

# ***The Pace Setter***

***March 2015***

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



## **AWARDS BANQUET**

# **2015**

# BACK - by popular demand!

## BUS TO 2015 UTICA BOILERMAKER

July 12, 2015, 5 A.M.

Registration for the Boilermaker opens to the general public on March 21<sup>st</sup> at noon. Please check the website [www.boilermaker.com](http://www.boilermaker.com) for further information about the race.

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### **Here are the conditions for the bus (please don't ask for an exception):**

1. Only 100 seats available. Cost per seat is \$22.00 – which includes the tip for the driver(s).
2. If you are running, you need to register yourself. We do not do this for you.
3. If you want us to pick up your bib and goodie bag, you need to provide a copy of your license with permission statement to me - Marcia Adams, 1009 Tollgate Lane; Schenectady NY 12303 or you can email to [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com) - **by July 1**. Failure to do so will mean I will **NOT** pick up your stuff.
4. NO TRANSFERS OR REFUNDS! If you can't run, you are welcome to ride but you cannot transfer your seat to someone else nor will the fee paid be refunded.
5. Bus leaves from Crossgates (parking lot on opposite side of road from JC Penneys) SHARPLY at 5 a.m. Packet distribution will begin at 4:30 a.m.
6. The bus will leave Utica at **12:30 p.m. sharp**. If you choose to "sight see" in Utica after you are done running, please be sure you are back to the bus by this time. If you miss the bus, you are on your own to find a way back to Albany.
7. Questions? Comments? You can contact me at [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com).

**REGISTRATION FOR THE BUS IS ON LINE on the HMRRRC website. (Same place you register for races and to volunteer.)**

**If you are planning to run, we recommend you register for the race FIRST then the bus.**



**Executive Editor** (pseditor123@gmail.com):  
Kristina Gracey, Daniel Gracey

**Production Editors for March 2015:**  
Kristina and Dan Gracey

**Advertising/Business Director:**  
Nick Webster (psads123@gmail.com)

**Photo Coordinator:**  
Bill Meehan

**Photography Staff:**  
Tom Adams, Jack Berkery, Chris & Charles  
Bishop, Phil Borgese, Nancy Briskie,  
Donna Davidson, Erwin Ganc, Ray Lee,  
Bill Meehan, Gerri Moore, Paul Turner

**Proofreader:**  
Daniele Cherniak

**Content Editors** (pscontenteditor@gmail.com):  
Sally Drake, Ed Neiles

**Contributing Editors:**

Christine Bishop:  
— **Profiles**  
— **Short Circuits**

Nancy Clark  
— **Athlete's Kitchen**

Dr. Russ Ebbetts  
— **Off The Road**

Dr. Tim Maggs  
— **The Running Doctor**

Al Maikels  
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Brian Northan  
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Bob Kopac  
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*Photos in this issue are by Charles Bishop, Chris Bishop, Lisa Cary Ciancetta and 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.

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

## HUDSON MOHAWK ROAD RUNNERS CLUB

President  
MEGHAN MORTENSEN  
281-6575

Executive Vice President  
MEGHAN MORTENSEN  
848-2962

Vice President for Finance  
CHARLES TERRY  
482-5572

Treasurer  
MARY IBBETSON  
376-6077

Secretary  
BARBARA LIGHT  
326-0313

Race Committee Treasurer  
JONATHAN GOLDEN  
hmrrcjon@gmail.com

### HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee  
DIANE FISHER  
hmrrcdiane@gmail.com

Race Committee  
JON ROCCO, 862-9279

Public Relations  
ROBERT MOORE  
227-4328  
rmoore4626@aol.com

HMRRRC Web Page  
DIANE FISHER  
hmrrcdiane@gmail.com

Clocks & Van Equipment  
TOM ADAMS  
366-5266

Volunteer Coordinator  
MARCIA ADAMS  
356-2551

**www.hmrrc.com**



## President's Message

*by Meghan Mortensen*

The club's annual banquet was organized by Debbie Beach and held at The Desmond once again this year. On February 7, we honored the induction of George Regan into the HMRRRC Hall of Fame, as well as celebrated many individuals with President Appreciation Awards, President Outstanding Service Awards, Extra Mile Awards, and lastly, Grand Prix Awards. Each individual recognized is an integral part of the success of HMRRRC and the greater running community.

George Regan was introduced jointly by David Oja, of the Syracuse Chargers, and Emily Bryans, two very prominent and influential individuals in the running community. If anyone is to know the qualities and accomplishments it takes to be in the Hall of Fame, it would be these two individuals. The Hall of Fame honor is well deserved for George, after a lifetime of contributions to the sport of distance running, particularly competitive women's running in upstate New York. The capital region's flourishing and gifted running community has a solid foundation built by idealistic leaders like George Regan. Most notably, his hard work and leadership were the driving force behind the initiation of the Freihofers 5K Run for Women (FRW) over thirty years ago. George was instrumental in bringing world class women runners to the area when the FRW hosted the USA 5K National Championship for several years. The FRW is an inspirational race for all women throughout the capital region and beyond. Perhaps George was best described by Vince Juliano when he stated, "The growth of women's running, and its significance three decades later, can in no small part be credited to George Regan and his years of leadership at the top echelon of our sport." As a competitive women's runner and long-time FRW participant, I would personally like to thank George for his dedication to the sport and extend a heartfelt congratulations on his induction to the HMRRRC Hall of Fame.

This spring marks the fifth year of the Just Run Program led by Ken Skinner. There are five area school leaders who have been a part of the program since its inception in 2011 and deserved to be honored at the banquet for their dedication and commitment to their students and the running program. This year's Presidential Appreciation Awards went to Tim Castle of Arbor Hill Elementary School in Albany, Colleen Mickle of Guilderland Elementary School, Christian Borger of Zoller Elementary School in Schenectady, Barbara Almy of Schoharie Elementary School, and Anne Reed-Best of Westmere Elementary School in Guilderland.

The HMRRRC also honored three deserv-

ing individuals for the President Outstanding Service Awards: Joan Celentano, Vince Juliano and John Parisella. Joan Celentano has been on the Bill Shrader, Sr. scholarship committee since its inception in 2000. The Shrader scholarship currently provides six, three thousand dollar awards to three high school male and three high school female students looking to pursue a collegiate future in track and/or cross country. As chairperson of this committee in 2014, I was able to see firsthand how difficult and competitive this selection process is. Additionally, Joan contributed monthly articles to *The Pace Setter* for over a year regarding the Grand Prix series. She has been co-race director of the Winter Marathon for several years in the 1990's and has volunteered in various capacities over the years at HMRRRC events. Thank you, Joan, for all of your work behind the scenes.

Vince Juliano, a 2008 Extra Mile Award Winner and 2013 Hall of Fame Inductee, has been race director of the world-class Stockade-athon 15K since 1998. In addition to bringing this year's race to a national level, Vince has continued grow its participation and popularity year after year. This past year, he spent countless hours securing a new venue, mapping out a new certified course, gaining police and city cooperation and getting a bigger and better sponsor, MVP. Vince volunteers in club events throughout the year, from lead biker at the Valley Cats 5k, to course marshal at the Distinguished Service race. He is a frequent contributor to *The Pace Setter*, and his continued work and support of HMRRRC is greatly appreciated.

John Parisella, a 2008 Extra Mile Award winner, has been race director of the SEFCU Labor Day 5K for the past 8 years. He has also been co-race director of Winter Series #5 since 2013. John has stepped up for HMRRRC over the last decade as a volunteer at several races, taking over the HMRRRC van for a summer as needed, and becoming a two-time Vice President and then President of the club. We appreciate all of John's contributions and dedication.

The Race Committee chairperson, Jon Rocco, had the pleasure of selecting club members to honor for their contributions as volunteers for the nearly 30 club races we hold throughout the year. The 2014 Extra Mile Awards went to Bart Trudeau, Meghan Mortensen, Barb Bradley, Ed Hampston, Tom McGuire, Elizabeth Chauhan, Nancy Briskie and Marey Bailey. Without the loyalty and devotion of these volunteers, there would be no way the club could continue to function and be as successful in the community as it is.

*Continued next page*





# What's Happening in March

by Al Maikels

The March race schedule has seen its share of changes over the years and this year is no exception.

In years' past we had a great long race, the Chopperthon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and the 30k version would finish at the Empire State Plaza; after it became a half marathon it finished on the road above the UAlbany track. Public safety costs made that course too expensive so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 90's.

The club also had a race around the time of St. Patrick's Day. Over the years there was a 5k race on the Hudson River bike path, then a longer race in Averill Park that then moved to Burden Lake. In 2000, a new race came onto the schedule, the 4 mile Runnin' of the Green (Island), held on a flat course in the Village of Green Island. This was a Grand Prix event and attracted a large field. The race was so popular that it closed out in a matter of hours and it outgrew the capacity of the Village of Green

Island.

