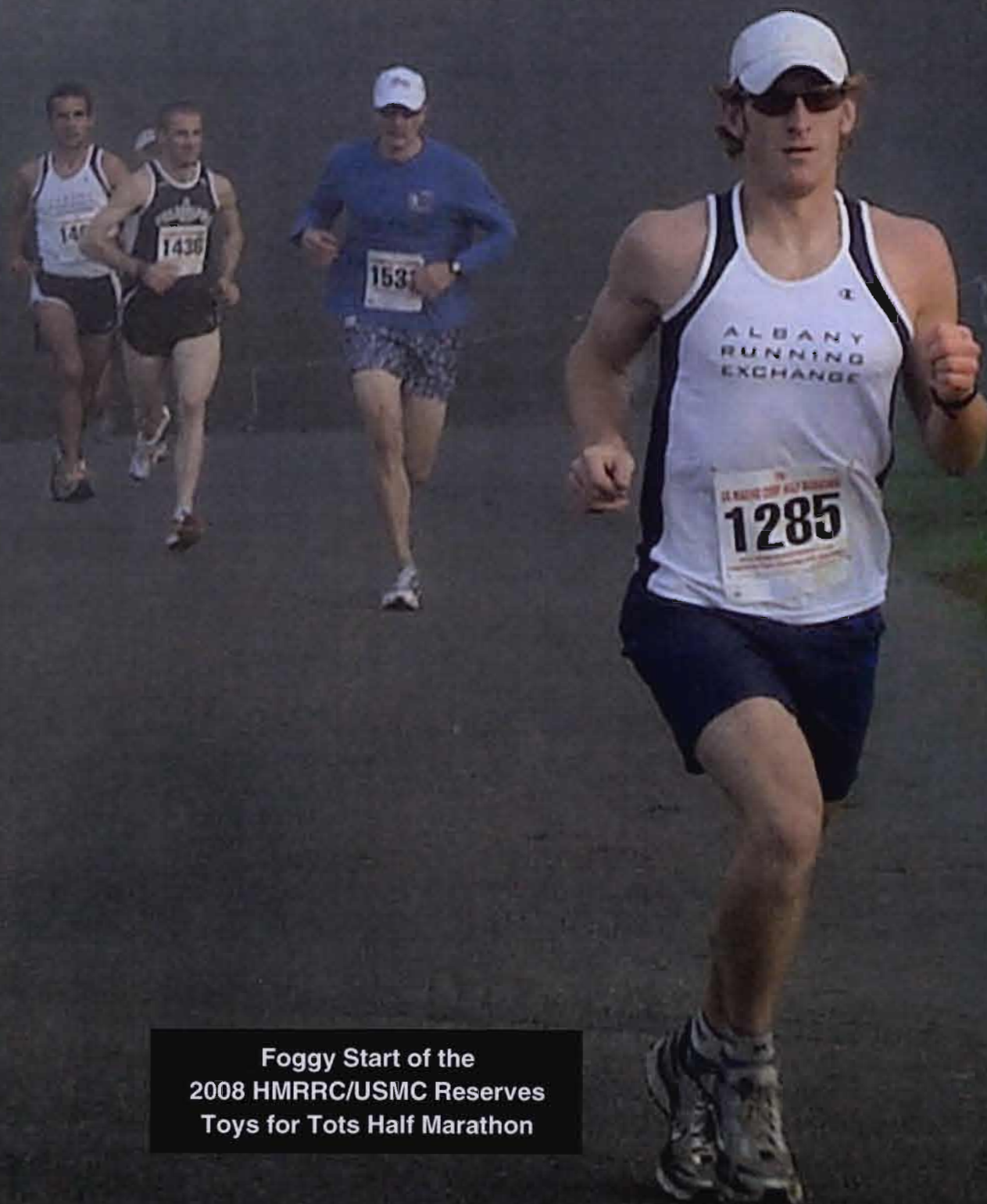


The Pace Setter

December 2008

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



Foggy Start of the
2008 HMRRRC/USMC Reserves
Toys for Tots Half Marathon



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— **Profile of a Runner**

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— **Short Circuits**

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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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The Pace Setter

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Photos in this issue by Jack Berkery, Nancy Briskie, Ray Lee

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.

