

The Pace Setter

March 2014

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



WINTER SERIES #4





THIS EVENT IS SURE TO PUT A SPRING IN YOUR STEP.

Spring has arrived. Shake the rust off, come to beautiful Columbia County and see what runners from all over the region who have discovered: Sean's Run is a small town race with a big time festive feel. You will traverse the streets of our charming village, enjoy the many amenities and nice giveaways, experience the fun atmosphere, meet our dedicated volunteers and generous sponsors and feel a special spirit all in support of an important cause. Event shirts to the first 1,400 entries. Again this year: Sean's Rides, our well managed bicycling event with its own special amenities and superb 20- and 50-mile routes on the day before the 5K.

See our website for details and event registration: seansrun.com

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

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Photos in this issue by Neil Sergott

Ad Director Volunteer for The Pace Setter Magazine Needed

The Pace Setter is seeking a volunteer Ad Director to manage ad insertions for the magazine on a monthly basis. Time commitment is approximately 3 hours per month. If interested, please email the editor at pseditor123@gmail.com for more information.

HMRRRC Mission Statement

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

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

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President's Message

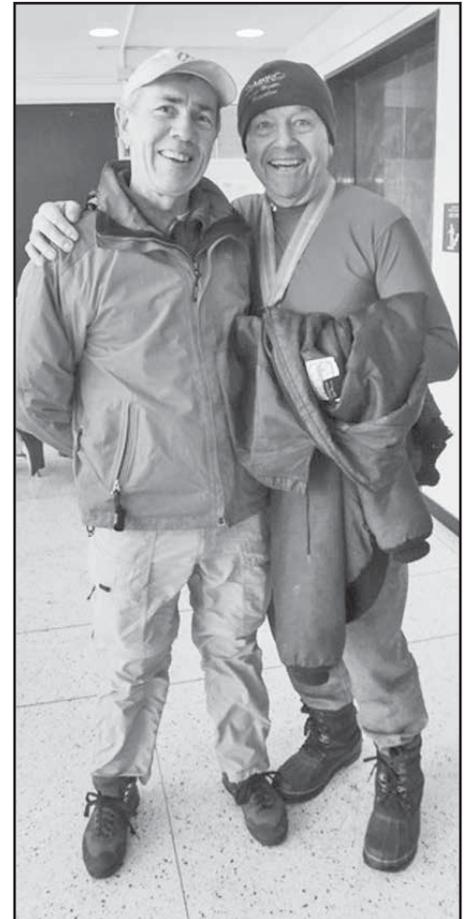
by Maureen Cox

March and all its madness is upon us. There is something about the hint of spring that perks us up and gets us moving. I hope you have all set your sights on the races you plan to participate in and have registered. Running continues to grow in its popularity which is wonderful as it hopefully will help to combat the obesity epidemic we are facing. It seems that everyone wants to get into the race these days. As a Club we have several popular races – from those that kick off the running season to our great local marathon and half marathon – that attract the attention of runners and they sell out quickly. We are not alone in this dilemma, and every race director and club strives to accommodate the runners with a safe and enjoyable event balanced with what the host locality will allow. Race organization and all the behind the scenes activity that makes the event go smoothly and safely are due to the tireless efforts of volunteers who give their time and talents to make the event happen. They do their best to accommodate as many runners as possible, so be sure to let them know how much you appreciate their efforts. If you want to know more about the inner workings of race directing consider volunteering and see it from the inside out.

As you know, the Club does a lot more than sponsor races. We are in the community working to make it better for all. For instance,

the Club offers grant funding to groups who will improve the running community. We just awarded funds to the Town of Colonie to repair the roadways we use for the Dynamic Duo race and the start of the Mohawk Hudson Half Marathon. The CDPHP Workforce Team Challenge has just named its four Charities of Choice that will receive a donation from the Club, CHPHP and from runners who wish to donate when they register to their worthy cause. The Just Run Program is organizing for the spring track season and continues to grow in size and participation. Each of these programs and initiatives have a direct and positive impact on the quality of life here in the Capital District, and your Club makes it happen.

I enjoyed chatting with many of you from the refreshments table at the the Winter Series, and I appreciate all of you who told me that you volunteered or plan to at future events. I continue to challenge you all to seriously consider what it takes to make our events happen and take the time to be part of the other side of running. ☐





What's Happening in March

by Al Maikels

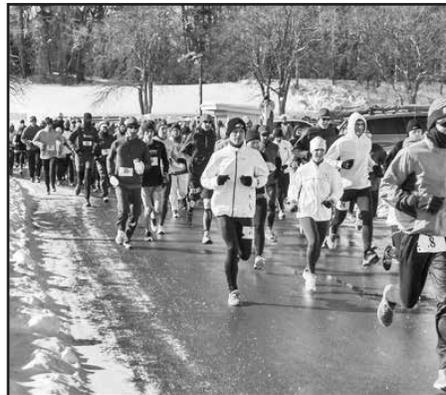
There isn't a lot happening in March as the club only has one race on its schedule. In years' past we had a great long race, the Chopperthon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and the 30k version would finish at the Empire State Plaza, after it became a half marathon it finished on the road above the UAlbany track. Public safety costs made that course too expensive so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 90's.

The one race on the March schedule is the Runnin' of the Green (Island) 4 mile race. This race, new in 2000, is a Grand Prix event and attracts a fast field. The race is so popular that it closed out in a matter of hours; it must be the clever name that makes it so attractive. The elected officials in Green Island are wonderful hosts and go out of their way to welcome

the runners to their community. The race is set for Saturday, March 15 at the Legnard-Curtin American Legion post in Green Island with a 10 a.m. start. This race is not only a Grand Prix event; it's also the Adirondack Association of USA Track and Field 4 mile championship. There are still volunteers needed to help with the race, if you aren't running you can always volunteer.

You will have to go out of town to find other races. The most notable race is the 28th annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 30 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T shirt.

The club business meeting for March is scheduled for Wednesday the 12th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President Maureen Cox welcomes all club members to attend these meetings. ☐



On the Web!

The Hudson Mohawk Road Runners Club is on the Web



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

www.hmrrc.com

Submissions for the May Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is April 1st. Contact Advertising Director at psads123@gmail.com to reserve space

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.

A RUNNER'S HIGH LIKE NO OTHER

AND IT'S PERFECTLY LEGAL

The 2014 CDPHP Workforce Team Challenge—the Capital Region's annual 3.5-mile workforce team run/walk and the largest road race between Utica and New York City—is happening **Thursday, May 15.**

Record turnouts of more than 9,000 runners and walkers representing 450 companies and organizations have come together these past few years with the common goals of achieving a healthier lifestyle while supporting local charities. We encourage you to register your team now and start training!

Visit www.cdphpwtc.com for more information.



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"BEEN THERE, DONE THAT"

by Mike Becker

March 1974...Forty Years Ago

• The club held its first ever marathon on the 17th. Twenty-two of the twenty-six finishers qualified for Boston, which was then 3:30 for everybody. Don Wilken won with a 2:51. Among those qualifying for Boston were Burke Adams, Marty Kittell, Ed Thomas, and Tim Keegan.

• The first Bankathon was held on the 31st, a point-to-point 25K course from Schenectady to Albany, with a large turnout of 207 runners, including many from the marathon two weeks prior. The winners were Joe Rukanshagiza and Cathy Shrader.

March 1979...Thirty Five Years Ago

• Steve Sweeney directed the club marathon and half-marathon on the fourth at SUNYA. A total of 75 finished the marathon and 121 the half. An impressive 31 runners ran under three hours in the marathon, with Peter Thomas running a 2:33 for top honors. Sylvia Wiegand was the top female (of only two) with a 3:28. Tim Eno and Elaine Radwanski won the half with times of 1:09 and 1:29, respectively.

March 1984...Thirty Years Ago

• The Price Chopperthon 30K was held on the eighth, from Schenectady to Albany. This race was directed by Paul Murray and had an entry fee of \$5. It was the Road Runners Club of America (RRCA) 30K National Championship for open and masters runners, and drew a large out-of-town field. The RRCA was the precursor to today's USATF. The winner was Phil Coppess, from Iowa, with a time of 1:32:10, and the female winner was Anne Hird, from Rhode Island, with a time of 1:45:15. The top local finishers were Dennis Northrup, with a 1:35:30, good for fourth overall, and Ellen Weglarz-Mindel, with a 1:49:38, good for third female.

