

The Pace Setter

September 2009

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



**Colonie Mile
July 7, 2009**

FAM 5K "Fund" Run/Walk

Saturday, September 26

AWARDS

KIDS' RACE

REFRESHMENTS



MUSIC

BROOKS' BBQ

MASSAGE
THERAPISTS

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region

Benefits Schoharie County ARC

8:15-9:30 Race Day Registration or REGISTER ONLINE!

See application at FAM5K.com

**S
T
A
R
T**

RAFFLE GRAND PRIZE
4 NEW YORK GIANTS TICKETS!



The FAM 5K is sanctioned by the
Adirondack USA Track and Field



Publication of Hudson-Mohawk
Road Runners Club
Vol. 30 No. 9

Editor:

Kari Gathen (pacesetterarticles@verizon.net)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Marcia Adams

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Terri Commerford,
Mike McLean

Advertising/Business Directors:

Jim Tierney (869-5597, runnerjmt@aol.com)
Bob Knouse

Photo Coordinator:

Barbara Sorrell

Photography Staff:

Tom Adams, Debbie Beach, Phil Borgese,
Nancy Briskie, Donna Davidson, Vince Juliano,
Ray Lee, Bill Meehan, Gerri Moore,
Paul Turner

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

— **The Running Doctor**

Dr. Robert Irwin

— **For Your Health**

Ed Thomas

— **Been There, Done That**

Jim Tierney & Ken Orner

— **Senior Running**

Ed Gillen

— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

— **Kopac's Komer**

Beth Hughes

— **Let's Talk About It**



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 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. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

SEPTEMBER 2009

President's Message	4
What's Happening in September	5
Short Circuits.....	7
Been There, Done That.....	9
Notice to All HMRRRC Club Members.....	9
2009 Bill Shrader Sr. Memorial Scholarship	11
New Volunteer Initiative – Timing Teams.....	11
<i>by Marcia Adams</i>	
Profile of a Runner – Colleen Raney	13
The Athlete's Kitchen – Calcium Concerns	16
Tough Weather for the Mile	18
<i>by Tom Adams</i>	
The HMRRRC/CRFCU Father's Day Race Has a Record Number of Finishers	19
<i>by Kari Gathen</i>	
HMRRRC Election Ballot.....	21
2009 Pentathlon	23
<i>by Todd Mesick</i>	
Profile of a Runner – Douglas Secor	25
A Review of Nancy Clark's Food Guide for New Runners	27
<i>by Nancy Taormina</i>	
Grand Prix Update.....	30
New HMRRRC Members	31
Meeting Minutes of the HMRRRC General Meeting: July 8	32

Photos in this issue by Donna Davidson, Bill Meehan

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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
MIKE KELLY
439-5822

Executive Vice President
MARK WARNER
464-5698

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
JOHN KINNICUTT
265-2876

Secretary
BARBARA LIGHT
729-2882

Race Committee Treasurer
PAM ZENTKO
372-8275

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
ED GILLEN
vc47@aol.com

Race Committee
NANCY BRISKIE, 355-3276
CATHY SLIWINSKI, csliwinski@nycap.rr.com

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC Web Page
ED NEILES
482-9032

Digital Clock & Timer
BILL MEEHAN
456-4564

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



by Mike Kelly

Webster's Dictionary defines a club as "an association of persons for some common object usually jointly supported and meeting periodically; also: a group identified by some common characteristic." I think it's pretty obvious that the common object or common characteristic for the members of the HMRRRC is the sport of running. Our club's mission statement reaffirms this:

The 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.

But I want to bring your attention to the last few words of our mission statement where it states:

We believe.....that volunteer participation is a foundation upon which HMRRRC exists.

Volunteer participation. So what does that mean? To me in the context of our running club I guess it means volunteering one's time, talents, skills, and energy for the benefit of others in our running community.

I bring up this issue of volunteer participation because after 11 months as your Club President, it is clearer to me than ever that 90% of our membership either (1) doesn't know that volunteers are the core of our club, or (2) knows the importance of volunteering for the club, yet still makes the decision not to give any of their time or talent to a club of which they are a member.

Right now, our club has approximately 2,100 active members. Yet, the same 100-150 people volunteer year after year at every HMRRRC race, event or meeting. Surely they have the same family, work, and other social obli-

gations that you and I do. Why do they give? Because they simply have made the determination that they think their running club is important enough to warrant some of their time and attention.

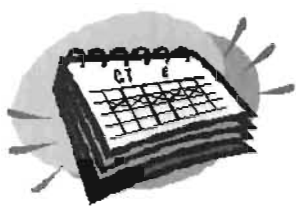
Many of you reading this may be saying, "Hey, I give my \$12 per year to be a member. I did my part." Wrong! No, you haven't done your part. Do you know that your annual \$12 doesn't even cover the cost of the printing and postage of this magazine? Surely, it doesn't cover the expenses associated with the 10 free races that the HMRRRC offers to its members during the winter and summer. The bottom line is, if you simply just send in your \$12 each year, and do nothing else for the club, we lose money on you. More importantly we lose out on the terrific talents, passion and abilities that you have and could be bringing to your running club in one way or another.

How can you help? Here's a quick list of some really easy things you can do to make your running club better than it is now.

- Write an article for *The Pace Setter* about your latest running experience.
- Volunteer in any fashion at a club race. You've seen those people at the last race: doing registration, handing out water, making sure you don't get hit by a car while you're running, etc.
- Come to a monthly club meeting and get involved in a committee.
- Take photographs during a club race or event.

So my charge to you is simply this: get involved! Don't get me wrong, in the short term the club will be fine without you. But in the long run, the HMRRRC will simply not survive without a broader base of volunteer support than we currently are experiencing. What type of running club do you want to belong to? One that just gets by without your participation or one in which you play a role in making it just a bit better than it was before you got there? ☐





What's Happening in September

by Al Maikels

You would have to be an old timer to remember when the Labor Day 5k was held at the Corning Preserve in the late afternoon and always seemed to have an extended wait for the awards ceremony. That race was held in the mid 1980s and got people into the habit of running a fast 5k as part of their Labor Day festivities. After that race faded away, the club revived a Labor Day race in the morning at Central Park in Schenectady. After a nice 15 year "run" at that site, the race moved to its new home at the SEFCU Headquarters on the State Office Campus. The 21st SEFCU Labor Day 5k will be held on Monday, September 7 at 9 a.m. at SEFCU Headquarters on the Washington Avenue side of the State Office Campus. Day of race registration is available for this Grand Prix race.

The HMRRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.6 miles (Grand Prix race) and 2.8 miles. These unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 38th anniversary celebration will be held on Sunday, September 20th at 9 a.m. at SUNY and features day of race registration only.

Half marathons are plentiful on the September calendar, with such regular events as the Dutchess Classic Half Marathon, scheduled for Sunday, September 20 at Wappingers Falls. This is a personal favorite of mine and I encourage anyone looking for

a nice ride and a good run to make the trip down the Taconic Parkway. The Adirondack Distance Festival features a marathon, half marathon, a marathon 2-person relay and 5k and 10k races over the two days of September 19 and 20 in Schroon Lake. The Saratoga Palio features the Melanie Merola Memorial Half Marathon and 5k run/walk on Sunday, September 20 starting at 8 a.m. at City Hall in Saratoga Springs.

There are also some fine shorter distance races in September, located closer to home. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 26 at 10 a.m. at the Cobleskill Fairgrounds. This year the FAM Run features 4 New York Giants tickets as the raffle grand prize. Other fine 5k runs include the 28th Bruegger's Bagel Run on Sunday, September 13 at 8:30 a.m. at the Albany Jewish Community Center and the 8th Annual Teal Ribbon 5k on September 13 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 12 at 9 a.m. at the Guilderland YMCA and the Crossings 5K Challenge on September 27 at 10 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 9 at 7:30 p.m. at the Point of Woods Clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in Mike Kelly's presidency and all club members are welcome. □



Submissions for the November Issue of *The Pace Setter*

Articles:

Deadline is September 25th. Submit to: Editor, pacesetterarticles@verizon.net

Advertisements:

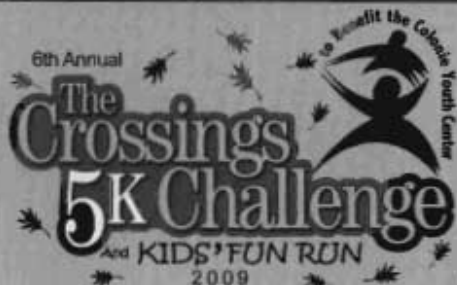
Deadline is October 1st. Contact Jim Tierney (Advertising Director) to reserve space, at 869-5597 or e-mail: runnerjmt@aol.com

Ads should be sent to:

C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: callen@gscallen.com

High resolution black & white files required. No files from MS Word, MS Publisher or Word Perfect. Full page ad size must be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.

SUNDAY, SEPTEMBER 27



The Crossings 5K Challenge is a flat and fast race through the Crossings Park. Race starts and finishes at Colonie Youth Center's Rudy A. Cicotti Family Recreation Center, 30 Aviation Rd., Colonie 867-8920.

Register **EARLY** for the best deal! Walkers are welcome too!

Registration: 8 - 9:30am
Warm up: 9:30am
5K Race/walk: 10:00am

** Strollers only allowed for registered 5k walkers.

Sponsorships Available:
Ph: 518-438-9596
Email: bboodram@colonieyouthcenter.org



Kids' Fun Run

1/2 mile run begins after 5K (est. 10:45am)

All kids up to age 12 receive a medal for participating and a post-race pizza party to celebrate. **FREE** to enter. Must be registered. Youth shirts available for a \$10 donation to the Colonie Youth Center

- Everyone is welcome! TEAMS of Families & Friends, Businesses, and Schools Too!
- All registered 5K runners and walkers will be entered in our raffle!
- **FREE** long sleeve tee to first 300 registered. Food and beverages for all entrants.
- Pre- or post-run massage compliments of Center For Natural Wellness School of Massage Therapy.



Olympic Level Sponsor

Kelly Stamas of RealtyUSA Associate Broker

Community is Key

KeyBank Masters Level Sponsor



All proceeds benefit CYC's community programs.

Additional forms and information available at www.colonieyouthcenter.org

Form may be photocopied. One entry form per person. *Entry fees are non-refundable

First Name _____ Last Name _____ Business (if applicable) _____
Street Address _____ City _____ State _____ Zip _____ E-mail _____
Phone _____ Date of Birth _____ Age (on 9/27/09) _____ ☐ Male ☐ Female
*Team Name _____ Select one: ☐ Friends & Family ☐ Business ☐ School

*Each team captain must submit a team roster form for up to 5 teammates in the same envelope with all their teammates' registration forms and payment.

All forms may be downloaded from www.colonieyouthcenter.org or by emailing bboodram@colonieyouthcenter.org

- ☐ Check here for Kids Fun Run up to age 12. **FREE** to enter. All kids receive a medal for participating.
*Youth shirts available for a \$10 donation. Youth Shirt Size (check size if applicable) ☐ S ☐ M ☐ L ☐ XL
- ☐ Check here for Adult 5K Run/Walk—\$20 before 9/15, \$25 after 9/15 & day of race registration
5k Adult Shirt Size ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Free to the first 300 registered runners!)

Mail entry form to: Colonie Youth Center, 272 Maxwell Road, Latham, NY 12110

☐ Check Enclosed

☐ Credit Card ☐ Visa ☐ MC ☐ American Express

Please make check payable to Colonie Youth Center
or **REGISTER ONLINE** at Active.com

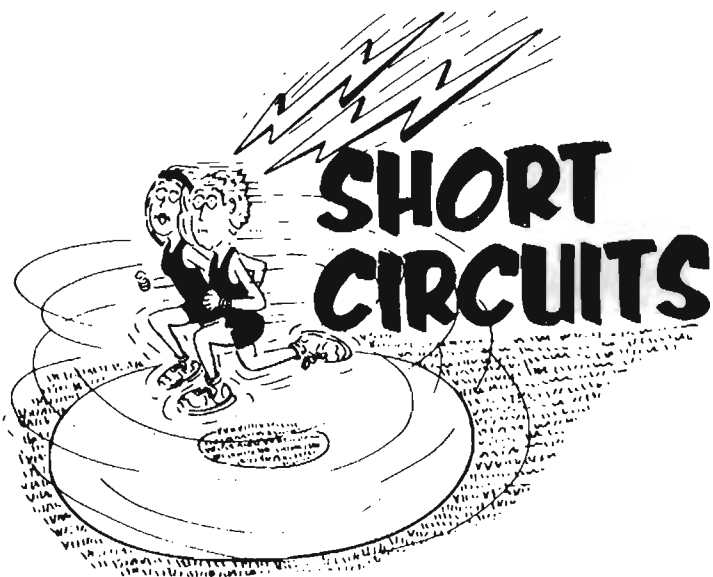
Name on the card _____
CC # _____
Exp. Date _____ 3 Digit Code on back _____
Signature: _____

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that: 1. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation I will remove myself from participation and bring such to the attention of the nearest official immediately and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation and 3. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE COLONIE YOUTH CENTER, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct this event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT and 5. I grant full permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings or any other record of this event for any purpose including commercial use.