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by Mike Kelly

Hi there. I'm pleased to introduce myself to you as your club President for the next twelve months. I'm truly excited about the opportunity to serve the club and its almost 3,000 members in this capacity. My goal this year is to try to avoid doing anything that upsets the apple cart too much. Fortunately for all of us, our club has an amazing breadth of knowledge and talent in the members that serve our many committees and act as race directors to the many running events the HMRRRC sponsors.

All week, I've been thinking about this question, "What do I write about in my first *Pace Setter* column?" Well, I can't think of a more appropriate way to start than thanking several very important club members for their efforts to make the Hudson Mohawk Road Running Club the premier running organization that it is.

First I must thank our immediate past President, Cathy Sliwinski. I didn't know Cathy at all before becoming a club officer last year. For me, one of the highlights of getting more involved in the activities of the club the past few years has been meeting people like Cathy. Cathy diligently served the club's membership with dedication, persistence and humility. One thing that sticks out in my mind about Cathy is that she was a tremendous listener. If there was an issue that was being discussed at a meeting of club members, Cathy did a great job of patiently waiting until everyone had their say before making a decision and moving on. Time and time again, Cathy went well beyond the prescribed duties of the club President. Whether it was helping with the race committee or stepping up to direct the Club Picnic, Cathy's service to the club always went above and beyond what was necessary. Thank you, Cathy, for your service to the running community. You have definitely set the bar high for all future club Presidents.

The second person I'd like to thank is Ms. Debbie Beach. Deb has served as the club's Secretary since at least 1999. Being the club Secretary is often a thankless job. Many hours are needed each month to take the notes from the club meetings and accurately transcribe them into legible meeting minutes. I'm trying not to take it personally that Deb just so happened to resign from this position at the same time I became President. She told me it wasn't me, but I'm still skeptical.

Deb has been a member of the HMRRRC since 1986 and since then has served the club in a variety of positions including Vice-President, club President in 2001-02, Banquet Committee,

and in a variety of capacities on races including the club marathon, Runnin' of the Green, Indian Ladder Trail Runs, GHI Workforce Team Challenge, Stockade-athon and many others. I'm amazed when I get to registration for a club race and I don't see Debbie. I think to myself, "Where is Debbie and how is this race even going to get off the ground without her?" In fact, I'm guessing that Deb has played a role in each and every one of the Club's races over the years. In 2007, the HMRRRC recognized Debbie for her service to the club when she was presented with the Distinguished Service Award. Debbie, I don't have another award to give you, but I just want you to know that we all appreciate your hard work and commitment to the club. Thank you!

One of the great things that our club is able to do is provide financial support to running activities in our region. The deadline to apply for the second round of HMRRRC grants is fast approaching – December 31, 2008. The club awards grants of up to \$1,000 to qualifying organizations that promote running within the Capital Region. The purpose of the grants is to encourage and support additional running-related opportunities for HMRRRC members and for runners in general. Qualifying organizations can be clubs, races, or other parties whose activities are open to all runners. Grant applications can be found on the HMRRRC website under the Membership Info and Membership Benefits pages.

I'd be remiss if I didn't highlight several of our upcoming December races. Unbelievably, the first HMRRRC Winter Series race will take place on Sunday, December 14th at UAlbany. Boy, that's scary. I guess winter really is coming. One of the great features of this race, other than its esteemed race directors Doug Bowden and Ken Skinner, is the fact that if you're a club member, you can run either of these races FREE. That's right. You read it correctly, FREE. So, come on out and begin your winter training with your fellow club members by running the 3 mile or 15K race. Who knows, maybe it will be 52 degrees and sunny. Highly unlikely, but you never know.

Because it takes place on New Year's Day 2009, I also want to note the Winter Series race #2 in this month's issue. On Sunday, January 1st, the 33rd running of the Hangover Half-Marathon and Bill Hogan 3.5 mile run/walk will take place at UAlbany. If you're interested in HMRRRC Grand Prix points, the Hangover Half is the first race in the 2009 series. Again, both of these events are FREE if you are a club member. Cheryl and Brian DeBraccio began directing this race several years ago and have been doing a great job since day one! For me, the best part of this race is the post-race food fest. You just can't beat hot homemade soup and PB&J after a cold run. So why not start your 2009 off right by getting in a great run or walk. Plus, you can still sleep in as both races don't kick off until 12:00 noon!