March 1989...Twenty Five Years Ago

• Ken Skinner was profiled. He started running in high school in Hamden CT and was a good 800M runner (PR 2:01.3), qualifying for states three times. When running became "work" at Brown University, he dropped out after one year and didn't run again for 21 years. He eventually came to enjoy running again and considers his best performances a 2:15.4 at the Empire State Games 800M and a 3:09:40 at the Mohawk-Hudson Marathon, in which he qualified for Boston by 20 seconds! Ken is now a club Hall-of-Famer and Distinguished Service Award winner and has served as club President, director of many races, and holder of many club positions over the years.

• The St. Paddy's Day 8K was held on the 12th at the Corning Preserve, with a loop around the parking lot followed by a 2.5-mile out-and-back on the bike path heading north. Runners faced a strong headwind going north, only to enjoy its benefits on the return. Marty



Beauchamp was the winner with a 24:50, almost a minute ahead of Dale Keenan. Anne Kuklinski was the female winner with a 30:57, about a minute ahead of Denise Herman. There were 189 participants.

March 1994...Twenty Years Ago

• The St. Paddy's Day 8K was held in Poes-tenkill on the 12th with a total of 147 participants. Vinny O'Brien won with a 26:14, and Thirteen-year-old Jen Fazioli was the female winner with a 29:21. Race walker Bill Hogan came in last with a 66:07. Also having good races were Rick Bennett, Pat Glover, Vinny Reda, Amy Herold-Russom, and Linda Kimmy. This race always had a lot of great raffle prizes given randomly to volunteers and runners. Race Director Kevin Tighe said after six years of directing, he is ready "to put this one to rest for a while" and offers to play second fiddle if someone wants to take over.

March 1999...Fifteen Years Ago

• The cover of *The Pace Setter* has a photo of Ed Neiles, the "Editor of the Decade." Inside is a five-page tribute to Ed, who was *The Pace Setter* Editor from 1989-1999, with a page of photos followed by written tributes from Cyn- dy Allen, Cindy Kelly, Liz Milo, Ed Thomas, Paul Murray, Cameron Reid, Charlie Matlock, Laurel Petersen, Jim Tierney, Hank Steadman, Colleen Farnam, Vince Juliano, Art Tetrault, Gerri Moore, Steve Dickerson, Tom Bulger, and Don Wilken.

• Birger Ohlsson won the five-mile Sham- rock Shuffle in Glens Falls on the 21st with a 25:16. Danielle Coon was the top female with a 31:31.

March 2004...Ten Years Ago

• Jamie Rodriguez and Emily Bryans were winners of the four-mile Runnin' of the Green (Island) race on the sixth with times of 20:09 and 23:41, respectively. Age group winners included Bob Irwin, Nancy Taormina, Derrick Staley, Dale Keenan, and Anny Stockman. The

directors were Bob Irwin and Ken Skinner.

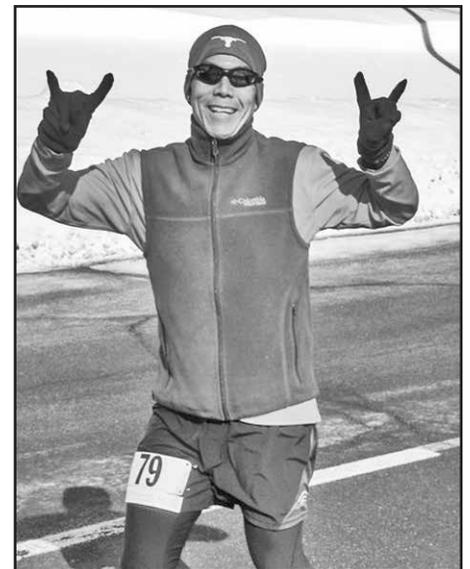
• Duane Crammond and Emily McCabe won the Shamrock Shuffle five-miler in Glens Falls on the 21st. Bob Irwin finished third.

• Tom Dalton won the M45-49 age group mile at the USATF National Masters Indoor Championships in Boston on the 27th with a 4:30.62.

March 2009...Five Years Ago

• Andy Allstadt ran a quick 19:37 to beat Chuck Terry by eight seconds in the four-mile Runnin' of the Green (Island) race on the sev- enth. Andy's time was one second off Chris Hartshorn's course record. Lori Kingsley ran 23:34 to top the females by 31 seconds over Diane Matthews. There were 469 participants.

• Joe Hayter won the 30K Wurtsboro Mountain Race on the 28th with a 1:53:16, for a 6:05 pace. Other locals doing well were Aaron Knobloch (fourth) and Brian DeBraccio (11th). Diana Tobon-Rodriguez was the top lo- cal female with a 2:26:17, good for fifth female and 41st overall. □





MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, OCTOBER 12, 2014

ALBANY'S PREMIER MARATHON RUNNING EVENT

Runner's World magazine called the Mohawk Hudson River Marathon one of the top 10 races nationwide. Our point-to-point course is flat and fast making it the perfect event for first time runners, or those pushing to qualify for the Boston Marathon.

The course is primarily run on paved bike trails, and features pace teams, shuttles to the race start, and some of the most enthusiastic water stop crews you will ever encounter. Prize money is awarded for the top 5 men and women in each race. And for those moving at a different pace, there's a walker's division featured in our Half Marathon.

Visit www.mohawkhudsonmarathon.com for registration and race details, sponsorship opportunities, and volunteer information.

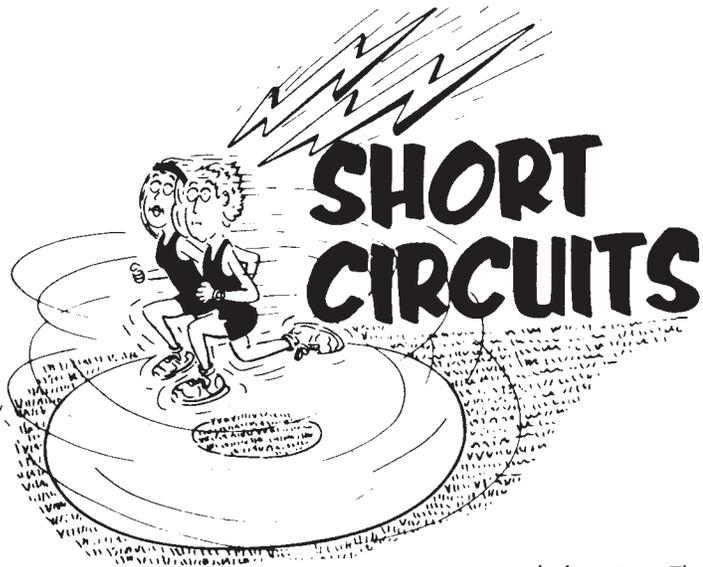
ONLINE REGISTRATION OPENS MARCH 1, 2014

Directed by:



Race Expo presented by:





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.

Running in the cold? A good rule of thumb is to dress as if it is 20 degrees warmer.



cord of 13:07.00. Then, nine days later, on the same track Rupp broke the U.S. indoor two-mile best by running 8:07.41. That lowered the record of 8:09.49 set by Bernard Lagat in 2013.



It's all the Ice Beard. This is how Ice Beard rolls. Ice Beard don't play around. Ice Beard has a mind of its own, and if you don't like it you can take a hike. With an Ice Beard, you feel anything is possible. It is transformative. Almost like a drug. This is wonderful, your Ice Beard self thinks. I am rough-hewn. I am a new man, capable of great things. Rarr.



Galen Rupp (5'11," 138 lbs.) broke two American indoor records in January. First, at Boston Univ. Rupp clocked 13:01.26 for 5000 meters to break Lopez Lomong's American re-



Rupp heats up the track

A couple in their 60s have finished running a marathon each day, every day, during 2013. The pair ate up to 30 bananas each a day as they completed a trek of almost 10,000 miles around Australia. The couple, both raw vegans from New Zealand, ended their journey with an extra marathon to their home in Melbourne at 5am on New Year's Day to set the world record.

Janette Murray-Wakelin, 64, and Alan Murray, 68, rose at 4 a.m. each day and ran 366 consecutive marathons with no days off, covering almost 10,000 miles as they ran around

the Australia mainland and the island state of Tasmania.



Banana shortage down under



Two brothers from NYC, both marathoners, died of heart attacks while running in NYC. Rynn Berry, 68, died on December 31 while running in Prospect Park in Brooklyn. His brother Peter Berry, 60, died 20 days later while running in Central Park. The brothers were both athletic, health-conscious men who had competed in the New York Marathon, according to family and friends.



If you find yourself looking out the window wondering how you're going to get in your run in wintry weather, think about Boris Fyodorov. Just after midnight on New Year's Day, Fyodorov ran a solo out-and-back marathon from the Siberian village of Oymyakon, generally considered the coldest permanently inhabited village in the world. Fyodorov covered the route in 5:08, during which time the lowest temperature he encountered was -36 Fahrenheit.

