlo Cherubino (2:28), Marty Kittell (2:32), Mark Mindel (2:34), Pat Glover (2:35), Paul Rosenberg (3:01), Burke Adams (3:16), and Joanne Finn (4:07).

October 1982...Thirty Years Ago

- Club races of 3.5 and 8.2 miles were held in North Chatham on the tenth. Bill Robinson won the 8.2-miler, and Dick Hudson took the 3.5-miler. Diane Barone (8.2) and Gina DiMaggio (3.5) were the female winners.
- The Tom Pusatere Memorial 25K and 5K races were held on the Colonie bike path on the 23rd. Dale Keenan won the 25K with a 1:26:41, good for a 5:35/mile pace. Daniele Cherniak was the female winner with a 1:47:40. Steve McElwain won the 5K with a 16:32.
- Paul Murray directed the Distinguished Service Award eight-miler at SUNYA on the 31st, honoring Chuck Haugh, who is still a member. Dale Keenan won his first of eventual five Distinguished Service races with a 40:48, still the second fastest time in the history of the event. Denise Herman topped the females with a 51:41. The \$2 fee was higher than it is now (free) for club members.

October 1987...Twenty Five Years Ago

- In an item from Short Circuits, Anny Stockman was recognized as an All-American by *Running Times* magazine, for ranking third among women aged 50-54 for her 41:21 10K and first for her 61:43 15K.
- Dale Keenan ran a 2:25 in the Mohawk Hudson Marathon on the 25th for his fourth of eventually six titles in the event. Lori Adams 8 – The Pace Setter



ran a 2:50:13 for the top women's time and still the second fastest ever women's time for the event. Adams was disappointed because she just missed the 2:50 women's Olympic qualifying time. The nearly 300 volunteers outnumbered the 228 finishers. The October 4th snowstorm left mounds of debris on the course, which took most of the 20 days prior to the race to remove.

• Denise Herman won the Women's Running Festival 5K in East Greenbush on the 18th with a 17:55, with Nancy Nicholson and Kathy Jones running two-three. Anny Stockman and Inge Aiken were the top mother-daughter team.

October 1992...Twenty Years Ago

- In an item from Short Circuits, Chet Tumidajewicz became the first HMRRC member to run 5,000 days in a row!
- Rich Coughlin ran a 30:44 in the Corning Cup 10K on the tenth to beat Mike Slinskey by four seconds. Tom Dalton and Vinny O'Brien also finished in the top ten. Mary Evans ran a 37:21 to top the women. A total of 63 runners (out of 192) finished in under 40 minutes.
- Mary and Jeff Cole directed the Town of New Scotland 7.1-mile race on the 18th. Teens Dave Garner and Sabrina Ford were the winners on the very hilly course.
- Lance Denning from Albany and Donna Smyers from Connecticut were the winners of the Mohawk-Hudson Marathon. John Dahlem and Ed Mulheren were the race directors.

October 1997...Fifteen Years Ago

- Local runner Zach Yannone won the Mohawk-Hudson Marathon with a 2:33, which is a 5:51/mile pace. Gayle Porcelli from Plattsburgh was the female winner with a 2:56. There were 537 finishers.
- Vinny O'Brien won the Childs Challenge 5K in Albany, with a time of 15:35. Amy Herold was the female winner with a 17:34. Age group winners included Erin Rightmyer, Rich Cummings, Ellen Predmore, Martha DeGrazia, and Jim Moore.

- Ken Plowman and Daniele Cherniak won the Town of New Scotland 7.1-miler with times of 39:39 and 46:27, respectively. Dale Keenan was the runner-up.
- The Grand Union Corning Cup races were held at the Corning Preserve, with the 10K serving as the USATF Adirondack Men's 10K Championship. L'Houssine Siba won with a 30:50, taking home \$400. Finishing in the top ten were Tom Dalton, Vinny O'Brien, Birger Ohlsson, and Ken Plowman. Judy Serth-Guzzo was the female winner with a 38:31. The winners of the 5K were Rocco Serafini and Nancy Briskie.

October 2002...Ten Years Ago

- Tonya Dodge ran an 18:19 to win the Komen Race for The Cure 5K on the fifth. Birger Ohlsson ran a 16:47 to top the men. The women outnumbered the men by 1054 to 370, back when the women's and men's races were held separately.
- Chris Hartshorn won the *Times Union* Race for Literacy 5K in Albany with a quick 14:41, good for a 4:44/mile pace. Nick Conway finished second. Lori Hewig ran a 17:22 to easily top the women, with Kimberly DeRocco finishing second, nearly two minutes behind Hewig.
- Local runner Jennifer Fazioli ran a 2:47 in the Mohawk-Hudson Marathon to finish second overall, behind only Erik Caqnina from Ohio. Fazioli's time is still the female course record.

Josh McDougal and Amanda Jinks were winners of the Saratoga National Bank Cross Country Classic 5K on the 20th with times of 15:03 and 17:45, respectively. Tom Dalton and Emily Bryans were runners up.

October 2007...Five Years Ago

- Alene Reta won the Pit Run 10K in Oneonta on the seventh with a 30:19. The top local finisher was Chuck Terry with a 34:11, good for third overall.
- Tim Caramore and Alyssa Lotmore were winners of the US Marine Corps Half Marathon from Colonie to Albany on the seventh. Runners up were Andrew McCarthy and Rachelle Jenkins.
- The USATF Masters 5K Cross Country Championship was held at Saratoga State Park on the 14th. Marisa Hanson ran a 17:48 to beat Emily Bryans by 12 seconds. Also running fast times were Anne Benson, Mary Buck, and Judy Guzzo. The men's race was dominated by out-of-towners, with winner Peter Magill from California running a 15:17. Notable was 91-year old Bob Matteson from Bennington running a 46:58.
- Ben Nephew and Kara Lynne-Kerr won the Hairy Gorilla Half Marathon at Thacher Park on the 28th. □

Saratoga Cross Country Classic 5k

Sunday, October 14, 2012, 10 AM

Saratoga Spa State Park Saratoga Springs, New York

Come Run This Beautiful, Historic XC Course!