The last, but not least, HMRRRC event I'd like to invite you to is our monthly club meeting. Our December meeting is going to be held on Tuesday, December 16th, 7:30 p.m. at

Continued on page 5



What's Happening in December

by Al Maikels

December brings the start of winter, marking the end of all outdoor activity as we know it. It's too cold to run outside, it gets dark too early and it's just not safe to run in the winter. While that may be the traditional line of thought, there are a few hardy folks that annually test this inalienable fact of nature. For those brave souls, the HMRRRC offers the Winter Series, a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (except for the New Year's Day races) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 14 at 10 a.m. and features a 5K and a 15K. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals that participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this year's prize will compare in value to the other years and I urge all members to attend these races.

The local racing calendar falls off in the winter, but there are still some races to be found. The 15th (and last) Annual Holiday Classic 5K Run for Hunger will be held on Sunday, December 21 at 10 a.m. at Columbia-Greene Community College on Route 23 in Hudson. The City of Albany celebrates the season with a Winterfest, and a 5K race is a big part of the celebration. The Winterfest 5K will be held on Saturday, December 27 at 5:30 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The City of Saratoga still has a First Night celebration and also has a First Night race. The Saratoga First Night race will be held on Wednesday, December 31 at 5:30 p.m. and features a 5K at Skidmore College.

December marks the end of the year and brings us the holiday season. I would like to take this opportunity to wish everyone a happy, healthy New Year and best wishes of the season.

The club business meeting for December will be held on Wednesday the 16th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Ave. Extension. All club members are welcome to attend these meetings. □

President's Message, continued

the Point of Woods clubhouse. Point of Woods clubhouse. Point of Woods is located at the end of the Washington Avenue extension. Meetings typically take about an hour and we cover a wide range of club and running issues. If you want to get more involved in the club, learn about volunteer opportunities, or just want to find out what we're all about, I wholeheartedly extend an invitation to you. I hope to see you on the road. □



I've recently joined HMRRRC and have just gotten back into running. *The Pace Setter* is great and I look forward to getting it each month. I was reading the November 2008 *Pace Setter* and was interested to see mention of my old friend Tom Carter in the "Been There, Done That" section for November 1983 – twenty five years ago. A correction: Tom Carter is from Owego NY which is just west of Binghamton, not Oswego. Back in the 1980s and early 1990s Tom and I spent many years hanging out drinking too much beer, as well as racing and taking road trips to races. He stayed fast even as he aged, running sub-14 minute 5Ks in his late 30s. I, unfortunately have not remained nearly as fast as I once was and officially am a back of the pack runner now. Tom currently lives just outside of Binghamton. He is also known as the "stick man" and does half time shows at NBA games.

Another item caught my eye in the "Short Circuits" section. Tim VanOrden was quoted as wanting to be the first person over 40 to run a sub-4 minute mile. He should be notified that this accomplishment has already been done, but he could be the 2nd. In 1994 Eamonn Coghlan became the first and, as of early 2008 the only, man over age 40 to run a sub-four-minute mile on the Harvard University indoor track. He was 41 at the time. Ironically, I know this because my friend, the same Tom Carter, was a rabbit for Eamonn during his attempts in the early 1990s. In order for the over 40 sub-4 minute mile to be official, the race had to include ONLY over-40 runners. So all the racers were over 40. The trouble was finding an over-40 person fast enough to be the rabbit, but not one of the elite that wanted to be entered in the race. Tom was asked because, even when past 40 years old, he could reliably run a 1:58 half mile. Tom didn't actually rabbit the day Eamonn broke the record but did a few times during some of his attempts.

All in all I'm glad to be back into running again, and am glad to be a member of HMRRRC. Keep up the good work. The Voorheesville 7.1 race was a great local event.