**New for 2015 is the Runnin' of the Green 4 mile race to be held at Schalmont High School in Rotterdam. This race will be a Grand Prix event and also serves as the US-ATF 4 mile championship. The race is set for Saturday, March 14 with a 10 a.m. start.**

Also moving to the March calendar for 2015 is the 27th Annual HMRRC Delmar Dash.

This 5 mile race is also a Grand Prix event for the HMRRC and USATF and is a great early Spring race. The race will be held on Sunday, March 29 with a 9 a.m. start at the Bethlehem Middle School on Kenwood Ave in Delmar.

You will have to go out of town to find other races. The most notable race is the 29th Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 22 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T shirt.

The club business meeting for March is scheduled for Wednesday the 11th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. □



## President's Message, continued

Last, but certainly not least, the 2014 Grand Prix winners were also honored at the club banquet. Congratulations to the top three finishers in each age category and top seven age-graded award winners. Awards this year were HMRRC jackets for the first place winners- royal blue and black; second place award was a gray fleece vest with an HMRRC logo in blue; and third place award was a blue and white three quarter zip pullover wind-breaker in blue and white. An additional perk to finishing top three in your age group that not all HMRRC members are aware of is the continued traditional complimentary entry invitation to the Sean's Run 5K in Chatham, NY provided by race director, Mark French. Mark is the father of Sean French, a 17-year old Chatham High School junior, honor roll student, community volunteer and record-setting athlete who lost his life on January 1, 2002 as a passenger in a drunk-driving car crash. Sean was an HMRRC member who won his age group at many of our events prior to his death. Sean's Run hits particularly close to home for me as I was also a high school junior cross country runner when Sean's life was tragically taken, and was very saddened to hear this news. My high school coach would always encourage us to take part in this event and I have made attempts every year since to participate. Although not an HMRRC calendar event, HMRRC Grand Prix winners are invited as Sean's Run guests, the only specially invited runners in this race. Regardless of whether you are a 2015 invited runner or not, I encourage you to take part in the 14th year of Sean's Run on Sunday, April 26, 2015. An added bonus—Stewart's ice cream cones at the finish line! □

## Submissions for the May Issue of *The Pace Setter*

### Articles:

Deadline is March 25.

Submit to:

Editor, [pscontenteditor@gmail.com](mailto:pscontenteditor@gmail.com)

### Advertisements:

Deadline is April 1st. Contact

Advertising Director at  
[psads123@gmail.com](mailto:psads123@gmail.com) to reserve  
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Contact Cyndy Allen at [gscallen.com](mailto:callen@<br/>gscallen.com) for further info.**

# Nutrition Updates from ACSM

The American College of Sports Medicine ([www.ACSM.org](http://www.ACSM.org)) is the largest sports medicine and exercise science organization in the world. ACSM members strive to advance the science of exercise. Their research, presented at ACSM's Annual Meeting, offers the latest information to help you reach your athletic and health goals. Last month, I reported some of the weight-related research presented at ACSM's 2014 Annual Meeting. This month, I'm sharing some fueling and training updates that might be helpful.

- Does it matter if you eat quickly- or slowly-digested carbohydrates (with a high or low glycemic effect, such as candy vs. oatmeal) before you run? Likely not. A review of 21 research studies suggests the kind of carbs eaten pre-exercise have no clearly defined benefit on time trial performance or on endurance time to exhaustion. The bottom line: Eat what seems to work best for your body.

- Experienced CrossFit subjects who had a pre-workout drink (40 calories plus caffeine) had a significantly better workout compared to when they had the placebo drink (no calories, no caffeine) 20 minutes before they worked out. They did 503 vs. 477 repetitions of pull-ups, push-ups, and squats in 20 minutes. Fueling before you exercise has benefits.

- Caffeine is known to enhance exercise capacity, helping some runners more than others due to genetic differences. A study with self-reported "caffeine sensitive" students (who typically drank less than a cup of coffee a day) indicates pre-exercise caffeine helped them work harder during an exercise test, in comparison to subjects without a certain gene.

- Pre-exercise beet(root) juice has also been shown to help runners postpone fatigue and increase endurance. It can enhance both low- and high-intensity aerobic performance, but it does not reduce muscular fatigue during 30 seconds of intense anaerobic exercise. Regardless, beets are a wise addition to the sports diet of all athletes.

- Would combining pre-race caffeine with beet(root) juice offer even more performance benefits? Apparently not; a study reported no synergistic effects.

- If a runner cannot tolerate fuel during hard exercise, some research suggests swishing and spitting a sweetened beverage can help boost performance. Receptors in the mouth send a message to the brain that helps the athlete keep working hard. Yet, a study with endurance-trained cyclists found no benefits with swishing-spitting during a one-hour time trial. The results were similar whether or not the subjects had fueled before the exercise test or had not eaten since dinner the night before. Still, no harm in trying to figure out what works for your body.

- Chocolate milk is a popular recovery choice that offers both carbohydrates to re-

fuel depleted muscle glycogen stores as well as protein to help repair muscles. But should you choose non-fat or full-fat chocolate milk? Doesn't matter, in terms of recovery benefits. Choose the milk you prefer based on your taste preferences, overall health and nutritional needs.

- Replacing sodium losses during and after exercise can play a role in preventing electrolyte imbalances and aiding rehydration. But the sodium concentration in sweat varies widely from athlete to athlete, so how can a runner tell how much sodium he or she loses? To establish normative data, researchers collected sweat from 474 athletes (ages 9 to 63 years) representing a variety of sports. The average sweat sodium concentration was 1075 milligrams/liter; with a range from about 200 to 3000 mg/L. With this information, researchers can now collect sweat samples and then classify an athlete as having a low, average, or high sweat sodium. More easily, a salty, post-run crust on your skin suggests you likely have a high sweat-sodium level!

- Both training and genetics affects fitness. Identical twins had consistently similar results on fitness tests for handgrip strength, explosive strength, flexibility, and balance. In contrast, fraternal twins (with different genes) had differing test results. Did your parents do well by you?

- To build muscle, most trainers encourage athletes to do 8 to 12 reps at 70 to 85% of one-repetition maximum. Can lifting lighter weights for more reps offer muscle-building benefits? Unlikely. Untrained people lifted heavy weights for 32 workouts. When they switched to lighter weights with more reps, they lost muscle. Keep lifting those heavy weights!

- While High-Intensity Interval training (HIIT) is known to enhance fitness, compliance is debatable—especially in untrained people. Would moderate-intensity interval training be a more acceptable alternative, and produce better training adaptations than "boring" continuous exercise? A study with inactive college females compared 20 minutes of continuous treadmill walking at a moderate pace vs. 20 minutes of alternating faster and slower walking. The subjects preferred the continuous exercise, reporting they would be more likely to stick with the easier program. The E in Exercise should stand for Enjoyment!

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, enjoy reading her *Sports Nutrition Guidebook* and food guides for marathoners, soccer players, and cyclists. They are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). Also see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com) for online education. □



**Bill Shrader, Sr.  
Memorial  
Scholarships**

**\$18,000 in total**

**Higher Education Awards**

**For Student Runners**

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

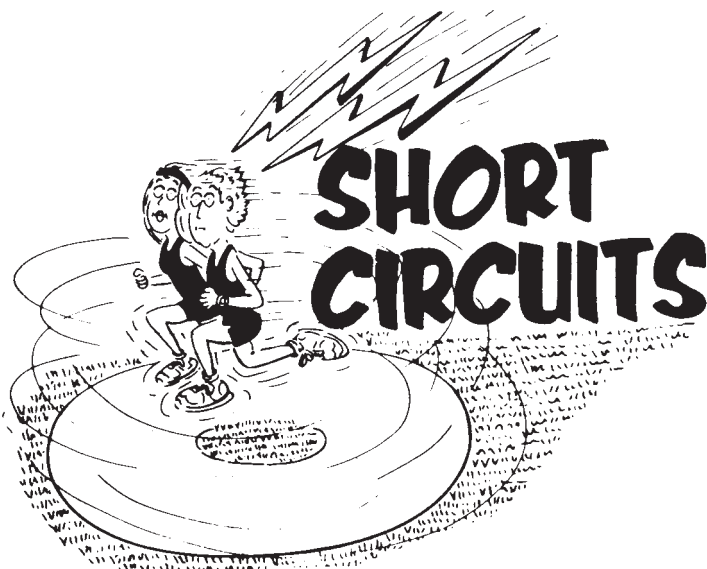
**For application details see:**

[www.hmrrc.com](http://www.hmrrc.com)

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

**Applications must be submitted no later than  
April 1, 2015**





### Boston Marathon Finish Line Appears during Blizzard



People on the street and those looking from buildings above noticed that during the blizzard that hit Boston on January 28, someone had cleared the Boston Marathon finish line of snow. After some investigation it was found that it was shoveled clean by a 25-year-old triathlete who had run Boston five times as a bandit. People on Twitter and other social media thought it was done as a political statement, but Christopher Laudani, the mystery shoveler, said, "It's more about the finish line itself, what it represents to me. The love of something that is way bigger than any of us." He further stated, "When you finally cross, all your emotions are out on the little strip of paint on the road. It's a symbol of everything the Marathon stands for."