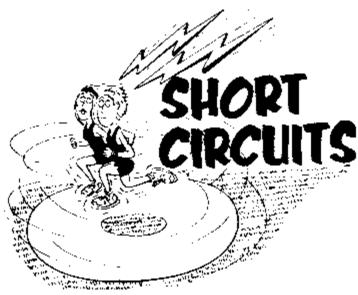


Event Includes:

A 5k Open and USATF Adirondack Championship
XC Run with Team and Individual Competition
2k and 3k Kids' XC Runs
USATF Adirondack 5k Race Walk Road Championship
Free SportWalk Clinic
2k Novice SportWalk

Sponsored by Excelsior College Presented by USATF Adirondack

Info at 518-273-5552 or usatfadir.org Pat Glover • pjglove@aol.com



Rosie Ruiz wasn't the first or last person to cheat during a marathon race (Boston 1980). Recently Kip Litton, a 46-year-old dentist from Michigan, was exposed as the King of Cheats. According to the *New Yorker* magazine, Litton cheated in over a dozen marathons (by cutting the course), often winning his age group, and allegedly raising money for his own charity by running his stated goal of a sub 3-hour marathon in every state. The Kipper went so far as to invent a phony marathon, creating a fake web page for it with entry forms, course maps and eventually results, which he won.



The Kipper: nice teeth!



Is VP candidate Paul Ryan a marathon cheat, fibber, or does he just have a bad memory? In a recent interview Representative Ryan stated that he had completed a marathon in under 3 hours, specifically, "I had a two hour and fifty-something." Runners World identified

this marathon: 1990 Grandma's Marathon in Minnesota. His time: 4:01:25. His explanation: "The race was more than 20 years ago, but my brother Tobin—who ran Boston last year—reminds me that he is the owner of the fastest marathon in the family and has never himself ran a sub-three. If I were to do any rounding, it would certainly be to four hours, not three. He gave me a good ribbing over this at dinner tonight."



Faster than Oprah



Last year's Chicago Marathon contributed an estimated \$219.7 million of business activity to the city's economy, according to a study conducted by the University of Illinois at Urbana-Champaign's Regional Economics Applications Laboratory.



Ten days after running in the Olympics 10,000-meter finals, Dathan Ritzenhein was running along Lake Michigan, surrounded by dozens of local high school cross-country runners. During a question-and-answer session before the group run, he urged the cross-

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

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

country runners to ditch the soft drinks, crosstrain and run year-round. "Running is a lifestyle that you can do forever," he said. "Your future in baseball might be club softball after high school."



Ritz spreads the gospel



Fast marathon running by US national politicians John Edwards (3:30:18, Marine Corps Marathon, 1983), Sarah Palin (3:59:36, Humpy's Marathon, 2005). (The Pace Setter staff found two other U.S. Senators who have run faster marathons: Max Baucus, 3:01:18, Governor's Cup, 1982; Harry Reid, 3:16:00, Boston, 1972.



Faster than Paulie

Hairy Gorilla Half Marathon & Squirrelly Six Mile

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

SUNDAY, OCTOBER 28, 2012

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

SIGNATURE _

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 FINISHERS IN THE HALF



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/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Entry fees are non-refundable.

Early Registration: Postmarked by October 20. Do not mail after 10/20. 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

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

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.





www.**HairyGorillaHalf**.com

(IF UNDER 18)

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

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☐ I WANT TO JOIN THE ARE (ADDITIONAL \$10)	RANDOM	FACT A	BOUT YO	U:			
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 Sign	TURE		

For Scrawny Runners: How to Gain Weight Healthfully

"My 8th grade son runs cross-country. He is 5'6" and weighs 108 lbs. He thinks drinking Muscle Milk will provide stronger muscles and make him a better runner."

"No matter what I eat, I cannot seem to gain weight. What am I doing wrong?"

"How many extra calories do I need to gain weight...?"

If you are among the few scrawny runners who have a hard time adding some muscle, you may be feeling frustrated you can't do something as simple as gain a few pounds. For runners who are too skinny, the struggle to bulk up is equal to that of overfat runners who yearn to trim down. Clearly, genetics plays a powerful role in why some runners have trouble gaining weight (and keeping it on).

Some runners are genetically fidgety; they don't like to sit still. Not only are they active with sports, but they are also active when sitting. For example, when I am counseling skinny clients, I observe them constantly tapping their fingers and shifting around in the chair—activities that burn calories.

The technical term for these spontaneous movements is Non-Exercise Activity Thermogenesis or N.E.A.T. NEAT includes fidgeting, pacing while you wait for the bus, standing (not sitting) while you talk with a teammate, being animated when you talk to friends, or tapping your fingers when watching TV. If you overeat, NEAT helps you dissipate excess energy by nudging you to putter around the house, choose to shoot some hoops, or (yikes!) feel motivated to vacuum the house. NEAT can predict how resistant you'll be to gaining weight (1)

Historically, runners have been told that consuming an extra 500 to 1,000 calories per day will lead to gain of 1 to 2 pounds per week. Nature easily confounds this mathematical approach. For example, in a weight gain study where the subjects were overfed by 1,000 calories per day for 100 days, some people gained only 9 pounds, whereas others gained 29 pounds (2). NEAT likely explains the difference.

Researchers don't understand the source of this increased activity, but they do know that people with higher VO-2max (a measure of athletic potential) are genetically predisposed to spend more time being active throughout the day. Hence the natural ability to be active for long periods (think marathon runners) might be connected to both NEAT and leanness. In contrast, unfit people (with a lower VO2 max; think couch potato) tend to do less spontaneous movement, and that can lead to weight gain (3).

Five tips for boosting calories

Although you cannot change your genetics and your tendency to fidget, you can boost your calorie intake. Here are five tips to help you bulk-up healthfully.

