

The Pace Setter

July 2015

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



FAM 5K "Fund" Run/Walk

Saturday, September 26, 2015



Saturday, September 26, 2015

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region
Schoharie County ARC (2014 Charity)

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

Visit FAM5K.com

f FAM 5K "Fund" Run/Walk

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



The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*
Host of the 2015: **USATF Adirondack 5K Open Men's Road Race Championship**

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— **What's Happening**

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— **Grand Prix Update**

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

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The Pace Setter

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*Photos in this issue are by Charles Bishop, Christine Bishop, Ray Lee and Neil Sergott
Cover Photo by Christine Bishop*



HMRRRC Mission Statement

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

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

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President's Message

by Meghan Mortensen

The month of May and the start of June were eventful and full of excitement for members of the HMRRRC. Men, women and children waited with anticipation for three of the area's biggest running events, which happened to be packed into a couple of weeks. On Thursday, May 21, thousands upon thousands of men and women from the corporate world tackled 3.5 miles through downtown Albany in an effort to take part in a healthy, team-building experience. Once again, Race Director Mark Warner and his fellow volunteer committee put on an amazing event that brought downtown Albany alive! From over five hundred companies, 10,237 individuals signed-up to participate in the 2015 CDPHP Workforce Team Challenge (WTC). This year's event awarded another three Charities of Choice a financial boost, as well as the ability for more public recognition.

This year, the three local charities selected were The Brave Will Foundation, CEO, and The Food Pantries of the Capital Region. The Brave Will Foundation provides services and support for children with life-threatening illnesses and their families. The CDPHP-WTC Charity of Choice funds will be used to support the organizations SOAR (Steer Onward And Remember) program, which provides funding for families on the first anniversary of their child's passing, allowing them to spend that day doing something memorable in honor of their child.

Our second 2015 Charity of Choice is CEO, whose mission is to create partnerships and develop opportunities for social and economic growth and empowerment in individuals, families and communities by helping people gain self-sufficiency and independence. The funds awarded will be used to support the construction of CEO's Urban Training Center, which will house the organization's Youth Build program. The final 2015 Charity of Choice is the Food Pantries of the Capital Region. This organization consists of fifty-three food pantries across Albany, Rensselaer and Saratoga counties all working together to feed the hungry. The money awarded will help to stock the shelves of the pantries that feed hungry infants, children, seniors, veterans and struggling families in our neighborhoods. If you would like to learn more about these programs and charities and/or donate, please visit www.bravewill.org, www.ceoempowers.org, and www.thefoodpantries.org, respectively.

The Freihofer's Run for Women closed out the month of May as 3,194 women from twenty-two states and twenty countries, 102 junior 3K runners, plus many more children nine and under took to the streets of downtown Albany

as a new course was debuted with a start area right outside of the capital building. HMRRRC's newest Hall of Fame inductee, George Regan, and the rest of his USATF staff and other volunteers should be commended for doing such a fine job in solidifying a new venue and course with the city of Albany as the beautification project of the Empire State Plaza is underway. Despite the heat and humidity, I personally enjoyed the logistical convenience of the new course as well as the downhill finish! Five of my nieces were able to take part in the well-organized Junior 3K and Kids Fun Run and will definitely be back next year.

Closing out these busy two weeks, the Just Run Albany track meets were held over the course of two days at Union College on June 2nd and 3rd. What better way to celebrate National Running Day on June 3rd than with 500+ passionate young runners? I had the privilege of welcoming these young student-athletes as the program had entered its fifth year running. The cheers of enthusiasm and excitement were echoed throughout the campus as twenty-four schools with a total of up to 1,350 students from pre-k to 5th grade competed in distances from 50m up to the 1500m. Aside from aiding these children in building a healthy lifestyle, another goal of this program is to look ahead in five plus years and scope out the roster of high school track and cross-country teams for familiar names. Perhaps the Just Run program will be credited for instilling a love of running in a few of these young athletes. Perhaps we will see some of these same names applying for one of our Bill Shrader, Sr. Scholarships their senior year of high school. Either way, the positive impact being left on each child at the end of the day makes this program a success and 100% worth it! □





What's Happening in July

by Al Maikels

The HMRRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The three club races for July will be held on the Colonie High track. The two-person relay is set for Thursday July 9, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with faster runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time. The 42nd HMRRRC Hour Run is set for July

16 with a 6:15 start at the Colonie track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 39th HMRRRC Pentathlon will be held on Thursday, July 23 at the Colonie High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 and go till dusk.

The regular Tuesday night track meets will be held on the Colonie High track; the races start at 6 p.m. with the mile, and feature races of all distances.

July is usually the hottest month of the year, make sure you stay hydrated and run safely. ☐



On the Web!

The Hudson Mohawk Road
Runners Club is on the Web



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

www.hmrrc.com



Submissions for the September Issue of *The Pace Setter*

Articles:

Deadline is July 25.

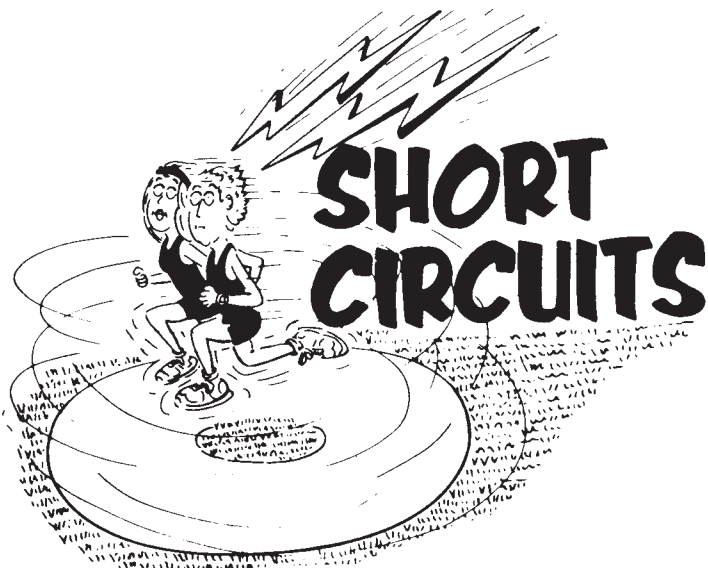
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Advertisements:

Deadline is August 1st. Contact Advertising Director at psads123@gmail.com to reserve space. Please send ads to psads123@gmail.com

High resolution black & white files or greyscale required (no compression). Full page ad size must be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gsccallen.com for further info.



History for Sale

"The man who can drive himself further once the effort gets painful is the man who will win." This quote by running legend, Roger Bannister, sheds light on the ethic that drove him in 1954 to be the first to break the four-minute mile wall. Bannister also noted, "It's amazing that more people have climbed Mount Everest than have broken the 4-minute mile." Recently, he has put memorabilia related to this outstanding accomplishment on auction primarily to benefit neurological research. Bannister is a retired neurologist and administrator at Oxford University.

