## Hepace <br> October 2012 <br> The monthly news magazine of The Hudson-Mohawk Road Runners Club

# The Garetie Stockait-athon 1-3K 

## Celebrates 37 Years

## Join us on Sunday, November 11 ${ }^{\text {th }}$, 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-athom 15 K - Sunday, Nov. 11 in Central Park, Schenectady, Newy York
- 15K USATF \& HMMRRC Grand Prix Event
- USATF - Regional Competition - Open, Masters, Age-Graded, \& Team Givisions
- \$5,000 Cash Prizes — presented ky Fleet Feet Sports

1-mile-Duck Pond Run for children
Last Chance registration and early packet pick-upp will be held Saturday, November 10th from 9:30am to 1:00pm at the Gazette Newspapers Building at 2345 Maxon R̉id: Schenectady.

RUNNER PERKS: Brooks L/S Technical Shirt to the first 900 men and 900 women who pre-register. Gender specific sizes availáble.. 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 15 K ; it felt like cros's 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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## HMRR(

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 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.


## 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:<br>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 5 K 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 HalfMarathon 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 5 k 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 9 m 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



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 | Burnt Hills, NY | 10/14 Mount Desert Island Marathon | Bar Harbor, ME |
| :--- | :--- | :--- | :--- |
| 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 |
| 10/13 Race Away Stigma 5k | Troy, NY | 10/21 Hometown Heroes $5 k$ | Colonie, NY |
| 10/13 Octoberfest Half Marathon | Peru, NY | 10/27 Anne's Quest $5 k$ | Latham, NY |
| 10/13 UA Homecoming 5k | Albany, NY | 10/27 Maddie's Mark 5k | Schenectady, NY |
| 10/13 Falling Leaves 5k | Ballston Spa, NY | 10/27 Great Pumpkin Prediction Race | 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 <br>  <br>  <br>  <br> Entry New Scotland Avenue |
| :--- | :--- |
|  | Albany, NY |

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, $10 \mathrm{am}-2 \mathrm{pm}$ 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!

## 5K WALK/RUN ENTRANT'S INFORMATION

## Name:

Age: $\qquad$ Phone: (___ _ _ $-$
Email:
Address:
City, State, Zipcode:
Circle T-Shirt Size: S M L XL

## 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 of \$
APPLICATION AND ENTRY FEES SHOULD BE SENT TO:

## ACPHS

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

# "BEEN THERE, DONE THAT" 

## 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 23 rd , 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 25 K and 5 K races were held on the Colonie bike path on the 23 rd. Dale Keenan won the 25 K with a 1:26:41, good for a $5: 35 / \mathrm{mile}$ pace. Daniele Cherniak was the female winner with a 1:47:40. Steve McElwain won the 5 K 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 $5: 51 / \mathrm{mile}$ pace. Gayle Porcelli from Plattsburgh was the female winner with a 2:56. There were 537 finishers.
- Vinny O'Brien won the Childs Challenge 5 K 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 SerthGuzzo was the female winner with a $38: 31$. The winners of the 5 K 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 5 K in Albany with a quick 14:41, good for a $4: 44 / \mathrm{mile}$ 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 5 K 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 AMSaratoga 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 10 - The Pace Setter
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 Urba-na-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

$$
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$$

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, $1972 . \square$


Faster than Paulie


## 预：BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

解 GORILLA＂MEDAL＂TO ALL FINISHERS IN THE HALF


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

## EvEnt Schedule

8：00am：Day－of registration and packet pickup opens

9：15am：Day－of registration and packet pickup closes
9：30am：Squirrelly 6 m and Hairy Gorilla Half Marathon
12：00pm：Hairy Gorilla Half Marathon Awards Ceremony

Entry fees are non－refundable．
Early Registration：Postmarked by October 20.
＊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 com－ memorative item．The course is decorated in the spirit of well as numerous cemeteries indicating the demise of many participants by name．There is a huge cook－out．

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

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．：）


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．
$\qquad$ DATE $\qquad$ PARENT＇S SIGNATURE