- 1. Eat consistently. Do NOT skip meals; doing so means you'll miss out on important calories needed to reach your goal! Every day, enjoy a breakfast, an early lunch, a later lunch, dinner, and a bedtime meal.
- 2. Eat larger than normal portions. Instead of having one sandwich for lunch, have two. Enjoy a taller glass of milk, bigger bowl of cereal, and larger piece of fruit.
- 3. Select higher calorie foods. By reading food labels, you'll discover that cranapple juice has more calories than orange juice (170 vs. 110 calories per 8 ounces); granola has more calories than Cheerios (500 vs. 100 calories per cup); corn more calories than green beans (140 vs. 40 calories per cup).
- 4. Drink lots of juice and low-fat milk. Instead of quenching your thirst with water, choose calorie-containing fluids. One high school soccer player gained 13 pounds over the summer by simply adding six glasses of cranapple juice (1,000 calories) to his standard daily diet.
- 5. Enjoy peanut butter, nuts, avocado, and olive oil. These foods are high in (healthy) fats, and can be a positive addition to your sports diet by helping knock down inflammation. Their high fat content means they are caloriedense. Add slivered almonds to cereal and sal-

ads, make that PB&J with extra peanut butter, and dive into the guacamole with baked chips (without the 'bad" trans and saturated fats).

6. Do strengthening exercise as well as running. Weight lifting and push-ups stimulate muscle growth so that you bulk-up instead of fatten up. Sooner or later, exercise will stimulate your appetite so you'll want to eat. Exercise also increases thirst so you'll want to drink extra juices and caloric fluids.

Weight gain supplements?

What about buying weight gain drinks? Save your money! As you can see from the chart below, they are expensive and offer nothing you cannot get via food. A hefty PB&J with a tall glass of milk add about 1,000 calories for about \$1.50. You'd spend about \$5.50 getting those calories from Muscle Milk that you mix yourself from powder, or \$14 if you pick up ready-to-drink bottles of Muscle Milk at the convenience store.

To make your own weight gain drink in the morning, blend 1 quart of lowfat milk with 4 packets of Carnation Instant Breakfast and 1/2 cup powdered milk (1,000 calories total). Toss in a banana or other fruit for more calories. Drink half at breakfast and take the rest with you in a travel mug. Easy!

The cost of calories

Gaining weight can be expensive if you choose lots of commercial protein shakes or sports supplements. You can get the same re-

Foods at home	Serving size	Calories	Price	Cost/100 cals
1 cup granola + 1 cup 2% mil	1 bowl	500	\$1.00	\$0.20
Peanut butter & jelly sandwich	3 Tbsp PB; 2 Tbsp jelly; 2 sl oatmeal bread	650	\$0.95	\$0.15
Chocolate milk, 1% fat	16-ounces (tall glass)	300	\$0.60*	\$0.20
Carnation Instant Breakfast	1 packet mixed into 8 ounces 2% milk	250	\$0.80	\$0.32
Welch's 100% grape juice	16-ounces (tall glass)	280	\$1.00*	\$0.36
Muscle Milk, powder	2 scoops	310	\$1.78/serving**	\$0.57
Drinks bought on the ru	n			
Nesquick	16-ounce bottle	300	\$1.79 (at supermarket)	\$0.60
Carnation Essentials	11-ounce bottle ready to drink	260	\$1.75 (based on 4-pack)	\$0.67
Ensure	8-oz bottle	250	\$1.50 (based on 6-pack)	\$0.60
Muscle Milk, ready to drink	14-ounce bottle	230	\$3.59 (at CVS)	\$1.56

^{*} based on ½ gallon price **based on 5-lb tub of powder (\$57)

sults with standard foods (see chart).

Conclusion

By following these rules, you should see progress. But honor your genetics: If your father was slim until age 40, then you might follow the same footsteps. Most people do gain weight with age as they become less active, more mellow, and have more time to eat. Granted, this information doesn't help you today, but it offers optimism for your future.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for new runners and marathoners, and cyclists offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com.

References:

- 1) Levine JA, Ebernath NL, Jensen MD. 1999. Role of nonexercise activity thermogenesis in resistance to fat gain in humans. *Science*. 283(5399):212-4.
- 2) Bouchard, C. 1990. Heredity and the path to overweight and obesity. *Med Sci Sports Exerc* 23(3):285-291.
- 3). Novak CM, Escande C, Burghardt PR, Zhang M, Barbosa MT, Chini EN, Britton SL, Koch LG, Akil H, Levine JA 2010. Spontaneous activity, economy of activity, and resistance to diet-induced obesity in rats bred for high intrinsic aerobic capacity. *Horm Behav* 58(3):355-367

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2012 Glenville/ Schenectady YMCA 5K Race/3K Walk:

We had a spectacular sunny day for this year's 5K event. The race went off at 8:30 a.m. and the temperature was comfortable. A lot of racers turned in some great times and there were success stories throughout the day, from first time 5K runners including our Capital District YMCA "Couch to 5K" participants as well as inspiring moments from community members. Recognition goes out to our top male and female finishers Bobby Gallant, Scotia, NY, in 17:28 and Becky Celorio, Scotia, NY, in 19:23. Also special recognition goes out to our series sponsors Blue Shield of Northeastern NY, 88.3 The Saint and our amazing volunteers. □



Pre-Registration 101

Interested in learning more about race pre-registration? The 2013 race season is coming and with it, the opportunity to work with

race directors on pre-registration.

Come to a workshop on **November 14 from 5:30 – 7:30** (just before the Monthly Club meeting) at the Point of the Woods Club House.

Workshop participants should have a working knowledge of Excel to maximize benefits of the workshop.

If interested, send an email to madams01@nycap.rr.com with PRE-REG in the subject area. There will be handouts so an accurate count of attendees is needed.

Race Directors, you may want to attend so you can better understand how to enhance data information to your pre-registration volunteers.

Stay for the regular Monthly Club meeting after if you desire. Light refreshments will be provided for attendees of the workshop.

Got questions? Contact Marcia Adams, at madams01@nycap. rr.com or 518-356-2551.