"I heard about other marathons around the globe, naming themselves 'the coldest', like the most recent North Pole marathon with runners going at -18 Fahrenheit," Fyodorov told the *Siberian Times*. "I thought surely this cannot be right. Our Oymyakon is the coldest inhabited place in northern hemisphere. Why don't we arrange a marathon here?" □



The Gulag was easier

**Bill Shrader, Sr.
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Scholarships**

\$18,000 in total

Higher Education Awards

For Student Runners

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

For application details go to

www.hmrrc.com

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

Applications must be submitted by

April 1, 2014

HMRRC's Best Kept Secret: JUST RUN!



What's this all about? All HMRRC members run, so what's the big deal? Well, the big deal is that this program is focused on kids. JUST RUN ALBANY is entering its fifth year as a sponsored youth running program of HMRRC. Where did it come from? How does it work? How do youth sign up and participate? Read on and you'll find out.

In 2008 and 2009, the club's Long Range Planning Committee researched ways that HMRRC, a well-financed non-profit organization thanks to the Workforce Team Challenge and fall marathon/half-marathon races, could



develop programs to allow the club to give back to the communities we serve as part of the club's primary mission statement, which is printed in the front of every *Pace Setter*. Based on that research, the club membership approved the Committee's recommendation to support a program for youth involving running and teaching a lifestyle of healthy eating and good behavior.

During its research, the Committee found a program in California called JUST RUN! that was established in 2005 and sponsored by the Big Sur International Marathon in Monterey, California. To quote from the JUST RUN!



brochure: "The alarming rise in childhood obesity and diabetes prompted organizers of the Big Sur International Marathon to create JUST RUN". The brochure's cover states: "JUST RUN is a website-based program, free for participating children. It was designed to assist schools and other youth organizations in the promotion of fitness and healthy lifestyles while combating childhood obesity and related illnesses." The program was recognized



several years ago with a gold medal presented by the California Council on Physical Fitness and Governor Arnold Schwarzenegger.

HMRRC's program, JUST RUN ALBANY!, is an independent satellite of the California program. The club paid a onetime licensing fee of \$1500 to be a satellite. Currently, we are one of only four JUST RUN! satellite programs in the country. The other three are located in Miami Lakes, FL, Lake County, OH and Half Moon Bay, CA. Each satellite program has a local program administrator/coordinator. Club member Ken Skinner has been the JUST RUN ALBANY! administrator since the program's inception. The club decided to start small with a pilot program based in an urban (Trinity Alliance based in Albany's South End) and

suburban (Sand Creek Middle School, based in Colonie) site in the spring of 2010. The two pilot programs concluded in late May of 2010 and, after a review and assessment by the club, were deemed a success. Both sites involved a total of about 60 elementary and middle school boys and girls.

With JUST RUN ALBANY! off and running,



recruitment of additional schools from around the Capital Region began for a spring 2011 program. Twelve schools involving over 500 elementary school youth participated the second year, representing the Albany, Bethlehem, Guilderland, South Colonie, Berne-Knox-Westerlo, Schenectady and Schoharie school districts. As word of the program spread and with some additional recruiting in rural and urban school districts, the program continued to grow in 2012 and 2013. For the spring of 2014, we are expecting 25 schools and youth programs (YMCA) to participate, involving more than 1000 youth in grades up to 6th grade.

HMRRC has financially generously supported the program with a budget allocation in 2013 of \$30,000. The funding is used to support not only the spring track-based program but a fall cross-country program started in 2011. All participating youth are given a JUST RUN ALBANY! t-shirt (both fall and spring) and knit hats (fall). The culmination of the cross-country program is a cross-country meet at Tawasentha Park in Guilderland in November and the spring program ends with celebratory track meets (We needed to hold two meets in 2013 to accommodate all the youth)



the first week in June at Union College in Schenectady. HMRRRC volunteers at the meets have marveled at the excitement and team spirit shown by the kids participating in the various events and races.



The key to success of a school program is the JUST RUN ALBANY! leader at each school. The leader is given a stipend (\$200-\$600 depending on the size of the program) from HMRRRC to support the program, which might include paying for a bus to transport the kids to the cross-country and track meets at the end of the program seasons. The leader recruits the participants and directs the program as an after school program for approximately one hour once or twice a week, depending on the size of that school's program. Programs range in size from 15 to over 100 youth. If the school's program is large, the leader must recruit other adult volunteers to assist in conducting the after school sessions. Since the inception of the JUST RUN ALBANY! program, only four schools have become inactive in the program, three due to lack of a leader and one due to the school's closing.

The other significant components of the JUST RUN! program are JUST DEEDS to promote good behavior/citizenship) and JUST TASTE to promote healthy eating habits. While the JUST RUN! website gives leaders ideas and suggestions for developing such programs, it can be a challenge for a leader to recruit enough school personnel to help out. To further support these programs, HMRRRC might

explore the JUST TASTE aspects of JUST RUN! by reaching out to one of the grocery chains that have nutritionists on their staff.

The HMRRRC members who regularly attend the monthly club meetings are continually complimenting the club leadership for the development and expansion of JUST RUN ALBANY! They see the program as a great starting point for young people to stay healthy through exercise and running. For further information about the program visit www.justrun.org, or contact program administrator Ken Skinner at kennskin@earthlink.net. □



DID YOU KNOW



that 95 people volunteered for Winter Series 2 – 5 this year? Actually there were 125 volunteer positions to fill. 17 volunteers stepped forward at more than one event to ensure its success! THANK YOU ALL!

To volunteer, check out the listings on Wild Apricot. You can volunteer right on line while you're there.

March Events:

Running of the Green
March 15

April Events:

Delmar Dash
April 6

Masters Race
April 26

May Events:

Mother's Day
May 11

CDPHP Workforce
Team Challenge

May 15

Questions/Comments?

Marcia Adams
Volunteer Coordinator, HMRRRC
Email: madams01@nycap.rr.com
Telephone: 518-356-2551

It's not just about the running ...

The Best Exercise You May Not Be Doing

by Mathew Nark, FMS, NASM, SFG 2

When choosing exercises for your supplemental strength training program, it's essential that you choose exercises that will translate to optimal gains in running performance.

As runners, we must have adequate levels of mobility and stability throughout the body. This mobility and stability will pave the way for gains in stamina, endurance and strength. In order for our running economy to be as efficient as possible, our fundamental movement patterns must function as one. This biomechanical harmony will promote great performances and help keep us injury free.

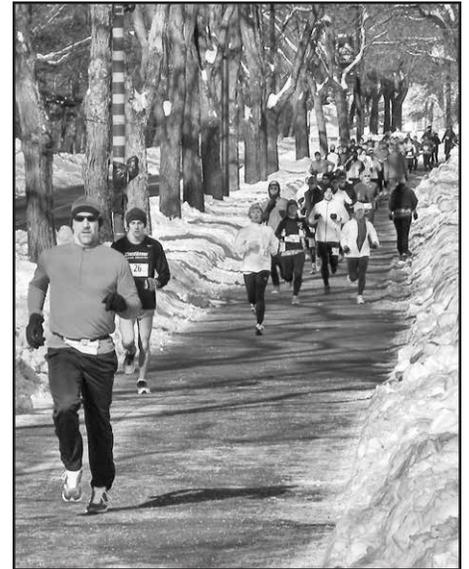
This brings us to the benefits of the Turkish Get-Up, for runners. Here's a short list of everything that we as runners can gain from the Turkish Get Up: Mobility, stability, and strength all in one place!

- Single leg/hip mobility and stability
- Closed and open chain shoulder stability
- Thoracic and shoulder mobility
- Static/dynamic core stability
- Rotary stability/strength
- Ankle mobility
- Total body mobility, stability and strength

The Turkish Get-Up provides us with a very dynamic set of movements that comprehensively challenges the musculoskeletal system and, importantly, does so in a way that takes little time. With each stride, you place an extraordinarily high demand on your torso and lower extremities. This is why it makes sense to implement as many full body movements into your strength program as possible. Our musculoskeletal system is built to function as one and to facilitate locomotion. This is why many single joint muscle isolation exercises are not very productive for runners. As runners, we never call on parts of our body to work in isolation. So, why train isolated movements? I don't have my athletes train movements in isolation unless there are corrective or rehabilitation needs for a particular pattern. And, importantly, our time is limited. We must be as productive as possible. It makes sense to train full body movements. When we run, we are forced to dynamically and simultaneously stabilize many different movement patterns.