One of the stopwatches used to time Bannister's record-breaking four-minute mile put on auction in May was estimated to go for around \$7,000 but sold for \$31,000. Next up in September is the pair of running flats he used to break the record. The racing flats were



specially designed for him with thinner spikes than regularly used (he sanded them down even further before the race) and weighed 4 1/2 ounces, which also was considerably lighter than racing flats at that time. The shoes are expected to raise \$50,000 but it will be fun to see what the actual amount is in September. Maybe the HMRRRC should bid.

New Balance vs. Nike

In the competitive market of athletic shoes, it is more profitable to make shoes overseas than in the United States. There is, however, a tariff on imported shoes that the major shoe



companies, with Nike leading the way, want to abolish in the Trans-Pacific Trade agreements so that shoe production can be outsourced to cheap foreign venues in Asia. New Balance, the only major athletic shoe producer in America, has opposed these efforts. New Balance has lobbied to have the tariff phased out slowly so it can continue to make shoes in its Massachusetts and Maine factories, thus saving jobs. Presently, the United States imports almost 98 percent of its shoes. Nike has stated that with the tariffs gone, it would benefit Americans by having lower prices for shoes. So, are lower prices or jobs more important to Americans? That is the heart of the matter. What do you think?

Record Set by 92 Year Old



At age 92, Harriette Thompson is the oldest female to complete a marathon and the fastest. She completed the San Diego Rock 'n' Roll Marathon in the impressive time of 7:24:36. The record was previously held by Gladys Burrill who was one month and a half younger when she completed the Honolulu Marathon

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



in 9:53:16. Thompson later commented that as she neared the finish line, the cheering and confetti throwing was incredible and it reminded her of Lindberg coming in after he crossed the Atlantic; and guess what, she was alive when that happened.

Thompson started running marathons when she was 76. She has done the San Diego race every year except for 2013 when she was being treated for oral cancer. Unbelievably, she was being radiated this year for skin cancer but still decided to run the race. When it was finished, she mentioned, "I was really tired at one point. Around Mile 21, I was going up a hill and it was like a mountain, and I was thinking, 'This is sort of crazy at my age.' But then I felt better coming down the hill." She mentioned that so many people wanted to take selfies with her, that it slowed her down. She was hoping to better the 7:07:42 90-94 age group world record she established a year ago but maybe that will happen next year.

Sexist Study Still Helpful



A large study done in Norway, on men only, shows that elderly men who exercise regularly even doing light activities, have a markedly lower mortality rate than those who are sedentary. For five decades, 5,700 men were followed from age 45 on to see if exercise or a lack of it influenced their longevity. Startlingly, men who got about 30 minutes of exercise six

days a week appeared to reduce their risk of death by 40 percent! In response to the study, Dr. I-Min Lee, a professor of medicine and epidemiology at Harvard University, said, "We have clear data showing that the more energy is expended, the greater the reduction in mortality rates." The study also found the following: Less than one hour a week of light activity wasn't enough to reduce the odds of death; men who exercised intensely for less than an hour a week reduced their risk of death by 26%; and those who were inactive at the beginning of the study but increased their activity as they aged, lived longer.

Let's hope the Norwegians next study on longevity will deal with statistics on women.

On the Run

An off-duty police detective in Springfield, Massachusetts, who loves to run, was out



for an early morning jog when he witnessed a crime being committed. Seeing two teens take a UPS parcel off someone's porch, he ran after them and seized the parcel from them. The two ran away, still not realizing whom they were dealing with. The detective took out his cell phone and called for backup. The youths were quickly captured and arrested. It happened that there had been a spate of similar robberies in the area, and as the police searched the suspects, they found stolen credit cards, cash, cell phones, and jewelry on them. Obviously, running from the law is not a good idea.

Sound Good?



Spotify, a commercial music streaming, podcast and video service, has announced a new feature aimed at runners. It will determine your pace from apps on your smart phone and then play music that precisely matches your pace. You know that you are in trouble if they play the funeral march. Also, if you want to increase your pace, it can play music to match that. In addition, the music will be based on your preferences. Later this year, the company will introduce special programs to work on

Nike and RunKeeper gear. It also will introduce podcasts and video clips to enhance and improve running. Their goal is to "keep your 'Runner's high' and motivation going through an entire workout."

26.2 Sticker Alert



Just from the 2014 NYC Marathon, which had the largest number of finishers in the world at 50,386, the numbers completing marathons has mushroomed. According to Running USA, in 2013, 550,637 runners finished a marathon. Interestingly, as the numbers have waxed, the finishing time has waned, but that is not the important thing. For a country known for its massive sports fans glued to sofas, such participation is a commendable trend. In addition, the number of women participating in marathons that at one time was thought to be physiologically impossible, the numbers have been rising sharply. Presently, women account for 43% of all finishers. Interestingly, the largest number of female marathoners in the United States is at the Wineglass Marathon in upstate NY, with women making up 60% of the field. In the half marathon contest, women predominate. Who knows what the future will hold, but in the meantime, be on the lookout for more 26.2 stickers.

Exercises to Back Away From

Experts list the three worst exercises for your back. People do exercises in hopes of im-



proving their fitness, but there may be some that actually can impair it. The following three are exercises that some experts say are extremely bad for your back. Who really knows if this advice is accurate, but if you find that during or after doing some of these, you feel pain or aches not felt before, it is time to evaluate whether you should continue or avoid them.

Toe touches: Standing toe touches, put greater stress on the disks and ligaments in your spine. They can also overstretch lower



back muscles and hamstrings. Sit ups: They can be harmful because most people tend to use muscles in the hips when doing sit-ups. Sit-ups can also put a lot of pressure on the discs in your spine. Leg Lifts: They are considered one of the worst exercises for the lower back. "When the legs are lifted, one of the prime movers is the psoas, which attaches to the lumbar spine vertebrae. When this muscle is contracted, it pulls the lower back into hyper-extension and squeezes the discs, which can put a person at risk for a herniated disc." □





BRENDA DEER MEMORIAL 5K RUN • 3K WALK • KIDS FUN RUN

Saturday, September 19, 2015
Register @ www.FinishRight.com

JOIN US!

Join us for our 13th Annual Brenda Deer Memorial 5K Run/3K Walk and Kids Fun Run. Enjoy our FREE Member Appreciation BBQ after the race. The Kids Fun Run includes a 100 yard dash, a ½ mile run, and 1 mile run. Kids also enjoy a bounce house, face painting, petting zoo and pony rides. Please register by Tuesday, September 15, 2015.

Free Long Sleeve Race Shirt

The first 100 pre-registered for the 5K are guaranteed a gender specific dry fit weave long sleeve race shirt.

NEW CHIP TIMING AND ONLINE REGISTRATION

WHEN:	Saturday, September 19, 2015	
WHERE:	Guilderland YMCA 250 Winding Brook Drive	
TIME:	8:00am	Registration
	9:30am	Kids Fun Run
	10:00am	5K Run and 3K Walk
COST:	Pre-registration	
	\$20	5K Run
	\$10	3K Walk/Run
	FREE	Kids Fun Run
	Day of Registration	
	\$25	5K run
	\$10	3K Walk/Run
	FREE	Kids Fun Run

This event is named for Brenda Deer, a mother of 3, Guilderland resident, avid runner, and popular teacher's aide at the Guilderland Elementary School. Brenda was tragically killed on July 30, 2000 when she was struck by a drunk driver as she was running with her husband, John, on Route 155.