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Meeting Minutes of the HMRRC General Meeting August 8, 2012

Attendance: Barb Light, Chuck Terry, Marcia Adams, Jim Tierney, John Parisella, Jon Rocco, Diane Fisher, Jonathan Golden, Maureen Cox, Wade & Anny Stockman, Vince Juliano, Rob Moore, Tom Ryan, Ken Skinner

Call to Order (J. Parisella): Meeting called to order at 7:30PM.

Reading and approval of July 11, 2012 minutes (B. Light). Motion made to approve minutes by Marcia Adams seconded by Rob Moore. Motion passed.

Reports of Officers

President (J. Parisella): No report.

Executive Vice President (J. Rocco): Thank you card from Gaven Clark Gardner from Ichabod Crane School for the Scholarship.

2.3 Executive Vice President – Finance (C. Terry): No report.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): See attached.

Reports of Committees

Membership (D. Fisher): Current membership at 2794. 339 more than this time last year, 42 since last month.

Volunteers (M. Adams): We are working on volunteer special event in September. Susan Love who is the Founder of the Just Run Program will be holding a Youth Running workshop Friday, September 14th from 3-6PM, dinner after. Recognition to mentors on Just Run Program. Sending out invitations to all Just Run mentors and volunteers and athletic directors, and USATF. Program will be held at the Desmond in Albany.

3.3 Public Relations (R. Moore): All press releases to all papers for Tawasentha series and SEFCU race. Director for Dynamic Duo put an ad in Pacesetter but did not get put into the Pacesetter. Vince noted that they had 75 teams and it was very hot and humid. Most participants were youth and scholastic runners. Opened the pool this year and made presentation to Frank Meyer. He thanked HMRRC for allowing the races to be continued. Rob thanked all the clubs for participating. September 22 is the Adirondack Marathon Expo in Schroon Lake from 10AM-5PM. Rob will be attending to put up our HMRRC Booth. Email from SEFCU they would like us to participate in their Not-For-Profit Expo in October. We also have been invited to have free shirt/sneaker recycling booth at Run/Race for the Cure. It is Saturday October 6th. We will have booth there from 7AM-1PM at the Empire Plaza.

3.4 Race Committee (M. Warner): Need to remind Race Directors that the Race Clocks need to be charged before being used at races. There will be a Race Committee meeting in September confirming the race directors and dates for the 2013 season. We will need to identify 2 new Race Directors for Hour Run and Winter Series #1 for 2013. Mark thanked Race Directors for the past months races- for 2 person relay, Pete Newkirk, Hour Run-Doug Bowden, Pentathlon-Todd Messick, Dynamic Duo and Colonie Summer Track Series-Frank Myers, Indian Ladder Trail Run-Mike Kelly and HMRRC Summer Picnic-Cathy Sliwinski. Upcoming races Tawasentha Cross Country Series-8/13, 8/20, 8/27-directed by John Kinnicutt and SEFCU Labor Day Race 9/3 directed by John Parisella. Volunteers are needed for both races.

Race Committee Treasurer (J. Golden): See attached reports.

Pacesetter (R. Nagengast / K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): No report.

Long Range Planning Committee (E. Neiles): No report.

3.11 Just Run Program (K. Skinner): Will have Cross Country program this year.

Unfinished Business:

New Business: Vince is requesting the club consider a grant proposal to vote on next month for a new bike path in Vale Park that runs to Vale Cemetery. It has been started but it fell 650' short of completion. It is a great bike path to use for races to get off of heavily travelled streets. Steve Feeney who is with Schenectady County Economic Development Planning gave Vince a cost from bids they received of \$34,000.00 to finish paving the bike path. He asked if the club would be interested in helping out. Vince is proposing a \$10,000.00 grant as long as it is finished this year and that a plaque is made and placed on the path recognizing the club

for its donation. If the club deems not worthy, Vince is still considering changes to the Stockade-athon course for this year. It is a greenway bike path that will be utilized by everyone and make courses safer for runners, bikers and walkers. Maureen asked if they gave us a guarantee that it would be done before the race. Vince said he would tell them that the grant would be conditioned that the work needs to be completed by Stockade-athon. Ken Skinner asked if Grant Committee looked at it but since it is a Special Grant it wouldn't go through the Grant Committee. It would be considered by the club. Vince made a motion that the club vote at the next meeting on a proposal to give a grant for the Schenectady County Economic Development for \$10,000.00 to complete the greenway bike path with the condition that the grant be completed by November 1st, 2012 and that the county give a plaque put up in cemetery to recognize the contribution of the club. Seconded by Marcia Adams. Motion made to table until next meeting by Ken Skinner, seconded by Maureen Cox. Marcia will send out an email blast about the proposal.

Announcements: Hall of Fame nominations need to be in by end of August. Ed Neiles is the committee chairman and nominations should be sent to him. Marathon and Half Marathon will have Green Sneakers come in for any sneakers donated. At Stockade-athon will have shirt/sneaker drive for Schenectady Mission. CDPHP had meeting and have sent out a chip timing survey. They will compile information and make decision based on that.





The Pace Setter - 15

→ Grand Prix Update →

Race #7 Tawasemtha 5K August 20, 2012

Men

Male Open

- Connor Devine
- Paul Cox
- Richard Messineo 8
- Jeffery Budka
- Tim Budka
- 5 Jonathon Lazzara
- Noah Valvo

Male 30-39

- Josh Merlis
- Aaron Knobloch 10
- 8 **Bob Irwin**
- Mathew Nark
- 6 David Tromp
- 5 David Newman
- 4 Joe Benny

Male 40-49

- Jon Rocco
- Ed Hampston 10
- **Bruce Beesley** 8
- Dennis VanVlack
- Kevin Creagan
- Jonathon Bright 5
- John Williams-Searl

Male 50-59

- Ken Evans
- 10 Bill Ports
- Robert Wither 8
- Richard Clark
- John Parisella 6
- 5 Jim Devine
- 4 **Daniel Esper**