This is where the value of the Turkish Get-Up (TGU) comes into play. The TGU is especially valuable because it requires only one tool (kettlebell) and a small space in which to perform the movement. Once you have nailed down the seven steps of the TGU, it's just a matter of increasing the repetitions and load appropriately to fit individual needs. If your time and equipment is limited, your workout could consist solely of multiple TGU's in your living room. It's this simplicity that adds even more value and necessity to addition of this exercise into your program. Choose compound movements like the TGU that challenge the body as a whole and stimulate many different systems together. When you call on your body to perform at very high levels, it's essential that you have prepared properly for the task. Once you have implemented this movement, gains in mobility, stability, and strength will help to enhance performance. You will be on your way to increased durability and more productive training sessions.



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STRATEGIES
STRONGER FASTER FARTHER

HUDSON-MOHAWK ROAD RUNNERS CLUB 2014 DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to meghan.mort@gmail.com or by mailing a nomination form to Meghan Mortensen, 2040 Ferguson Street, Rotterdam, NY 12303 by March 1, 2014. Nomination forms can be found at www.hmrcc.com. Nomination forms may also be submitted in person at the March 12, 2014 club meeting.

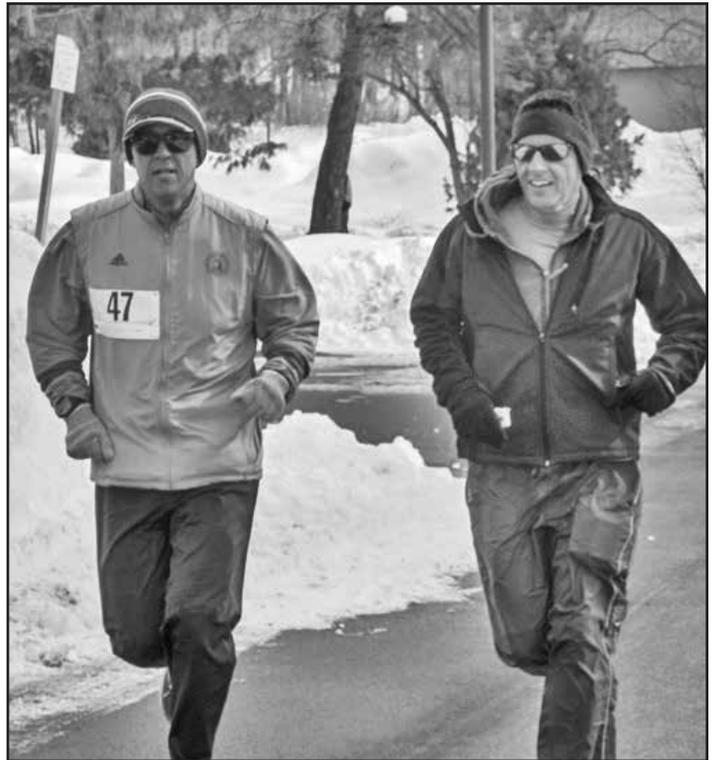
Qualifications of nominees may include – but are not limited to – an elected officer, member or chair of a standing or *ad hoc* committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at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

Previous recipients of the Distinguished Service Award:

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

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2014. The election of the DSA recipient(s) will take place at the April 9, 2014 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

Any questions, contact Meghan Mortensen, Committee Chair, at meghan.mort@gmail.com.



Sports Nutrition: What's Old? What's New?

Once upon a time, warriors (the original athletes) ate lions' hearts. Today, athletes seek out energy drinks and protein shakes. Clearly, times have changed! In case you are wondering what else is old—and new—when it comes to sports nutrition, I've compiled an update to help resolve confusion so you can fuel for success.

OLD: The lighter you are, the better you will perform.

NEW: The runner who is genetically lean and eats enough to have well-fueled muscles has an advantage over the runner who is genetically heavier and has to skimp on food to maintain an unnaturally low weight. Research with elite female swimmers indicates those who restricted calories in the pursuit of thinness lost speed (but not body fat) during a 12-week training cycle, while those who ate adequately swam faster (1). Thin at any cost often comes with a high price tag.

OLD: Female runners who train hard and have too little body fat will stop having regular menstrual periods.

NEW: Lack of fuel, not lack of body fat, tends to determine if a female runner's body will menstruate normally. That is, many very lean female runners do have regular menses. Although they may have very low body fat, they eat enough to support both their exercise and normal body functions.

OLD: Eat fat, get fat.

NEW: Yes, excess calories of dietary fat can easily convert into body fat. But healthful fats (i.e., nuts, olive oil, avocado, salmon) are an important part of a runner's diet; they help reduce inflammation. Runners also need dietary fat to absorb important vitamins such as A, D, E, and K. Fat also fuels the muscles; small amounts of fat get stored within the muscles and can enhance stamina and endurance. Research suggests runners had more endurance when they switched from a very low fat to a moderate fat diet. (2)

OLD: If you want to lose weight, you need to go on a diet.

NEW: Diets do not work. If diets did work, then everyone who has ever been on a diet would be lean. Not the case. Rather than going on a diet, try to make just a few basic changes, such as 1) choose fewer processed snacks in wrappers and instead enjoy more fruit (fresh or dried) and nuts, and 2) get more sleep. Lack of sleep can contribute to not only weight gain but also reduced performance.

OLD: The recommended dietary allowance for protein (RDA) is the same for runners as for non-athletes.

NEW: The RDA for protein (0.8 grams per 18 – The Pace Setter

kilogram body weight.) is less than the 1.2 to 1.7 g pro/kg currently recommended for athletes. Most runners eat that much (plus more) as a part of their standard meals, so you are unlikely to need protein supplements. You do want to distribute your protein intake evenly throughout the day, and not pile it all into dinner, so your muscles have a consistent supply of amino acids (the building blocks of protein).

OLD: Slabs of roast beef help build bigger muscles.

NEW: Because the body can utilize only about 20 to 25 grams of protein at one dose, you won't build bigger muscles by eating jumbo portions of beef in one sitting. (4) Your better bet is to cut that slab of meat into four pieces. Enjoy those deck-of-cards-sized pieces at least every four hours, so you get 20 to 25 grams of protein at each meal and afternoon or evening snack. Weight lifting—not eating excessive protein—triggers muscles to grow bigger. To have the energy needed to lift heavy weight, you want to eat meals based on grains, fruits and veggies (with protein as the accompaniment). Those carbs provide the fuel needed to lift heavy weights.

OLD: Don't drink coffee before running in the heat; it is dehydrating.

NEW: Pre-exercise coffee is not dehydrating and it can actually enhance performance, even in the heat (5). Caffeine boosts alertness and reaction time, as well as makes the effort seem easier so you work harder without feeling the extra effort. If you are sensitive to caffeine (a mugful gives you a "coffee stomach" and the jitters), you'll be better off abstaining. But runners who enjoy drinking coffee are likely to notice positive benefits.

OLD: Energy drinks contain magical ingredients, such as taurine.

NEW: The magical ingredients in energy drinks are caffeine and sugar. Although taurine has been reported to enhance performance, the limited research was done on rats. Newer research suggests taurine offers no ergogenic benefits (6). To save money, simply add a heaping tablespoon of sugar to your coffee. You'll get the same boost. Better yet, eat wisely and sleep more; you won't need an energy drink...

OLD: Don't eat before you run. The food just sits in the stomach and does not get digested.

NEW: You can digest food during a run as long as you are exercising at a pace you can maintain for more than 30 minutes. Fitness runners can benefit from a small pre-exercise snack as tolerated (such as a banana, granola bar, or packet of oatmeal) to get their blood sugar on the upswing. Marathoners who run

for more than 90 minutes will benefit from both pre-run fuel and then carbs during the extended workout. The target is about 250 to 350 calories of carbohydrates per hour. That's more than just a swig of sports drink! Be sure to practice fueling prior to and during long runs, so you can learn what works and what doesn't.

OLD: Refuel as soon as possible after you work out.

NEW: If you do exhausting workouts twice a day, you'll benefit from eating soon after the first run to fuel-up for the next run. But if you are a fitness exerciser, simply back your workout into the next meal. You'll have plenty of time to recover before your run the next day.

OLD: Orange slices are perfect for half-time of a youth sporting event.

NEW: While chomps, gels, and sports drinks may seem better than cut-up oranges and water for half-time fueling at youth sports events, kids actually should be taught that natural foods work well. Orange slices, pretzels, and water provide more nutrients and electrolytes (a.k.a sodium and potassium) than sports drinks. Even adult runners can do well with real foods. While elite runners might prefer engineered products during intense exercise, most of us can perform just fine with real food. Go back to enjoying more orange slices, please. Sometimes the old ways can be preferable to the new!