– Anton Dreslin
The Pace Setter – 5



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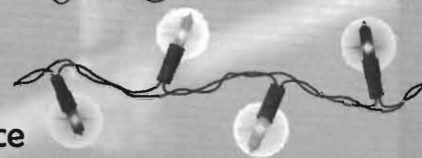
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Empire State Plaza (at the base of the Egg)

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Henry Hudson's Escarpment

by Laura Clark

Every change of season, every change of weather, indeed every hour of the day, produces some change in the magical hues and shapes of these mountains ... sometimes when the rest of the landscape is cloudless, they will gather a hood of gray vapours about their summits.

Washington Irving, "Rip Van Winkle"

We thought we were running the 32nd version of Dick Vincent's invitation-only Escarpment Trail Race. In fact, we were not. Instead, we were hurled backwards in time and distance straight into Washington Irving's classic tale, "Rip Van Winkle." According to legend, every twenty years Henry Hudson and the crew of the Half Moon dock their ship and trek inland towards Palenville to imbibe from kegs of strongly fermented beer and renew bowling league rivalries. When epic thunderstorms strike, the locals know that Henry and his crew are bowling once again.

And so July 27, 2008 slipped handily into one such twenty year slot. On that day, after imbibing several warm-up brews, Henry Hudson grasped his weighty ball and stepped up to the line, only to find his aim thwarted by a horde of indecently clad individuals gaily tromping, uninvited, through his party. Unlike Rip Van Winkle, these folks weren't at all interested in napping with the help of a strategically aged brew. At least not yet. To add insult to injury, these party crashers were drinking: water! Worst of all, Hudson soon learned that his considerable bowling skills did not even qualify him to apply for an invitation to this rather odd happening.

But Henry was not born yesterday. He had been hanging around the Kaatskills for nigh on four hundred years and knew how to prod the mercurial mountain spirits. So he laughed heartily when one of the runners tossed a "Beautiful day!" comment over his shoulder. What transpired began with an ominous "hood of rapidly descending vapours"...

Even as runners approached the initial climb up Windham Peak, they could sense that this 32nd adventure would produce some special memories. Frontrunners had to shoo away birds and chipmunks intent on gathering the abundant raspberries which threatened to obliterate the already narrow trail. Thanks to New York's version of a tropical rainy season, many of these berries were at convenient picking height, providing naturally organic produce to supplement Windham aid station's fig newtons. As I munched, I offered a silent prayer of thanksgiving to the weed whacking volunteer who had preceded us.

Weed whackers, however, can only do so much, as we discovered once we crested the peak. Pitted against head high weeds, the whackers lost their enthusiasm and etched out a foot-over-foot descent. While we all know you are not supposed to focus on your feet while running trail but rather fix your eyes ahead several advance feet, here you could do neither. You could locate neither the trail

nor your feet. This produced an odd, dizzying sensation, rather like trying to run blindfolded, which for all intents and purposes is exactly what we were doing.

About the time most folks were approaching the dreaded Blackhead Mountain climb, Henry Hudson rolled into action. Bowling balls thundered, advance scout raindrops checked the landing zones and runners scurried upward, trying to make it to the top before the heavens opened. This was an absolutely insane notion, as we would be far more exposed on the top of a sheer rock face than in the protective woods. I refused to succumb to the Boy Scout lightning/thunder counting routine. I was too scared to remember how to count and I really didn't want to know how close I was to my own personal Armageddon.

Soon it became apparent that Hudson was throwing a cleverly curved ball and we were the hapless pins. Quickly the trails became streams, then torrents, then full-blown flash floods boasting frothy, roiling water. The flow was so furious that many larger streams divided into smaller onrushing tributaries. Flooded moles and bunnies floated by clinging to small trees while native frogs gleefully extended their territory. In the hand-over-hand climb up the newly formed Blackhead waterfall, determined runners were beaten by spawning salmon. Standard footing shifted to ankle deep water with occasional bursts of knee-high puddles. Then conditions got worse. The temperature plummeted and it began to hail. Not wimpy, tentative particles but coin-sized, stinging nuggets. I ceased to worry about lightning strikes. The odds now favored hypothermia.