Signature/Date Emergency Phone Number (s) _____

Signature of Parent or Guardian if participant is a minor/Date _____



The Greater Glenville/Schenectady YMCA Canal Run 5K on July 11 turned out to be 3.2 miles due to an error in positioning the turnaround.



The six women "Albany Running Exchange Lunachics" team set a course record in winning their division of the Green Mountain 200 mile relay in June.



Record breakers: Jessica Hagamen, Chris Varley, Sara Brenner, Sam Augeri, Crystal Cammarano



"Like most of the nation's legendary races, the Boilermaker has steadily grown through

the years, with its humble beginnings in 1978 with 876 entrants and 782 finishers to last week's 12,000-plus registrants and 10,582 finishers, along with a "shadow" race in Iraq run simultaneously.



"A final thought on Utica, home of the National Distance Running Hall of Fame since 1998: Utica is no Cooperstown. The Hall of Fame is located underneath a highway off-ramp in a seedy section of downtown. The story is that the building in which it resides was donated, but it is time to relocate the national shrine to a destination such as Boston, New York or even D.C. with its burgeoning National Marathon." -- From the *Washington Times*.



"If I could get healthy, I would get out there and see how much an almost 51-year-old body could do. But I can't get healthy enough orthopaedically. What I am really, really getting into now is quilting." -- Mary Decker Slaney, America's greatest female middle-distance runner.



Slaney shows off her quilts

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.



Donna Lustenhouwer travels light to races. She took her car, car keys and her MasterCard to the Boilermaker. Before the race she made a pit stop at a Porta-John. And "Whoops," she dropped the MasterCard into the Porta-John. Where it ended up standing at attention, so to speak. Priceless. □



Donna has been running incognito of late





Town of New Scotland 7.1 Mile Race

Sunday, Oct. 4, 2009
10:00 a.m.

30th Anniversary

- Entry Fee:** \$8.00 for HMRRC members
\$10.00 for non-members
(Special Prize to 1st 125 Registrants & Volunteers)
- Registration:** 8:00-9:45 a.m., day of race only,
Town Park on Swift Road
- Awards:** Overall, Age Group, Town Residents
NO DUPLICATION
- Race Time & Course:** 10:00 a.m. – Town Park
Course is challenging and follows scenic hilly country roads.
- Location:** Town Park on Swift Road in Voorheesville, Swift Road runs between Routes 85 and 85A.

For More Info Call
Jim Thomas 518-477-8489
Russ Hoyer 518-817-6623

HELP WANTED

Assistance Needed:

Marathon and Half Marathon Volunteers!

Step up now to be a part of the one of the fastest Boston Qualifier races! If you are not planning on running, we could use your assistance! Needed: baggage coordinators; bus coordinator; refreshment assistance and coordinators; water stop leaders; course marshals, etc. It is never too early to volunteer!

Stockade-athon Volunteers!

It promises to be bigger and better than ever and YOU can be a part of it!! Make the commitment today and enjoy the excitement.

WANT MORE INVOLVEMENT?



Come to a Club meeting and see why you want to be involved!

IF INTERESTED,
CONTACT MARCIA
ADAMS, VOLUNTEER
COORDINATOR
at 356-2551 or
madams01@nycap.rr.com

It's not just about Running...

"BEEN THERE, DONE THAT"

by Ed Thomas

September 1974 - Thirty Five Years Ago

Talk about two extremes – according to Newsletter Editor Burke Adams, "Jim Bowles warming up for his last year of cross country at HVCC covered over 400 miles per week for the month of August." And at the other end of the training spectrum, Doug Allen is congratulated for running a 2:42 marathon in Canada, working out only 30 miles per week in preparation.

September 1979 - Thirty Years Ago

Newsletter Editor Paul Rosenberg writes an article giving thumbnail descriptions of ten of his favorite training areas in the region. They include: the Albany Municipal Golf Course ("If you like hills, you'll like this."); The Mohawk River Bike Paths ("I am overwhelmed by the beauty of the area"), and the Pine Bush ("An area which will soon be no longer with us.")

September 1984 - Twenty Five Years Ago

- The Pace Setter cover features a young, smiling, fully bearded Ray Newkirk holding aloft a trophy at the Corporate Challenge. Inside, Ray is profiled. Ray talks about running having a positive effect in relieving the stress of managing a thriving business. He adds: "I've developed some tremendous friendships through running and being involved in Club activities. Runners may not, as a group, be better people, but you can't prove it by me."

September 1989 - Twenty Years Ago

- High humidity and temperatures in the 80s knock out 20% of the field in the Distinguished Service Race on the 10th. This year's recipient, Rich Brown, has been Stockadeathon Director for several years, a monumental contribution to the Club. Top performers include overall winners Dan Paxon and Ann Kuklinski, 40+ winners Pat Glover and Judy Swasey, and 50+ winners Nancy Gerstenberger and John Pelton.

September 1994 - Fifteen Years Ago

- In a rare occurrence, there are two honorees at this year's Distinguished Service Race. Steve Basinait and Hank Steadman have each served the club as President. Steve is currently chair of the Race Committee and Hank is director of the Delmar Dash.

The race, directed by Ken Klapp, follows the traditional layout, starting clockwise around the perimeter, reaching the lake after two miles, then a couple of lake loops, and back counterclockwise to end at the gym. (This is less severe than the current course.) Top finishers: Tim McNamara and Dale Keenan on the men's side and Amy Herold-Russom and Sandra Phibbs on the women's side.

September 1999 - Ten Years Ago

- A grand total of 51 runners attend the 2.8 and 5.6 Mile Anniversary races on the 19th. Appropriately, at least a third of the finishers come



from the 55+ year old crowd and they turn in some very respectable performances. They include Mike Bartholomew (75), Ken Orner, Ray Bremm, Anny Stockman, and Jim Edwards (all comfortably into their 60s).

September 2004 - Five Years Ago

- The SEFCU/HMRRRC Labor Day 5K is moved from long-time venue Central Park in Schenectady to the Harriman Campus. This year's winner is Tom Dalton, followed by Josh Merlis and Josh Edmonds. Emily Bryans dominates the women's field, with Roxanne Wegman 30 seconds back.

- Along with the race results, the (November) Pace Setter includes a history of winners of this event, appearing that a certain Club Hall-of-Famer has been running under an alias for many years. The 1985, 1990 and 1991 winners are listed as: Dale Keenan, Dale Keenan and Dale Keenan, respectively. Meanwhile, someone named Dale Keenan takes this year's 50+ title. □



NOTICE TO ALL HMRRRC MEMBERS

This advertisement shall serve as notice that a proposal to amend the HMRRRC constitution will be discussed during the club meeting on Wednesday, October 14th. Further, the proposal that will be discussed and potentially voted on that evening will deal with the procedures to nominate and elect HMRRRC officers as recommended by the HMRRRC Elections Committee. All members are encouraged to attend and participate in the meeting which will take place at the Point of Woods clubhouse in Guilderland beginning at 7:30 p.m.

Below are the specific amendments that are proposed to the constitution. The struck through text is current and would be deleted while the underlined text is new and would be added.

Proposed Revision to the HMRRRC Constitution, Section V., Subdivision E.

Elections

1. An Election Committee consisting of at least three (3) club members, at least two of whom have served on the prior year's committee, who are not currently officers shall be approved by members at a club meeting no later than June April 30th. In the event two prior serving members are not available to serve, the President may appoint replacements as necessary.
2. Procedures for each year's elections shall be recommended by the Election Committee and approved by the members present at the club meeting no later than June 30th July 31st.
3. The Elections Committee will present nominees for the club offices at a club meeting no later than August 31st July 31st.
4. Candidates may also be nominated by petition consisting of the signatures of at least ten club members one percent (1%) of the total membership of the club as reported at a Club meeting no later than June 30th or at least ten (10) members, whichever number is greater. Signatures must be of members in good standing as of June 30th of that year. Nominating petitions will be accepted and verified by the Elections Committee at a club meeting no later than August July 31st.
5. Club members will vote by mail during the month of September. The candidate for each office receiving the largest number of votes is elected.

Striving to Reach New Heights



THE SARATOGA PALIO
Melanie Merola O'Donnell
Memorial Race

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk • Sun., Sept. 20, 2009; 8 AM
Run, walk, pledge, or volunteer • www.thesaratogapalio.com

Photography compliments of Stock Studios Photography

2009 Bill Shrader Sr. Memorial Scholarship

The Bill Shrader Sr. Memorial Scholarship, in its tenth year sponsored by the Hudson-Mohawk Road Runners Club had many outstanding candidates to choose from in the Capital Region. The scholarship is in memory of Bill Shrader Sr. one of the founders of the HMRRRC and the club's first Vice President. Bill was also a race director and the 1974 winner of the Distinguished Service Award. He was an accomplished runner with an American age-group record for 50 miles, and was an inaugural member of the HMRRRC Hall of Fame, elected in 1991.

This year there were 33 student-athletes nominated (18 female and 15 male) from across Section II for four available scholarships. Candidates were evaluated and scored on four criteria: running experience, extra-curricular activities, an essay on the "importance of running" and two letters of references. The 2009 Scholarship Committee included Joan Celentano, Jon Rocco, Chris Rush and Ken Skinner. With so many outstanding candidates, the selection committee had a very difficult task to choose four. The two female winners were Gina Cristaldi from Broadalbin-Perth High School and Meaghan Gregory from Burnt Hills-Ballston Lake High School. The two male winners were William "Mike" Danaher from Shenendehowa High School and Kevin Sprague from Queensbury High School.

Gina Cristaldi, the first Shrader Scholarship winner from Broadalbin-Perth, has been running for six years and has gone to the state meet in cross country the last four. She was selected to the all-state team three of those years. Gina started high school at Hudson Falls and was the school record holder in the 800, 1500 and 3000 in outdoor track and then transferred to Broadalbin-Perth and became the school record holder there in the same three events. In addition to these running accomplishments and many others too numerous to name, Gina also had a lengthy list of extra curricular and volunteer activities including student council, drama club and volunteer work with her church. She will continue her running at Adelphi University.

Meaghan Gregory became the second Shrader Scholarship winner from Burnt Hills. She was a member of the state champion cross country team three years in a row finishing as high as second individually in the state meet. Her senior year, her team finished fifth nationally. In track and field, Meaghan was a member of four national champion relay teams and was recognized eleven times as an All-American. She was a state champion at 3000 meters and state runner-up at the distance several times. In addition to her running exploits, Meaghan had many extra curricular and volunteer activities including National Honor Society, co-editor of the school newspaper and volunteer at several

road races. She will continue her running career at Georgetown University.

William "Mike" Danaher was the first Shrader Scholarship winner from Shenendehowa High School. Mike was a member of the top ranked cross-country team in New York State each of the last three years and participated in the Nike Team Nationals each of those years. He was selected an All-American in outdoor track and won a number of Suburban Council and Section II championships. He won several Big Ten individual championships for CBA prior to transferring to Shenendehowa before his sophomore year. Mike is also a top scholar, ranking 4th in a class of 645. Mike was a National Honor Society member and a finalist for the Wendy's High School Heisman award. He has volunteered with the Fresh Air Fund, Regional Food Bank and Ronald McDonald Lounge. He will run next year at Dartmouth.

Kevin Sprague is the fifth scholarship winner from Queensbury High School. Kevin was a member of the New York State champion cross country team which also finished second in the Federation meet. Individually, he placed fourth in the Section II 1600 his junior year. As a Nordic skier, he was the *Times Union* Athlete of the Year both his junior and senior seasons, leading his team to the sectional and state titles. Kevin's extra-curricular and volunteer activities are numerous. As part of the In the Running organization, he traveled to Tanzania and Kenya and while there climbed Mt. Kilimanjaro. Kevin is also an Eagle Scout, was a delegate to American Legion Boys State and a delegate to the 2008 YMCA Youth Conference on National Affairs. He was also a member of the National Honor Society and Student Senate. This fall he will run and ski at Harvard University.