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her private practice is in Newton, MA; 617-795-1875. For information about her new *Sports Nutrition Guidebook*, 5th Edition, and her food guides for runners, cyclists and soccer players, see www.nancyclarkrd.com. For online education, visit www.sportsnutritionworkshop.com.

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1. Vanheest J, C Rodgers, C Mahoney, MJ De-Sousa. Ovarian suppression impairs sport performance in junior elite female swimmers. *Med Sci Sports Exerc* 46(1):156-66, 2014.
2. Horvath, P, C Eagen, N Fisher, J Leddy, and D Pendergast. 2000. The effects of varying dietary fat on performance and metabolism in trained male and female runners. *J Am Coll Nutr* 19(1):52-60.
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5. Armstrong, L, A. Pumerantz, M. Roti, et al. 2005. Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr Exerc Metab* 15:252-265.
6. McLellan TM, Lieberman HR. 2012. Do energy drinks contain active components other than caffeine? *Nutr Rev*. 70(12):730-44. □

March 29, 2014 Central Park, Schenectady - 9:30am



RUN 4 YOUR LIFE

Fundraiser to benefit the American Heart Association

Schenectady Firefighters Fourth Annual

5K Run/Walk • Kids Fun Run 10:30 am (Free)

\$18 Early Registration

T-shirt for first 500 registrants

\$20 After January 21st

5 Year Age groups

\$25 After March 9th

Team entries (fire, public safety and corporate)

\$28 Day of the Race

www.schenectadyfirefightersrun4yourlife.com

You may register online at www.ZIPPYREG.com or fill out the form below and send it to

Schenectady FF Run 4 Your Life c/o AREEP, P.O. box 38195, Albany, NY 12203

Make checks payable to R4YL, Inc. Contact Brian Demarest for further details (518)365-3883 or sfddemdem232@yahoo.com

Organized by Health & Safety Committee of IAFF Local 28 and Schenectady Permanent Firemen's Association

YOUR NAME (Please print clearly)

TSHIRT SIZE (circle one) S M L XL XXL

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

AGE (day of race)

DATE OF BIRTH

SEX (circle one) M F

Which race will you be running?

5K RUN

5K Walk

KIDS FUN RUN

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against the City of Schenectady, Schenectady Fire Department, IAFF Local 28, Schenectady Permanent Firemen's Association, American Heart Association and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good physical condition and have trained for this race. I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. WAIVER - Please sign below

SIGNATURE

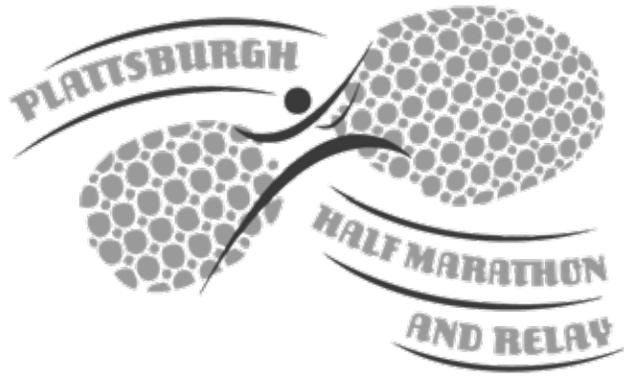
DATE

PARENT'S SIGNATURE (Required for minor under the age of 18 years)

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www.plattsburghhalfmarathon.com

Sunday April 27, 2014
8am

Race begins at the City Recreation Center
52 US Oval, Plattsburgh, NY

Registration is available to the first 1000 entrants and can be done online at www.plattsburghhalfmarathon.com beginning December 1st. All runners receive t-shirts and finisher medals. Awards will be given out to the top three over all finishers for men and women, as well as the top male and female finishers (no duplicates) for the following age groups: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Proceeds to benefit Team Fox for Parkinson’s Research.

SPONSORS WANTED!

We are currently seeking sponsors and donations. Don’t miss the chance to be seen at this race! For more info please contact us at plattsburghhalfmarathon@gmail.com



A Run for the Money

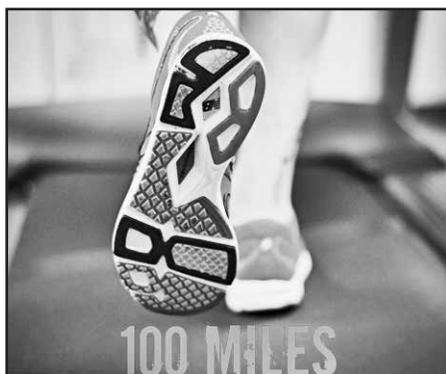
We are constantly bombarded by negative news stories. The media delight in relating disasters, unfortunate events, brutal weather, and evil acts. Well, folks, brace yourself, you are going to hear a news story about a store, its staff, and members of the community that is not only positive, but heart warming.

On December 6 and 7, at the Fleet Feet Sports 24-Hour Fight Against Hunger, Jim Sweeney and James O'Connor did a trifecta of incredible acts by helping to organize the 24-hour fundraising event, running on a treadmill for 24 hours, and raising \$20,000 for the Regional Food Bank of Northeastern New York. Way to go!



Jim Sweeney is an accomplished ultra runner. At the event, the total distance he covered was 123 miles, which would place him fifth in the United States for running continuously on a treadmill. James O'Connor, who has run many marathons but is new to the ultra world, logged an impressive 107 miles on the treadmill, placing him eighth in the country. James has done two other 24-hour events in Philadelphia for Back on my Feet, a program that works to rehabilitate homeless people. His only ultra has been the JFK 50 Miler, which he and Jim will be doing again this year. Jim Sweeney has done 5 100-mile races with 18 hours the longest time out, so this was a first for him too.

Planning the Fight Against Hunger event took many months and the work of many people. Jim mentioned that everyone on the staff at Fleet Feet participated in some way, and that the community and sponsors jumped on board energetically. Several days before the event, a few \$20 slots to join the runners for 20 minutes were sold, but as the event went on



participation mushroomed and people lined up to run and watch. Local media stories and web coverage attracted attention to the event as it was happening. News Channel 13 interviewed Jim and James as they were running and ran a story on the 6:00 news. One person who saw the segment called and asked if he could sign up saying, "I want to run at 3:00 in the morning with those two nuts." One of the store employees streamed the event live on Fleet Feet's website. Many who watched called to arrange to come in. The Fleet Feet website site received 1,500 unique hits from



spots around the world.

The Regional Food Bank of Northeastern New York (regionalfoodbank.net) was chosen because of the reach of its work to help fight hunger. It spans from Plattsburgh to Newburgh and gives food to 1,000 other smaller food banks in the area. It is essentially the distribution point for all food banks throughout northeastern New York. In addition, the Food Bank has a farm near Thacher State Park where the entire Fleet Feet staff worked in the summer to help fight hunger. Fleet Feet has continuously supported the Food Bank with financial donations and food pick-ups. There is a box in the front of the store where you can deposit food. The choice of a charity that touches so many people in New York was a natural. Amazingly, half of the \$20,000 raised came from sponsors and the other half from people paying to ride the treadmill, outright donations, and a raffle. Substantial contributions also came from Adidas, Asics, Balega, Brooks,



Mizuno, New Balance, and Nike. Plaza Fitness supplied the three other treadmills needed. All of the contributors are listed below.

The event had a few surprises but ran smoothly. Jim got nauseous toward the end of the event and had to take a small pause. A door had to be opened near the treadmills for air and the temperature inside the store dropped. Onlookers were bundled up while Jim and James sweated. The lively music from DJ Brian DeBraccio, who performed the



whole 24 hours, and comments from friends, family and onlookers made it fun for the runners. The Regional Food Bank director Mark Quandt, who said he could only stay for a few minutes, stayed for an hour. It made Jim and James proud that the event excited people.

Fleet Feet reaches out to the community in many other ways. It sponsors free running clinics for everything from walking to marathons programs. It holds free seminars on nutrition, strength training, masters' classes, and injury prevention, to name a few. They run a youth program in Lincoln Park for ten weeks each summer to introduce children to running. They give kids free running shoes and gear if they



are in need. The summer program is run by Alex Paley and has grown each year. Fleet Feet keeps a box in the front of the store for sneaker donations that go to the Albany Rescue Mission throughout the year. Fleet Feet recently gave to the Whitehall and Green Island school districts donations of free sneakers for needy students involved in running sports. Scholarships to high school athletes on Spike Weekends are given twice a year, and at graduation a Fleet Feet Sports/Balega International Induna Scholarship is awarded. To get an idea of the amazing range of events Fleet Feet offers, go to its website, fleetfeetalbany.com, and view the Calendar and Events sections. Remember that when you shop at Fleet Feet, you are helping to support our running community.