# For Scrawny Runners: How to Gain Weight Healthfully 

"My 8th grade son runs cross-country. He is $5^{\prime} 6$ " 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 chairactivities 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 |
| :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \hline 1 \text { cup granola + } \\ & 1 \text { cup 2\% mil } \\ & \hline \end{aligned}$ | 1 bowl | 500 | \$1.00 | \$0.20 |
| Peanut butter \& jelly sandwich | $\begin{aligned} & 3 \text { Tbsp PB; } 2 \text { Tbsp jelly; } 2 \\ & \text { sl oatmeal bread } \\ & \hline \end{aligned}$ | 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 run |  |  |  |  |
| Nesquick | 16-ounce bottle | 300 | $\begin{aligned} & \hline \$ 1.79 \\ & \text { (at supermarket) } \end{aligned}$ | \$0.60 |
| Carnation Essentials | 11-ounce bottle ready to drink | 260 | $\begin{aligned} & \$ 1.75 \\ & \text { (based on 4-pack) } \end{aligned}$ | \$0.67 |
| Ensure | 8-oz bottle | 250 | $\begin{aligned} & \$ 1.50 \\ & \text { (based on 6-pack) } \end{aligned}$ | \$0.60 |
| Muscle Milk, ready to drink | 14-ounce bottle | 230 | $\begin{aligned} & \$ 3.59 \\ & \text { (at CVS) } \end{aligned}$ | \$1.56 |

[^0]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):2124.
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 5 K 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 5 K runners including our Capital District YMCA "Couch to $5 \mathrm{~K}^{\prime \prime}$ 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. $\square$


## Pre- <br> 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.


The Pace Setter - 13
Stuyvesant Plaza • 1475 Western Avenue Albany 12203 www.bountifulbread.albany.com
and


# 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 $14^{\text {th }}$ 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 Octo-
ber. 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, PentathlonTodd Messick, Dynamic Duo and Colonie Summer Track Series-Frank Myers, Indian Ladder Trail RunMike 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 $1^{\text {st }}, 2012$ 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.

Adjourn: Motion made to adjourn by Marcia Adams, seconded by Maureen Cox, meeting adjourned at 8:50PM. $\square$


## $\infty$ Grand Prix Update $\boldsymbol{\infty}$



40

## Male 30-39

## Male 40-49

Brendon VanVlack
Jeffery Budka
Matt Lange
Brad Lewis
Tim Budka
Nick Przekurat
Mohammad Qneibi
Daniel Ayala
Ryan Egan
Andrew Gravelle
Kevin Treadway
Noah Valvo

Aaron Knobloch
Michael Roda
Bob Irwin
David Tromp
Joe Hayter
Chris Judd
Josh Merlis
Andrew Rickert
Clay Lodovice
Mathew Nark
Dennis VanVlack
Anthony Giuliano
Chuck Terry
Bill Davis
David Newman
Eamon Dempsey
Richard Hamlin
Joey Sullivan
Jon Catlett
Chris Nowak
Aaron Robertson
Todd Smith
Jonathon Golden
Kevin Shaughenssey
Joe Benny
Michael Clark
Brian Northan
Matthew Purdy

Jon Rocco
Ed Hampston
Christian Lietzau
Kevin Creagan

Tim Hoff

## Steve Cummings <br> Sunil Kumta

Male 50-59
54 Ken Evans
36 Derrick Staley
Richard Clark
Robert Wither
Rick Munson
John Noonan
Robert Somerville
Ed Gravelle
Dan Cantwell
Jim Giglio
John Parisella
Kevin Dollard
Bill Martin
James McElroy
Bill Ports
William Venner
Bryan Coyne
Tom Dalton
Tom Tift
John Beard
Steve Conant
Keith Haugen
Ralph Sansaricq
Mike Brinkman
John Couch
Richard Kelly
Rob Picotte
Robert Colborn
Jim Devine
Dan Nugent
Martin Patrick
Steve Vnuk
Joe Benoit
Michael Bromm
Daniel Esper
Bruce Stevens

## Male 60-69

72 Paul Forbes
Paul Bennett
Norman Dovberg
John Stockwell
Tom McGuire
Juergen Reher
Carl Matuszek
Ken Klapp
Bob Ellison
Pat Glover
Tom Adams
Ed Litts
Joe Yavonditte
Frank Broderick
Peter Gerardi
Frank Myers
Jim Fiore
Greg Taylor
Jim Thomas
Pete Cowie
Tom Kollar
George Jackson
Charles Terry