### Forget a Primary!

It has been rumored that the leading candidate for President of Nigeria, General Muhammadu Buhari, is ill. He has not been seen in public for awhile and members of the leading opposition party are demanding that to prove he is in good health, the general should run a lap in the national stadium in the Nigerian capital of Abuja. If he accepts the challenge, the general truly will be running for office!

### Hold on to Your Running Hats!!

One of the leading books in the running canon, *Born to Run: A Hidden Tribe, Super-*  
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athletes, and *The Greatest Race the World Has Never Seen* by Christopher McDougall is about to be filmed with Matthew McConaughey in the starring role. The book, published in 2009, was on the *New York Times* Best Seller list for three and a half years. It is listed on Amazon's One Hundred Books to Read in a Lifetime and presently sells 10,000 copies a month. It is credited with starting the barefoot running craze and promoting ultra running. Bill Rodgers of Boston Marathon fame says that "McDougall's book reminds me of why I love to run." Matthew McConaughey runs to keep fit and has done the Nautica Malibu Triathlon in 1:43:48 where he finished the 4-mile run portion in 27:25. It is exciting to see the film industry paying attention to running.

### What's Up Doc? A Baseball Card for a Runner?

It is true that Meb Keflezighi will be in a series of Topps' 15-card celebrity "First Pitch" series baseball cards, dressed in a Boston Red Sox outfit with his first place medal around his neck and his Garmin clearly visible on his wrist casting the first pitch in a Boston Red Sox game two days after becoming the first American man to win Boston since 1983. If you want to get your hands on a Meb "First Pitch" baseball card, a pack of 10 cards from Topps costs \$1.99 and will be on sale at stores near you.

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



Meb Keflezighi in a Topps' 15-card celebrity "First Pitch" series of baseball cards.

### Who Needs a Gym Membership!

According to the Vice President of the American College of Sports Medicine (ACSM), Nicole Keith, you can create your own gym for \$50 or less. The number one fitness trend of 2015 is body weight training, and that need not be done with expensive, sophisticated machines at fitness centers. The ACSM recommends the following equipment to start you on your path to fitness.



Dumbbells, \$18: They are easy to use, take up little space, and improve strength throughout the body. Keith recommends for women looking to increase strength three sets weighted at 8, 10, and 15 pounds; and for men sets weighted at 15, 20, and 25 pounds. Resistance bands, \$12: These are great for fitness and pack easily into luggage when travelling. There are many exercises for them that can be found online, particularly at YouTube and Pinterest. Kettlebells, \$14: They have been around for a long time but they help to vary your training and make it more fun. Weighted toning or



medicine ball, \$8: The balls use multiple muscles or muscle groups to do a single movement and are great for core workouts. In two articles in *The Pace Setter* by Matthew Nark, available online at the HMRRRC site (March 2014, p. 17 and April 2014, p.14) excellent exercises are provided for kettlebells and toning balls with helpful photos. Jump Rope, \$2: A Jumping rope is very portable and provides an incredible cardiovascular workout and if done with vigor burns oodles of calories. So you need not spend hundreds of dollars to be fit. You can open your own body weight-training center in your home and be ready to compete in upcoming HMRRRC races.

### Who To Look For in Boston on Monday, April 20

In 2015, five past champions of the Boston Marathon, Meb Keflezighi, Lelisa Desisa, Wesley Korir, Sharon Cherop and Caroline Kilel, will be joined by the winners of the Berlin, NYC, Tokyo and 85 other global marathons. Seven of the competitors for the men's title, have run marathons in under 2:05:30 and ten men in under 2:06:30. The run for the top honor will be fierce. Oddsmakers favor Patrick Makau, Lelisa Desisa, Abel Kirui, Tadese Tola, and Yemane Tadesse, who holds the world record for the half-marathon and 20K. The top Americans, other than Meb, are Dathan Ritzenhein, Jeffrey Eggleston, Nicholas Arciniaga and Fernando Cabada. From Canada will be Dylan Wykes, who is the second fastest marathoner in Canadian history.



On the women's side, ten women will run who have PRs of 2:23 or under. Leading with experience at Boston are Sharon Cherop, who won the title in 2012 and placed third in 2011 and 2013. Caroline Kilel, who won in 2011 will join her. Five Ethiopian runners have a shot at setting record paces: Aberu Kebede, Mare Dibaba, Buzunesh Deba, Mamitu Daska and Ejegayehu Dibaba. Three elite runners from America will up the ante: Shalane Flanagan, Desiree Davila Linden, and Amy Hastings. Flanagan, who who led for much of the race at last year's Boston Marathon, holds the fourth fastest time in the competitive field and Desiree Linden was runner-up in Boston in 2011.

No matter what the records and predictions, the race result is impossible to foretell. For example, who would have thought that the 2014 Boston Marathon would be won by a 38 year-old American runner who had recently been dropped by Nike? Stay tuned!!

### A Whole Lot of Runnin' Going on!

Running is an integral component of many sports. In soccer it is estimated that players cover six to eight miles a game. Recently, U.S. soccer player Michael Bradley set a record in the World Cup by running nearly a marathon in his three World Cup matches, covering 23.6



miles, with Chilean midfielder Marcelo Diaz coming in second with 22.4 miles for his three matches. Soccer referees log between 6 to 8 miles per game. Referees must stay within 20 yards of the ball at all times, necessitating constant running for at least 90 minutes unless there is overtime.. The distance run by tennis players in a game can vary, but David Ferrer in the 2015 Australian Open ran 6.2 miles, while top-ranked Novak Djokovic covered half that playing closer to the baseline. An analysis of the 2014 Open match between Caroline Wozniaki showed that Caroline ran about six miles in the game while Serena Williams ran half that. As you may remember, Caroline ran her debut marathon in NYC this year in 3:26. In football, receivers and cornerbacks run about 1.25 miles in a game. In other sports the estimated running distance per game is 3 miles for basketball, ½ mile for baseball, and 5.6 miles for field hockey.

### Belgian Waffle Diet?

A recent study in Belgium indicated that the best time to exercise to lose weight is in the morning before eating breakfast when your body is in a fasted state. The body burns off more fat and keeps it off compared to exercising at other times. In the study, a group of healthy young men were divided into three groups. All ate more than usual: 30% more calories and 50% more fat. One group was sedentary, the second group had a healthy breakfast and then exercised, and the third group exercised after waking on an "empty stomach." Obviously, the sedentary group gained considerable weight; each person in the second group gained about three pounds; and the third group gained no weight. The scientists in charge of the study stated that eating regularly and exercising is best for overall health, but if one wants to lose a few pounds occasionally, this may be the way to do it.

### Sneaker Pawn

An enterprising young man in Harlem, New York, with the support of his dad has opened the first pawnshop devoted solely to sneakers. Chase Reed collected upscale sneakers, mostly basketball. When he wanted a new pair of sneakers, his father would buy them and give them to Chase after he earned enough money to redeem them. Chase said to his dad that he was like a pawnbroker and from there the idea blossomed. His dad reminded him that he had lots of friends with sneaker collections who might want to sell

some for money. To start the store, Chase sold his own collection for \$30,000. He then offered to either buy sneakers outright or to sell them for a 20% commission in his store. Also,



clients could use them to get a loan that they must repay in two months with interest. The success of the pawnshop has been bittersweet for Chase, who continually sees sneakers he wants. Speaking with a maturity beyond his 16 years, Chase has said, "I can't let my sneaker high get in the way of me making money, me being a businessman."

### New Sports Medical Field

More people are engaging in sports and many of them with a vengeance. The numbers involved are staggering, from 541,000 people in the United States completing certified marathons to 175,00 full time members competing in triathlons in one year. This has resulted in more injuries and the emergence of a specialty medicine to treat them. Endurance medicine aims to help athletes optimize performance, avoid injury, and return from injuries faster. Many athletes will get an injury that needs to heal but they do not want to lose their fitness. Doctors devise different ways to maintain the athlete's fitness while the injury heals. In addition, sports endurance teams seek to find ways to prevent injuries. Some centers offer an analysis by eight to 10 specialists who evaluate everything from nutrition to running-shoe selection. □



## 2015 HUDSON-MOHAWK ROAD RUNNERS CLUB DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to [jp2cella@me.com](mailto:jp2cella@me.com) or by mailing a nomination form to John Parisella, 117 Elmer Ave., Schenectady NY 12308. Nomination forms can be found at [www.hmrrc.com](http://www.hmrrc.com). Nomination forms may also be submitted in person at the March 18, 2015 club meeting.