Unfortunately only four candidates could receive the scholarship, and there were many more candidates with similar credentials deserving of recognition. In the past ten years, the Bill Shrader Sr. Memorial Scholarship recognized 25 student-athletes representing 17 different schools. We wish the four honorees in 2009 along with all the other applicants the best of luck with their academic and running careers as they move on to college this fall. □



New Volunteer Initiative – Timing Teams

by Marcia Adams

In an effort to meet the needs of the many races conducted by HMRRRC, we are trying a new approach of volunteer teams. The plan is to have a number of teams composed of trained volunteers to handle various aspects of our races. The concept is to ensure consistent quality at each of our events while providing training for new volunteers. An introductory meeting was held, recruiting the first team of volunteers for timing. Ten interested volunteers, along with Ed Neiles, Nancy Briskie and Cathy Sliwinski, were in attendance. Ed provided an introduction to RunScore and briefed the volunteers present on the timing. Additional training will be held for more hands-on work in smaller groups.

The attendees had an opportunity to ask questions, learn about what would be expected as a team member and the time commitment required. We are excited that each member present has expressed an interest in proceeding with the training and we anticipate that we will have teams in training within a couple of months. Each team will consist of four people who will be cross-trained on all aspects of timing a race. While in training, they will not be expected to be responsible for timing actual races but will be participating alongside the existing timing system.

Once we have these teams moving forward, we will begin work on our second set of teams, for registration. Tentatively, I plan to coordinate an introductory meeting sometime in the month of September.

I encourage anyone who may be interested in being part of a timing, finish line, or registration team to please get in touch with me at madams01@nycap.rr.com or by mail: 1009 Tollgate Lane, Schenectady, NY 12303. □



FLEET FEET

Sports

Since 1976 Fleet Feet Sports has built a national reputation in the running and walking community by providing quality products, expert advice and superior customer service.

We are happy and proud to bring this high level of commitment to the Capital Region by announcing the opening of Fleet Feet Albany. A true specialty store, Fleet Feet Albany has joined a national network of locally owned and operated franchises dedicated to serving their own community.

Personal



Bra



- Superior customer service
- A full line of footwear, apparel and accessories for all your fitness needs
- Complete gait analysis by a highly trained, dedicated staff
- A one-stop source for running, walking and fitness information
- A strong commitment to the success of our customers and our community
- A warm, welcoming environment for customers of every age and ability



155 Wolf Rd (Metro Park Rd, near Macaroni Grill)

Albany, NY 12205 • (518) 459-FEET (3338)

FleetFeetAlbany.com • Mon-Fri 10-7, Sat 10-6, Sun 12-4

Profile of a Runner

COLLEEN RANEY

What is your occupation, background, age, hobbies, and other sports or other interests?

I am a homemaker, attended college, and I enjoy doing anything active outdoors, from gardening to biking.

When and how did you get started running?

I was a walker for many years, but more of a stroller. I began walking with a neighbor friend 6 years ago. She was taller and faster and we had a lot to talk about. By accident our walks became more aerobic – faster and longer – gasping, but still talking. Then we tried running between telephone poles, alternating with a recovery walk. Next thing you know, it was a whole mile, then longer. The first run we entered together was in 2003 or 2004, the St. Clare's Hospital Cardiac Classic. We were in over our heads, but we finished. We were faster the next year and the next.

Do you have a favorite race or races?

I like the Mother's Day Race in Delmar.

What are your most memorable races?

This year the inaugural Cherry Blossom 5k Challenge held in Schenectady. I finally placed; I think it's because there weren't a lot of women my age running that day! I had gotten discouraged. My friend is not running anymore, so I'm not as accountable every morning to either run or walk. We moved several times in the last 2 years. My Ipod chip was not working. So I was encouraged to press on even though I hadn't been running as often I had been working on varying the intensity and duration of my runs and working out at the gym on leg strength.

How do you train? Do you have training partners?

I now train using a running log, since I don't have my running buddy to help keep me on track. Actually, truth be told, I don't think too many days of shirking would go by before I just had to get those endorphins going by running.

What are your current goals?

To run consistently 4 times a week. Twice a week for 4 miles, once a week for 5 miles and one day 6-8 miles and rest one day a week and not feel guilty!

Do you have any future running goals?

I'd like to run a half-marathon before I'm 60.

Do you have a philosophy of running?

Nike was right: just do it! Sometimes when we ran early in the morning, we'd wear our running clothes to bed (omit sneakers!) so we had no excuse.

Any funny stories?

Every winter run is funny since my running wardrobe needs help. However, you all inspire me. I love the comradery of fellow runners, the volunteers, the encouragement of the spectators. I'm still learning about running and myself. Running has so many parallels with real life – one step in front of the other. □

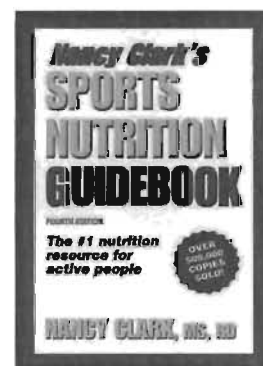


WANT ENERGY?

Don't just eat ... eat better!

This new 2008 edition can help you:

- have high energy all day
- achieve your desired weight
- enjoy better workouts.



Don't just run (or walk) a marathon. Enjoy the event with energy to spare!

This new edition offers even more tips on how to eat for endurance for long runs — and for life.



ORDER: Visit www.nancyclarkrd.com

- ___ Food Guide for Marathoners \$21
- ___ Sports Nutrition, 3rd Edition \$25
- ___ Both books —Special price \$35

Name _____

Phone _____

Address _____

Price includes postage

Send check to Sports Nutrition Materials

PO Box 650124, West Newton MA 02465

Ph 617.795.1875 • MA Residents add 5% tax

Rated as One
of The Top Five
Cross Country Races in America

RUNNER'S
WORLD



Take a
Virtual Tour of
The Course
www.saratoganational.com

Saratoga Springs, New York

10:00 AM Sunday, October 18, 2009

- 5K Run and Fitness Walk •
- Kids Classic 1K Run -11:00AM •

Run/Walk the 5K Championship Cross Country Course
of New York State High School and Colleges and home of
the State and National Champion Saratoga Springs High School!
Gorgeous forested trails and beautiful meadows and streams
grace this Mecca for Runners.

———— AWARDS ————

5K Run - Top 3 Overall Male & Female
Top 3 in 5 Year Age Categories
Finishing Medals to all Kids in 1K

———— T-Shirts ————

Moisture Wicking Short Sleeve Shirt
Guaranteed to the First 300 Registered



PROUDLY HOSTING
USATF Adirondack Association
5K X-C CHAMPIONSHIPS



For Complete Race Information/Download an Application or

REGISTER ON-LINE IT'S FAST AND IT'S EASY
www.saratoganational.com

INFO: 584-3114 E-MAIL: jallen3@nycap.rr.com

Proceeds benefit: **Saratoga Center for the Family**



The Mid Hudson Road Runners Club & Poughkeepsie Journal

Joining Forces To Help Benefit The Dutchess County United Way!



Wappingers Recreation Area
Robinson Lane

31st ANNUAL DUTCHESS COUNTY CLASSIC

SUNDAY, SEPTEMBER 20, 2009
HALF MARATHON • 5K • KID'S 1 MILE
(13.1 MILES) (3.1 MILES)

Register Online at mhrrc.org or Active.com

www.dcclassic.com

NEW THIS YEAR - 5K & HALF MARATHON
ARE NOW USAF CERTIFIED!

We're
Helping to
Promote Health
& Fitness Throughout
The Hudson
Valley!

MVP
HEALTH CARE

Want To
Run Your First 5K?
We Made Special
FREE Shirts Just
For You!



PRINK IT • FEEL IT • SHARE IT **MONA VIE**

Pre-Race Registration Expo/Party

SPONSORED BY POUGHKEEPSIE JOURNAL,
AND MVP HEALTH CARE

Please stop by Saturday, September 19th from 11 a.m. to 4 p.m. (at Arlington High School on Route 55 in Lagrangeville) to pick-up your race packets and join us for a Pre-Race Expo and Party!

Runners and volunteers will enjoy free hors d'oeuvres and light snacks. Family and friends are also encouraged to come.

Enjoy mini-sessions with massage therapists and Reiki practitioners, yoga instructors, physical therapists, chiropractors, reflexologists and others. There will also be sports professionals, and personal trainers.

Please check off on your entry form to let us know if you'll be coming.

Age Brackets: Male and female -

5K and Half Marathon Races:

19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 60-64, 65-69, 70 and over.

Additional 5K Brackets: up to 14 years, 15-18 years.

Additional Half-marathon Brackets: up to 18 years.

Kids 1 Mile Race: up to 7, 8-9, 10-12

Awards: First five places for all races in each category. Ceremony will begin as soon as possible after each race.

For more information contact Keith Axelrod at 914-456-0708 or e-mail at adgroupman@aol.com

Pre-registration: Applies to entries received on or before September 15, 2009 or the night before the race at the Pre-race party/expo (see right). Race packets can be picked up at the party/expo or on race day from 7:00 a.m. to 8:00 a.m. T-shirts: Guaranteed to all pre-registered by 9/1/09.

Make checks payable to: D.C. Classic and send registration to: Patrick DeHaven, P.O. Box 538, Hopewell Junction, NY 12533

Check Race: ☐ Kids 1 Mile - \$7 (\$10 race day) ☐ 5K - \$18 (\$20 race day) ☐ Half-Marathon - \$32 (\$35 race day)

YOU WILL RECEIVE A DISCOUNT IF YOU REGISTER AT MHRRC.ORG OR WWW.ACTIVE.COM

For Race Use
Only PSN/BIB

--	--	--	--

Name Sex

Address

City State

Zip Phone () email

Birthdate / /

T-Shirt Size

<input type="checkbox"/> Small	<input type="checkbox"/> Child Med
<input type="checkbox"/> Medium	<input type="checkbox"/> Child Large
<input type="checkbox"/> Large	
<input type="checkbox"/> X-Large	

Mid Hudson Road Runners Club Email
Membership. Higher rates for reg. mail.
Visit www.mhrrc.org for to pay online.

<input type="checkbox"/> 1 Year \$15
<input type="checkbox"/> 2 Year \$24
<input type="checkbox"/> 3 Year \$30

Pre-Race Party/Expo:

<input type="checkbox"/> Will Attend	<input type="checkbox"/> Will Not Attend
# Attending <input type="text"/>	

The half marathon and 5k events will be scored by Super Race Systems using the ChampionChip Timing System. On race day, runners will be issued a rental computer chip which is attached to the shoe lace and worn throughout the race. Special mats at the finish will record a finishing time for each chip. All rental chips must be returned at the finish line.

Waiver for Race Applications: I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of my accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Poughkeepsie Journal, Dutchess County Classic, Mid-Hudson Road Runners, Town of Wappinger, LaGrange and East Poughkeepsie, the Road Runners Club of America, USAF and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that the course closes after five hours.

Signature Date Age Parent's Signature if under 18 yrs. Date

Calcium Concerns: Boning up Nutrition

"I'm 44. Should I start taking calcium pills?"

"A bone density test indicated I have the bones of a 70 year old — and I'm only 34. I guess I should have had more milk and less soda as a kid?"

"Will drinking more milk help my stress fracture heal faster?"

Questions and confusion abound about the role of calcium in runners' diets. If you are like most runners, you may think, "Milk is for kids" and quench your thirst at lunch and dinner with (diet) soda or water. As a result, you can easily end up consuming a calcium-deficient diet (that is, unless you consume yogurt and cheese instead of milk).

Weight-conscious women runners, in particular, are known to have calcium-deficient diets out of (the unjustified) fear that milk's calories will add to undesired weight gain (1). Many male runners also have calcium-poor diets. If they are not milk drinkers, men's main sources of calcium are from the cheese on cheeseburgers and pizza. Not very health enhancing.

Given the average American lives for 77.7 years, maintaining bone health throughout the lifespan should be a priority for all runners, starting as youngsters and continuing as masters athletes. A calcium-rich diet, weight-bearing exercise (such as running, as opposed to biking and swimming) and strength-training to have strong muscles tugging on bones are all important factors for optimizing the bone density of both growing children and active adults.