## Male 70+

72 Ed Bown
54 Wade Stockman
52 Jim Moore
Ray Lee

| 19 | Chris Rush |
| :--- | :--- |
| 16 | James McGuiness |
| 12 | Bob Knouse |
| 7 | Joseph Richardson |
| 6 | Charles Bishop |
| 6 | Jim Hotaling |
| 6 | Tony Scott |
| 4 | Raymond Bremm |
| 4 | Richard Green |

## Women

## Female Open

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

## Female 30-39

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

4 Melissa Hasan
4 Kim Morrison

## Female 40-49

48 Emily Bryans
44 Chris Varley
34 Anne Benson
30 Kimberly Miseno-Bowles
23 Stacia Smith
19 Barbara Light
17 Judy Guzzo
17 Regina McGarvey
14 Penny Tisko
13 Megan Leitzinger
12 Connie Smith
10 Mary Ibbetson
10 Dana Peterson
8 Karen Dolge
8 Roxanne Gillen
8 Leah Giordano
8 Laurie Hoyt
7 Marcy Beard
7 Tammie Jones
7 Kathy VanValen
6 Kaye Byrne
6 Heather Machabee
6 Ruth Sadinsky
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
41 Joan Celentano
36 Jenny Lee
27 Nancy Taormina
24 Nancy Briskie
22 Nancy Nicholson
22 Beth Stalker
19 Karen Dott
16 Karen Provencher
15 Cathy Sliwinski
13 Karen Gerstenberger
12 Inge Aiken
12 Maureen Fitzgerald
12 Peggy McKeown
11 Maryanne McNamara
10 Joan Brown
10 Kathleen Goldberg
8 Sharon Fellner
7 Donna Charlebois
7 Sharon Desrochers
6 Lois Green
6 Joyce Reynolds
6 Barbara Sorrell
5 Harriet Jaffe
5 Nancy Piche
5 Deb Sanger
4 Jill Mehan
4 Aileen Muller
4 Daine Peverly
4 Valerie Pezzula
4 Kim Sack

## Female 60-69

64 Susan Wong
60 Judy Phelps

| 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 Keeley |
| 4 | Kathleen Santarcangelo |

Female 70+
66 Anny Stockman
Eiko Bogue
12 Coral Crossman
12 Marge Rajczewski

Age Graded

|  | Runner | Age | G |
| :--- | :--- | :--- | ---: |
| 52 | Susan Wong | 64 | F |
| 46 | Judy Phelps | $60 / 61 \mathrm{~F}$ |  |
| 43 | Paul Forbes | $61 / 62 \mathrm{M}$ |  |
| 36 | Derrick Staley | 53 | M |
| 26 | Emily Bryans | $44 / 45 \mathrm{~F}$ |  |
| 17 | Paul Bennett | 61 | M |
| 16 | John Noonan | 52 | M |
| 16 | Beth Stalker | 52 | F |
| 15 | Nancy Briskie | $54 / 55$ | F |
| 14 | Anne Benson | 47 | F |
| 12 | Karen Provencher | 57 | F |
| 11 | Michadel Roda | 36 | M |
| 10 | Connor Devine | 18 | M |
| 10 | Tom O'Grady | 26 | M |
| 10 | Jodie Robertson | 27 | F |
| 10 | Chuck Terry | 30 | M |
| 8 | Kristina Gracey | 29 | F |
| 8 | Kevin Dollard | 56 | M |
| 8 | Jon Rocco | 45 | M |
| 8 | Justin Wood | 28 | M |
| 7 | Josh Merlis | 30 | M |
| 7 | Nancy Nicholson | 50 | F |
| 6 | Christian Lietzau | $48 / 49 \mathrm{M}$ |  |
| 6 | Carl Matuszek | 60 | M |
| 5 | Ken Klapp | 62 | M |
| 5 | Jordan Pantalone | 17 | M |
| 5 | Marge Rajczewski | 71 | F |
| 4 | Joe Hayter | 31 | M |
| 4 | Jason Lange | 17 | M |
| 4 | Anny Stockman | 80 | F |



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

Volunteers needed for: 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

Jt's not inst about running...
$3^{\text {RD }}$ 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


Prizes will be given to the top male and female in the following age groups
$14 \&$ under $\quad$ 15-19 20-29 30-39 40$49 \quad 50-59 \quad \mathbf{6 0 - 6 9}$ 70+