**For other Capital District YMCA races
visit www.CDYMCA.org**

A Low Carb Diet for Runners???

Have you been hearing stories that fats are better than carbs for fuel for endurance runners and triathletes? Maybe you have wondered if scientific research supports those stories?

To find the latest science, I attended the annual meeting of the American College of Sports Medicine (ACSM). ACSM is an organization with more than 26,000 exercise physiologists, sports nutrition researchers, and sports medicine professionals—all of whom are eager to share both their research and extensive knowledge. At this year's meeting in San Diego (May 2015), I was able to verify that carbohydrates are indeed, the preferred fuel for all athletes. The following information highlights some of the research on carbohydrates that might be of interest to hungry runners.

- Louise Burke PhD RD, Head of Sports Nutrition at the Australian Institute of Sport, verified that carbs are indeed an essential fuel for athletes who train hard and at high intensity. That is, if you want to go faster, harder, and longer, you'll do better to periodise your eating around these hard training sessions with carb-based meals (pasta, rice) rather than with meat and a salad doused in dressing—a high protein and fat meal. Carbohydrates (grains, vegetables, fruits, sugars, starches) get stored as glycogen in muscles and are essential fuel for high-intensity exercise. Athletes with depleted muscle glycogen experience needless fatigue, sluggishness, poor workouts, and reduced athletic performance. (These complaints are common among the many runners who mistakenly limit carbs, believing they are fattening. Not the case. Excess calories of any type are fattening!)

Clearly, the amount of carbohydrate needed by a runner or triathlete varies according to length and intensity of exercise. Joggers who do low or moderate intensity runs need fewer carbs to replace muscle glycogen stores than do elite marathoners who do killer workouts.

- A study with Cross-Fit athletes who reduced their carb intake (think Paleo Diet) simultaneously reduced their ability to perform as well during their high-intensity workouts. (Runners, think track workouts, sprints, hills...) Those who ate less than 40% of their calories from carbs (≤ 3 g carbs/pound body weight/day or < 6 g carb/kg) were out-performed by the higher carb group. Eat more sweet potatoes and bananas, if not bagels and brown rice!

- Some avid carb-avoiding runners endure a very low (< 20 - 50 g/day) carb ketogenic diet. They "fat-adapt," burn more fat, and hope to perform better. Yet, most studies with athletes in ketosis do not show performance benefits. Plus, is the diet sustainable? Who really wants to live in ketosis? No pasta, no potato, no birthday cake, no fun....

British exercise physiologist Ron Maughan PhD asked, "Why would you even want to

burn more fat than carbs during exercise?" He explained that fat, as compared to carbohydrate, requires more oxygen to produce energy. Burning more fat means that you have to work at a higher fraction of your maximum oxygen uptake. "Isn't that the opposite of what you want to happen?"

Some long-distance runners claim a key benefit of being fat-adapted is to reduce the need to consume food during exercise—and thereby reduce the threat of intestinal distress. Hence, fat-adapting seems like a logical plan for numerous marathoners who fear sour stomachs and "fecal urgency." The problem is, if they want to sprint faster, surge on a hill, or go harder or longer, they will lack the glycogen required for those high intensity bursts. Hence, their better bet would be to train their body to accept food during exercise. By experimenting during training and seeking help from a sports dietitian, a runner can figure out which fluids and foods will settle well. Perhaps a different brand of sports drink or gel, or a swig of maple syrup, could offer the needed fuel without creating distress?

- Concerns about carbs causing inflammation have prompted some runners to avoid wheat and other grains. Yes, if you have celiac disease (an inflammatory condition with tell-tale signs of constipation, diarrhea, bloating, stomach discomfort, and/or persistent anemia), you certainly should avoid gluten. But only 1% of the population has celiac disease and up to 10% may have other wheat-related issues. Research by Canadian sports nutritionist Dana Lis RD suggests that gluten does NOT cause inflammation in athletes who do not have celiac disease or a medical reason to avoid gluten. Those who claim to feel better when eating a Paleo-type or gluten-free diet may have become more nutrition-conscious. They feel better because they are eating better on their

whole-foods diet (as opposed to their previous "junk food" diet).

- Carbohydrates from colorful vegetables and fruits are particularly important for runners. They help keep your body healthy. Case in point, Montmorency cherries. The deep red color of these tart cherries comes from a plant compound (anthocyanin) that reduces inflammation and muscle soreness. Athletes who consume concentrated tart cherry juice "shots" (or drink 8 ounces of tart cherry juice twice a day) recover better after hard exercise than their peers without tart cherry juice. For masters athletes, tart cherry juice can help calm the inflammation/pain associated with osteoarthritis.

The bottom line:

- 1) Enjoy a foundation of quality carbs at each meal to fuel muscles.
 - 2) Include a portion of protein-rich foods in each meal to build and repair muscles (for example, scrambled eggs + bagel; turkey in a sandwich; grilled chicken with brown rice and veggies).
 - 3) Observe if you perform better.
- Each runner is an experiment of one, and we are just beginning to understand genetic differences that impact fuel use, weight, and performance. Your job is to learn what works best for your body and not to blindly accept the latest trendy nutrition advice. Be smart, fuel wisely, and have fun!

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton), where she helps both fitness exercisers and competitive athletes create winning food plans. Her *Sports Nutrition Guidebook* and *Food Guide for Marathoners*, as well as teaching materials, are available at nancy-clarkrd.com. For online and live workshops, visit www.NutritionSportsExerciseCEUs.com. □



HMRRC HALL OF FAME

HMRRC's Hall of Fame Committee is looking for candidates for the 2015 HMRRC Hall of Fame

HMRRC's Hall of Fame honors individuals who have earned extraordinary distinction as a member of HMRRC. Candidates should have been, or continue to be, active members of HMRRC and recognized leaders of the local running community in running performance and/or service.

Selection Criteria for Induction:

The guidelines used to select a candidate include (but are not limited to):

1. Historical significance to HMRRC
2. Performance as a competitive runner in HMRRC races
3. Noteworthy performance as a competitive runner at the local, regional, national, or international level
4. Service to HMRRC as an elected officer
5. Service to HMRRC as a staff member or writer for *The Pace Setter* over a period of time
6. Service to HMRRC or the larger running community as a race director
7. Volunteer service over an extended period of years to multiple club events
8. Service over an extended period of years to local running events
9. Service to HMRRC or the running community as a mentor, coach, or educator of local runners
10. Service to the larger running community as an officer of local, regional, national or international running organizations.