At the end of the interview, I asked Jim and James if there was anything they wanted to add and immediately they said that they wanted to thank the community, the sponsors, the runners and everyone else who helped to make this a success, for without them it would not have happened. Or without Jim or James!

Will Jim and James do this event again next year to fight hunger in Northeastern New York? Absolutely, they replied. They are hammering out the details as you read this. This time, however, the new Fleet Feet store that opened in Malta will also take part. Watch this column to find out more and how you can help to fight hunger in Northeastern, New York, and remember to bring food and sneakers to the donation boxes in Fleet Feet.

The events in this narrative make us all feel proud of our community and the acts of kindness of people.

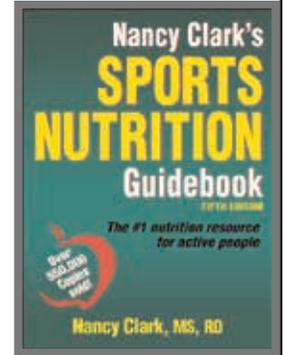
Sponsors

Fleet Feet; Adidas; Asics; Balega; Brooks; Mizuno; New Balance; Nike; Superfeet; Saucony; Rohbach, Kulander, Peil; NBT; Plaza Fitness; Screen Designs; Craft/Karhu; Baysix; Amphipod; Nathan; Professor Java's; CEP; Albany Massage Professionals; Keith Donato D.C.; Fort Hunter Farms, Brian DeBracchio; Annie Krysz; Liz and Mike McGuire; Injinji. Sand Creek Wine & Liquor; Starbucks; Illium Cafe; Chipotle; and Smith Hoke, PLLC and Crystal Rock. ☐



EAT WELL, RUN WELL

Don't let nutrition be your missing link...

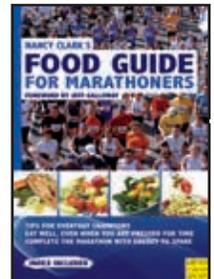


- *enjoy better workouts*
- *lose undesired body fat*
- *feel great!*

Run with energy to spare—and even lose weight at the same time!



Worried about hitting the wall? Learn how to fuel for the long run.



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- ___ Food Guide for Marathoners \$22
- ___ Food Guide for New Runners \$22
- ___ Sports Nutrition, NEW 5th Edition \$26

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 Phone _____
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Order online: www.nancyclarkrd.com
 Or, send check to Sports Nutrition Services
 PO Box 650124, West Newton MA 02465
 Ph 617.795.1875 • MA Residents: +6.25% tax

Dodge the Deer 5k & Mile Fun Run

Year #12
Saturday, April 19, 2014 Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

Welcome to year #12 of Dodge the Deer! Debuting on April 13, 2003, this was the ARE's first race ever held, and it laid the infrastructure for all that came after it. From themed running events to costumed characters, this was the start of all the fun—and we want to celebrate it with you!

The event takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the mischievous bear named Bully. Be sure to come hungry because we have an all-you-can-eat barbeque.

Whether you're a seasoned trail runner or making your debut off the pavement, join us for this safe, fast, and picturesque event!



EVENT SCHEDULE

- 8:00am: Day-of registration and packet pickup opens
- 9:00am: Deadline to submit a team entry form
- 9:15am: Bully the Bear Kids 200 Meter Sprint
- 9:30am: Chase the Chipmunk Mile Fun Run
- 9:45am: Day-of registration and packet pickup closes
- 10:00am: Dodge the Deer 5k
- 10:15am: Post-race entertainment begins
- 11:00am: Awards Ceremony



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

ENTRY FEE	Kids Races	5k
Early Reg.	\$2	\$15
Late. Reg.	\$3	\$20

Early Registration: Postmarked by April 12
Checks made out to: AREEP
Do not mail after April 12
Your entry fee is non-refundable

TO REGISTER, GET DIRECTIONS, AND MORE

Visit www.AREEP.com
or call 518 320 8648.



AWARDS

Delicious treats await the top 3 overall male and female finishers, as well as the top 3 males and females in: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



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



SPECIAL CATEGORIES
Youngest and Oldest Finishers
Middle of the Pack - Enjoys the Scenery
Mr. and Mrs. Dodge (Fastest Couple)

AMENITIES

All pre-registrants receive a great collector's item. Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and other activities! There is also a cook-out as well as the likes of Dodge, Chase, and Bully hanging out with the crowd. Above all else, expect great energy and a fun-loving atmosphere produced by your friends at the Albany Running Exchange!

- ☀ **FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+**
- ☀ **B-TAG CHIP TIMING BY ARE EVENT PRODUCTIONS**
- ☀ **POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!**

Please complete, cut, and return the bottom portion to Dodge the Deer c/o AREEP, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂ - - - - -

NAME _____	___/___/___ BIRTHDAY	AGE (on 4/19/14) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____	
CITY _____	STATE _____	ZIP _____	
PHONE () _____	RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____		
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), Schodack Island 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, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. 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 understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ <small>(IF UNDER 18)</small>	



Upcoming Events



Want to stay fit this spring and have fun too?

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

ARE's 12th Dodge the Deer 5k — Saturday, April 19, 2014

Schodack Island State Park | 10am Start Time (Kids Races at 9:15am and 9:30am)

Wow! It's year #12 of ARE's inaugural event, and everyone's invited! In an effort to maximize the value, we're keeping the pre-reg fee at \$15 and that includes the merchandise giveaway, B-Tag timing with splits, entertainment, and a large cook-out for all! The course is fast and flat on a perfect surface that is easy on the legs without the technical component experienced on typical trails. Whether this will be your twelfth time or just your first, head on over and meet Dodge the Deer, Bully the Bear, Chase the Chipmunk and the rest of the characters who make it all happen!



Find out more and register at www.AREEP.com/camp

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running.
- Yoga, form clinics, and special sessions.
- Gourmet meals.
- Pond open for kayaking and swimming.
- FREE entry into the Froggy Five Mile.
- One of the best weekends you'll ever have!



Cost is from \$260 to \$380 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 7 through June 2)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the sixth year of the series, which features a 3.5 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The free series features great camaraderie in a beautiful place!

ARE Group Runs—Typically 3+ every day of the entire year throughout the Capital District

The Albany Running Exchange held over **2,000** organized group runs in 2013. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you.

Find out more about all these events by visiting www.RUNALBANY.com

JOE YAVONDITTE

If you have been to any race in the past 4 or 5 years, then you have seen Joe Yavonditte's smiling face as he volunteers with his wife Marey. Joe personifies the volunteer ethic that President Maureen Cox is trying to instill in members of the HMRRC. Joe and his wife Marey are also wonderful hosts. They sponsor the Christmas Jingle Runs at their home for our sister organization, the Albany Running Exchange (ARE) and much loved wine runs from their home to Carmen Liquors for a wine tasting extravaganza. Marey was inspired to add it to Ed Gillen's Frun Day.



Joe is now in the fifth year of his second running life, and it's actually been more successful than his first. He ran from age 26 until 40 usually at night as a "vampire runner." However, hockey with his two sons became a consuming passion and did not fit with his vampire runs, so running was put on hold.

In 2009, things changed when he and his wife Marey decided to join Fleet Feet's No Boundaries Program. He told himself that he would start running again after he retired from his position as an Environmental Engineer 3 with the DEC but this gave him incentive to start earlier. The goal race for No Boundaries is a 5k. He had never done a 5k in his first



life, running mainly 10k, 15k and half marathons. The longest race he had done was the old Chopperthon 30k after which he couldn't run for 6 weeks because of knee issues. When he returned, running came back easily. His first ever 5k in June 2009 was a 26:36, and by Thanksgiving he was down to 23:14, a 7:29 pace.

By the end of 2009, he was totally hooked again, doing the Stockade-athon, Winter Series, and Hangover Half. He enjoyed running so much that he got talked into the Lake Placid



Half Marathon in June. As a test run he did the Jog for Jugs in May. While training, he decided to join the HMRRC Marathon Training Program, and Marey, who swore she would only walk, never run, signed up for the Half Marathon Training Program. The smartest move he made during that program was to run with a group that was 10 to 30 years younger than he. These younger runners helped him increase both his distance and speed. He had a good run at Jugs (1st in age), Lake Placid (3rd in age) and a great MHR Marathon in October. Remember, he had never gone over 30k when he was under 40 years old, but as a 61 year old he was doing 20+ mile training runs and had a Boston Qualifier in his first marathon. He originally planned to run only one marathon, but when he qualified for Boston, everything changed. Not only did he run the 2011 Boston Marathon (only a minute off his Mohawk Hudson time), he ran the 2012 Boston Marathon (a PW in 93 degree heat) and the 2011 and 2012 Mohawk Hudson River marathon. Now, he's in the midst of training for the 2014 Boston Marathon.