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

### Previous recipients of the Distinguished Service Award:

*Jim Moore (2014), Jon Rocco (2014), John Haley (2013), Edward Gillen (2012), Cathy Sliwinski (2011), Tom & Marcia Adams (2010), Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson- Wintle (1985), Bill Mehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).*

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2015. The election of the DSA recipient(s) will take place at the April 15, 2015 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions please contact John Parisella, DSA Committee Chair, at [jp2cella@me.com](mailto:jp2cella@me.com).



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March 28, 2015 - Central Park, Schenectady - 9:30am

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## RUN 4 YOUR LIFE

Fundraiser to benefit the American Heart Association

Schenectady Firefighters Sixth Annual

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

---

\$20 untill March 8th

T-shirt for first 500 registrants

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\$28 Day of the Race

Team entries (fire, public safety and corporate, Family)

[www.schenectadyfirefightersrun4yourlife.com](http://www.schenectadyfirefightersrun4yourlife.com)

You may register online at [www.ZIPPYREG.com](http://www.ZIPPYREG.com) or fill out the form below and send it to

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

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

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

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YOUR NAME (Please print clearly)

TSHIRT SIZE (circle one) S M L XL XXL

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AGE (day of race)

DATE OF BIRTH

SEX (circle one) M F

Which race will you be running?

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☐ 5K Walk

☐ KIDS FUN RUN

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

SIGNATURE

DATE

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

**Sponsored by:**



# KAREN BERTASSO



Karen Bertasso may be petite but her strength and spirit are not. She sets her sights high and strives toward them.

Karen came to running through soccer. In middle and high school she was a star player. She attended Union College with financial support for soccer but found she was not enjoying it. When the running coach asked her to give the track team a try, it was serendipitous. She loved running on the team. Her teammates were supportive and laid-back. The track team did well, setting school records in relay races and participating in several Eastern College Athletic Conferences (ECACs). In graduate school at Boston University School of Medicine, she met runners who did marathons and half marathons. When she started running with them, she increased her distance substantially. Her first marathon was the Breast Cancer Marathon in Jacksonville, Florida. Because her aunt had died of breast cancer, Karen wanted her first marathon to be meaningful. She had no goals other than to finish and also fundraise. She was successful on both fronts.

After she returned, she joined the Albany Running Exchange (ARE) but did not go to any events for six months. Josh Merlis eventually convinced her to sign up for the Boilermaker and go camping with ARE members. She made many running friends at these events. Several months later she joined the HMRRC for the Winter Series, which she now runs religiously. (See Racing Results in Short Circuits). She commented on what a wonderful and unique event the Winter Series is. Amazingly, during the height of the winter, hundreds of runners and scores of volunteers both inside and outside participate to help to make the races a joyful experience. As she said, "There

is nothing else like it. There really isn't."

Karen is a physicians' assistant who works in the ortho-spine area at Albany Medical College. On Mondays she is in the operating room all day, which can be pretty exhausting. The rest of the week, she is involved with clinics and other responsibilities in the hospital. After graduation she worked at St. Peter's in orthopedics but decided when a job opportunity arose, to go to Colorado where running can be bold and beautiful. She loved the vistas as marathons snaked up, down, and through breathtaking canyons. While there, she paced friends including Steve Sweeney in the Leadville 100 miler. However, she found after a year and a half that she missed her family and friends and decided to return to the Albany area.

She is a member of the Willow Street Athletic Club and loves it. She sees women in all age categories that are great role models: balancing jobs, family life, and running. She was recently amazed to see HMRRC President, Meghan Mortenson, running while she was pregnant, and then after giving birth, running effortlessly in the Winter Series. Certain members like Emily Bryans are great resources who help to advise her. Also, there is always someone to run with. Karen likes to run doubles so she can run with the moms in the morning and those coming home from work at night.

Her favorite distances are the half-marathon and marathon. As she noted, "You can't do that many marathons in a short time, unlike the half



where you can recover quickly." Last year she enjoyed doing the Brooklyn Half. As she finished on the beach at Coney Island, she realized she had achieved a PR and was happy. I looked up the stats for the race and discovered that she placed 105th in a field of 25,587 who finished the race. She came in 7th overall among the females giving her an age-graded performance of 83.9%. She likes Chicago the best because it is easy: the start and the finish are at the same area; the course is relatively flat; and the crowds are diverse and enthusiastic. She has done Boston twice but finds it hard because it starts at 10 a.m., creating too much



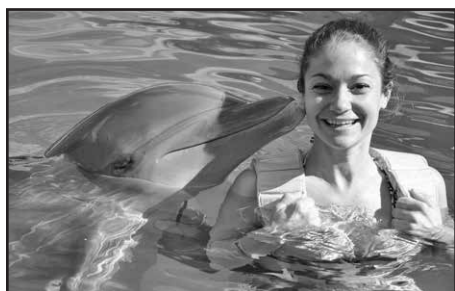
Willow Street Bridge of Flowers: Colleen Brackett, Karen, Janne Rand, Kari Deer and Emily Bryans





lag time and dietary problems for her. She is used to eating breakfast after rising and by the time the marathon starts, she is famished. At the last Boston Marathon she was so starved that she even took cookies and candy at stops. At the NU Hartford Marathon on October 11, 2014, Karen came in third in a PR of 2:45:46 with a 6:20 pace. Her mother came with her and cheered her on as she does at many running events. Her mother knows the MHR Marathon route so well that Karen sees her waving seemingly at almost every mile. Karen's goal is to reduce her marathon time by two minutes so she can qualify for the Olympic Marathon Trials in 2016.

To achieve her goal, Karen is in serious training for the London Marathon on April 26. She has a coach whose advice she follows precisely. She met him in Colorado where he helped her to run more efficiently and without injury. He is very methodical as far as mileage is concerned. During the past two years, he has gradually increased her mileage and intensity yet has managed to keep her running varied. She now does 84 miles a week but will soon increase to 90 miles and above for the next eight weeks, and then level off for the London Marathon in April. She is running more than she did for Hartford and it is more difficult since it is the winter with roads that can be perilous. During the week, she runs four doubles, and does core workouts three



Running with Dolphins

times a week. She does not consider herself a streaker, but when she analyzed her recent running, she found she has taken only one day off in the past three months. Karen is grateful for the support she is receiving from the running community as she trains. When she does 800 repeats, she is often joined by others who help break the tedium. She is looking forward to London, particularly since her sister lives there. When asked if her sister runs, she gave her sister's reply, "Only for the phone." The London Marathon has great significance for Karen as one of her heroes, Paula Radcliffe, holder of the women's fastest marathon time, will retire after London.

Karen has also done ultras. She did the JFK 50 miler four years ago and enjoyed it even though she couldn't walk down stairs for a week. She feels she will delve into ultras again when marathons are no longer her focus.



Photoshoot for Injinji toe socks

She considers the Bridge of Flowers 10K held in Massachusetts to be unique. She says that it truly has a beautiful bridge of flowers perfuming the air, but also has one "ridiculous" hill that goes on at an impressive incline for almost a mile. Most walk it, but Karen plowed ahead and to her surprise came in first among females. The first two males were from Kenya, while number three and four were HMRRC's finest: Mike Roda and Tom O'Grady. Karen mentioned that when you have an obstacle like that hill, time is no longer important but still, she and our Albany runners were spectacular. She mentioned that the party after was great where the ice cream was flowing.

Her diet is not regulated as is her running.



Karen with marathoner Ryan Hall

She eats sensibly and occasionally indulges in treats such as the ice cream at the Bridge of Flowers 10K. She loves lattes and semisweet chocolate, which she claims is healthy.

She swears by the Mizuno Waverider shoes except for the #17 model, which disappointed her. She replaces her shoes after 500 miles, keeping track with an ARE app.

Karen loves books on running, "I think I have read them all." She saw the movie *Unbroken* but thought the book better. Her favorite book is *Dandelion Growing Wild: A Triumphant Journey over Astounding Odds* by American marathon champion Kim Jones, who came back improved from every difficulty. Also among her favorites are *Kings of the Road: How Frank Shorter, Bill Rodgers, and Alberto Salazar Made Running Go Boom* by Cameron Stracher, and *Running With the Buffaloes* by Chris Lear. Meb Keflezighi's book, *Run to Overcome: The Inspiring Story of an American Champion's Long-Distance Quest to Achieve a Big Dream*, was a quick easy read and it made the reader appreciate how much Meb values being an American. He takes nothing for granted. She was thrilled when such a nice person and great runner won Boston in 2014.