Bones are alive and require a life-long calcium intake. If your family has a history of osteoporosis, your risk for "shrinking" (losing height) as you get older is high and you should pay special attention to maintaining your bone density. Female runners with a history of amenorrhea also have a high risk for weak bones and should get their bone density tested so they know where they stand and if they need to take extra steps to try to enhance bone density.

Here's some information about calcium and bone health to help you enjoy lifelong health, no bones about it.

Q. Can I take a calcium supplement instead of drink milk?

A. While any calcium is better than none, taking a calcium pill does not compensate for a calcium-poor diet. A supplement offers calcium, but it does not offer the high-quality protein found in milk or soy milk, nor the myriad of other health-enhancing nutrients. Little babies thrive on milk, not calcium pills. Do you really think a pill can replace a whole food?

Q. I like to save calories by taking a calcium pill instead of drinking milk. Is that OK?

A. Not really. Although a calcium pill offers a low calorie alternative to consuming the recommended three (8-ounce) glasses of milk or yogurt each day, research indicates milk drinkers tend to be leaner than milk avoiders (1). I encourage my clients to embrace milk as a "liquid food" that is satiating and curbs one's appetite. That is, milk can be more filling than the same number of calories from soda or juice.

Most of my female clients who are runners reduce weight on 1,800 to 2,000 calories; men on 2,100 to 2,400 calories. That breaks down to at least 500 to 600 calories per meal (breakfast, lunch, dinner) and 300 calories for a snack. Enjoying low fat (soy) milk on cereal, a mid-morning latte and a yogurt for a snack seems a powerful way to spend 300 of those calories and approach the recommended intake of 1,000 milligrams of calcium per for adults 19-50 years; 1,200 mg for adults older than 50 years, and 1,300 mg for kids 9-18 years. If you are a parent, be a role model and drink milk at dinner to encourage a calcium-rich intake for your kids. Building strong bones during the ages of 10 to 18 is a wise investment for the future.

Q. I'm lactose intolerant. Can I get enough calcium from non-dairy foods like soy milk, spinach, broccoli and almonds?

A. For certain, you can get calcium from non-dairy sources. Soy milk is calcium-fortified and offers ~300 mg calcium in 8 ounces—similar to cows' milk. Other convenient non-dairy calcium sources include fortified orange juice (350 mg/8 oz.) and fortified breakfast cereal, such as Total Cereal (1,000 mg/3/4 cup).

If you do not consume dairy products or fortified soy products, you will have to work hard to consume adequate calcium. For example, to get the recommended intake from plant sources, you'd need to eat 10 cups of spinach salad, 3.5 cups of broccoli, and 4 ounces almonds (about 88 almonds @ 675 calories). That's a lot of eating.

What you do NOT get from those plant sources of calcium is Vitamin D. Vitamin D enhances the absorption of calcium and is needed to not only protect bone health but also to reduce the risk of high blood pressure, diabetes, and heart disease; enhance immune function and reduce inflammation. Vitamin D is added to milk and some brands of yogurt, but is hard to find naturally in foods other than oily fish. Hence, non-milk drinkers have a high risk for not only calcium but also vitamin D deficiency.

Q. I live in Boston and spend lots of time outdoors in the sun. Should I take additional D even though I drink milk?

A. Yes, especially between Thanksgiving and Easter. Vitamin D deficiency is surpris-

ingly common in people who live in northern latitudes (north of Atlanta GA), where the sun's ultraviolet rays do not effectively convert the body's inactive form of D (just under the skin) into an active form. And even Southerners need to be mindful. A study of southern distance runners indicates 40% of them were D-deficient (2). Indoor athletes (dancers, swimmers, hockey players, figure skaters, basketball players, gym rats, etc.) should be particularly concerned and ask their doctors about getting their blood tested to determine their level of vitamin D, and if it is low, take steps to correct the problem.

Q. Does the fat in milk contribute to heart disease?

A. Controversial. A study that tracked the health and dairy intake of 4,374 children for 56 years (between 1948 and 2006) reports there was no increased risk of heart disease or stroke among the 34% who died during that time, even though, as kids, the subjects in the study drank whole milk. In fact, the children who consumed the most milk and cheese lived longer. (3)

This study conflicts with the prevalent message to reduce the risk of heart disease by limiting the intake of milk's saturated fat. Until more research clarifies this confusion, I recommend you enjoy low fat dairy/calcium-rich foods to help reduce excessive fat and calorie intake while maintaining a strong calcium intake.

Q. Will drinking extra milk help a broken bone heal faster?

A. Doubtful. Bones need time to heal — about 6 to 8 weeks. But perhaps you can reduce the risk of breaking a bone by building it stronger in the first place?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com for information about upcoming workshops in Providence, Boston and Toronto.

References

1. Heaney R, Davies K, Barger-Lux M. Calcium and weight: clinical studies. *J Amer College Nutrition* 2002. 21(2):1525-1555.
2. Willis KS, Peterson NJ, Larson-Meyer DE. Should we be concerned about the vitamin D status of athletes? *Int'l J Sports Nutr & Exerc Metab* 2008 18:204-235.
3. van der Pols JC, Gunnell D, Williams G, Holly J, Bain C, Martin R. Childhood dairy and calcium intake and cardiovascular mortality in adulthood: 65-year follow-up of the Boyd Orr cohort. *Heart*. 2009; July 29. (Epub ahead of print) □

Race Away Stigma 5K Race & Fun Walk



Hudson Valley Community College, Center for Counseling and Transfer, Project Aware, and the ClearView Center Insights Program would like to invite you to participate in an inaugural 5K Race & Fun Walk to raise awareness of mental health stigma on college campuses.

**Please join us in participating in this ground breaking event
at Hudson Valley Community College Saturday, Oct. 24, 2009.**

Race, Shirt and Lunch for One Price!

Fee: \$20 Pre-Registration.

Includes race shirt, entry fee, BBQ lunch ticket. Deadline is Oct. 5 to ensure T-shirt on the day of race.

\$25 Day of Race Registration.

Includes entry fee and BBQ lunch ticket.

Registration: 8 - 9:30 a.m., Joe Bruno Parking Lot. Please stop by to sign in, obtain race packet, shirt, and BBQ lunch ticket.

Race Time: 10 a.m. Starting/finish line is the Joe Bruno parking lot near Registration Tent.

Raffle: Proceeds to benefit the ClearView Center Insight Program which helps families and students living with a mental illness.

Race Contact Information:

Michael Washco (518) 629-7176
M.washco@hvcc.edu

Larry Ellis (518) 629-7175
L.ellis@hvcc.edu

Web site: www.hvcc.edu/cct
(Information and race registration form)

CustomInk.com

You think it, we ink it!

ClearView Center, Inc.
Growth and Recovery for People with Mental Illness

INSIGHTS

dre
EVENT PRODUCTIONS



Hudson Valley Community College
Center for Counseling and Transfer
Office of Student Activities

Project Aware



Mail form and entry fee to:

HVCC: Race Away Stigma
Student Activities Office
Siek Campus Center Room 210
80 Vandenburg Ave
Troy, NY 12180

Checks payable to:

Student Activities/Race Away
Stigma 5K Race & Walk

Checks and cash accepted day of race.

Name _____

Address _____

Phone _____

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL

Sex _____ Age on race day _____

Waiver: In consideration of your acceptance of my entry fee and permitting me to attend/participate therein, 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 damage I may now or in the future have, against Hudson Valley Community College, and the sponsors, their representatives, agents, and assignees, for any/all losses and injuries suffered by me in association with

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Tough Weather for the Mile

by Tom Adams

It was a toss-up. Who was going to win at the Colonie Mile – Mother Nature or the runners? Ken Skinner, race director, sat contemplating the ground-to-air lightning strikes, the National Weather Bureau's Severe Storm Warnings, and the endless rain, wondering if he was going to get this mile off and running. Fortunately, the rain eased up to a gentle sprinkle and finally stopped – at least long enough for the races to go off after a 20 minute delay. But it seemed that the races were no sooner over and the sprinkles began again – Mom Nature definitely smiled on the runners for a short while!

Running the mile is tough. You have to put everything you've got on the line, running as fast and hard as you can to beat(?) In my case, it is always myself. As an older runner, I have learned that the awesome fast times are for the young. We oldsters take longer to get out of bed than some of these guys run a mile! So, the best person to compete against is yourself. If you ran the race in a prior year, check your time and see if you can beat it – even by one second. If you do, you win! If not, you'll just have to try harder next year. Since I had an injury last year that kept me from competing, this year I decided to take it easy on myself.

My routine for a mile is the same as it is for any race – I stretch, I roll and I stretch some more. If there is one thing that I have learned as I have gotten older in this running game is you never can stretch too much. Muscles tend not to want to work as smoothly and as easily at the age of 60 as they did at the age of 20. I often wonder if the younger runners think much about stretching, and wonder if they did, if it would assist them in keeping their speed (and fewer injuries) as they age.

Back to the mile. It was a good night to

run since it was cool from the rain. In comparing times from last year, it seems that most runners were ever so slightly slower – could it be because the earlier rain did not give them the opportunity to warm up properly? Wade Stockman certainly felt that was the reason my time was not better. Wade turned a respectable 7:14 – not bad for a 74 year old! His bride, Anny, also had a very respectable performance at 9:00 even.

Among the senior runners, Derrick Staley at 50 turned in a time of 4:48, coming in 8th overall. Right behind him in 11th place was Jim Maney at the age of 51. Both men really should be inspirations to younger runners – you don't have to slow down as you get older; just learn to run smarter. In the male race, it was a battle of the 20 year olds. The winning male overall was Justin Bishop, 28, in a time of 4:21 with Pat Cullen, 23, and Eamon Dempsey, 29, following him in. The forty age group beat out the youngsters among the female runners. The winning female was Emily Bryans, 41, in a time of 5:12, with Anne Benson, 44, and Raylee Scott, 12, following her in.

Thank you's should go out to Harriet Jaffee and her daughter for manning the registration tent. Harriet tends to be a fixture at the Mile and her smiling face is always a bright spot on a tough race night. This year Harriet was joined by Kate Thomas, a young lady who is assisting HMRRRC this summer as part of her PIG (Participation in Government) course at Bethlehem Central School. Kate is an excellent track runner herself and actually participated as part of a team in the Dynamic Duo when they were a runner short.

Thanks also go out to the other volunteers and to race director Ken Skinner for a job well done. □



The HMRRC/CRFCU Father's Day Race Has a Record Number of Finishers

by Kari Gathen

On the way to visit my dad on Father's Day, I ventured over to the Crossings to watch other people run – something I don't always get a chance to do. My detour was well worth the effort, as the park was teeming with excitement, ranging from veteran runners hoping for a PR, to individuals running their first 5K nervously jogging a warm-up and getting last minute advice from friends and training partners. My slight early arrival (surprised me, too, as I usually cut it pretty close and have missed one start altogether) led John Kinnicutt to inform me that I still had time to change into my running clothes. That's O.K., I said, just here to watch, although I admittedly felt out of place, not quite knowing where to stand or what to

do in the minutes leading up to a race start when dressed in jeans, Keen sandals, and a t-shirt.

A few minutes before the start the runners, consisting of what would be a record number of finishers at 601, lined up behind the starting line. The race started and off went an endless stream of runners headed into the park along the flat and fast course that wound through a tour of the Crossings. The men's race set a fast pace with a few leaders in quick pursuit of one another ending in a course record finish time of 15:22 by Alex Grout. The second place finisher, Chuck Terry, crossed the line in 15:34 and he was followed by Justin Bishop, who secured a third place finish in 15:47. The



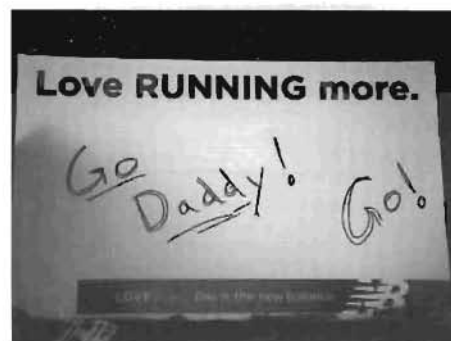
women's race featured a repeat winner from the 2007 race, Ada Lauterback, who finished this year in 18:33. Kristina Depeau followed for second place in 19:09 and Lori Weaver finished third in 19:40.