Male 60-69

- Paul Bennett
- **Paul Forbes** 10
- 8 John Stockwell
- 7 Fd Litts
- Joe Yavonditte 6
- **Greg Taylor**

Male 70+

- Ed Bown
- lim Moore
- Wade Stockman
- **Bob Knouse**
- 6 Tony Scott
- Ray Lee

Women

Female Open

- Kristina Gracey
- Shylah Weber
- Meghan Mortensen
- Danielle Skufca
- 16 The Pace Setter

- Emma Hampston
- 5 Angela Gerace
- Laurel Abowd

Female 30-39

- Shelly Binsfeld
- 10 Michelle Pendergast
- 8 Cynthia Zinzow
- 7 Tricia Pendergast
- 6 Susan Bright

Female 40-49

- **Emily Bryans**
- Chris Varley 10
- 8 Leah Giordano
- Tammie Iones
- Kaye Byrne
- 5 Chris Abowd
- 4 Sarah Reed-Esper

Female 50-59

- 12 Inge Aiken
- 10 Susan Burns
- Ioan Celentano 8
- 7 Karen Dott
- Barbara Sorrell 6
- 5 **Deb Sanger** 4 Sharon Fellner

Female 60-69

12 Susan Wong

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
12	Emily Bryans	45	F
10	Connor Devine	18	Μ
8	Kristina Gracey	29	F
7	Josh Merlis	30	Μ
6	Susan Wong	64	F
5	Paul Forbes	62	Μ
4	Jon Rocco	45	Μ

Race #8 SEFCU/ **HMRRC Labor Day 5K** September 3, 2012

Men

Male Open

- 12 Jordan Pantalone
- Jason Lange
- Aaron Lozier
- Matt Lange
- 6 Nick Przekurat
- 5 Jonathon Lazzara
- Daniel Ayala

Male 30-39

12 Michael Roda

- 10 Chris Iudd
- Anthony Giuliano
- losh Merlis
- Andrew Rickert 6
- Clay Lodovice 5
- 4 **David Tromp**

Male 40-49

- Jon Rocco 12
- Kevin Creagan 10
- Ed Menis 8
- Bruce Beesley
- 6 Jeff Loukmas
- Tomo Miyama 5
- 4 John Williams-Searl

Male 50-59

- Ken Evans
- 12 Rick Munson 10
- 8 James McElroy
- 7 Ralph Sansarica
- Mike Brinkman 6
- 5 Richard Kelly
- 4 **Bruce Stevens**

Male 60-69

- 12 Paul Forbes
- Paul Bennett 10
- Juergen Reher 8
- Norman Dovberg
- **Bob Ellison**
- John Stockwell 5 4 Pete Cowie

Male 70+

- Ed Bown
- 10 lim Moore
- Wade Stockman 8
- 7 Chris Rush
- 6 Jim Hotaling
- 5 **Bob Knouse**
- 4 Richard Green

Women

Female Open

- 12 Meghan Davey Mortensen
- 10 Karen Bertasso
- Shylah Weber
- Alicia Bousa
- 6
- Liz Chauhan
- 5 Ada Lauterbach 4 Erin Ring

Female 30-39

- Crystal Perno 12
- 10 Gretchen Oliver
- 8 Sally Drake
- 7 Jennifer Merritt Stephanie Pitts 6
- Stacey Kelley 5 4 Melissa Hasan

Female 40-49 Kimberly Miseno-Bowles

- Penny Tisko 10
- 8 Laurie Hoyt
- Dana Peterson
- Ruth Sadinsky
- 5 Brenda Lennon
- Kirsten LeBlanc

Female 50-59

- Nancy Briskie
- Nancy Taormina 10
- Susan Burns
- Ioan Celentano
- Jenny Lee
- Nancy Piche 5
- Karen Gerstenberger

Female 60-69

- Judy Phelps
- 10 Susan Wong
- Erika Oesterle Martha Degrazia
- Mary Wilsey
- 5 Katherine Ambrosio
- Kathleen Santarcangelo

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
12	Judy Phelps	61	F
10	Susan Wong	64	F
8	Nancy Briskie	55	F
7	Michadel Roda	36	Μ
6	Paul Forbes	62	Μ
5	Jordan Pantalone	1 <i>7</i>	Μ
4	Jason Lange	17	Μ

Total After 8 Races

Men

15

- Male Open
- Paul Cox

Tom O'Grady

- 20 Richard Messineo
- 20 Justin Wood Jonathon Lazzara 17
- 16 **Eric Young**
- 12 Connor Devine
- 12 James Faraci 12 Alex Paley

Chuck Terry

- **Jordan Pantalone** 12 11 Daniel Jordy
- Andrew McCarthy 11
- Dave Vona 11 10 **Jason Lange**
- Josh Merlis 10 10 Ryan Walter
- 8 Aaron Lozier
- 8 Kevin Messineo

- Brendon VanVlack 8
- Jeffery Budka
- Matt Lange
- 7 **Brad Lewis**
- Tim Budka 6
- Nick Przekurat 6
- Mohammad Qneibi
- Daniel Ayala 4
- 4 Ryan Egan
- 4 Andrew Gravelle
- Kevin Treadway
- 4 Noah Valvo

Male 30-39

- 40 Aaron Knobloch
- Michael Roda
- 28 **Bob Irwin**
- **David Tromp** 28
- Joe Hayter 24
- Chris Iudd 22
- Josh Merlis
- 19 Andrew Rickert
- Clay Lodovice 18
- 18 Mathew Nark
- Dennis VanVlack
- 15 Anthony Giuliano
- Chuck Terry 12
- Bill Davis 10
- David Newman 9
- 8 **Eamon Dempsey**
- 8 Richard Hamlin
- 8 Joey Sullivan
- 7 Jon Catlett
- 6 Chris Nowak
- Aaron Robertson 6
- 6 **Todd Smith**
- Jonathon Golden
- 5 Kevin Shaughenssey
- loe Benny
- 4 Michael Clark
- 4 Brian Northan
- 4 Matthew Purdy