Her running tip is important: listen to your body. Any time you feel something is wrong, take note and either back off or find another way to achieve the desired effect without making an injury worse. It's better to use restraint than to exacerbate an injury. This is particularly difficult for many runners who think that pain is part of running. It need not be.

In April, Karen when will be running the London Marathon, hopefully, she will trim the two minutes off her time so that she can participate in the Olympic Trials. This would allow her to concentrate on increasing her speed. Watch our journal to keep tabs on Karen's progress; and remember if you see her training, give a hardy cheer.

#### Karen's PRs:

5K: 17:33  
5 Miles: 28:58  
Half Marathon: 1:18:28  
Marathon: 2:45:44

Happy running. ☐

# Your Behind

The key to healthy running is right behind you.

The muscles that make up your gluteus maximus are among the most important muscles for a runner. If they are weak or unstable they can throw off gait and lead to injury. Many injuries such as lower back pain, hamstring tendonitis, and sciatica can be attributed to weak hip rotator muscles, aka "butt" muscles. The gluteal muscles are the hardest-working muscles in a distance runner's body. However, the relatively low-intensity nature of training does not stimulate the sort of hypertrophy that results in visible changes to the anatomy like that of sprinters. The glutes are abnormally weak in most people today because of all of the sitting we do. When you're seated in a chair your glutes are stretched and inactive. Over time, this posture leads to the development of a chronic muscle imbalance that compromises the ability of these muscles to do their job during running. What can you do to make sure your hip rotators are strong?

There are many types of exercise that can be utilized to make sure you have a strong and balanced bottom! First it's important to make sure you are doing things in your daily life that decrease the stress on the hip rotators. The first thing I tell my patients is to make sure you're not sitting on a wallet or any other object in your back pocket for any extended period of time. Doing this causes muscle tension on one side and a shift in how you hold yourself. If you're work at a desk it's important to get up and move every 30 - 40 minutes to reset postural your muscles. If you're not able to get up and move around, it's important to do some type of seated stretching. Sitting and lifting your knee to your chest is helpful. Gentle side bending, shoulder rolls, and neck glides are also beneficial. Anything to reset postural muscles improves blood flow to neglected stressed postural muscles.

Assuming your gluteal muscles work the same as the average person, you need to make strengthening exercises a standard part of your training regimen. Start with simple isolation exercises that serve to reactivate the wiring between your brain and your most important running muscle. The supine gluteal activation is a good exercise to start with. Lie face up and cross your left ankle over your lower right thigh. Fold your hands on your chest. Contract your right buttock and lift your hips until your body forms a straight line from the right knee to the neck. Concentrate on not using your hamstrings to assist this lifting action. Make your gluteal muscles do all the work. Hold for 10 seconds to start building to 2 minutes relax and repeat. Work to complete 10 repetitions each day and then repeat with your left gluteal muscles.

Once you've fixed the wiring between your brain and your gluteals you can move on to advanced functional exercise that integrate gluteal activation with activation of other running muscles. The split-stance dumbbell dead lift is one of my favorites. Stand with your left foot half a step behind your right foot and with your right foot flat on the floor beneath your hip and only the toes of your left foot touching the floor. Begin with dumbbells positioned on the floor to either side of your right foot. Bend at the hips and knees as you reach down with fully extended arms and grab the dumbbells. Press your right foot into the floor and stand fully upright. Concentrate on contracting your right glutes to achieve this lift. Pause briefly in the "upright and locked" position and then lower the dumbbells back toward the floor, stopping just before they touch the ground. Complete 10 repetitions of this movement before switching sides.

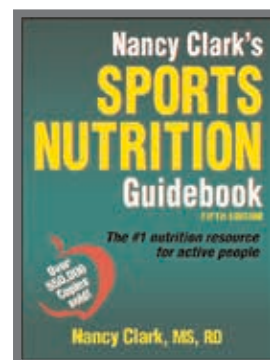
By completing these exercises 2-3 times a week you will help build up your gluteal muscles and thereby lower your chances of injuries such as low back strains, hamstring tendonitis, and sprains.

Dr. Robert Irwin  
Bobdc99@yahoo.com  
www.sportsandspinalwellness.com  
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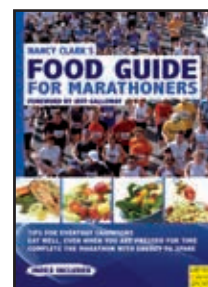


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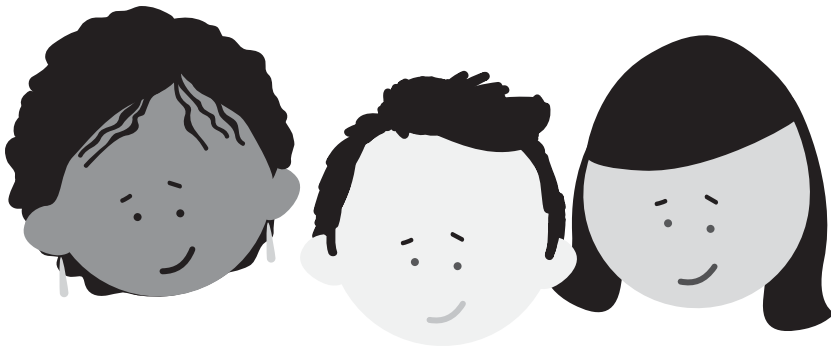
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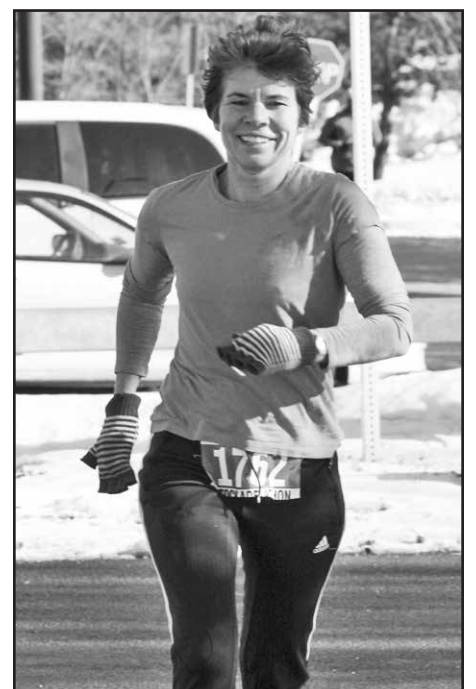
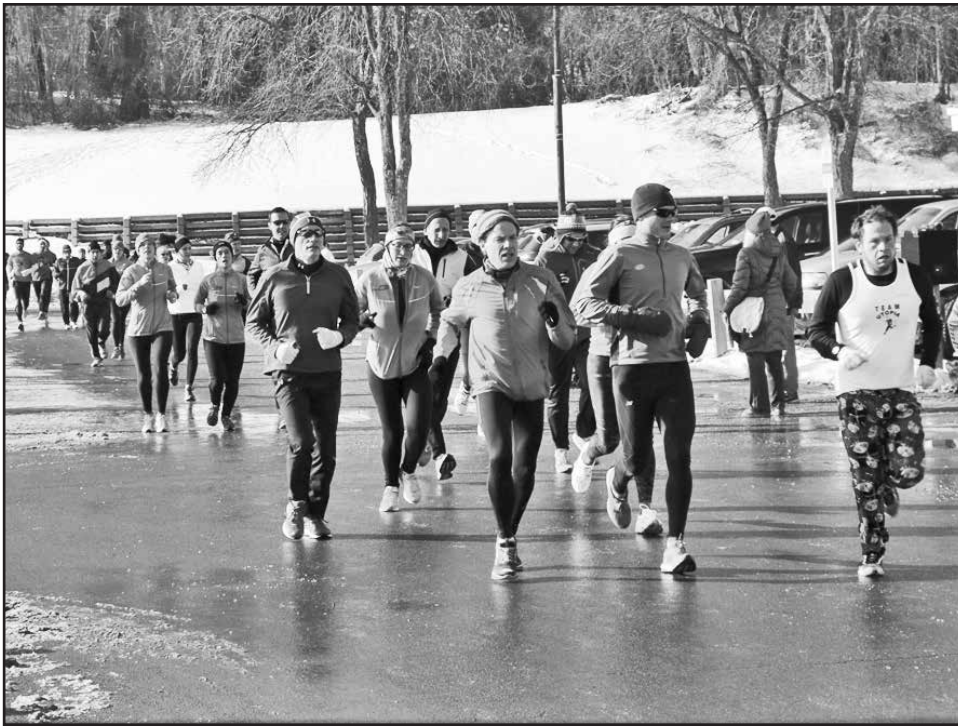
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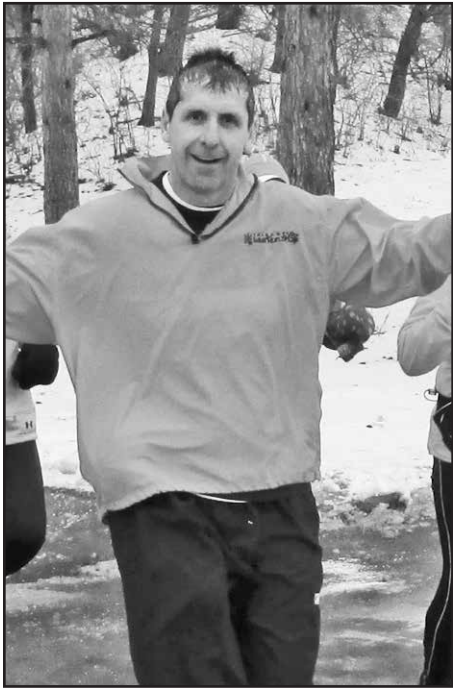
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# A RUNNER'S HIGH LIKE NO OTHER