The Father's Day Race also consisted of 48 father/daughter teams and 43 father/son teams to add to the already tough competition of the open race. The first place father/son team of Dominic Tocco (16:56) and Zachary Tocco (17:19) picked up a first place win with a combined time of 34:15, an average of 17:08 per runner. The first place father/daughter team, finished in a combined time of 39:05 and was comprised of Gene Primomo (17:45) and Katelyn Primomo (21:20) for an average time of 19:33.

The race also provided an opportunity for new runners to try a 5K, and 182 runners of the No Boundaries running program, organized and coached by Fleet Feet, took part. The program provides training and support to individuals interested in running, and all that hard work culminated in excited and happy runners crossing the finish line and accomplishing their goals of completing a 5K race.

In the spirit of Father's Day, there was also a series of kids' races ranging in distance from 50 meters to one mile, with 68 kids giving it their best. The 18 one mile finishers put forth great efforts, with Branden McAuley finishing first in 7:20 and Joselin Schmitz-Morfe finishing first for girls and second overall in 7:30.

In addition to celebrating fathers, the race also supported the Capital District Community Gardens program, which received \$164 in donations through the registration process. Thanks go out to race director Dave Newman for a great race and all of the 50 plus supportive volunteers. □



**Annual
Village of Colonie
MAYOR'S CUP RUN
Sunday October 4, 2009**

1:00P.M.----- Fun Run

1:30 P.M.----- 5K Run

Location:-----Cook Park Village of Colonie (Off of Lincoln Ave.)

Entry Fee: \$12.00 for 5K Run, includes Long Sleeved T-shirt (To first 100 Participants)

There is no entry fee for the Fun Run!

Registration:---12 noon at Cook Park

Pre-Registration:--- Send form below and entry fee to:

Mayor's Cup Run

2 Thunder Rd.

Albany, NY 12205

Checks made out to the Village of Colonie

Course:---Scenic Park: paved, well-marked, flat, fast, and accurate

Awards:--- Ribbons for everyone that finishes the Fun Run. Prize for the Winner! Trophies & Ribbons to top Male and Female runners in each of 9 divisions in 5K Run

Divisions:--- 14; 15-16; 17-19; 20-29; 30-39; 40-49; 50-59; 60-69, 70 and over

Refreshments:--- Will be available

Additional Info:--- Family Center 218-7782

Registration Form

PLEASE PRINT

RACE

FUN RUN

5K RUN

NAME_____ AGE_____ SEX_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

PHONE_____

I do hereby release and discharge all sponsors of this race, the Village of Colonie Youth Council, the Village of Colonie, all race officials and organizers from any and all claims for damages arising from this event. I do certify that I am in good physical condition and have trained for this race event.

DATE:_____ SIGNATURE_____

(PARENT'S SIGNATURE IF UNDER 18 YEARS OF AGE)

Shirt Size (Circle): Adult Small Medium Large X-Large

5K RUN (Circle): 14 & under 15-16 17-19 20-29 30-39 40-49 50-59 60-69 70&over

Official 2009 HMRRRC BALLOT

The Election Committee presented a slate of nominees at the July meeting. In addition, a notice appeared in the July issue of *The Pace Setter* indicating that petitions for nominations could be sent to P.O. Box 12304. These petitions must be received by August 12, 2009. If no petitions are received, the slate of nominees for the year October 1, 2009 to September 30, 2010 is as follows:

- ☐ MARK WARNER
President
- ☐ JON ROCCO
Executive Vice President
- ☐ CHUCK TERRY, SR.
Vice President for Finance
- ☐ BARBARA LIGHT
Secretary

Please show your support for these nominees by casting your votes and mailing your ballot to:

HMRRRC Nominating Committee
P.O. Box 12304
Albany, NY 12212

Ballots must be received by September 30th, 2009.

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

* CORRECTION *

The August issue of *The Pace Setter* regarding the election of club officers for the calendar year beginning on October 1, 2009 mistakenly stated that there was a submission of additional slates of candidates. This was an error and no additional slates were received and therefore no ballots will be mailed to HMRRRC members.

To vote for the 2009 HMRRRC officers please see the official ballot in this issue of *The Pace Setter*. Results of the election will be announced at the October Club meeting on October 14, 2009.



Enjoy Warmth & Comfort with



Homemade Soups
Sandwiches & Wraps
Sweets & Fresh Baked Breads
Catering
Private Parties
Corporate Meetings/Events
Gifts
Dine In / Take Out

438-3540

Stuyvesant Plaza • 1475 Western Avenue
Albany 12203
www.bountifulbread.albany.com

Father's Day 5K



2009 Pentathlon

by Todd Mesick

The 34th edition of the HMRRC Pentathlon was held on July 29, 2009 at Guilderland High School. Over the event's long history, weather has often had an impact on runner performance. Usually this relates to heat and humidity. In 2009 of course, when speaking of summer weather, rain rather than heat and humidity come to mind. Needless to say, this year's Pentathlon was infiltrated by a steady rain that was intermittently interrupted by torrential down pours.

At least it wasn't too hot and there was no thunder and lightning. That being said, there were times during the evening when you could barely make out the runners through the sheets of rain.

Despite the less than ideal weather conditions, 13 hearty souls braved the elements to test their toughness in this grueling event. For those not familiar with the Pentathlon, at least the HMRRC version, it consists of 5 events (5K, 800M, 3,200M, 400M and 1,600M) all run on the track with about 10 minutes between events. Runners' times are converted to points. The faster the time, the greater number of points awarded. The person with the most aggregate points is declared the winner.

Although the participants turned in several impressive results, the MVP of the evening was Tom Adams, who brought the HMRRC tent. Thanks to Tom's thoughtfulness the participants and volunteers were able to avoid the rain to varying degrees.

Because of the light turnout and the conditions that were braved, it is appropriate to identify all of this year's participants. They are Justin Bishop, Jonathon Bright, Kay Byrne (only female), Alastair Duffy, Ed Hampston, Bill Herkenham, Joe Kelly (the oldest participant at

76), Ray Lee, Jim Maney, Brian Northan, Brian O'Connor (the youngest participant at 15), Tim O'Connor and Dave Tromp.

This year's edition turned out to be a run-away from a competitive standpoint as Justin Bishop won every event on his way to accumulating 4,695 points. All of Justin's performances were impressive (5K - 16:07, 800M - 2:09, 3,200M - 10:14, 400M - 1:01 and 1,600M - 4:52) but his 5K garnered the most points of the night at 1,022.

Justin's dominance led to a tight battle for 2nd place as the next 4 runners all finished within 368 points of one another. Jonathon Bright edged out Jim Maney for 2nd by 14 points (3,885 to 3,871). Jonathon's 2nd place 5K finish in a time of 17:43 off set Jim's 2nd place finishes in the 800M (2:20), 3,200M (11:19) and 400M (1:06). Ed Hampston finished in 4th with 3,666 points, followed by Brian Northan with 3,517 points.

As for the fairer sex, with only one participant the female competition was also a run-away, with Kay Byrne cruising to an easy victory. She exhibited great toughness and desire in just completing all 5 events. Congratulations Kay!

The efforts of Ray Lee (67) and Joe Kelly (76) are also worth noting. Both gentlemen completed all 5 of these grueling events and did it while enjoying much less recovery time than their younger participants.

Of course the event would not have run as smoothly without the help of several volunteers who included Ed Neiles, Jim Moore, Todd Mesick, Sean Mesick, Kate Thomas, John Haley and Mike Kelly.

Thanks to all the participants and volunteers who made the 34th Pentathlon a success. □





Hairy Gorilla Half Marathon & Squirrely Six Mile

Ominously brought to you by Albany Running Exchange Event Productions

9:30AM

SUNDAY, OCTOBER 25, 2009

THACHER STATE PARK, NY

Part of the Albany Running Exchange Grand Prix Trail Series and the Western Mass. Athletic Club Grand Tree Series

WHAT YOU NEED TO KNOW

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

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



AWARDS

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

Additional categories (if you dare!)

Best: Gorilla Impersonation - Costume - Pumpkin Carving; Finisher carrying the most bananas.



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

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA "MEDAL" TO ALL FINISHERS IN THE HALF



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

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
8:30am: Deadline to submit a team entry form
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrely 6m and Hairy Gorilla Half Marathon
11:00am: Squirrely 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

The half marathon also features a two-person relay (6m, 7.1m legs) and team competition. Team forms are online.

AMENITIES

Chip timing with splits! The first 400 entrants are guaranteed commemorative fleece headbands. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out for all appetites.

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Early Registration: Postmarked by October 17.
Please make checks out to: AREEP

We highly encourage you to register online.

There are no additional fees and ARE members receive a discount when registering through the ARE members page.



FOR MORE INFORMATION

Please visit www.AREEP.com or call 518 320 8648.

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

✂ - ✂ - ✂ - ✂ - ✂

NAME _____		____/____/____ BIRTHDAY		AGE (on 10/25/09) _____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____			EMAIL _____		
CITY _____			STATE _____	ZIP _____	
PHONE () _____		RACE: <input type="checkbox"/> 6M <input type="checkbox"/> RELAY <input type="checkbox"/> HALF MARATHON			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		RELAY PARTNER (IF APPLICABLE) _____			
<p>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 Albany Running Exchange 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, 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.</p>					
SIGNATURE _____		DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)	

Profile of a Runner

DOUGLAS SECOR

What is your occupation, background, age, hobbies, and other sports or other interests?

I am currently 29 years old and work as a training specialist for the Schenectady ARC. I graduated from Siena College with a bachelor's degree in psychology. I have two children under the age of three who take up most of my non-running free time, so I don't really have much time for other things. I am a huge sports fan. My favorites to watch and play are basketball, football, and baseball. However, at any gathering where games are played you'll always find me taking part – volleyball, badminton – I'll play just about anything. And yes, I'm a huge Star Wars nerd. I just love the movies and the books. I'm not one of those people who dressed up as a stormtrooper to wait in line to get tickets to the movie.

When and how did you get started running?

I first started running when I was a sophomore in high school. Some of my friends told me I should sign up for the cross country team, so I did. However, I got away from it once I got into college and was going to school and working full-time. But after I graduated from college, I started working for Schenectady ARC, who participated in the GHI Workforce Team Challenge every year. So I decided to get back into it. To try to improve my time as years went, by I started running more and more before and after the GHI. Then a couple of years ago, a good friend of mine unexpectedly passed away and running became an emotional release for me, a chance for me to be alone and remember my friend who had also enjoyed running. So, I started to keep running year-round and not take months off, as I had in the past. My times kept improving and I started to feel good about myself and running, and I've continued to keep with it.

Do you have a favorite race or races?

I have to say that of all the races I have done, I have enjoyed almost all of them. But I always enjoy and look forward to the GHI every year. I loved taking part in the Stockadeathon last year and can't wait to do it again this year. And I enjoyed the Cardiac Classic.

What are your most memorable races?

I guess I would have to say the Catiebug 5K last year. I've never really considered myself to be a really good runner and at the Catiebug in 2008 I finished 2nd in my age group and it was just cool to get recognized for that. Then I would have to say the Autism 5K in 2008 when I finished 10th overall. Then the Valley Cats Home Run 5K this year, because it was the first time I broke 7 minutes per mile since high school. There was the 2008 Stockadeathon, where for the first time, both of my sons came to see me off. But probably the most would be

the 2008 and 2009 GHI. In 2008 my agency had a really good team in which our men's team A wound up finishing 6th overall. I was in position to make this team, being our 4th finisher. Then on the final downhill, a person I worked with passed me to beat me by 8 seconds and knock me off our A team. That really drove me in my training for the entire year. At this year's GHI I finished on our men's team A and beat the guy who clipped me at the end of last year by over a minute and a half.

How do you train? Do you have training Partners?

I try to run 4-5 times a week, putting in 25-35 miles. I have also worked in a weight workout where I also put in 30 minutes on a bike to do some cross training. Of course, this schedule isn't as lengthy sometimes when I have a race coming up, or if family events cause me to alter my schedule. I mainly run by myself. When the GHI starts to come up we do training runs for anyone interested in my agency who wants to practice. Otherwise I usually go out by myself. Mainly because I don't know many people who live near me who like to run.

What are your current goals?

I was surprised to already beat my 2009 goal of breaking 7 minutes per mile in a 5K. So now I just want to keep working hard, improving my times and try to break 21 minutes for a 5K. I also want to post a better time in the Stockadeathon. When I did it last year, I was not accustomed to running that distance at the time, and my only goal was to finish, and with any luck, maybe break 10 minutes per mile. I actually ran 8:53 per mile and felt like I could go run the course again. So, I would like to finish in the top 500 at the Stockadeathon and be somewhere between 8:05 and 8:15 per mile.