If you would like to recommend a member for this honor, send the candidate's name and appropriate supporting information by August 15th to:

HMRRC Hall of Fame Committee
c/o Mike Kelly
47 Silver Creek Drive
Selkirk, NY 12158
Or Email: mjk3ny@gmail.com

EDITOR'S COLUMN

Serving on the editorial staff for *The Pace Setter* for the last 2+ years has been an exceptional experience. We have gained tremendous satisfaction working with you to write and review articles, historically document critical race results, recruit new staff members and be part of a network of people working hard to advance our running community. We have gained the opportunity to get to know countless of you – including staff members – personally and those relationships are longstanding. With many recent positive changes in our personal and professional lives (including an upcoming addition to our family), we have decided it is time to hand over the position to another highly qualified individual. Please know how much we have enjoyed working with you.

Sincerely,
Kristina and Dan Gracey



CASTLETON-SCHODACK KIWANIS CLOVE RUN 10 Mile Run, 5K Run, 5K Walk, & 1 Mile FAMILY FUN RUN

Hosted By the
CASTLETON ROAD RACING COMMISSION

For The Benefit Of The Anchor
(Local Food Pantry)

Race participants are encouraged to bring a canned/non-perishable food items for donation to The Anchor.

8:30 A.M. Saturday, Aug. 15, 2015

Family Fun Run promptly at 8:30 AM

10 Mile Run at 9:00 AM

5 K Run - 9:15 AM, 5K Walk - 9:20 AM

New: 5K Run & 10 Mile Run are USATF Certified

All race activities (start, finish, awards, refreshments, entertainment) take place at the Castleton Elementary School at 80 Scott Avenue, Castleton, NY 12033.

Directions: Take I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer. Go through 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. In Castleton, turn left at the flashing light at Stewart's onto Scott Avenue (Rt. 150). The Castleton Elementary School is located on Scott Avenue about 1/2 mile from Rt. 9J on the right. Persons traveling from other areas should use MapQuest to obtain directions to the Elementary School.

Parking: Parking is available at the Castleton Elementary School and the surrounding streets. No parking on Campbell Ave. between Scott and Green Avenues.

Entry Fees:

10 Mile Run, 5K Run, and 5 K Walk

- Pre – race registration: \$20.00
- Received after Aug. 8/Day of Race: \$25.00

1 Mile Family Fun Run – 10 and under

- \$5.00/person or \$15/family

Online Registration:

Registration for the Clove Run can be done Online at <http://finishright.com/>. See Clove Run Web Site for more information.

T – Shirts for first 200 registered runners

Awards:

10 Mile Run, 5 K Run, and 5K Walk

- Top 3 male and female runners
- Top 3 runners in each age group division

1 Mile Family Fun Run

- Medals will be awarded to all finishers

Packet Pickup & Awards Ceremony:

- Packet pickup will be at a table outside near the entrance to the Castleton Elementary School. All other activities will be outside on the grounds of the school.
- No Duplication of Awards

More Information:

castletonkiwaniscloverun@yahoo.com or go to Clove Run Web Site at http://www.vanrensselaerdivision.org/Clove_Run/

2015 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

- Race #1: **COLONIE MILE**
6:15 p.m., Tuesday, June 30
Location: South Colonie H.S. track
Fee: FREE
Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRC club members.**
- Race #2: **TWO PERSON RELAY**
6:15 p.m., Thursday, July 9
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.
- Race #3: **HOURLY RUN**
6:15 p.m., Thursday, July 16
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Participants run on the track for one hour. Participants running the furthest are the winners.
- Race #4: **PENTATHLON**
6:15 p.m., Thursday, July 23
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

Summer Series Contact: Ken Skinner, 489-5311
E-mail: kennyskin@earthlink.net

A Tribute to *The Pace Setter*

by Kenneth Orner

For over 40 years I have looked forward to the arrival of *The Pace Setter* each month, and I am deeply saddened that this gem may no longer be published. But I want to look at the demise as though “the cup is half-full” and not “half-empty” because for so many years I have enjoyed the many wonderful articles written Bob Kopac (Kopac’s Korner). I would also like to compliment Christine Bishop for her work on the Profile and Short Circuit articles, which she writes so well. Vince Juliano has contributed several poignant articles which I found most enjoyable. My thanks to Al Maikels for his timely “What’s Happening” column each month, in which he informs us of the upcoming club events.

Looking at *The Pace Setter*’s passing philosophically, everything and everyone comes with an expiration, and we don’t always know when that date will occur. So let’s be thankful for all the times we have enjoyed these things and these friends and be happy to have their memories.

In remembering the past, think of all the other institutions that have come and gone. Did you ever think that you would see the dis-

appearance of Woolworth’s Five and Dime, Montgomery Ward or Howard Johnson’s; did anyone ever expect to see the demise of these cars: Pontiac, Oldsmobile, Mercury, Plymouth; and what happened to these familiar magazines: *Life*, *Look* and *Reader’s Digest*?

Getting back to *The Pace Setter*, I want to thank the editorial staff including Kristina Gracey, Daniel Gracey, Daniele Cherniak, Sally Drake and Ed Neiles (my apologies for any omissions) and these other important contributors to our *Pace Setter*:

Dr. Timothy Maggs, The Running Doctor

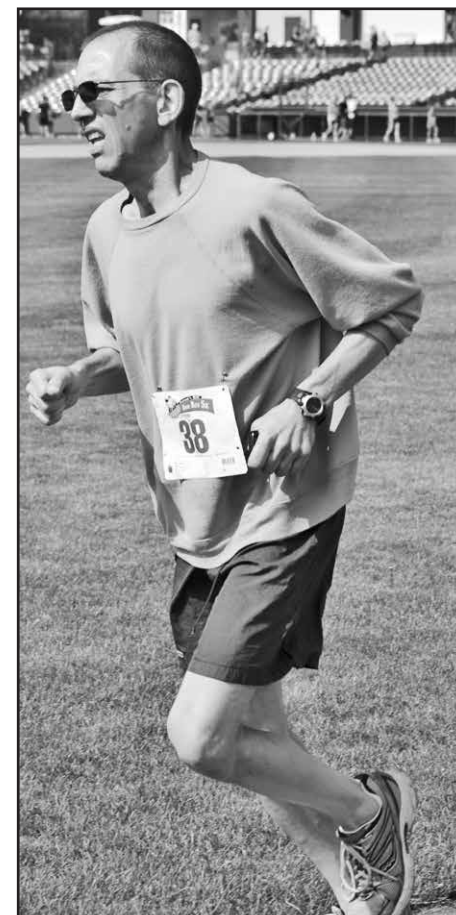
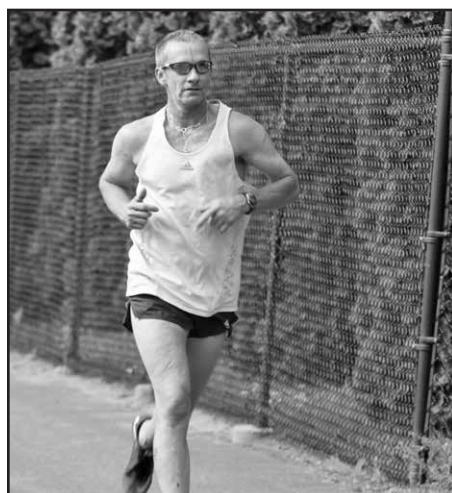
Dr. Russ Ebbetts, Off The Road

Nancy Clark M.S., R.D. The Athlete’s Kitchen.