Male 40-49

- Jon Rocco
- 37 **Ed Hampston**
- 27 Christian Lietzau
- 25 Kevin Creagan
- 25 Ken Tarullo
- Brian DeBraccio 22
- 20 John Williams-Searl
- Thomas Kracker 18
- Dennis VanVlack 18
- 14 **Bruce Beesley**
- 14 Ed Menis
- Tim Hoff 12
- 10 Lukus Becker
- Neil Sergott 10
- 8 Craig Tynan
- Douglas Campbell 7
- Timothy Egan, Sr.
- Dan Korff
- 6 Jonathon Bright
- Russel Lauer
- Jeff Loukmas 6
- John Stadtlander 6 Bill Grimaldi 5
- 5 Joe McDonald
- 5 Samuel Mercado, Jr.
- 5 Tomo Miyama
- Gil Chorbajian

- Steve Cummings
- 4 Sunil Kumta

Male 50-59

- 54 Ken Evans
- 36 Derrick Staley
- 32 Richard Clark
- 24 Robert Wither
- 22 Rick Munson
- John Noonan
- 17 Robert Somerville
- 16 Ed Gravelle
- 12 Dan Cantwell
- Jim Giglio 12
- 12 John Parisella
- 10 Kevin Dollard
- 10 Bill Martin
- 10 James McElroy
- 10 Bill Ports
- William Venner 10
- 8 Bryan Coyne
- 8 Tom Dalton
- 8 Tom Tift
- John Beard
- 7 Steve Conant
- Keith Haugen
- 7 7
- Ralph Sansaricq
- 6 Mike Brinkman
- 6 John Couch
- 6 Richard Kelly
- 6 **Rob Picotte**
- 5 Robert Colborn
- 5 lim Devine
- 5 Dan Nugent 5 Martin Patrick
- 5 Steve Vnuk
- 4 loe Benoit
- Michael Bromm
- 4 **Daniel Esper**
- 4 **Bruce Stevens**

Male 60-69

- Paul Forbes 72
- 59 Paul Bennett
- 35 Norman Dovberg
- John Stockwell 33
- 32 Tom McGuire
- 32 Juergen Reher
- 22 Carl Matuszek 18 Ken Klapp
- 14 **Bob Ellison**
- 14 Pat Glover
- 13 Tom Adams
- 13 Ed Litts
- loe Yavonditte 13 Frank Broderick 11
- 10 Peter Gerardi
- Frank Myers
- 6
- 5 Jim Fiore
- 5 **Greg Taylor**
- 5 Jim Thomas
- 4 Pete Cowie
- 4 Tom Kollar
- 4 George Jackson Charles Terry

Male 70+

- 72 Ed Bown
- 54 Wade Stockman
- lim Moore 52
- 25 Ray Lee

- 19 Chris Rush
- 16 James McGuiness
- **Bob Knouse** 12
- Joseph Richardson
- Charles Bishop
- 6
- 6 Jim Hotaling
- 6 Tony Scott Raymond Bremm 4
- Richard Green 4

Women

Female Open

- Meghan Davey Mortensen
- 48 Kristina Gracey
- 35 Shylah Weber
- 26 Karen Bertasso
- Alicia Bousa 17 Roxanne Wegman 17
- Lisa D'Aneillo 14
- Tarvn Reese 14
- 13 Kelcev Heenan
- 12 Erin Rightmyer
- Jody Robertson 12 10 Alison Kerr
- 10 Brina Seguine
- 8 Liz Chauhan
- Kelly Virkler 8
- Danielle Skufca 7 6 Emma Hampston
- 6 Katie Jones
- Kristen Quaresimo
- 6 Leah Schaffer 6 Joselin Schmitz-Morfe
- 5 Amy Becker
- 5 Michelle Davis
- 5 **Kylar Foley** 5 Angela Gerace
- Ada Lauterbach 5
- 4 Laurel Abowd Michelle Carter 4

4 Erin Ring

- **Female 30-39**
- Gretchen Oliver
- Crystal Perno 53
- Shelly Binsfeld 34
- 32 Sally Drake
- Stacey Kelley 19
- Michelle Pendergast 10 9 Cynthia Zinzow
- 8 Jessica Chapman
- 8 Shannon Judisky
- Sonya Pasquini 8
- Renee Toland Christine Ardito
- 7 Jennifer Merritt
- 7 Tricia Pendergast 7 Diana Tobin-Knobloch
- 6 Susan Bright
- Erin Corcoran 6 Leah Jachym 6
- 6 Stephanie Pitts Deanne Webster 6
- 6 Stephanie Wille
- Sabrina Krouse 5 Sara Madden 5
- 5 Laura Zima Kari Deer

- Melissa Hasan
- 4 Kim Morrison

Female 40-49

- **Emily Bryans**
- 44 Chris Varley
- 34 Anne Benson
- 30 Kimberly Miseno-Bowles 23 Stacia Smith
- 19 Barbara Light
- 17 Judy Guzzo
- 17 Regina McGarvey
- Penny Tisko 14
- 13 Megan Leitzinger 12 Connie Smith
- 10 Mary Ibbetson
- 10 Dana Peterson
- Karen Dolge 8
- 8 Roxanne Gillen
- Leah Giordano
- 8 Laurie Hoyt
- 7 Marcy Beard Tammie Jones
- 7 Kathy VanValen
- 6 Kave Byrne
- 6 Heather Machabee
- **Ruth Sadinsky** 6 5 Chris Abowd
- 5 Miriam Hardin
- 5 Brenda Lennon 4 Kay Byrne
- 4 Martha Gohlke
- 4 Kirsten LeBlanc 4 Sarah Reed-Esper
- Female 50-59
- 53 Susan Burns Ioan Celentano
- 36 Jenny Lee 27 Nancy Taormina
- 24 Nancy Briskie
- 22 Nancy Nicholson
- Beth Stalker 22 19 Karen Dott
- Karen Provencher 16
- Cathy Sliwinski 15 Karen Gerstenberger 13
- 12 Inge Aiken
- 12 Maureen Fitzgerald 12 Peggy McKeown
- Maryanne McNamara 11 Joan Brown 10
- Kathleen Goldberg 10 Sharon Fellner
- Donna Charlebois