## AND IT'S PERFECTLY LEGAL

The **2015 CDPHP® Workforce Team Challenge**—the Capital Region's annual 3.5-mile workforce team run/walk and the largest road race between Utica and New York City—is happening **Thursday, May 21**.

Record turnouts of more than 9,500 runners and walkers representing 480 companies and organizations have come together these past few years with the common goals of achieving a healthier lifestyle while supporting local charities. We encourage you to register your team now and start training!

Visit [www.cdphpwtc.com](http://www.cdphpwtc.com) for more information.



# HMRRC President Meghan Mortensen Gives Birth!

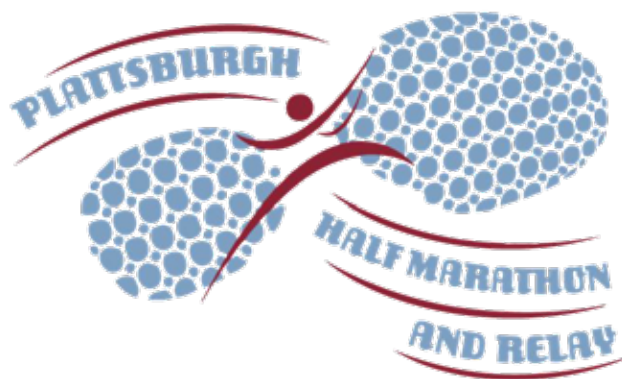


Congratulations to Meghan and Mark Mortensen who welcomed Noah Nicholas into the world on January 13, 2014, weighing 7 lbs, 15 oz., and measuring 19.5 inches. Meghan has amazed everyone by her active schedule. She has run throughout her pregnancy and been a role model to other young mothers who run. She has exercised, worked, competed, and carried out presidential duties. She was a co-race director of Winter Series 3, which was on her due date, and then next day went to a spin class with

Nancy Briskie and Tom Adams. Later that day she went to the hospital to deliver baby Noah on January 13. A little less than two weeks later, Meghan ran the three miler in Winter Series 4 and came in 29th overall in 26:01. Meghan is the first sitting president to give birth and interestingly, baby Noah's birthday, January 13, is the same as another member of the HMRRC, Wade Stockman, only with an eighty-year difference between them. Best wishes to Meghan and Mark as they enjoy parenthood. ☐







[www.plattsburghhalfmarathon.com](http://www.plattsburghhalfmarathon.com)

**Sunday April 26, 2015**  
**8am**

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

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

**Proceeds to benefit Team Fox for Parkinson's Research.**

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to Register

The Pace Setter – 21



# The Fire Still Burns for Distance Running Warrior – Brian Debraccio

by VRJ



When the vast majority of competitive distance runners set aside their racing shoes after Thanksgiving day and scale back training after months of racing, Brian Debraccio 49, begins a series of long solo tempo runs on the Canalway bike path west of Amsterdam, in preparation for another year end assault on a sub 3 hour marathon at Kiawah Island (SC).

Debraccio's career accomplishments are significant and remarkably unique, as he continues to excel and surpass expectations after 30 years of competitive running, while working primarily as a self employed farmer, and escaping for a quick training run whenever time permits. For many in the running community, he is also known for his DJ services at races, banquets and weddings, as well as serving customers part time at Fleet Feet Sports Albany.

Debraccio ran for SUNY Cobleskill 3 decades ago where he first raced against the superbly talented Jerry Lawson (Mohawk College) with his Mohawk hair cut, war paint, and brash attire that shouted "look at me" at collegiate meets. Lawson usually backed up his bravado and certainly added color and novelty to the sport of distance running, and Debraccio took notice. While few runners could match Lawson's talent, Debraccio has become a modern day ambassador of shock and awe running attire, and unconventional style that Lawson trademarked. Both men loved to train hard and were dedicated distance running warriors and broke the mold.

After college in 1989, Debraccio made an unconventional marathon debut at the HMRRRC Winter Marathon, 5 loops of the Al-

bany State Campus abyss with temperatures averaging 15F. Debraccio hydrated himself well the day prior, but did not drink water during the run, when he realized the small paper cups half filled with water turned to solid ice. He would win, impressively posting a solid 2:50.

Like most distance runners, Debraccio turned his attention to Boston, and in 1992 ran a 2:52 there and followed with a 2:54 two years later. Over the years, he has built a career resume at Boston that has been surpassed by only a few. Twenty Boston Marathons, including 17 consecutive finishes is all the more remarkable when one realizes that Debraccio does not run marathons just to complete them or to add to his impressive streak. He trains each winter with the purpose of delivering a top notch performance at Boston, always reaching for that sub 3 hour standard, or when falling short, knowing that he gave it his all. In preparation for Boston, he rents a car for a one week escape to Florida usually in January and again in February, where he chases sunrise in an all night marathon-like road trip, so that he can be running by noon the following day at his familiar tropical setting, followed by a week of training before making the exhausting trip home. He stays with relatives so his major expense is car rental and gas. For Debraccio, the escape from New York's winter while visiting family, the ocean runs, and the challenge of the lengthy road trip, never gets old.

It has been over a decade since Debraccio ran sub 3 hours at Boston, although there were many solid efforts like the 3:07 in 2008 and the 3:05 in 2010 as a masters athlete. But his 3:41 in 80F weather in 2012, along with his gutty 3:32 in 2009, when he willed his way to the finish after overcoming a nasty stomach virus, add to his warrior reputation and never give up character.

During the past 5 years, Debraccio's remarkable marathon achievements have occurred at the December Kiawah Island Marathon. Since turning 40, he has set a high bar of posting a sub 3 hour marathon as a yearly goal. Perhaps it is the excitement of another road trip South, the mostly flat scenic course on a beautiful resort island or the motivation that comes from doubts relating to the aging process and aching legs, but Debraccio, like his idol Lawson, seems to rise to the occasion when it matters most.

Debraccio, ran a 2:55 at Kiawah Island at age 45, and 2:57 the following year. This past year on his 49th birthday, he reached the 24th mile with his elusive goal slowly slipping away. While pacing just under 6:55 mile splits most of the way, he was faced with the challenge

of fending off tired old legs, and running his final 2 miles at 6:25 pace to reach his goal. For the 8th time since turning 40, Brian met this challenge with an improbable 2:59:52, with 8 seconds to spare.

With Debraccio the fire still burns and he is on the cusp of some rare and remarkable career goals. In 2015 he will most certainly toe the line at the Boston Marathon, looking for his 18th consecutive finish, before returning home to start his planting for the upcoming farm season. Then in December 2015 he will turn 50, and attempt to join a select group of regional runners who have run sub 3 hours upon reaching that age. That list includes early marathon great Ted Bick, who pioneered endurance running after age 50. Also on this select list are HMRRRC Hall of Famers Lee Wilcox and Jim Tierney, along with Fulmont distance running great Ed Bown. Since the year 2000, this generation's greats Lee Pollock, Kevin Dolard, John Parisella, Dennis Filmore, William Venner, Dan Predmore and Jay Thorn have surpassed this Veteran endurance threshold.