Their respective articles have been informative, constructive and offer excellent suggestions for all. So I pay tribute to our *Pace Setter* and to all those that have created and produced this marvelous magazine for so many years. I sincerely wish to thank you!

Joke: Have you read recently that funeral directors and cemetery owners are raising their prices?

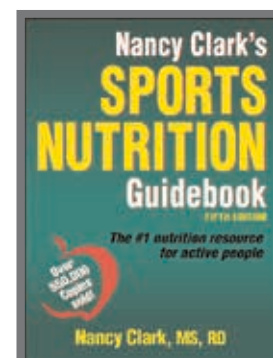
Yes, and would you believe that they are blaming it on the cost living? ☐





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37TH ANNIVERSARY OF THE

"DYNAMIC DUO" ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

SATURDAY, AUGUST 1, 2015 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

PURSUIT RACE — MEN RUN FIRST, HAND OFF TO WOMEN —
TOTAL TIME DETERMINES PLACES (Women run first in 2016)

ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 11 age groups.
Total prizes = \$176 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)

IMPORTANT: Free use of the pool from when the final man is done (until 11:00).
If we can't have the race for reasons we can't control, we cannot remit entry fees.

MAIL ENTRY FORM TO:

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

MAKE CHECKS PAYABLE TO: Hudson-Mohawk Road Runners Club

The Colonie Town Park is 3 miles north of the Latham Circle on Rt. 9 in Cohoes

2014 WINNERS

-36

NICK MATSON	15:48	34:02
JULIA ZACHGO	18:14	

37-45

ADAM CUSTOR	15:44	33:17
MAGGIE SZPAK	17:33	

46-54

RICHARD MISSINEO	16:10	34:49
NICOLE SOBLOSKY	18:39	

55-63

OWEN HOOPER	19:15	43:12
AMBER HOOPER	23:57	

64-72

AARON KNOBLOCH	16:52	36:20
DIANA KNOBLOCH	19:28	

73-81

PAUL BENNETT	21:24	40:53
PAYTON CZUPIL	19:29	

82-90

TODD LASHER	20:12	42:31
DANA WIWCZAR	22:19	

91-99

CHRIS RUSH	25:55	43:32
KERRY CAHER	17:37	

100-108

BILL GRIMALDI	22:29	51:35
DOT GRIMALDI	29:06	

109-117

JUERGEN RAHER	21:18	49:01
TINA HAYDEN	27:43	

118+

PAUL FORBES	21:45	43:48
JUDY PHELPS	22:03	

ENTRY FORM - PLEASE DETACH

NAMES

AGES

CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER

-36 37-45 46-54 55-63 64-72 73-81 82-90 91-99 100-108 109-117 118+

IT'S TIME TO LACE UP.

JOIN THE 2015 *Schenectady* **arc** 5K CHALLENGE.



run to fund, raise awareness & build friendships.

**RACE DAY IS
FRIDAY, AUGUST 7, 2015
5K START @ 6:30 P.M.**

Mail In and Online Registration is now OPEN

www.arc5kchallenge.com

**FEEL GOOD
ABOUT YOURSELF
EVEN AFTER
THE
ENDORPHINS
WEAR OFF.**

5K Road Race (open to contestants of all abilities) - 6:30 PM • Awards - 7:45 PM • Race Packet Pick-up, Day of race: 4:00pm-6:00pm • Isabella Pavilion in Central Park

Bringing a Corporate Team. There are three steps in the registration process:

① **Create team** ② **Join the Team** ③ **Finalize Team**

Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team. Registration as an individual is required for each runner. All runners must sign a waiver. Registration is \$25. Please note: -Each runner may be placed on only ONE team.-Each runner must be a full time employee of the company.

Entry Fees - Registration - \$25 (per team member) \$100 for a team of 4.

Individual Entry Fees - \$25.00

**Race shirts and sizes only guaranteed
to the first 300 paid registered 5K participants.**

**Entry fees are non-refundable.
(fees may be applied for online registration)**

CDPHP Race Electrifies Albany

by Christine Bishop



On May 21, 2015, Albany exploded with activity as 10,237 runners took to the streets for the 36th annual CDPHP Workforce Team Challenge road race. It is a glorious event that brings together thousands of coworkers seeking fitness and fun. In Albany, the race has been produced, directed and hosted by the Hudson Mohawk Road Runners Club (HMRRRC) since its inception. It is funded by corporate sponsors with CDPHP playing the major role. Special thanks go to AFLAC, ARE Event Production, Excelsior College, Focused Technologies, Hannaford, Jaeger and Flynn Associates, M&T Bank, Mobile Locker, Regeneron, and RPI for their generosity.



Each year the HMRRRC and CDPHP choose charities to highlight. This year's selections were the Brave Will Foundation that helps families with children with serious illnesses; CEO, an organization to help needy people gain self-sufficiency and independence; and the Food Pantries for the Capital District, an organization that helps to feed the hungry in the greater Albany region. Participants' donations are greatly appreciated.

The event is comprised of corporate teams of runners and walkers sporting unique team t-shirts. In total, there were 505 teams with the top 5 being General Electric (443), Albany Medical Center (276), CDPHP (261), NYS ITS

(184), and Global Foundries (153).

Running the newly certified 3.5 mile course in lightning speed, the winners were Kieran O'Connor of Tyler Technologies in 17:02 and Karen Bertasso of Albany Medical Center in 20:22. Interestingly, both are from Scotia. O'Connor flamboyantly approached the finish line doing the "stir the pot" gesture of Houston Rockets star player James Harden and then did special winning stances with great smiles, delighting photographers and fans while not looking the least bit tired after his breathtaking pace of 5:02. Karen Bertasso, straight off the London Marathon where she placed first among American women and 37th internationally among women, looked jubilant, but later stated she is not used to shorter races and would train more for them next year. So we can look forward to seeing her performance in 2016.

Special thanks go to the following HMRRRC coordinators who devoted numerous hours to making the event seem effortless. Mark Warner, Race Director; Angela Warner, Charities of Choice; Sheila Conant, Treasurer; Marcia Adams, Registration and Corporate Spon-



sors; Tom Adams, Corporate Sponsors and the HMRRRC Van; Ken Skinner, Course; John Parisella, Start/Finish; Jon Rocco, Water; Ed Neiles, Logistics; Tracy Callaghan, Medical; Bill Meehan, Photography; Maureen Cox, Refreshments; Patrick Cremmins, Volunteers; Debbie Beach, Communications; Arleen Reyell and Jill Mehan, T-shirt Distribution; Don Wilken, Entertainment; Al Maikels, Master of Ceremonies; Josh Merlis, Timing Services; Anthony Lund, Set-up Services; Jason Rumpf and Sue Cleary, NYS Office of General Services; Lt. Paul Kirwan and Bill Trudeau, Albany Police Department.

The following from CDPHP are also to be thanked for their pivotal role in helping the event to run seamlessly: Lisa Stratton, Adele O'Connell, Deanna Amore, Ali Skinner, Candace Casuccci.