8

- **Sharon Desrochers** 6 Lois Green
- Joyce Reynolds 6 Barbara Sorrell
- 5 Harriet Jaffe
- 5 Nancy Piche 5 Deb Sanger Jill Mehan
- Aileen Muller Daine Peverly
- Valerie Pezzula Kim Sack
- Female 60-69 64 Susan Wong
- Judy Phelps
 - - The Pace Setter 17

- 41 Katherine Ambrosio
- 28 Mary Wilsey
- 27 Martha Degrazia
- 24 Erika Oesterle
- 14 Judy Lynch
- 7 Ginny Pezzula
- 6 Sue Nealon
- 5 Jacqueline Tremont
- 4 Linda Keelev
- 4 Kathleen Santarcangelo

Female 70+

- 66 Anny Stockman
- 28 Eiko Bogue
- 12 Coral Crossman
- 12 Marge Rajczewski

Age Graded

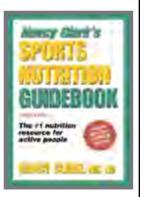
	Runner	Age	G
52	Susan Wong	64	F
46	Judy Phelps	60/6	1 F
43	Paul Forbes	61/6	^{2}M
36	Derrick Staley	53	M
26	Emily Bryans	44/4.	5 F
17	Paul Bennett	61	M
16	John Noonan	52	M
16	Beth Stalker	52	F
15	Nancy Briskie	54/5.	
14	Anne Benson	47	F
12	Karen Provencher	5 <i>7</i>	F
11	Michadel Roda	36	M
10	Connor Devine	18	Μ
10	Tom O'Grady	26	M
10	Jodie Robertson	27	F
10	Chuck Terry	30	Μ
8	Kristina Gracey	29	F
8	Kevin Dollard	56	M
8	Jon Rocco	45	Μ
8	Justin Wood	28	Μ
7	Josh Merlis	30	Μ
7	Nancy Nicholson	50	F
6	Christian Lietzau	48/49	
6	Carl Matuszek	60	Μ
5	Ken Klapp	62	Μ
5	Jordan Pantalone	17	Μ
5	Marge Rajczewski	<i>7</i> 1	F
4	Joe Hayter	31	Μ
4	Jason Lange	17	Μ
4	Anny Stockman	80	F



18 - The Pace Setter

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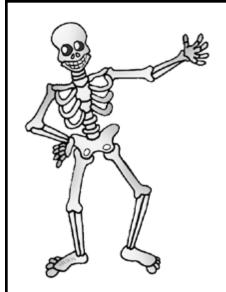
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Or, send check to *Sports Nutrition Services*PO Box 650124, West Newton MA 02465
Ph 617.795.1875 • MA Residents: +6.25% tax



It's scary

how many volunteers we need at each event! If your name is not on the list, please consider signing up today!

<u>Volunteers needed for:</u> Marathon and Half

Marathon —sign up online today — see event website

Stockade-athon Turkey Raffle Run Winter Series #1

We need your bones!!!

HAPPY HALLOWEEN!

Marcia Adams Volunteer Coordinator

If interested, contact
Marcia Adams,
Volunteer Coordinator,
at 356-2551 or
madams01@nycap.rr.com

It's not just about running...



3RD Annual Hilltown Christmas 5K

"RUN FOR THE HILL"

Entry Fee \$20.00 by 10/29/12 or \$25.00 Race day *No Refunds* FREE Tee Shirt for the first 150 participants

Drop boxes will be available for those wishing to donate a new unwrapped toy

"RUN FOR THE HILL" SATURDAY NOVEMBER 3rd 2012 10:00AM

CORNELL COOPERATIVE EXTENTION MARTIN RD VOORHEESVILLE, NY 12186

Registration & Parking will be at the Cornell
Cooperative Extension building
If additional parking is necessary, please use the
Voorheesville Middle School parking lot south/west of
Martin Rd.

All proceeds go directly to the Albany County Sheriff's Hilltown Christmas program, The Hilltown Christmas program has been assisting families for the past 21 years, Last season alone we assisted more than 200 Albany County families with Food, Toys, Clothing and a little Holiday cheer. If you can not attend and would like to make a donation please make check payable to ACSD Hilltown Christmas 390 New Salem Rd. Voorheesville, NY 12186 or check www.albanycountysheriff.com for drop box locations.





Prizes will be given to the top male and female in the following age groups

14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70+

A prize will be awarded to the top male and top female in the public safety category

LAST NAME			FIRST	NAME
ADDRESS				
CITY			STATE _	ZIP CODE
EMAIL			AGE	GENDER
SHIRT SIZE	XL	LG	MD _	SM * Sizes are NOT guaranteed *
PUBLIC SAFETY	PERSONNE	LYE	ESNO	AGENCY
MAKE CHECKS P.	AYABLE TO:	: ALBANY	COUNTY SE	IERIFF'S HILLTOWN CHRISTMAS
MAIL APPLICATION	ON & CHECK	K TO : 390 N	NEW SALEM	RD VOORHEESVILLE NY 12186
Albany County Sheriff's Voorheesville High Sch suffer in conjunction wi	s Office, Town of ool and the volun th this race. I also sion to any and all	f New Scotland teers and organ certify that I a I the foregoing	d, Village of Voor nizers and sponso am in good physic	all claims for damages I may have against the heesville, Cornell Cooperative Extension, rs affiliated with this event, for any injuries I any cal condition and have trained for this race. Further, I as, videotapes, motion pictures recordings and/or any
SIGNATURE				DATE