For Brian Debraccio the farmer, and running DJ, perhaps Bob Dylan said it best:

"May your hands always be busy, may your feet always be swift;  
May you have a strong foundation when the winds of change shift;  
May your heart always be joyful, may your song always be sung,  
May you stay ... forever young!" □





## ***On the Web!***

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March events!***

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

### **March Events:**

**Running of the Green**  
March 14

**Delmar Dash**  
March 29

### **April Events:**

No race events, but  
many in planning

### **May Events:**

**Mother's Day**  
May 10

**Masters Race**  
May 16

**CDPHP Workforce  
Team Challenge**  
May 21

### **Questions/Comments?**

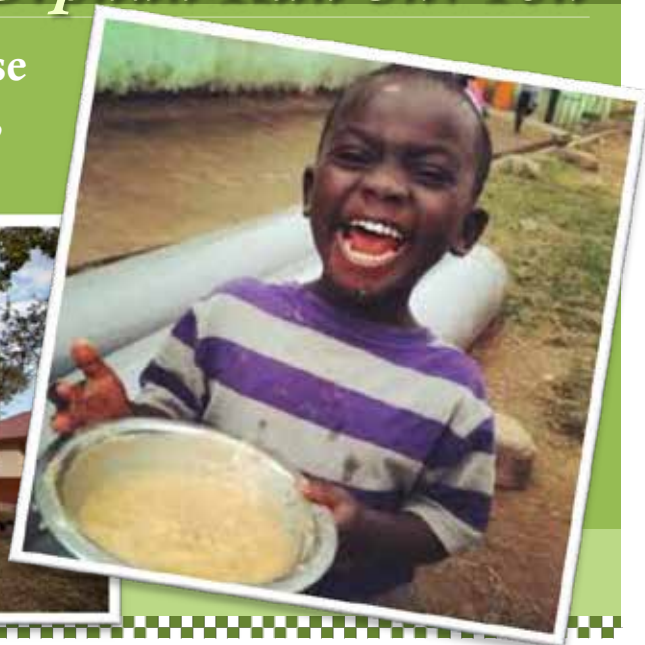
Marcia Adams  
Volunteer Coordinator, HMRRC  
Email: [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)

***It's not just about the running ...***



# Capital Region Zambia Orphan Run 5k/10k

To help raise \$110,000 to build a house in Zambia for 12 young orphan boys, currently living in the slums



Saturday, April 18, 2015

- 10k at 9am
- 5k at 11am

## Albany Corning Preserve

(near Jennings Landing)

- 1 Quay Street Albany, NY 12207

## Pre-Registered by April 10<sup>th</sup>

- \$25 for either the 5k or 10k
- \$40 for both the 5k and 10k

## Registered after April 10<sup>th</sup>

(including day of registration)

- \$35 for either the 5k or 10k
- \$50 for both

**Prizes/medals** awarded to age division winners. **Jimmy John's sandwiches** and quality **custom t-shirts** for all participants. Event also includes **silent auction** and opportunity to purchase 50+ gift cards at 80% of face value.

## OUR VISION

The Tree of Life Children's Village, located just outside the capital city of Lusaka, Zambia is a 130-acre community of homes for orphaned children, designed to be a haven of hope and healing. My wife and I's vision is to build an additional house in this village that will serve as a refuge and a loving Christian home for 12 additional orphan boys who currently live outside and in the slums.

The children that move into this village come from the most severe backgrounds of extreme poverty, abuse and neglect. Some are HIV positive, while others come from child-headed households. 17% of all children in Zambia die before their 5th birthday and 65% of the population lives on less than \$1.25 a day. As a whole, the orphans of Zambia are needlessly sick, drastically underfed, and generally neglected at every juncture of society. None of these kids chose their state in life, but now each of them must somehow try to exist in it.

Children at the Tree of Life receive both the educational and spiritual development that will dramatically transform their future. Kids living in this Children's village are provided first class education through highly qualified teachers and exceptional curriculum, equipping these children to become the future leaders of their country. Full-time pastors build on this by teaching the Word of God and encouraging the children in their faith.

Our desire is to cast visions into the lives of these kids so they can become all that God intended them to be. Top-notch education, discipleship and counseling are daily fixtures in their lives. In this village, children have the opportunity to do what most children in Zambia have never done before: just be kids.

Register at [www.runforzambia.com](http://www.runforzambia.com)

Contact Andrew DeVlieger (Race Director) at 616-835-1170 or [andrewdevlieger@gmail.com](mailto:andrewdevlieger@gmail.com) with any questions



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# PUZZLE PAGE

by Christine Bishop

## -Dentity Crisis

Below are two seemingly identical photos, but if you look closely at the picture at the bottom, it has been subtly altered. See if you can find six changes.



## CONTEST

With a friend, a team or by yourself, find embedded the names of 7 sneaker brands and then find as many connected words as possible. To make a word, letters must be connected going up, down, diagonally, and/or side-by-side and can only be used once. To score: 100 points for finding all the embedded sneaker brands, 3 points for three letter words, 4 points for 4 letter words, 5 points for 5 letters, and so on. Send your name(s), answers and tally to [BishopPacesetter@gmail.com](mailto:BishopPacesetter@gmail.com) and the top three winning entries will be announced in the next issue.

T S B E E  
A E O R Y  
D C K O N  
S I S U C  
N D A M P

1. \_\_\_\_\_
2. \_\_\_\_\_
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B S O K A I Y D E O D L X I L A C U  
A U R X E Z D V D L F G Z O I R N T  
L W E S R A Z Z N L U A E L V K I A  
P D K P E R P A A E B K C L R S S V  
W E I L S G A M L E D H C E E T M K  
L R M E N E U S T N N C D I M E U P  
S R V H A D L H D B A P T N M P V E  
U I Y P D A C Y A R R H S A O H E V  
S C A Y S H O L T A E T T D S E O H  
A K C D A T X A S C N N L A E N E A  
N S C U M R A H N K N Y L S N S B S  
W T H J O A M W H E A H D I E O Q L  
O A Q W H M P E O T J I O L R N J K  
N L I I T N Z B J T P X W B I E Z P  
G E A I L U J E M I A J H L H I J U  
X Y P D Y D A R G O M O T U E L G Y

## Grand Prix Winners Top Five Open and Age-Graded

COLLEEN BRACKETT  
DERRICK STALEY  
ELIZABETH CHAUHAN  
IRENE SOMMERVILLE  
JAIME JULIA  
JANNE RAND  
JOHN STADTLANDER  
JONATHAN LAZZARA  
JUDY PHELPS  
KAREN BERTASSO

LISA DANIELLO  
MARK STEPHENSON  
MARTHA DeGRAZIA  
MIKE RODA  
PAUL COX  
SHYLAH WEBER  
SUSAN WONG  
THOMAS DANSEREAU  
TOM O'GRADY

# Running .... Away

by Kathy Barlow



I ran my first marathon in Rochester, New York. I called it a training marathon because I needed to experience running 26.2 miles before I ran my real first marathon three weeks later. Have I mentioned that I am naturally curious? I was curious about everything the marathon distance had to offer. I had some great running partners locally that I was training with, but running upwards of twenty miles with a few people cannot compare to running a marathon with hundreds of runners. How better to satisfy my curiosity than to sign up for a "training" marathon??

And so I registered for the marathon in Rochester. I am lucky to have friends who live near city who were kind enough to house me for the night. They humored me through my anxiety and went along for a ride to explore the course. The course began downtown and ran out East Avenue for nine miles before looping through Perinton Park and picking up the Erie Canal bike path. Since we couldn't drive along the Erie Canal trail I wasn't able to get a sense of the rest of the course. I knew that it ended in Frontier Park and relied on the course map for my mental preparations.

That night I paced. I drank water. I ate bread. I mentally rehearsed my strategy. Remember, I run for fun. How was I going to maintain momentum over 26.2 miles? I reviewed the course as I drifted off to sleep.



Race day morning – September 16, 2007. I felt like more like Rocky than Wonder Woman as I put a robe on over my running clothes to keep in my body heat against the chilly September morning on the drive in to Frontier Park. The theme song from the movie Rocky, "Gonna Fly Now", kept playing in my head. Brilliant sunshine and warming temperatures allowed me to become physically ready for the race by shedding my robe, re-tying my shoes and taking inventory of my waters and GU. Finally, I was ready! I felt anxious, excited, prepared, and scared all at once. After the National Anthem was sung, the gun went off!

Here it goes – my first marathon!

Rochester New York has a rich history that I was able to view at street level throughout this



race. East Avenue is home to many beautiful mansions, churches and museums. The stately George Eastman museum of international photography and film is on East Avenue not far from the start line. The museum boasts a technology collection that contains the world's largest collection of photographic and cinematographic equipment and the largest known collection of photographic apparatus catalogs. The race course leaves the street at Perinton Park to follow the Erie Canal trail for several miles. I liked the change from urban to rural and found the trail to be well maintained and have both a water station and a porta-potty. The Erie Canal contributed to the growth of Rochester in the early 19th century by opening up transportation options. Prior to that time, there was no simple way to transport people, raw materials, or manufactured goods from the international highway of the Atlantic Ocean to the Great Lakes, the country's internal thoroughfare. The Erie Canal made it possible to grow and expand the economy.