Top Ten Winners

Males

- 1 Kieran J O'Connor, 28, 0:17:02, 4:52, Tyler Technologies Inc.
- 2 Craig R Coon, 27, 0:17:21, 4:58, KAPL
- 3 Alexander J Benway, 25, 0:17:41, 5:04, Queensbury Water Dept.
- 4 Aaron Lozier, 26, 0:17:43, 5:04, First Niagara
- 5 Chuck Terry, 32, 0:17:44, 5:04 Warren Washington & Albany Counties ARC
- 6 Patrick Carroll, 24, 0:17:45, 5:05, General Electric
- 7 Kevin A Treadway, 26, 0:18:13, 5:13, Albany Medical Center
- 8 Josh Merlis, 33, 0:18:14, 5:13, ARE Event Productions
- 9 Nick Webster, 26, 0:18:22, 5:15, CDPHP
- 10 Eamon Dempsey, 35, 0:18:23, 5:15, C.T. Male Associates

Females

- 1 Karen Bertasso, 30, 20:22, 5:50, Albany Medical Center



2 Nicole A Soblosky, 27, 20:35, 5:53, Children's Place at the Plaza
 3 Erin Corcoran, 41, 20:43, 5:55, NYS Bar Association
 4 Kimberly Milton, 33, 21:16, 6:05, Watervliet Arsenal

5 Lisa D'Aniello, 29, 21:21, 6:06, North Colonie CSD
 6 Michele A Cassaro, 39, 21:23, 6:07 RPI
 7 Vanessa Q Hamblet, 32, 21:25, 6:08 Saratoga Sports Massage
 8 Jessica Bashaw, 32, 22:04, 6:19, U Albany

9 Janne Rand, 30, 22:33, 6:27, Albany Medical Center
 10 Roshni Bhagalia, 34, 22:41, 6:29, General Electric
 Congratulations to everyone who participated in this splendid event! ☐





14th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Research and Awareness Sunday, September 13, 2015 – 9:00 a.m. Washington Park Lake House, Albany NY

Entry Fee: **Individuals:**
\$17 until September 1
\$25 thereafter
Team Members:
\$15 until September 1
\$25 thereafter
Children:
\$5 ages 10 and under

Race shirts: first 600 participants

Race Awards: 1st, 2nd, and 3rd place overall male and female runners, and to overall winning runners in each age group. No duplication of runner awards.

Pledge Awards: Top 5 individual pledges
Top 5 teams pledges
Top 3 teams with most walkers
Top 3 teams with most runners



Online Registration: www.finishright.com

Pre-Race Packet Pickup: Skip the line and pick up your packet(s)
Saturday September 12, 2015
Fleet Feet
155 Wolf Road Albany
10 am – 2 pm

Timing: Timing chips for all runners this year!

Team Pledge Page: To start an online team page and collect donations:
www.firstgiving.com/CaringTogether

Schedule:
7:45am Registration
8:45 am Welcome/race line up
9:00 am 1 mile Walk start
9:10 am 5k Runners start
10:15 am Closing Ceremony/Awards

SPONSORED BY CARING TOGETHER, INC. *1996 – 2015*
Providing Ovarian Cancer Support, Education & Research Funding

For important race day and parking information, please visit: www.CaringTogetherNY.org
Contact Maggi Royle with any questions – maggi.royle@gmail.com or 518-439-6466

----- Mail Entry Form and Check Payable to: Caring Together, Inc., P.O. Box 64, Delmar, NY 12054 -----



Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Home Phone: _____ Age on Race Day: _____

Sex: ☐ Male ☐ Female I am a: ☐ Runner ☐ Walker

Team Member? ☐ Yes ☐ No If yes, enter Team Name _____

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED *sizes not guaranteed

☐ No Shirt (please use all money towards research)

NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.

Signature _____ Date: _____

Signature of Parent or Guardian (required if participant is under age 18): _____

Running around trying to make sense of health insurance?

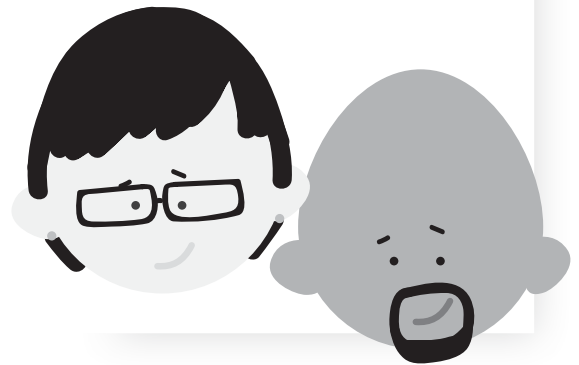
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Running Away

by Kathy Barlow



You may have noticed that I often write about hills. It's my conflicted relationship with hill running that prompts me to explore it in this column by describing the joy and pain, the ups and downs of hills. I think I started loving/hating hills when training for my first marathon. I was running the marathon with a group to raise funds for the now defunct Gilda's Club, an organization dedicated to helping individuals with cancer and their families. One of my training partners was a cancer survivor with a spunky attitude. I liked her right away and wanted to run with her. She loved hills and she got me hooked on them. "Hit them hard" was her motto. I am always reminded of this mantra just before I run a hill and it helps to get me up and over it!

I lost touch with her after the race was over but her positive attitude towards hills has stayed with me. For the third year in a row I've run the 10K in the Memorial Day Races at Tanglewood in Lenox, MA. This race series has evolved into a weekend event in the Berkshires that includes a full marathon, a half marathon, 10K/5K, a 15K trail race and a 51 mile dirt road bike ride. The events begin on the grounds of Tanglewood, the renowned music venue located in the Berkshire Mountains between Lenox and Stockbridge, Massachusetts. Have you been to a Tanglewood concert and explored the beautifully landscaped grounds? Have you wandered about the grounds and visited the hedge maze or taken in the view of the Stockbridge Bowl? Have you spread a blanket out under the stars to listen to the Boston Symphony Orchestra or attended one of the special concert events? It's a magical experience. When we attend a concert or event, we bring a fancy lunch or dinner to eat al fresco and add a touch of class to our Tanglewood adventure!

The Memorial Day race series is well organized with plenty of parking for runners. The organizers take care in providing adequate bathroom facilities, a must for an early morning start. The 10K begins on the immaculately groomed grounds of Tanglewood and heads out of the gate and downhill on Route 183 for about the first mile. Water stops are plentiful along the race route and there are many volunteers to help guide the way. The first mile is typically my fastest since it is downhill. In my love/hate relationship with hills I sometimes love the downhill miles and sometimes the

uphill ones. The next four miles cover some of the prettiest geography in western Massachusetts, hugging the shore of the Stockbridge Bowl, also known as Lake Mahkeenac. There was an Emerson, Lake and Palmer song many years ago called "Roundabout" whose lyrics always reminded me of this area..."In and

around the lake, mountains come out of the sky and they stand there." It's funny how a place can remind you of a song or a song can remind you of a place.