Do you have any future running goals?

I would love to break 20 minutes for a 5K someday. I also plan to keep doing the Stockadeathon every year and would one year like to break 8:00 minutes per mile. I also want to beat my boss someday. I was really close to him at one point and he started working out more and got a lot better. Now even though I keep greatly improving my times every year, he does too. But I'm slowly closing the gap.

Do you have a philosophy of running?

I still always get really nervous and excited before any and every race, and when I begin to wonder why, I remember something my high school cross country coach used to say. He said that if you weren't at least a little nervous before a race you were either so good that you knew you were going to beat everyone and didn't have anything to worry about,



or you didn't love doing it anymore and therefore probably shouldn't be doing it anymore.

Any funny stories?

I've read all the profiles in *The Pace Setter* and I don't think I can really measure up to some of them. I haven't really had any funny experiences. But I do remember one time when a number of us from Schenectady ARC got together to do a sort of fun/competitive run. My boss and I both run frequently and most of the people we were with don't run often, and this one person tried to keep up with the two of us and we could hear him behind us and could tell he was pushing himself to the max to attempt to keep up with us. He finally gave up and dropped back. When my boss and I, who are both CPR instructors, noticed he wasn't there. We both looked at each other and said the same exact thing: "I'm glad he gave up, I didn't want to have to stop to give him CPR."

□

Saturday, October 3, 2009

Empire State Plaza, Albany

Race Day Registration.....7:30 a.m. - 10:00 a.m.*

Co-ed 5K Race.....9:00 a.m.

2 Mile Family Walk.....10:00 a.m.

*Race registration closes at 8:30 a.m.

**Register online: www.komenneny.org or mail form and entry fee to:
Komen NENY Race for the Cure®, PO Box 13535, Albany, NY 12212-3535
Packet Pickup: Oct. 1 & 2 from 11 a.m. to 7 p.m., Empire State Plaza**

2009 KOMEN NORTHEASTERN NEW YORK RACE FOR THE CURE® ENTRY FORM

Please print clearly. ONE ENTRANT PER FORM. This form may be duplicated.

First name / Last name

Mailing Address

City/State/Zip

Telephone # / Email address

Age on Race Day _____ Gender ☐ Male ☐ Female

Please check the box next to your event: ☐ Co-ed 5K Race ☐ Co-ed Family Walk
☐ Sleep In for the Cure®

Would you like to be recognized as a breast cancer survivor by receiving a complimentary pink cap and T-shirt? ☐ Yes ☐ No

FOR TEAM MEMBERS ONLY (includes runners, walkers and sleepers):

All team members must sign the Race Release below. TEAM ENTRIES MUST BE POSTMARKED BY 9/20/2009.

Team Name

Team Captain

Phone

Check T-Shirt size requested: ADULT: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL CHILDREN: ☐ S ☐ M ☐ L

ENTRY FEES:

- ☐ \$25.00 per individual. Must be postmarked by 9/26/2009
☐ \$30.00 at Packet Pick-up on 10/1/2009 or 10/2/2009
☐ \$35.00 on Race Day on 10/3/2009
☐ \$10.00 for children under 12
☐ \$25.00 for Sleep In for the Cure®

**Make check payable to and mail to:
Komen NENY Race for the Cure®
P.O. Box 13535
Albany, NY 12212-3535**

RACE WAIVER AND RELEASE (Participants must sign in order to be eligible to participate in the Race):

PHOTOGRAPHIC RELEASE: I give my full consent and permission to Susan G. Komen for the Cure, its local affiliates and races (as defined below), their sponsors and corporate sponsors, their successors, licensees, and assign the irrevocable right to use, for any purpose whatsoever and without compensation, any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event").
WAIVER AND RELEASE OF CLAIMS: I understand that my consent to these provisions is given in consideration for being permitted to participate in this Event, and I further understand that I may be removed from this competition if I do not follow all the rules of this Event. I am a voluntary participant in this Event, and in good physical condition. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY VOLUNTARILY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR, AND THE RISK OF, ANY INJURY OR ACCIDENT THAT MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE PREMISES OF THIS EVENT. I, FOR MYSELF, MY NEXT OF KIN, MY MINOR CHILDREN THAT ATTEND THE EVENT, MY HEIRS, ADMINISTRATORS, AND EXECUTORS, HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST THE SUSAN G. KOMEN BREAST CANCER FOUNDATION, INC. (SUSAN G. KOMEN FOR THE CURE), THE NORTHEASTERN NEW YORK AFFILIATE OF THE SUSAN G. KOMEN BREAST CANCER FOUNDATION (SUSAN G. KOMEN NENY), THE NORTHEASTERN NEW YORK AFFILIATE OF SUSAN G. KOMEN FOR THE CURE, THEIR AFFILIATES AND ANY AFFILIATED INDIVIDUALS, ANY EVENT SPONSORS AND THEIR AGENTS AND EMPLOYEES, AND ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION IN THIS EVENT OR WHILE ON THE PREMISES OF THIS EVENT. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING BUT NOT LIMITED TO PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH ANY OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE PREMISES OF THE EVENT, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHER. This Photographic Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held.
I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

SIGNATURE

Parent's or Guardian's signature (if under 18)

Date



Presented by



NATIONAL SERIES SPONSORS



GOLD SPONSORS



St. Peter's
Breast Center
A Member of St. Peter's Health Care Services



UnitedHealthcare®
Healing health care. Together.®

SILVER SPONSORS

CSEA
HANNAFORD
CENGAGE LEARNING

BRONZE SPONSORS

ALBANY MEDICAL CENTER
REALITY CHECK
AM CONTRACTING
OBERLANDER GROUP
O'CONNELL AND ARONOWITZ
PREFERRED GROUP
ROCHE

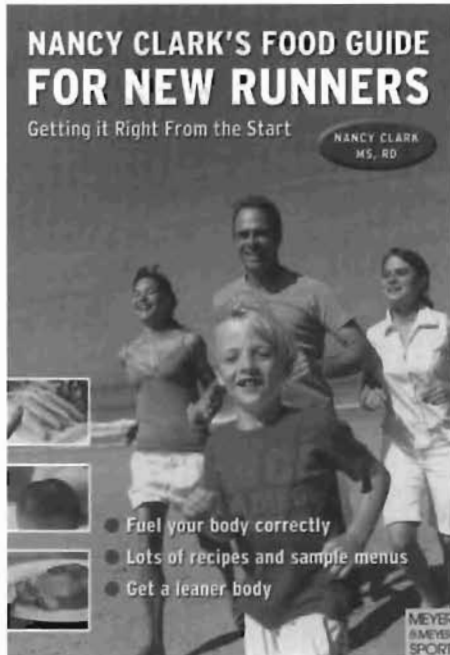
MEDIA SPONSORS

BUZZ 105.7
NEWS CHANNEL 13
CENGAGE LEARNING

A Review of Nancy Clark's Food Guide for New Runners

by Nancy Clark, 2009

by Nancy Taormina



Nancy Clark, R.D., is a well known sports nutritionist who writes a monthly column that is printed in *The Pace Setter*. She has a private practice near Boston and works with elite athletes in assisting them in meeting their nutritional needs. Her newest book makes the complex combination of athletes and proper nutrition easy to understand through the inclusion of technical nutritional requirements and meal recommendations to meet those requirements. Athletes may not always comprehend the high nutritional demands to match their training and racing expectations and "Nancy Clark's Food Guide for New Runners" helps readers meet their nutritional needs and requirements.

The book is broken down into four sections that highlight and address the technical and nutritional needs of athletes: day to day eating the right way; getting the right balance; sports nutrition and weight; and runners – the right diet. The book format is easy to read, with many informative sidebars, charts and recipes in dispersed throughout the book to guide the reader in combining the nutritional technical requirements with delicious recipes.

Here are some points that I found interesting in the book:

- A high energy sports diet requires 55-65 percent of your calories from carbohydrates, which may be well known information. However, these calories do not have to come solely from breads, cereals or pasta. Fruit and vegetables are also a great source of carbohydrates, although you would need to eat larger portions

to reach carbohydrate intake requirements. The book includes useful equivalent charts to guide the reader in reaching the intake needs.

- Breakfast can be the most important meal of the day. The book includes breakfast recipes, in particular a recipe of a combination of hot fruit with cereal and cold milk that I really like and have now started eating when I am sick of plain cereal for breakfast. The recipe includes the combination of cereal and any fruit of your choice, fresh or frozen (I like frozen blueberries) in a bowl, heated in a microwave for 20-40 seconds, with cold milk poured over the top. It really does give a new twist to cereal.

- A person can expect to feel hungry every 4 hours throughout the day, requiring supplemental nutritional intake to maintain energy levels. In order to meet your nutritional needs throughout the day, the book suggests you have a "second lunch" of 300 to 500 calories around 4 p.m. and gives healthful food choices to include in your diet.

- The book also includes helpful hints and alternatives to traditional sources of nutrition. For example, if you want an alternative protein source for dinner, the book suggests drinking 2 glasses of low-fat milk to meet required protein needs.

- As a runner you should eat carbohydrates as the foundation of each meal. Small amounts of protein (10-15 percent of your calories) are needed to repair muscles among other functions. Primarily healthful fats should make up 25 percent of a runner's diet. For me as an athlete, it is sometimes difficult to equate these percentages with food. The book simplifies any confusion athletes may have in determining percentages of required proteins, carbohydrates, and fats and includes charts with easy choices for foods and serving size to provide the necessary guidance in obtaining the proper nutritional intake.

- The main ingredients in commercial sports drinks are sugar and sodium. I personally try to avoid these drinks because they use high fructose corn syrup as their source of sugar. The book includes an alternative sports drink recipe using water, fruit juice, and comparable amounts of sugar and salt that even my children will drink!

As stated in the title the purpose of this book is to help new runners understand how nutrition affects their running. Whether you are a novice or long-time runner, there is a lot of helpful information in this highly recommended sports nutrition book, and the functional charts and great healthful recipes make planning your meals and meeting nutritional needs easier to achieve. □





Run for the ROC

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

Sunday, October 4, 2009 at 11:00 a.m.



Application Fee: \$15 pre-registration by **September 25** or \$20 after that date and on race day.

Description: 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 300 participants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

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

Course: 5K loop through beautiful, historic Saratoga Flat Track Grounds.

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

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____ Date of birth ____/____/____ Age _____

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

How did you find out about this event? ☐ Website ☐ E-mail ☐ Magazine ☐ Newspaper
☐ TV ☐ Radio ☐ Other

Make checks payable to: **Saratoga Hospital Foundation**
(\$15 per participant by September 25, or \$20 after that date)

Send application and check to:
Saratoga Hospital Foundation/Run for the ROC
211 Church Street
Saratoga Springs, NY 12866

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!
Race Day registration only.
Medals & Goodie Bags
for all kids!

For more information e-mail: rwheatley@saratogacare.org or visit www.saratogahospitalfoundation.org



Early Race Packet Pickup on Friday, October 2, 4-7 p.m.
at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



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

Participant's Signature

Parent/Guardian Signature (if under 18)



9th Annual

The Great Pumpkin Challenge Saturday, October 24th

Saratoga Spa State Park
Columbia Pavilion



To Benefit



The premier community resource for
people with disabilities and their families

5K & 10K Walk/Run 9:30 AM

Kid's Fun Run 10:30 AM

T-shirts & FREE raffle tickets to all those
that register before 9/18!

Fees: 5K & 10K — \$20

Save \$\$\$ by registering before 9/18!

Kids Fun Run — (12 and under) \$5

Register Online:

www.saratogabridges.org

More information: 518.587.0723



Sanctioned by USA Track and Field

Get friends & family to sponsor you through pledges & your fee will
be waived, PLUS you could win a prize for the most pledges!