As it became apparent that Hudson was now in league tournament mode, pitting one team against another to produce an endless thunderstorm series, it was instructional to observe how many came to this sport from a Boy Scout "be prepared" background. Bear in mind that we began our journey with a smiley sun forecast predicting temperatures in the 80's, with the prospect of a refreshing shower later in the day. Nevertheless, the scouts among us dutifully hefted all manner of gear, while the majority attacked the wilderness armed with a water bottle and a gel packet. Just when I was wishing for a headlamp, someone raced by me sporting a state-of-the-art infrared deal. And with predicted 80 degree temperatures some of us actually packed jackets. And not those flimsy dollar store afterthoughts either. I even spotted a joyous lady reveling in her \$150 jacket/wind pants ensemble. She was smiling. She was warm. I was shivering.

But the true heroes of the day were the aid station volunteers. Granted, they did seem to have more clothing than the rest of us, but they were just standing there. At least we got to move and feel like we were somewhat in charge. I arrived at the notorious Dutcher Notch cutoff in a continuous wave of runners, so I figured I was pretty safe from being derailed at the

pass. Hungry, I grabbed pretzels and cookies kept relatively dry under volunteers' trash bag raincoats. I even chanced a cupful of Gatorade, which normally upsets my stomach, figuring it was probably diluted enough to risk it. Heading out, I was looking forward to the final big climb up Stoppel Point just so I could warm up a bit. How sick is that?

My main goal at this point, besides mere survival, was to arrive at the North Lake ledge before the next lightning strike gathered momentum. At this point, you may be wondering why I simply didn't throw in the towel at Dutcher Notch. Basically, there was no easy way out. Even a DNF would involve a four mile trek and then a hitchhike back to North Lake. And in this day and age, who would risk picking up anyone who looked as homeless as I did? I fully expected the North Lake overhang to be abandoned, but it was still fully manned, despite several near lightning misses. I greeted the cheerful volunteers with an amazed, "Congratulations, you're still alive!"

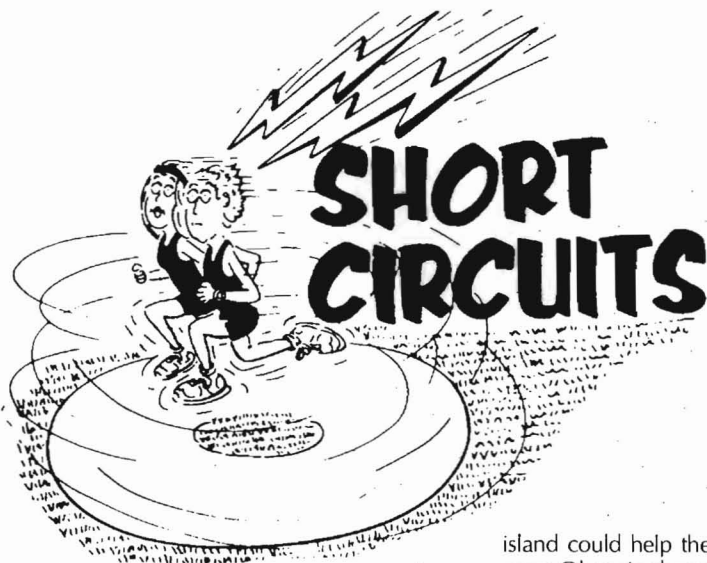
At this point, Hudson apparently realized that while his best powerhouse bowls could produce temporary washouts, he couldn't fire off a single strike against an entire rack of trail runners and faithful volunteers. We crossed the finish line firm in the knowledge that nothing, ever, would measure up to what we experienced out there, individually and in the company of a newly formed band of brothers. We had faced the Kaatskills and the worst Hudson's crew could throw at us and had not only survived, but had become stronger. Best yet, we were left with our own set of fireside tall tales with which to regale our grandchildren. □



Here he comes ...



There he goes ...



A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners - especially HMRRRC members. All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

"I remember the night before sitting in a hotel saying, 'you know what Dick, if you ever want to have that chance and to see if you can run with the big boys you need to forget about time, go with that lead pack and stay with them as long as you can.'"