The course has rolling hills for most of the first five miles; however, just after you pass mile 5 you begin to climb, and climb and climb. I've run this race three times and this year the hill took me completely by surprise. They say the body doesn't remember pain and I think that's what happened with this last hill this year. I simply didn't remember it...and it's long, and windy! I used the mantra from many years ago "hit it hard" and step by step got to the finish line.

The post race party is as much fun as the race itself. The race committee planned two days of music and food to entertain runners and their families after both race days (the trail run and kids run are held on Saturday while the other races happen on Sunday). This family friendly event has become one of my favorite Memorial Day traditions and I look forward to it every year. It keeps me training on hills and "hitting them hard". □





Indian Ladder Trail Runs-2015

21st Annual

15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 2, 2015

9:00 am – 15K and 3.5 mile start

10:30 am – 1 Mile Kid's Run start

Note: 15k and 3.5 mile races will be run simultaneously

Day of Race Registration

7:45 to 8:30 am – 3.5 mile & 15k

9:00 – 10:00 am - 1 mile Kid's Run

*Kid's Run is FREE

1st 250 registrants

Will receive an ILTR shirt.

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157– Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 18]: \$17 – Member; \$20 – Nonmember/Guest

July 19 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 25)

What you get ...

Race entry; Indian Ladder T-shirt to 1st 250 registrants of 15k or 3.5m race; John Boyd Thacher State Park entry pass and post-race refreshments.

Course Descriptions ...maps available at www.hmrrc.com. Start and finish in front

of Haile's Cave Picnic Area Marked course with water/aid stations on course

15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills; **3.5M** – Loop – 99% natural surface–rolling terrain

Sponsors



Awards

15K & 3.5M races

Overall Female & Male Winners

Age-groups Winners: (2 deep)

0-19/20-24/25-29/30-34/35-39/40-44/45-49/

50-54/55-59/60-64/65-69/70+

NO AWARDS MAILED & NO AWARD DUPLICATION

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REGISTRATION*

AVAILABLE AT

WWW.HMRRC.COM

Questions? Email: mjk3ny@gmail.com

Register Online or Mail w/check payable to **HMRRC** to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303

Name (print)			Race [check race entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB m m dd yyyy	Age on 8/2/2015		
Pre-registration by July 18 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
Pre-registration July 19 to July 25 <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian ,must sign for applicant under 18]				

The 6th Annual Malta Business & Professional Association 5K



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Malta Business & Professional Association

Malta 5K

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and on Global Foundries' campus.
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Rural Preservation
Company &
Town of Malta EMS
First Responders

Saturday, September 12

Pre-Registration - \$25

Day of event registration - \$30

Registration opens 7:30AM: Race starts at 8:30AM

register online: www.malta5k.com

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VOORHEESVILLE 5K
CROSS COUNTRY CHALLENGE
SATURDAY, SEPTEMBER 5, 2015
WALLACE PARK, SWIFT ROAD, VOORHEESVILLE

ENTRY FEES : \$18 PRE ENTRY ----- \$15 PRE ENTRY 70+PLUS
RACE DAY: \$25 FOR ALL

TEAM ENTRY FEES: (3 PERSON TEAMS – ALL MALE OR ALL FEMALE)
AGES 1-19 \$50.00; 20-49 \$50.00 & 50-99 \$45.00
RACE DAY – ALL TEAMS ARE \$75.00

HELDERBERG RUNNING CLUB JUNIOR OLYMPIC TEAM FUNDRAISER

Race Times: **9 AM Women's 5K**
 10 AM Men's 5K

Awards: Top 3 M&F overall in each race
 Top 3 M&F in age groups: 12 & under; 13-16; 17-19; 20-24; 25-29; 30-34;
 35-39; 40-44; 45-49; 50-54; 55-59; 60-64;
 65-69; 70-74; 75-79; 80+plus

Team Awards: Top 3 M&F teams in age groups 1-19; 20-49 & 50+plus

T-shirts for the 1st 125 that pre-register

NEED MORE INFO EMAIL HOLIDAYCLASSIC@NYCAP.RR.COM OR CALL 518-861-6350

REGISTER ONLINE AT
[HTTP://WWW.ACTIVE.COM/VOORHEESVILLE-NY/RUNNING/CROSS-COUNTRY-RACES/VOORHEESVILLE-5K-CROSS-COUNTRY-CHALLENGE-2015](http://www.active.com/voorheesville-ny/running/cross-country-races/voorheesville-5k-cross-country-challenge-2015)

OR USE THE FORM BELOW

Entry form:

(one name per entry form please – if a team use 3 forms & put team name on each form)

Remember – teams are all male or all female...

Checks payable & mailed to: White Knight Ent.
35 Whipple Way, Altamont, NY 12009

NAME _____ AGE _____ SEX _____ PHONE# _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

EMAIL ADDRESS _____ TEAM NAME _____

SIGNATURE _____ (IF UNDER 18 PARENT/GUARDIAN
MUST SIGN)

I WAIVE & RELEASE ALL RIGHTS & CLAIMS FOR DAMAGES I MIGHT HAVE AGAINST THE VOORHEESVILLE CENTRAL SCHOOL DISTRICT, TOWN OF VOORHEESVILLE, TOWN OF NEW SCOTLAND, ALBANY COUNTY, USA TRACK & FIELD, HELDERBERG RUNNING CLUB AND ALL OFFICIALS AND VOLUNTEERS OF THIS EVENT. I CERTIFY THAT I AM PHYSICALLY FIT TO COMPETE IN THIS EVENT.

EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
07/11/15	Wilton	Friends of Wilton ParkFest 2015 5K Run/Walk	8:00 AM	Patrick Czajkowski	Friendsofwiltonrec@gmail.com
07/14/15	Albany	Colonie Summer Track Run #5 of 8	6:15 PM	Frank Myers	FLYINGBB45@aol.com
07/16/15	Albany	42nd HMRRC Hour Run	6:15 PM	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
07/18/15	Scotia	Glenville and Schenectady YMCA Healthy Community Series 5K Run and 3K Walk	9:30 AM	Patty McCormack	pnmccormack@cdymca.org
07/18/15	Schenectady	Maple Ski Ridge 5 and 2K	8:45 AM	Kate Michener	kate@mapleskridge.com
07/18/15	Charlottesville	Roller Coaster Race @ The Great Escape 2015 (10K/5K)	7:30 AM	Amber Garrett	hello@rollercoasterrace.com
07/19/15	Altamont	Let's Help Alex 5K	8:30 AM	Phil Carducci	alta5k@yahoo.com
07/20/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
07/21/15	Albany	Colonie Summer Track #6 of 8	6:00 PM	Frank Myers	FLYINGBB45@aol.com
07/23/15	Albany	39th HMRRC Pentathlon	6:15 PM	Todd Mesick	toddmesick@yahoo.com
07/28/15	Albany	Colonie Summer Track (Ribbon Night) #7 of 8	6:00 PM	Frank Myers	FLYINGBB45@aol.com
08/01/15	Albany	The 37th Dynamic Duo Pursuit Race	8:30 AM	Frank Myers	FLYINGBB45@aol.com
08/01/15	Rensselaer	Ram Run 5K	9:00 AM	Pamela Harwood	Ph2976@yahoo.com
08/02/15	Albany	21st Indian Ladder Trail Run 15K & 3.5 Miler	9:00 AM	Mike Kelly	mik3ny@gmail.com
08/03/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/04/15	Albany	Colonie Summer Track #8 of 8	6:00 PM	Frank Myers	FLYINGBB45@aol.com
08/07/15	Schenectady	5th Annual Schenectady ARC 5K Walk/Run	6:30 PM	Douglas Secor	dougs@arcschenectady.org
08/08/15	Esperance	Landis Arboretum 5K Perennial Forest Run	9:00 AM	David Roy	David.Roy@ScaryLegRunners.com
08/08/15	East Berne	Fox Creek 5K - Hilltown Triple Crown Series	9:00 AM	LEAP	Foxcreek5k@gmail.com
08/08/15	Schenectady	OLQP Festa 5K	9:30 AM	Carmela Pasquarella	Carmela.Pasquarella@gmail.com
08/08/15	Ballston Lake	DanRan 5K Run/Walk	9:00 AM	Michael Hale	mhal1@nycap.rr.com
08/09/15	Grafton	Run for the Roses 5K	9:00 AM	Cynthia Pulito	cynthia.pulito@yahoo.com
08/10/15	Albany	Tawasentha XC 5K #1 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/15/15	Ballston Spa	14th Annual Jailhouse Rock 5k Race	8:30 AM	Carolyn	admin@brooksidemuseum.org
08/15/15	Delmar	10 miles	8:30 AM	Jim Glavin	jimglavin@msn.com
08/17/15	GANSEVOORT	The Monday Night Mile (1 mile race)	5:30 PM	John Pecora	john.pecora@synca.org
08/17/15	Albany	Tawasentha XC 5K [GP] #2 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/17/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/22/15	Altamont	Voorheesville 5K Run/Walk	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
08/23/15	Guilderland	VENT Fitness NXT 5K	9:45 AM	Michael Arce	marce@ventfitness.com
08/23/15	Altona	Half Marathon	8:00 AM	Thomas Brown	Fricfrom54@gmail.com
08/24/15	Albany	Tawasentha XC 5K #3 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/29/15	Altamont	Altamont 5K Run/Walk (18th)	9:00 AM	Phil Carducci	altamont5k@nycap.rr.com
08/29/15	Hanover	Trout 10K for Huntington's Disease	9:30 AM	Brenda King	BKing57@yahoo.com
09/05/15	Altamont	Voorheesville 5K Cross Country Challenge	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
09/06/15	Duanesburg	Capital District Scottish Games 5K	10:30 AM	Rebecca Schenck	scotgames5k@yahoo.com
09/07/15	Albany	27th SEFCU Foundation Labor Day 5K [GP]	9:00 AM	John Parisella	jp2cella@me.com
09/12/15	Malta	Malta 5K Presented by Global Foundries & Malta BPA	8:30 AM	Paul Loomis	info@malta5k.com
09/13/15	Albany	44th HMRRC Anniversary Run [GP]	9:00 AM	Pat Glover	pjglove@aol.com
09/13/15	Delmar	Teal Ribbon 5K (14th)	9:00 AM	Lori Foley	contact@caringtogetherny.org
09/13/15	Slingerlands	WWAARC 5K & Kid's Run	10:00 AM	Michelle Biela	mbielawa@caparcny.org
09/13/15	Slingerlands	WWAARC 5K and Kid's Run	10:00 AM	Michelle Biela	mbielawa@caparcny.org
09/19/15	Niskayuna	Nisky Fall Fun Run 5K	5:30 PM	Lori Peretti	lperetti@niskayuna.org
09/19/15	Guilderland	Guilderland YMCA Brenda Deer 5K Memorial Run. 5k Run 3k walk and kids 1 mile run	10:00 AM	Ben Luke	bluke@cdymca.org
09/20/15	Saratoga Springs	Saratoga Palio Half Marathon	7:45 AM	Meghan Cozier	meghan.cozier@inventivhealth.com
09/26/15	Slingerlands	CRSS Race for Hope 5K	10:00 AM	Carla Sorbero	csorbero@capitalregionspecialsurgery.com
09/26/15	Cobleskill	FAM 5K Run	10:00 AM	Fenimore Asset Management	fam5kfamilyfunds.com
09/26/15	Johnson City	Bark For Life 5K Run	2:00 PM	Spencer Waldman	spencer.waldman@cancer.org
09/27/15	Albany	Dunkin Run 2015-----5k	8:30 AM	Tom Wachunas	tomw@albanyjcc.org
09/27/15	Clifton Park	NICK'S FIGHT TO BE HEALED 5K RUN	10:00 AM	Liz Fox	nicksrun4fighttobehealed.org
10/03/15	Cohoes	Bought Fire Prevention XC 5K	9:00 AM	Katelyn Reepmeyer	bfd167@boughtfire.org
10/03/15	Albany	Susan G. Komen Race for the Cure	9:00 AM	Tori Roggen	info@komeneny.org
10/04/15	Albany	35th HMRRC Voorheesville 7.1 Mile [GP]	10:00 AM	Ed Hampson & Todd Smith & Martha Gohlke	eddolan@yahoo.com
10/04/15	Schenectady	Beat Beethoven! 5K Run/Walk	9:20 AM	Christine Mason	ss02@verizon.net
10/11/15	Albany	14th Hamaford Half Marathon	8:30 AM	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/11/15	Albany	32nd Mohawk Hudson River Marathon [GP]	8:30 AM	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/17/15	Kingston	Run4Me 5K to benefit Cerebral Palsy of Ulster	8:00 AM	Sarah	shurd@cpuulster.org
10/18/15	Middletown	Hamblonian Marathon & Good Time Trotters Relay	8:00 AM	Kathleen Rifkin	info@hamblonianmarathon.com
10/18/15	Syracuse	Empire State Marathon/ Half Marathon & Relay	7:30 AM	K. Collins	info@empirestatemarathon.com
10/31/15	troy	Troy YMCA Monster Madness Dash	8:30 AM	Michael Malone	mmalone@cdymca.org
11/07/15	Clarksville	RUN 4 THE HILL	10:00 AM	Kathy Taylor	ktaylor@albanycounty.com
11/08/15	Albany	40th Stockade-athon 15K [GP]	8:30 AM	Vince Juliano	hamletbryans@nycap.rr.com
11/22/15	Albany	HMRRC Turkey Raffle Run -- 1 Hour	10:00 AM	Al Malkels	afmcpa1040@yahoo.com
12/13/15	Albany	The Doug Bowden Winter Series Race #1 -- 15K and 3M	10:00 AM	Bart Trudeau	bart@truarchs.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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NEW MEMBERS
Allow 8 to 10 weeks before expecting
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Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

E-MAIL _____ NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐**TYPE OF MEMBERSHIP** (check one): ☐ INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE or FAMILY (\$15)

For a family/couple membership, list other family members:

Name	Relationship	Gender	Date of Birth
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_____	_____	_____	_____
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_____	_____	_____	_____
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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!*