Create your own fundraising page at
active.com/donate/SaratogaBridges

Grand Prix Update

Race #8 - Tawasentha XC, August 10, 2009

Men

Male Open

12 Justin Bishop
 10 Josh Merlis
 8 Tom O'Grady
 7 Anthony Giuliano
 6 Eamon Dempsey
 5 Greg Stevens
 4 Andrew McCarthy

Male 30-39

12 Jonathon Bright
 10 Brian Northan
 8 Aaron Knobloch
 7 Chris Mulford
 6 Jon Catlett
 5 Corbin Gosier
 4 David Tromp

Male 40-49

12 Edward Hampston
 10 Jon Rocco
 8 Ed Menis
 7 Joe Skufca
 6 Todd Rowe
 5 Rob Paley
 4 John Willaims-Searle

Male 50-59

12 Derrick Staley
 10 Jim Maney
 8 Lee Pollock
 7 Peter Cure
 6 Steve Sweeney
 5 Richard Clark
 4 Paul Forbes

Male 60-69

12 Tom Adams
 10 Ernie Paquin
 8 Jim Bowles
 7 Leo Vogelien
 6 Ed Kampf
 5 Bob Knouse
 4 Frank Klose

Women

Female Open

12 Roxanne Wegman
 10 Diana Rodriguez Tobon
 8 Amanda Terzian
 7 Colleen Hayden
 6 Erin Rightmyer
 5 Sarah Sorenson
 4 Julia Maloney

Female 30-39

12 Margaret Bromirski
 10 Shelly Binsfeld
 8 Jess Hageman
 7 Holly Klein
 6 Sally Drake
 5 Michelle Pendergast
 4 Stacey Kelley

Female 40-49

12 Kari Gathen
 10 Heather Machabee
 8 Kay Byrne
 7 Sharon Fellner
 6 Becky Phillips

Female 50-59

12 Judy Phelps
 10 Martha DeGrazia
 8 Joan Brown
 7 Susan Burns
 6 Donna Charlebois
 5 Joan Celentano
 4 Barbara Sorrell

Female 60-69

12 Susan Wong
 10 Ginny Mosher

Female 70-79

12 Anny Stockman

Age Graded

Runner	Age	G
12 Derrick Staley	50	M
10 Justin Bishop	27/28	M
8 Lee Pollock	56	M
7 Susan Wong	61	F
6 Jim Maney	51	M
5 Judy Phelps	58	F
4 Josh Merlis	27	M

Total After 8 Races

Men

Male Open

58 Justin Bishop
 50 Pat Cullen
 46 Tom O'Grady
 40 Chuck Terry
 25 Josh Merlis
 23 Eamon Dempsey
 21 Jim Sweeney
 19 Anthony Giuliano
 15 Joe Hayter
 14 Andrew McCarthy
 13 Tim Caramore
 12 Andy Allstadt
 10 Greg Stevens

8 Paul Mueller
 7 Dave Vona
 6 Richard Messineo
 4 Matthew Fryer
 4 Chris Senez

Male 30-39

64 Aaron Knobloch
 59 Brian Northan
 52 Jonathon Bright
 42 David Tromp
 19 Corbin Gosier
 17 Jim David
 16 Joe Benny
 16 Sean Madden
 15 Chad Davey
 15 Mike Kelly
 12 Bob Irwin
 11 Jeff Loukmas
 11 Patrik Sorsby
 8 Todd Smith
 7 Chris Mulford
 6 Jon Catlett
 6 Dan Murphy
 5 Neil Sergott
 4 Robert Norman

Male 40-49

50 Ahmed Elasser
 46 Edward Hampston
 43 Jon Rocco
 20 Tim Hoff
 17 Russ Hoyer
 15 Steve Becker
 15 Rob Paley
 15 Richard Cummings
 13 Tom Kracker
 12 Frank Boscoe
 12 Christian Lietzau
 12 John Noonan
 12 Bill Venner
 10 Dan Cantwell
 9 Todd Mesick
 8 Ed Menis
 7 Brian DeBraccio
 7 Norris Pearson
 7 Joe Skufca
 6 Mike Biehl
 6 George Burke
 6 Todd Rowe
 5 Chris Chartrand
 4 Paul Bohl
 4 Mark Devenpeck
 4 William Drapeau
 4 Bob Jones
 4 Norris Pearson
 4 John Willaims-Searle
 4 Robert Wither

Male 50-59

46 Lee Pollock
 36 Derrick Staley
 29 Peter Cure
 28 Rob Colborn
 28 Jim Maney

24 Mark Warner
 23 Rick Munson
 19 Dale Keenan
 17 Richard Clark
 17 Paul Forbes
 14 Bill Herkenham
 12 Tom Dalton
 12 Kevin Dollard
 11 Ken Klemp
 11 Brian Teague
 10 Steve Sweeney
 8 Alar Elken
 8 John Parisella
 7 Carl Matuszek
 7 Juergen Reher
 6 John Haley
 5 James Jacobs
 4 Chris Murphy
 4 Rob Picotte

Male 60-69

59 Tom Adams
 54 Ernie Paquin
 28 Bob Ellison
 26 Tom Kollar
 25 John Stockwell
 24 Tom Yannone
 13 Frank Klose
 13 Jim Moore
 12 Ed Kampf
 12 John Pelton
 10 Jack Berkery
 10 David Hayes
 10 Frank Myers
 8 Jim Bowles
 8 Jesse Dinkin
 8 George McGowan
 8 James Thomas
 7 Leo Vogelien
 6 Peter Newkirk
 6 Ken Skinner
 5 Chuck Batchner
 5 Tom Benoit
 5 Bob Knouse
 5 Pete Newkirk
 5 Peter Thomas
 4 Christopher Smith
 4 Chuck Trimarchi

Male 70+

64 Bob Husted
 64 Wade Stockman
 29 Joe Kelly
 22 Joe Corrigan
 21 Ed Docette
 14 Denis Burns
 12 Chris Rush
 11 Charles Bishop
 6 Ken Ortner
 6 Ed Thomas
 4 Jim Tierney

Continued

Women

Female Open

36	Colleen Hayden
36	Diana Rodriguez Tobon
35	Crystal Cammarano
28	Christina Ardito
24	Diane Matthews
22	Carolyn Herkenham
20	Roxanne Wegman
17	Erin Rightmyer
17	Martha Snyder
13	Julie Nabozny
13	Sara Peloquin
12	Ada Lauterbach
12	Chelsea Maguire
12	Kelly Virkler
10	Amy Becker
10	Brina Seguire
10	Kate Thomas
9	Jennifer Senez
8	Casey Doak
8	Kathryn Jones
8	Amanda Terzian
5	Joselin Schmitz-Morfe
5	Sarah Sorenson
4	Rachel Clattenburg
4	Kerry Gebhardt
4	Sara Jones
4	Julia Maloney
4	Irene Somerville

Female 30-39

42	Lori Weaver
37	Sally Drake
35	Kimberly Miseno-Bowles
33	Estelle Burns
27	Jess Hageman
22	Jessica Mitchel
12	Margaret Bromirski
12	Karen Dolge
12	Laura Gerson
12	Katie Hodge
11	Pamale DelSignore
10	Shelly Binsfeld
8	Erin McMahon
8	Gretchen Oliver
8	Angela Vasilakos
7	Alicia Bialy
7	Holly Klein
6	Michelle Pendergast
5	Suzy Bright
5	Ashley Peacock
4	Stacey Kelley
4	Jamie Masson
4	Regina McGarvey
4	Amy Ohl

Female 40-49

48	Kari Gathen
42	Anne Benson
36	Emily Bryans
28	Chris Varley
26	Beth Stalker
19	Lizette Arroyo
12	Mary Buck
12	Julie Burke
12	Megan Leitzinger
10	Marcia Harrison
10	Heather Machabee

9	Sharon Fellner
9	Tracy Perry
8	Kay Byrne
8	Diane Hanson
8	Denise Iannizzitto
7	Cheryl DeBraccio
7	Miriam Hardin
7	Mary McNair
7	Nancy Nicholson
6	Becky Phillips
6	Jess Shelgrin
5	Nancy Taormina
4	Mary Fenton
4	Denise Gonder-Terzian
4	Mary Signorelli

Female 50-59

62	Martha DeGrazia
46	Judy Phelps
45	Susan Burns
37	Cathy Sliwinski
34	Joan Celentano
25	Kathrine Ambrosio
22	Nancy Briskie
17	Karen Dott
14	Cynthia Southard
12	Donna Charlebois
11	Judy Lynch
10	Barbara Sorrell
8	Joan Brown
8	Elizabeth Herkenham
6	Karen Gerstenberger
6	Gail Hein
6	Erika Oesterle

Female 60-69

72	Susan Wong
48	Ginny Pezzulo
15	Sibyl Jacobson
10	Mary Collins-Finn
10	Ginny Mosher
8	Coral Crossman
7	Liz Milo
6	Noreen Buff

Female 70-79

72	Anny Stockman
20	Eiko Bogue

Age Graded

Runner	Age	Gr
51	Anny Stockman	76/77 F
38	Susan Wong	61 F
36	Justin Bishop	27/28 M
36	Derrick Staley	50 M
29	Judy Phelps	58 F
26	Lee Pollock	56 M
25	Chuck Terry	26 M
21	Martha DeGrazia	57 F
20	Pat Cullen	22/23 M
18	Jim Maney	51 M
17	Dale Keenan	58 M
15	Tom O'Grady	23/24 M
12	Tom Dalton	50 M
12	Ahmed Elasser	46 M
10	Anthony Giuliano	29/30 M
10	William Venner	49 M
8	Anne Benson	43 F
8	Kevin Dollard	53 M

7	Emily Bryans	41	F	3	Pat Cullen	23	M
7	Rick Munson	52	M	3	John Noonan	49	M
6	Andy Allstadt	26	M	2	Steve Becker	42	M
5	Rob Colborn	54	M	2	Jonathon Bright	38	M
5	Aaron Knobloch	32	M	2	Nancy Briskie	51	F
5	John Pelton	69	M	2	Beth Stalker	49	F
4	Mike Kelly	38	M	1	Peter Cure	50	M
4	Carl Matuszek	57	M	1	Eamon Dempsey	29	M
4	Josh Merlis	27	M	1	Tim Hoff	43	M
4	Ginny Pezzula	63	F	1	Brian Northan	34	M
3	Crystal Cammarano	27	F				

New HMRRC Members

Jessica Bazar
 Karen Bertasso
 Nicky Bogert and family
 Eric Bryant
 Kate Butler-Azzopardi
 Becky Crawley
 Jim Devine and family
 Sarah Dzikowicz
 Timothy Farley
 Julie Feiner
 Dennis Fitzgerald and family
 Amy Flood and family
 Meg Fryling and Jack Rivituso
 Mike Galea and family
 Marcia Gibson
 Leigh Ann and Dave Gilson
 James Graeff
 Scott Handy
 Andrew Healey
 Michelle Heft
 Kathleen Hermann
 Laurie Horan
 Linda Houlihan
 Anthony Jadevero
 Richard Kappes
 Joshua Katzman
 Julie Littlefield and family
 Michael Lynch
 Cindy Michelin
 Steve O'Donnell
 Deana O'Hare
 Patricia Pasternack
 Becky Phillips
 Amy Polsinelli
 Michael Ramella
 Kevin Reedy
 Monique Reese
 Michelle Rocklein
 Michele Rutland and John Broderick
 Pia Sanda and family
 Jaydene Scofield
 Kevin Shaughnessy
 Sarah Sorrenson
 David and Teri Stutsrim
 Kathy Sullivan
 Matthew Toper
 Mike Veeder
 Patrick Wilson
 Christina Zessin

Meeting Minutes of the HMRRC General Meeting - July 8, 2009

Attendance:

Call to Order (M. Kelly): 7:32PM
Reading and approval of June 10, 2009 minutes (B. Light): Made name change in previous minutes from Ray Lee to Ray Newkirk that is on the nominating committee. Motion made to approve minutes by Mark Warner seconded by Chuck Terry-motion approved.

Reports of Officers

2.1 President (M. Kelly):

Mike worked with the elections committee on the election procedures. Cathy Sliwinski and Mike Kelly met with Charlie Woodruff on a new program that is still being put together with Fleet Feet, HMRRC, and tied in with the Freihofer Run for kids and USATF. At some point in the future he may be looking for financial assistance and volunteer assistance to help with the program. Marcia added that HMRRC has races that include kid's races, too. Ray Newkirk and Cathy Sliwinski have been discussing this type of program in the long term planning committee. They are exploring other options to consider and possibly add to the grant they started last year with the Youth Running. Marcia suggested Charlie Woodruff contact the director for the Grandma Marathon.