He has also been noted for leaving a lot of blood on local trails (at least one bloody picture made *The Pace Setter*). At the last ARE summer trail run in 2010, he face-planted within ¼ mile of the end, scraping up an entire side of his face. That made a great picture with very little pain. In late June 2012, he made a one, point landing on a trail at Grafton Lakes State Park, with only one small cut above his left eye



(not a single other mark on him). The problem was that the cut was a gusher. The EMT estimated he lost over 2 liters, not pints, of blood, which were not replenished. The EMT said it was the most blood he had ever seen from a non-life threatening injury. Another note is that the “acute loss of more than 40% of total blood volume can be fatal.” This put a damper on his running for most of the summer of 2012. He was allowed to walk the Boilermaker 11 days after the injury with Marey. By the end of August, things returned to normal. After a decent time at the Saratoga Palio, he decided he would do the MHR Marathon, which he had signed up for before the bloodletting. His time was good enough to qualify him for his new 2014 age group in the Boston Marathon. The biggest negative from last summer’s bloodletting was that his times have not rebounded. He does not accept getting older as a reason.

This year he is not doing the MHR Marathon as he wants to improve his fall 10K and 15K times, which have been off after the last three fall marathons. In early December, he began his Boston Marathon training. Much of this will be on the YMCA treadmill. Unlike a lot of people, he can do long runs on a treadmill without losing his sanity. The other advantage of going this route is that he does a routine on the Cybex machines before the treadmill.

Another interesting story about Joe’s running involves the great marathoner Bill Rodgers who makes a lot of appearances at races. Frequently, he will stop on the course and talk to people or sign autographs. After Joe and Marey returned from the 2011 Boilermaker, they looked at the online net time results and discovered, much to their surprise, that Joe had placed immediately ahead of Bill Rodgers. Joe’s comment about this was: “I really suck at hockey, but at least I can still compete in running.”

Notes

- Joe is a huge hockey fan. When not running or cross training, he plays hockey. He ran the Hairy Gorilla dressed as a Boston Bruins hockey player.
- His normal long run is 8.5 miles but as he prepares for the Boston Marathon he does 11.5 mile runs.
- He rotates between a Kinvara 4 for distance over 10 miles and Pure Flow 2 for all else. His shoes have a 4mm drop.
- His diet is simple: a small liquid breakfast, no lunch and then a regular dinner with no dietary constraints.
- His running tip is that if you run kicking your feet to the side, run with your thumbs outward and your legs will remain parallel.
- He recommends Alberto Salazar’s *14 Minutes*; Boston Marathon Director David McGillivray’s *The Last Pick* who in 1982 ran the Boston Marathon in 3:14 while blindfolded and being escorted by two guides to raise \$10,000 for the Carroll Center for the Blind in Newton, Massachusetts; books on Chi Running; and especially Budd Coates *Breathing on Air* which had an immediate impact on Joe’s Stockade-athon performance after reading just one chapter.
- Height: 5’ 10” Weight: 151 lbs. □





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

<u>Circle size and color where applicable</u>	<u>Cost:</u>	<u>Total:</u>
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	_____
Insport Tights , black, Male, S; Female S,L	\$20	_____
Knit Hat , navy, black, light blue	\$ 8	_____
Thermax Gloves , black	\$ 8	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	_____
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE		
Split-cut , 1" inseam, M,L - CLEARANCE	\$15	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
Male Race Ready Shorts, all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
Sixers , black, 6" inseam, back mesh pockets, S	\$27	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
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

All prices include 8% sales tax

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Shipping \$5.30

(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)

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Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.com

Name _____

Phone _____

Email _____

Grand Prix Update

Race #2 Winter Series # 5 10 M, February 2, 2014

Men

Male Open

12 Tom O'Grady
10 Jonathon Lazzara
8 Paul Mueller
7 Alan Finder

Male 30-39

12 Josh Merlis
10 Mike Roda
8 Aaron Knobloch
7 Chuck Terry
6 Eamon Dempsey
5 Brian Northan
4 Jim Sweeney

Male 40-49

12 Bob Irwin
10 John Stadtlander
8 Jon Rocco
7 Tom Fraser
6 Ken Tarullo
5 John Williams-Searle
4 Mathew Nark

Male 50-59

12 Derrick Staley
10 Jay Thorn
8 David Roy
7 Brian Borden
6 Rick Munson
5 Mark Nunez
4 Andrew Sponable

Male 60-69

12 Richard Clark
10 Juergen Reher
8 Kevin Donohue
7 James Larkin
6 Paul Forbes
5 Frank Broderick
4 Tom Adams

Male 70+

12 Wade Stockman
10 Ray Lee

Women

Female Open

12 Megan Mortensen
10 Shylah Weber
8 Lisa D'aniello
7 Becky Wheat
6 Jane Rand
5 Kristen Quaresimo
4 Samantha McBee

Female 30-39

12 Diana Tobin-Knobloch
10 Laura Zima
8 Erin Corcoran
7 Gretchen Oliver
6 Colleen McGarry

28 – The Pace Setter

5 Deane Webster
4 Heidi Nark

Female 40-49

12 Chris Varley
10 Aixa Toledo
8 Connie Smith
7 Ruth Sadinsky
6 Kimberly Miseno-Bowles
5 Brenda Lennon
4 Diane Montes Harris

Female 50-59

12 Nancy Briskie
10 Colleen Brackett
8 Susan Burns
7 Jenny Lee
6 Mary Signorelli
5 Amy Keegan
4 Susan Huston

Female 60-69

12 Martha Degrazia
10 Joan Celentano
8 Susan Wong
7 Anne Tyrell
6 Katherine Ambrosio

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner Age	G	
12 Derrick Staley	55	M
10 Nancy Briskie	56	F
8 Tom O'Grady	28	M
7 Mike Roda	38	M
6 Josh Merlis	32	M
5 John Stadtlander	48	M

Total after 2 Races

Men

Male Open

24 Tom O'Grady
11 Alan Finder
10 Jonathon Lazzara
10 Brad Lewis
8 Jaime Julia
8 Paul Mueller
7 Alex Paley
6 Thomas Dansereau
5 James Faraci

Male 30-39

22 Josh Merlis
19 Chuck Terry
12 Aaron Knobloch
10 Mike Roda
8 Jake Stookey
7 Dave Vona
6 Eamon Dempsey
6 Jim Eaton

6 Clay Lodovice
5 Chris Mulford
5 Brian Northan
4 Jim Sweeney

Male 40-49

22 John Stadtlander
14 Jon Rocco
12 Bob Irwin
11 Tom Fraser
10 Mark Stephenson
9 Ken Tarullo
8 Andy Reed
7 Kevin Creagan
5 Shawn Decenzo
5 John Williams-Searle
4 Mathew Nark

Male 50-59

22 Jay Thorn
15 David Roy
12 Derrick Staley
10 Kevin Dollard
8 Craig Dubois
7 Brian Borden
6 Patrick Culligan
6 Rick Munson
6 Mark Nunez
5 Steve Vnuk
4 John Parisella
4 Andrew Sponable

Male 60-69

18 Kevin Donohue
12 Frank Broderick
12 Richard Clark
12 Ken Klapp
10 Juergen Reher
8 Tim Fisher
8 Rich Tanchyk
7 James Larkin
6 Paul Forbes
6 Steve Harris
4 Tom Adams
4 Jesse Dinkin

Male 70+

24 Wade Stockman
20 Ray Lee

Women

Female Open

16 Janne Rand
12 Alyssa Lotmore
12 Megan Mortensen
10 Shylah Weber
8 Lisa D'aniello
8 Christine Houde
7 Liz Chauhan
7 Becky Wheat
6 Valerie Belding
5 Leslie Aiken
5 Kristen Quaresimo
4 Monica Blount
4 Samantha McBee

Female 30-39

19 Diana Tobin-Knobloch

18 Laura Zima
12 Kristina Gracey
10 Danielle Maslowsky
8 Erin Corcoran
7 Gretchen Oliver
7 Deane Webster
6 Jessica Chapman
6 Colleen McGarry
6 Crystal Perno
5 Heidi Nark
5 Nikki O'Meara
4 Kari Deer

Female 40-49

24 Chris Varley
15 Connie Smith
10 Mary Fenton
10 Aixa Toledo
8 Diane Montes Harris
8 Stacia Smith
7 Ruth Sadinsky
6 Pamela Delsignore
6 Brenda Lennon
6 Kimberly Miseno-Bowles
5 Andrea Robinson