SEFCU Labor Day 5K



20 - The Pace Setter

Anniversary Run



The Pace Setter - 21



Go to HMRRC.COM for pictures

CLUB RUNNING APPAREL

Circle size and color where appl	<u>icable</u>	Cost:	<u>Total:</u>		
Dryline Zip Shirt, black, Male S,M	I.L: Female L.XL	\$36			
Insport Tights, black, Male, S; Fer		\$20			
Knit Hat , navy, black, light blue	•	\$ 8			
Thermax Gloves, black		\$ 8			
Warm-Ups, black and gray jacke	t and pants, Male S,M,L	\$65			
Long Sleeve Coolmax Shirts:	, , , ,	·			
	neck, club logo on sleeve, Unisex S,M,L,XL	\$22			
Mock Turtleneck, club logo on che		\$22			
Coolmax Singlets:					
White with royal blue side par	nels, Female M,L - CLEARANCE	\$11			
White with royal blue side par		\$21			
Short Sleeve Coolmax Shirts:	• • • • • • • • • • • • • • • • • • • •				
Hind with reflective stripes, M	ale, mustard S,XL, grey S; blue M,L,XL	\$25			
Female V-neck, lemon, purple	<u> </u>	\$20			
Shorts with white club logo					
	KL; light blue S,M,L; turquoise L - CLEARANCE	\$15			
Female Adidas, black with blue to		\$15			
Female Race Ready Shorts, ro	yal blue - ALL ON CLEARANCE				
Split-cut, 1" inseam, M,L - CLE	•	\$15			
	nseam, back mesh pockets, blue, L - CLEARANCE	\$15			
V-Notch, 3" inseam, S,XL - Cl	\$15				
V-Notch Long Distance, 3" in	\$15				
Easy, 4" inseam, S,M,L - CLEAI	\$15				
Easy Long Distance, 4" insec	\$15				
• •	re royal blue except where noted				
Split-cut, 1" inseam, S,M,XL r	·	\$19			
V-Notch, 3" inseam, S,M,XL	•	\$19			
	nseam, back mesh pockets, M,L, XL	\$24			
Easy, 4" inseam, S,M,XL	, , , , , , , , , , , , , , , , , , , ,	\$21			
	am, back mesh pockets, S,M,L,XL	\$25			
Sixers, black, 6" inseam, bac		\$27			
Running Cap, embroidered logo,	•	\$11			
	th royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$2	·			
	te, blue, neon yellow \$2.25 ea. or 3/\$6	_0			
If ordering only this item, postage					
0 ,		. DUE:			
A"	onces include 0% sales lax				
Check Payable to: HMRRC	(Hyan want incomes and \$105 for the second		pping \$5.30		
•	(If you want insurance, add \$1.85 for items up Gift Certificates available for any amount - add \$				
Mail Order Form w/ Check to:	,		•		
Christine Renaldi	Name				
17 Swayze Drive	Phone				
Latham, NY 12110					
Email: c_dahlem@yahoo.com	mail: c_dahlem@yahoo.com				

			Event Schedule		
Date	Time	Event	Location	Contact	Email
10/6	9:00 AM	18th Annual Susan G. Komen Northeastern New York Race for the Cure. 5K Run	Empire State Plaza	Lynette Stark	Info@komenneny.org
10/6	9:00 AM	18th Annual Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School, Burnt Hills	Paul Lewandowski	ssalmonlew@aol.com
10/6	8:00 AM	7th Rogers Rangers Challenge (triathlon)	Hogtown Trailhead, Bolton	Faith Bouchard	rogersisland@gmail.com
10/6	9:30 AM	2nd Annual Rhino Run 5k	Crossings of Colonie	Lori and Frank Murray	rhinorun@verizon.net
10/7	8:30 AM	11th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Cathy Sliwinski	csliwin@nycap.rr.com
10/7	8:30 AM	30th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski	csliwin@nycap.rr.com
10/7	9:00 AM	River View Run for Parkinson's Research	Route 218, Cornwall on Hudson	Mary Kelly	riverviewrun@gmail.com
10/7	9:00 AM	Castle to River Run 10K, 5K and 1-Mile Kid's Race	Philipstown Community Center, Garrison	Amber Stickle	amber@philipstownrecreation .org
10/7	9:30 AM	5th Annual GO 5K Road Race	Camp Russell, Richmond	Ann Wildgoose	annwildgoose@hotmail.com
10/14	1:00 PM	Shine On 5K	Spencertown Firehouse	Tammy Page	spencertownauxiliary5k@gmai l.com
10/20	9:30 AM	12th Annual Great Pumpkin Challenge 5K & 10K	Saratoga Spa State Park	Heather Varney	hvarney@saratogabridges.org
10/20	9:30 AM	5K Bite Back For A Cure (benefits Tick Borne Disease Alliance)	The Crossings of Colonie 580 Albany Shaker Rd.	Heidi Buono	albanylymewalk@gmail.com
10/27	8:30 AM	5K Run/ 3K Walk & Kids Fun Run	Troy YMCA	Tammy Roberts	troberts@cdymca.org
10/27	9:00 AM	The Maddie's Mark 5K	Schenectady Central Park	Lori Antolick	lantolick@nycap.rr.com
11/11	9:00 AM	38th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/18	10:00 AM	HMRRC Turkey RaffAL Run 1 Hour	The Crossings Colonie NY	Al Maikels	afmcpa1040@yahoo.com

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

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

NEW MEMBERS NEW MEMBERS NEW MEMBERS Expecting Allow 8 to 10 weeks before setter Allow 8 to 10 weeks before Club
Allow 8 to 10 your first
Hudson-Mohawk Road Runners Club
Membership Application
Name Sex Age D.O.B
Address Occupation
City State Zip Phone
TYPE OF MEMBERSHIP DESIRED (Check one): INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE OR FAMILY (\$15) Names NEW APPLICANT RENEWAL GIFT MEMBERSHIP E-MAIL
For those who can afford it!
My additional tax-deductible contribution: \$10 \$20 \$50 \$100 \$
L
Mail applications to: Make checks payable to: HUDSON-MOHAWK ROAD RUNNERS CLUB HUDSON-MOHAWK ROAD RUNNERS CLUB P.O. BOX 12304, ALBANY, NY 12212
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!