Winter Series #4. No number listed for Scott Ginsburg. Pam and Mike have not been able to reach Scott Ginsburg to get the race report. Mike will send a certified letter to Scott requesting the race report. Mark asked how to account for the race if we are not able to reach him. Doug noted that financially it is OK because most Winter Series races lose money. The race committee can appoint someone else to a race if the club feels it is warranted. It was noted that Ed Thomas should be included with anything that deals with the Winter Series Races. Mike will contact Ed Thomas about this situation.

Indian Ladder – still in need of volunteers-please contact Mike Kelly if you are able to volunteer.

2.2 Executive Vice President (M. Warner): Final Schrader scholarships were awarded and we have received thank you notes back. Mark will write an article for the Pacesetter and a procedure to follow for next year to pass on to the next Vice President.

32 – The Pace Setter

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): John did not open account at SEFCU as he needs signature from Mike Kelly. All CD's closed out and can transfer to SEFCU.

Reports of Committees

Membership (E. Gillen): 2033 active members.

Volunteers (M. Adams): Race director and informational meeting on timing and finish line will be held on July 20th from 6:30-9 at Guilderland Public Library. Invitations have gone out to people who have volunteered in the past-hoping to establish teams to work on different races. May expand program to include other aspects of running a race and have standardized procedures.

Public Relations (R. Moore): Press releases for Indian Ladder Trail Run and Tawasentha XC series sent to the papers this week. Rob received an email from Mona at Adirondack Sport and Fitness asking us to participate in the Adirondack Expo on September 20th which is attended by 1000+ runners. Rob would like to man the booth if it is OK to have booth. Cost for the booth is \$100. Approved for Rob to go ahead and participate in the expo.

Race Committee (N. Briskie): Pete Newkirk presented the final report on the GHI event. The event went quite well-we had over 7700 runners this year which is up from 7100 the previous year and up from 393 to 432 in teams. There were 63 CEOs who participated. In reviewing the budget, the planning committee had originally thought because of the economy that the numbers would be down so most budget items were up. We made a profit of \$87,098 and the GHI Committee will contribute \$80,000 to HMRRC and leave \$7,098 to leave them money to get started for next year. This was a very successful race and couldn't have been achieved without all the help from the volunteers. Charity of Choice sent letter from their executive director stating they were very appreciative with the results and the exposure that they received. Peter will ask Chuck Terry to review the books to make sure all in order. Date for 2010 is

May 20th. Chuck Terry asked how the committee selects the Charity of Choice-Peter says they have a committee that sends out questionnaires in September and then the committee reviews the questionnaires and selects the group. Mike asked if GHI would still be on board for next year. GHI merged with HIP in NYC-Peter is not sure if they want to renew the agreement. There are two other organizations that are anxious to sponsor-Times Union and CDPHP. Peter is meeting with CDPHP to see what they can bring to the race to help promote the race. Committee feels it should be with a local health care organization. Another idea is to have their foundation contribute to the Charity of Choice. Peter will be staying on as Race Director for next year.

Dave Newman reported on the Father's day race-there were 274 runners in 2008 and 675 in 2009. Dave thanked all the volunteers that helped that day. 182 registered as No Boundaries program through Fleet Feet. 60% pre-registered or signed up online. There were 48 father/daughter teams; 43 father/son teams. \$164 donated to Community Gardens. Record set in men's and women's division. All timing chips were returned. 27 kids participated in the 50M dash, 23 in the half mile, and 18 kids in the 1 mile. The race generated \$3700 in profit. Dave reported that he won't be able to be Race Director next year due to work conflicts, but he will work with Nancy to find a replacement. Colonie Mile had 102 finishers. Upcoming races include Two Person relay on July 15h, the hour run on July 22, the Pentathlon on July 29, and the Indian Ladder Trail Run on August 2nd which in need of volunteers. The Cross Country Series starts on August 23rd. For GHI next year new radios will be purchased to use during the race.

Race Committee Treasurer (P. Zentko): See attached report.

Pace Setter (R. Nagengast/M. Adams): No report.

Conflicts Committee (C. Terry): No report.

Safety (V. Juliano): No report.

Unfinished Business

4.1 Election Committee Report – Marsha Adams reported that the committee met and that they have a slate of candidates that will be pre-

sented at the meeting next month. If no petitions are submitted we will be voting, if there are petitions submitted we will be doing voting by mail. Robin will reserve space for us in Pacesetter about the election. The committee does have a recommendation that they be appointed earlier in the year –no later than April 30th. There will be other Constitutional changes also. A vote on constitutional changes regarding the election committee will be held at the next meeting. Ray suggested that instead of changing constitution that we do it procedurally and that the President nominate the committee before April 30th. Club will reconsider rules for constitutional changes to allow for more time to discuss proposed changes.

New Business

5.1 Proposal to consider HMRRC purchasing a van for use by Race Director's. Nancy Briskie made a motion that the club spend up to \$26,000 to purchase a full size cargo van to be used by Race Directors if they desire. It will be centrally located at Newkirk Products building. This will eliminate Race Directors using their own cars and the van will be able to hold all the racing equipment. Price does not include shelving. Mark Warner questioned about insurance, gas, and how much that would be and who will be allowed to drive the van. Nancy Briskie will look into criteria for that. It is a commercial vehicle and John noted that you can name people who are allowed to drive the car on the insurance card. Ray Newkirk questioned the size of van they are looking at and if it would be able to hold all the equipment. Nancy noted that we may be able to put a rack on the van if we needed it. Doug questioned who will be in charge of the van? Tom Adams said he would be responsible and he also thinks that the van should be a little larger. Mark asked number of races that we will really need the van for? Would it be more effective to rent a truck for those events? Have we done an analysis of owning versus renting? Discussion followed on the size of the van, how many Race Director's would use it, and keeping equipment centrally located so that Race Director didn't have to go to various locations to pick up equipment

Mike asked Nancy Briskie to ask the Race Director's to get a feel of who would use it. Ray suggested that we have a written proposal as to what would go into the van so that what we buy would be the right size vehicle. Discussion continued on the use of it being a storage vehicle so that when it was used for smaller races they wouldn't have to carry all the equipment around. It was suggested that possibly have a storage location to keep the equipment in that is accessible. Doug pointed out that if we have a storage area we need someone to be in charge of it. John suggested that look into a trailer to store equipment. Nancy Briskie made a motion to table the proposal, seconded by Marcia, motion approved.

Adjourn: Peter Newkirk made motion to adjourn; Ray Lee seconded. Meeting adjourned at 8:45pm.

Respectfully Submitted,
Barbara Light
Secretary





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
Insport Tights , black, Male, S,M,L; Female S,M,L	\$19	_____
Club Jacket , royal blue and black, Unisex S,M,L	\$47	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
Heavyweight , mock turtleneck, club logo on chest, Unisex black M,L,XL; blue XL	\$24	_____
Coolmax Singlets:		
White with royal blue side panels , Female S,M,L	\$16	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
White with royal blue band , snaps for bib, Female L	\$ 6	_____
Short Sleeve Coolmax Shirts:		
Royal blue , Unisex, S,L,XL	\$13	_____
Hind with reflective stripes , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL	\$21	_____
Female Adidas , black with blue trim, XL	\$22	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$17	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
V-Notch , 3" inseam, S,L,XL	\$17	_____
V-Notch Long Distance , 1" inseam, back mesh pockets, M,L	\$22	_____
Easy , 4" inseam, S,M,L	\$18	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
Male Race Ready Shorts, all are royal blue except Sixers		
Split-cut , 1" inseam, S,M,L,XL	\$18	_____
V-Notch , 3" inseam, S,M,L,XL	\$18	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, S,M,L, XL	\$22	_____
Easy , 4" inseam, S,M,L,XL	\$19	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$23	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$25	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
Smart ID tag , snaps onto shoe, neon yellow, neon orange, neon green, purple \$2.25 ea. or 3/\$6		_____

If ordering only this item, postage is \$.42

All prices include sales tax

TOTAL DUE: _____

Postage \$5.05

(If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)

Gift Certificates available for any amount. Just add \$.42

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judylynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Local Event Schedule

Club events are in blue type.

Date	Time	Event	Location	Contact	Email
9/7	9:00 AM	21st SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
9/12	9:30 AM	Wendall Harp Memorial 3 Mile Walk/Run to Benefit Hospice	Ulster County BOCES	Hospice Foundation	maserjanc@hospiceinc.org
9/12	9:00 AM	KRC Red Apple Trail Run 5k & 10k	Samascott's Apple Orchard	Karen Dolge	kdolge@mower.com
9/12	8:00 AM	United Way/General Montgomery Day 8K	Montgomery	Julie Wittenberg	jwittenberg@uwoc.org
9/12	9:00 AM	15th Annual Arc Race 3k	Long Branch Park	Gini Gozzi	ggozzi@arcon.org
9/12	8:30 AM	Maple Leaf Half-Marathon and 5K	Manchester	Lynn Grieger	lynngrieger@comcast.net
9/13	9:30 AM	Josh Billings RunAground Triathlon 27 mile bike	Great Barrington to Lenox	Patty Spector	patty@joshbillings.com
9/13	9:30 AM	2nd Doug Ellett Memorial 5k Run for Melanoma Awareness	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/13	9:00 AM	8th Annual Teal Ribbon 5K Run and 1 mile walk	Washington Park Lake House	Pam Robbins	probbins@prainc.com
9/13	9:00 AM	The Ronald K. Brownlee Run For Life 5K	Vineland	Barbara Carnita	barbdol36@comcast.net
9/13	8:30 AM	Bruegger's Bagel Run	Albany Jewish Community Center	Paul Scharnott	pauls@saajcc.org
9/19	9:15 AM	Brunswick 5k Family Fun Road Race	Brunswick Town Beach	Joe Jabbour	JJABOUR@nycap.rr.com
9/19	9:00 AM	Run 2 Rember 5k	RPI Houston Field House	Karen Long	longk2@rpi.edu
9/19	9:30 AM	Landis Arboretum 5K Forest Run	Landis Arboretum	Jonathan DiCesare	jdicesare@realtysusa.com
9/19	10:00 AM	New Visions 5K Run and Mile Walk	New Visions Krumkill Road	Susan Browne	dbrowne2@nycap.rr.com
9/19	9:30 AM	Helpers Fund 5k-10k Races	Municipal Center	Race Director	racess06@helpersfund.org
9/20	7:00 A.M.	Albany Autism Walk and 5 K Run (sanctioned course)	Schenectady Central Park	Jenny DeBellis	jdebells@nycap.rr.com
9/20	8:00 AM	Autism Walk & 5K Run	Central Park Schenectady	Elaine Hickey	eareah2000@aol.com
9/20	9:00 AM	38th HMRRRC Anniversary Races 2.8 & 5.6 Mile [5.6 GP]	UAlbany	Pat Glover	pjglove@aol.com
9/20	9:00 AM	Old Dater Farm Run for Life 5K	Clifton Park	Julie Gauer	jgauer@nycap.rr.com
9/20	10:00 AM	3rd Annual Goerge Coope Memorial Road Race	Mill Street Picnic Grounds	Haley Mezcywor	hmezczyow@town.adams.ma.us
9/20	1:00 PM	9th Annual Lung Cancer Awareness 5K Run/Walk and Team Challenge	Recreation Park Beethoven St. Binghamton	Barbara Ann Morrissey	lungcancerawareness@hotmail.com
9/25	6:00 PM	Arsenal City Run 5k	Watervliet City Hall	Diane Conray Lacivita	Diane@watervliet.com
9/26	10:00 AM	The Footrace at Fort Ticonderoga	Fort Ticonderoga	Jeffrey Greer	jeffrey.greer@gmail.com
9/26	3:00 PM	CCRC 5K Run/Walk/ BBQ and 1K Kids' Race	1010 Rt. 146	Pat Glover	pjglove@aol.com
9/26	10:00 AM	FAM 5K	Cobleskill Fairgrounds	Peter Sweetser	sweetser@famfunds.com
9/27	10:00 AM	4-H Clover Combo Classic 8K Race & 5K Walk-a-thon	Fort Hunter	Linda Wegner	fultonmontgomery@cornell.edu
9/27	1:00 PM	Catiebug for a Cure 5k	Clifton Common	Gina Peca	LHOCH@NYCAPRR.COM
9/27	8:50 AM	Falling Leaves 14k	Genesee Street downtown Ulica	Mike Brych	mbrych@nhart.org
9/27	10:00 AM	6th Annual Crossings 5k Challenge	Rudy A. Cicotti Family Recreation Center	Barbara Boodram	bboodram@colonieyouthcenter.org

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Albany, NY
Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

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!