Female 50-59

14 Jenny Lee
12 Inge Aiken
12 Nancy Briskie
10 Colleen Brackett
10 Kim Law
10 Mary Signorelli
8 Susan Burns
8 Maureen Fitzgerald
6 Monique Jacobs
5 Amy Keegan
5 Kirsten LeBlanc
4 Susan Huston

Female 60-69

24 Martha Degrazia
20 Joan Celentano
16 Susan Wong
11 Katherine Ambrosio
7 Karen Spinozzi
7 Anne Tyrell
6 Judy Lynch

Female 70+

24 Anny Stockman
10 Eiko Bogue

Age Graded

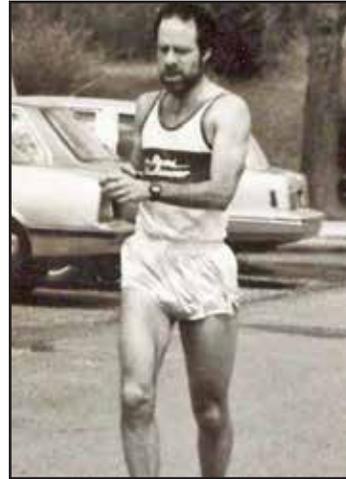
Runner Age	G	
18 Tom O'Grady	28	M
12 Kevin Dollard	58	M
12 David Roy	58	M
12 Derrick Staley	55	M
10 Nancy Briskie	56	F
7 Kristina Gracey	31	F
7 Mike Roda	38	M
6 Josh Merlis	32	M
6 Chuck Terry	31	M
5 Brad Lewis	27	M
5 John Stadtlander	48	M
4 Alyssa Lotmore	28	F

34th ANNUAL HMRRRC
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For Runners 40 Years Old or Older
 Grand Prix Race – USATF / HMRRRC
 Adirondack USATF Masters Championship



*Bill Robinson
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*Bill Robinson
 Race Winner
 1989, 35:20 pace (5:36)*

SATURDAY, APRIL 26, 2014 - 9 A.M.

Awards- 3 deep in 5-year age group – Beginning at 40-44 through 80+

TEAMS: Top three USATF Registered Female and Male teams in ten year age groups.
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ENTRY FEE: \$13.00 (HMRRC/USATF members) or **\$15.00** (non members)
 Day of Race Entry: **\$20; MASTERS ONLY!**
For On-Line Registration, visit www.hmrrc.com

MAIL ENTRY TO: (Checks payable to HMRRC): HMRRC, P.O. Box 12304, Albany, NY 12212

Questions: Jim Tierney, 518-869-5597, or e-mail: runnerjmt@aol.com

Name: _____

Street Address: _____

City/ Town _____ State _____ Zip _____

Email Address: _____

Emergency Phone Contact: _____ Gender: Female Male

Birth Date _____ Age (on race day) _____ USATF # _____

Release: I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools, the Hudson-Mohawk Road Runners Club, & USATF for any and all injuries suffered by me in said event. These organizations and their representatives shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

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EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
3/15/14	11:45 AM	Uncle Marty's Kilt Run 5K	Averill Park	Hollie White	holliboyd@gmail.com
3/15/14	10:00 AM	Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Leticia & Dave Ruderman	ROGARace@aol.com
3/16/14	11:00 AM	Horseshoe 5K	The Ghent Firehouse Grounds	Polly Engel	EmilyFoundation@yahoo.com
3/22/14	10:00 AM	5sp Run 5K (3rd)	Knox Town Hall	Dawn Jordan	HH4inFormation@gmail.com
3/23/14	8:00 AM	Syracuse Half Marathon	Syracuse Oncenter	Rick Streeter	syracusehalf@gmail.com
3/29/14	9:00 AM	4th Annual Ice Breaker Challenge	Corning Preserve	Kathy Johnston	Wade.Johnston@hotmail.com
3/29/14	10:30 AM	Run 4 Your Life 5K	Central Park -- Schenectady	Brian Demarest	sfreddem23@yahoo.com
4/6/14	6:30 AM	Twin State 50K	Windsor	Ben Pargie	deadstunkracing2011@gmail.com
4/6/14	9:00 AM	26th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam_tobon@gmail.com
4/12/14	10:00 AM	Scholarie 5K Run/Walk	Scholarie Elem. School	David Roy	David.Roy@scaylegRunners.com
4/12/14	9:30 AM	Bacon Hill Bonanza 5K/10K	Bacon Hill Reformed Church R132n Schuylerville	Jennifer Thomas	jthom01@yahoo.com
4/19/14	9:30 AM	5K Rabbit Run	Barrytown College	John Raucci	ideaal@valstar.net
4/19/14	10:00 AM	20th Rabbit Ramble 4 Miller	Guilderland High School	Phil Carducci	rabbtramble@nycap.rr.com
4/21/14	9:00 AM	Boston Marathon	Hopkinton to Boston	BAA	www.baa.org
4/26/14	9:00 AM	Great Mom's 5K/10K Fun Run	Maple Ridge Park Selkirk	Jessica West	jwest679@hotmail.com
4/26/14	10:00 AM	Miles of Hope Breast Cancer 5K	Tyner Park	Lori Decker	mohrun@hotmail.com
4/26/14	9:00 AM	34th Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jlirn Tierney	runnerjnt@aol.com
4/27/14	7:00 AM	Kiwanis Kingston Classic	Kingston	Katie	Katie@HTSdundance.com
4/27/14	10:15 AM	Cherry Blossom 5K Race for ALS	Niskayuna	Tim Fecura	info@skraceforals.com
5/3/14	8:30 AM	11th Annual Spring RunOff 5K and 10K	Corning Preserve Amphitheater	Brian Doldard Race Director	11thSpringRunOff@gmail.com
5/4/14	9:00 AM	Spring Has Sprung 10-Mile Run	Sherenataha Creek Park	Jennifer Casey	jcasey@dynca.org
5/10/14	9:00 AM	Ryan's Run 5K	Saratoga Spa Park - Warming Hut	Paul Westen	mlopfoundation@gmail.com
5/10/14	8:00 AM	The Mastodon Challenge 15K 5K & Kid's Fun Run	Crane Park Cohoes	Lisa Osorio	losorio@mararx.com
5/11/14	8:30 AM	Fleet Feet Sports 10K	Bethlehem High School	Jim Sweeney	flabany@gmail.com
5/13/14	10:00 AM	34th Mother's Day 5K	Central Park	Diane Fisher & Jon Golden	hmrredane@gmail.com
5/15/14	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
5/17/14	10:00 AM	New York/Vermont 5K Champlain Bridge Run	Crown Point State Historic Site	Nancy Ocklin	monocktrn@gmail.com
5/31/14	10:00 AM	Charlton 5K Run/Walk	Charlton Village near Town Hall	Bill Heikenham	bheik@nycap.rr.com
6/8/14	9:00 AM	43rd Distinguished Service Race 8 Mile [GP]	SUNY/Albany -- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/10/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/14/14	9:00 AM	Tri-City Valley Cars Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/17/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/24/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/1/14	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/8/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/10/14	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/15/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/17/14	6:15 PM	41st HMRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
7/22/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/24/14	6:15 PM	38th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/29/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
8/2/14	8:30 AM	The 36th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
8/3/14	9:00 AM	20th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd/Thacher State Park	Mike Kelly	mjk3ny@gmail.com
8/5/14	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
8/11/14	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicut	jkinnicut@gmail.com
8/18/14	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicut	jkinnicut@gmail.com
8/25/14	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicut	jkinnicut@gmail.com
9/1/14	9:00 AM	26th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparise@nycap.rr.com
9/14/14	9:00 AM	42nd HMRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	plglove@aol.com
9/28/14	10:00 AM	34th HMRRC Voohtesville 7.1 Mile [GP]	Voohtesville Town Park -- Day of race signup only	Jin Thomas -- Russ Hoyer	jth430@verizon.net
10/12/14	8:30 AM	31st Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@mhawkhudsonmarathon.com
10/12/14	8:30 AM	13th Mohawk Hudson River Half Marathon	Colonie Town Park	Maureen Cox	racedirector@mhawkhudsonmarathon.com
11/9/14	9:00 AM	39th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamlebhryans@nycap.rr.com
11/23/14	10:00 AM	HMRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Malkels	afmcpa1040@yahoo.com
12/14/14	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau -- Gretchen Oliver	bart@truarchts.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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Hudson-Mohawk Road Runners Club Membership Application

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Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE OR FAMILY (\$15) Names _____

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

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

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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