The course turned again through some neighborhood streets until it picked up the Genesee Riverway trail in Genesee Valley Park. The park is one of the oldest in the region and was designed by Frederic Law Olmstead to showcase the pastoral feel of the land. How excited I was to be almost finished with the race and to hear a lively Irish band performing in the bandstand.

I focused on the scenery and the music a little too much because I suddenly found myself on a different trail, not the race course trail. I still recall the trail that led up to my diversion – fallen oak leaves covered some of the trail, there was a fence on the left side of the trail and the trail split and I wandered to the right

instead of staying left. I was only a few minutes on the other trail when I figured out that I needed to backtrack.

My first marathon was a success! I finished the race and savored every minute of it. Running a training marathon was a perfect way for me to shake off my fears and discover that I could complete a marathon. My curiosity paid off. As Einstein said "I have no special talents. I am only naturally curious." Follow your curiosity with passion! ☐





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

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

**Questions: Jim Tierney, 518-869-5597, or e-mail: [runnerjmt@aol.com](mailto:runnerjmt@aol.com)**

\*\*\*\*\*

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Phone Contact: \_\_\_\_\_ Gender: ☐ Female ☐ Male

Birth Date \_\_\_\_\_ Age (on race day) \_\_\_\_\_ USATF # \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

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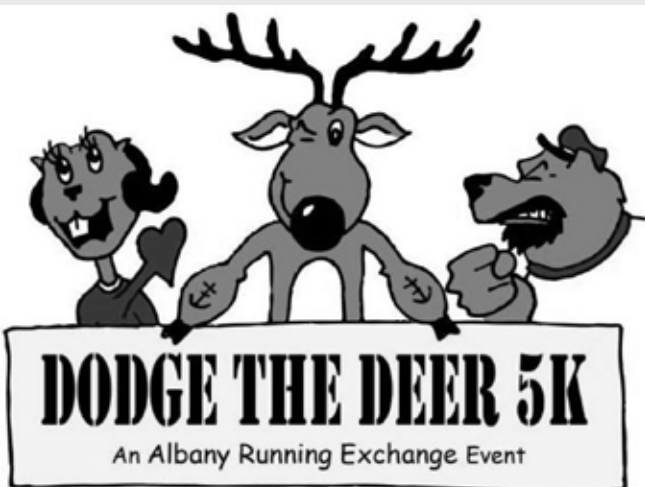
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EVENT SCHEDULE					
DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
02/01/2015	10:00 AM	Winter Series #5 -- AM	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freethofersrun.com
02/01/2015	11:00 AM	Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	snowshoeaga33@gmail.com
02/07/2015	10:00 AM	Saranac Lake Winter Carnival 4 mile Fun Run	Next to the Ice Palace in Saranac Lake	Dave Staszak	dstaszak@hotmail.com
02/07/2015	6:00 PM	HMRRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach & Brian DeBraccio	dbeach21@verizon.net
02/15/2015	10:30 AM	Camp Saratoga 5 Mile Snowshoe Race	Wilton Wildlife Preserve & Park	Laura Clark	snowshoeaga33@gmail.com
02/15/2015	10:00 AM	42nd HMRRRC Winter Marathon & Marathon Relay	University at Albany	Dana Peterson -- Clay Lodovice -- Ed Hampston	peterson.dana@gmail.com
02/22/2015	10:00 AM	Brave the Blizzard 5K Snowshoe Race	Guilderland Elementary School	The ARE	staff@areep.com
03/28/2015	9:00 AM	Albany Roeing Center's Ice Breaker Challenge	Albany's Corning Preserve Boat Launch	Kathy Johnston	wade.johnston@hotmail.com
03/29/2015	9:00 AM	Delmar Dash 5M (27th)	Bethlehem Middle School	Aaron & Diana Knobloch	diana.tobin@gmail.com
04/04/2015	10:00 AM	21st annual Rabbit Rumble 4 Mile Run & 2 Mile Walk	Guilderland HS	Phil Carducci	rabbizarumble@nycap.rr.com
04/26/2015	8:00 AM	Delmar Duathlon 2mile run 10 mile bike 2mile run	Bethlehem Elm Avenue Town Park	Randal Thomas	rtthomas@cdymca.org
05/02/2015	8:30 AM	St. Johns/St. Ann's Spring Runoff 5K	Jennings Landing at the Amphitheater	Brian Doldard	12thspringrunoff@gmail.com
05/09/2015	9:00 AM	Mastodon Challenge 15K Race - 5K Run/Walk - Kid's Fun Run	Crater Park - Cohoes	Lisa P Osorio	losorio@maratx.com
05/09/2015	9:00 AM	Ryan's Run 5K sponsored by Saratoga Teachers Association	Warning Hut - Saratoga Spa Park	Barbara Wersten	miopfoundation@gmail.com
05/10/2015	9:30 AM	35th Mother's Day 5K brUNCH	Central Park	Dee & Jon Golden	hmrrcmothersday@gmail.com
05/16/2015	9:00 AM	35th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
05/17/2015	8:00 AM	Shires of VT Half Marathon Relay	Bennington to Manchester	Stephen Murphy	mnp483@gmail.com
05/21/2015	6:25 PM	GDHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
06/07/2015	9:00 AM	44th Distinguished Service Race 8 Mile [GP]	SUNY/Albany -- Day of Race Signup only!	David Tromp	dtrompp@nycap.rr.com
06/16/2015	6:00 PM	Colonie Summer Track #1 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/20/2015	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
06/21/2015	7:30 AM	Adirondack Distance Run 10 Mile	Lake George Fire House	Marcy Dreimiller	madone1@oadrunner.com
06/23/2015	6:00 PM	Colonie Summer Track #2 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/30/2015	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner -- Frank Myers	kennyskin@earthlink.net
07/07/2015	6:00 PM	Colonie Summer Track #4 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/09/2015	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	peternewkirk432@gmail.com
07/14/2015	6:00 PM	Colonie Summer Track #5 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/16/2015	6:15 PM	42nd HMRRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4ba@b@yahoo.com
07/21/2015	6:00 PM	Colonie Summer Track #6 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/23/2015	6:15 PM	39th HMRRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/28/2015	6:00 PM	Colonie Summer Track (Ribbon Night) #7 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/01/2015	8:30 AM	The 37th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/02/2015	9:00 AM	21st Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjk3ny@gmail.com
08/04/2015	6:00 PM	Colonie Summer Track #8 of 8	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/07/2015	6:30 PM	5th Annual Schenectady ARC 5K Walk/Run	Central Park	Douglas Secor	dougs@arschenectady.org
08/10/2015	6:30 PM	Tawasentha XC 5K #1 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinncutt	jkinncutt@gmail.com
08/17/2015	6:30 PM	Tawasentha XC 5K [GP] #2 of 3	Tawasentha Park Guilderland -- Day of Race Only!	John Kinncutt	jkinncutt@gmail.com
08/24/2015	6:30 PM	Tawasentha XC 5K #3 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinncutt	jkinncutt@gmail.com
08/29/2015	9:00 AM	Altamont 5K Run/Walk (18th)	Bozenkill Park	Ppil Carducci	altamont5k@nycap.rr.com
09/07/2015	9:00 AM	27th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jp2cella@me.com
09/12/2015	8:30 AM	Malta 5K Presented by Global Foundries & Malta BPA	HWCC TEC Smart 345 Hermes Road Malta	Paul Loomis	info@malta5k.com
09/13/2015	9:00 AM	44th HMRRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pglover@aol.com
10/03/2015	9:00 AM	Boght Fire Prevention XC 5K	Colonie Mohawk River Park	Katelyn Reepmeyer	brf167@boghfire.org
10/04/2015	10:00 AM	35th HMRRRC Voorheesville 7.1 Mile [GP]	New Scotland Town Park -- Day of race signup only	Ed Hampston & Todd Smith & Martha Golike	eddo1fan@yahoo.com
10/11/2015	8:30 AM	32nd Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@mothawkhusdsonmarathon.com
10/11/2015	8:30 AM	14th Harnaford Half Marathon	Colonie Town Park	Maureen Cox	racedirector@mothawkhusdsonmarathon.com
11/08/2015	8:30 AM	40th Stockade-athon 15K [GP]	Veterans Park Downtown Schenectady	Vince Juliano	hamletbryan@nycap.rr.com
11/22/2015	10:00 AM	HMRRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Walkeis	afmcpa1040@yahoo.com
12/13/2015	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau	bart@truarcts.com



**Hudson Mohawk Road Runners Club**

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_____	_____	_____	_____
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P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:  
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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!