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

LAST NAME FIRST NAME

## ADDRESS

CITY
EMAIL
SHIRT SIZE $\qquad$ XL _ LG LG ___ MD $\qquad$ SM * Sizes are NOT guaranteed *

PUBLIC SAFETY PERSONNEL $\qquad$ YES $\qquad$ NO AGENCY $\qquad$ MAKE CHECKS PAYABLE TO: ALBANY COUNTY SHERIFF'S HILLTOWN CHRISTMAS

MAIL APPLICATION \& CHECK TO : 390 NEW SALEM RD VOORHEESVILLE NY 12186

Participant waiver: by signing below I hereby release and waive any and all claims for damages I may have against the Albany County Sheriff's Office, Town of New Scotland, Village of Voorheesville, Cornell Cooperative Extension, Voorheesville High School and the volunteers and organizers and sponsors affiliated with this event, for any injuries I any suffer in conjunction 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 the foregoing to use photographs, videotapes, motion pictures recordings and/or any other record of this event for any purpose.

SIGNATURE $\qquad$ DATE $\qquad$

## SEFCU Labor Day 5K



## Anniversary Run



## CIUB RUNNING APPAREL

## Circle size and color where applicable

Dryline Zip Shirt, black, Male S,M,L; Female L,XL
Insport Tights, black, Male, S; Female S,L
Knit Hat, navy, black, light blue
Thermax Gloves, black
Warm-Ups, black and gray jacket and pants, Male S,M,L
Long Sleeve Coolmax Shirts:
Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL
Mock Turtleneck, club logo on chest, Unisex black M, L,XL
Coolmax Singlets:
White with royal blue side panels, Female M,L - CLEARANCE
White with royal blue side panels, Male $S, M, L, X L$
Short Sleeve Coolmax Shirts:
Hind with reflective stripes, Male, mustard S, XL, grey S; blue M,L,XL
Female V-neck, lemon, purple, S,M,L,XL; red S,M,L
Shorts with white club logo
Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE
Female Adidas, black with blue trim, XL - CLEARANCE
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE
Split-cut, 1" inseam, M,L-CLEARANCE
Split-cut Long Distance, 1" inseam, back mesh pockets, blue, L - CLEARANCE
V-Notch, 3" inseam, S,XL - CLEARANCE
V-Notch Long Distance, $3^{\prime \prime}$ inseam, back mesh pockets, L - CLEARANCE
Easy, 4" inseam, S,M,L - CLEARANCE
Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL
Male Race Ready Shorts, all are royal blue except where noted Split-cut, 1" inseam, S,M,XL royal
V-Notch, $3^{\prime \prime}$ inseam, S,M,XL royal; L black
V-Notch Long Distance, $3^{\prime \prime}$ inseam, back mesh pockets, M,L, XL Easy, 4" inseam, S,M,XL
Easy Long Distance, $4^{\prime \prime}$ inseam, back mesh pockets, S,M,L,XL
Sixers, black, 6" inseam, back mesh pockets, S
Running Cap, embroidered logo, white, white/royal
DeFeet Coolmax Socks, white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20
Smart ID tag, snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6
If ordering only this item, postage is $\$ .44$

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17 Swayze Drive
Latham, NY 12110
Email: c_dahlem@yahoo.com

All prices include 8\% sales tax
TOTAL DUE:
If you want insurance, add $\$ 1.85$ for items up to $\$ 50$, $\$ 2.35$ for $\$ 50-\$ 100$ ) Gift Certificates available for any amount - add \$.45. Smart ID tags, add . 45

Name
Phone
Email

All pices include $8 \%$ sale
$\qquad$
$\qquad$

Cost: Total:
\$36
\$20
\$ 8
\$ 8

$\qquad$
$\qquad$


| Event Schedule |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Date | Time | Event | Location | Contact | Email |
| 10/6 | 9:00 AM | 18th Annual Susan G. <br> 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 <br> 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 15 K $[\mathrm{GP}]$ | 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

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


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

Irealize there are certain dangers associated with distancerunning. Ihereby 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 ormembers, 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 î̀; 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)
$\square$ I am interested in becoming more actively involved in the Club!


[^0]:    * based on $1 / 2$ gallon price $\quad$ **based on 5-lb tub of powder (\$57)