"The next morning I got up, no splits on my arms, went out with the lead pack and hung with them for about 15 miles and finished, I think 9th and PR'd by 3 or 4 minutes. After that, every marathon I went into it, I went into it with the idea I didn't care how fast I'd run, I'm going for the win. And I knew if I could run with that lead group, ultimately it was going to be a fast time anyhow. That was my strategy." — Marathon Legend Dick Beardsley.



How Beardsley became a big boy

In October, Jamaica's Prime Minister Bruce Golding said that U.S. President George W. Bush 'shrugged off his recent request for aid to Jamaica, asking instead how the Caribbean

island could help the United States churn out more Olympic champions.

"When I met with President Bush last week at the United Nations, the first thing that he said to me was, 'What a powerful performance by your athletes in Beijing.' When I wanted him to assist Jamaica, he was only interested in asking how Jamaica could assist the U.S. with its athletic program," according to the Prime Minister.



Lame Duck seeks aid from Jamaica

Will we ever see a sub-2 hour marathon?

Without doubt I will see a two-hour marathon in my lifetime. It might be towards the end of my life. It might be another 20 years. But, yes, it will definitely happen. — **Dave Bedford**, London Marathon Director and former 10K world record holder.

They'd have to invent some very good drugs for it to happen because we know what happens to the body after 30 kilometers. It really starts to suffer and break down. — **Glenn Latimer**, USATF Men's LDR Chair.

If you have trained with Coach Jim Thomas for a marathon, at some point you have felt extreme resentment towards him. You may have even used profanity -- extreme profanity. This occurs at the point when you want to walk or lie down on the path during a long run. And it occurs at the point when you are questioning your decision about training for a marathon and questioning your ability to run at all. This resentment is triggered by Jim not letting you quit.

And it is triggered by Jim pushing you beyond what you think your limits are. And, when you are on the other side of that threshold, when the long run is done or the marathon is run, you finally understand: Jim has helped you achieve the goal that you set for yourself, the goal that you asked him to help you achieve. Of course, these more positive feelings towards Jim are enhanced by endorphins, and only occur after you stop running. When your body says, "No," Jim says, "Go." Thank you. We love you, Jim.



Beloved coach Jim Thomas

The world financial crisis finally hit *The Pace Setter* in October. The October issue was delivered to the post office for early October delivery. And that is where it sat, undelivered, for over a week. The reason: No money in *The Pace Setter* post office account. The Secretary of the Treasury was notified and he quickly sent a bailout check to the post office. [Editor's note: This isn't true, but it's funny, so I left it in. Because *The Pace Setter* is sent out bulk mail, some members don't receive their copies until mid-month.]



Secretary Paulson: "The Pace Setter comes first!"



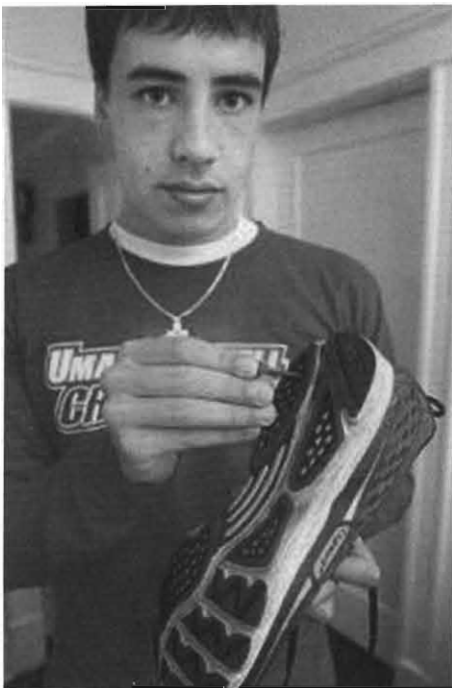
The JFK 50 Miler is run every November outside of Washington, DC. Several area runners participate each year. It began in 1963 after President Kennedy challenged military officers to meet Teddy Roosevelt's military standard of covering 50 miles on foot in 20 hours. After Kennedy issued his challenge, his brother and attorney general, Bobby, decided to do it with his staff. His staff quickly dropped out, but Kennedy finished the 50 miles in the mud and snow in 17 hours wearing cordovan oxfords.



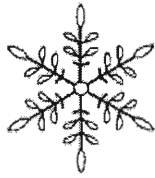
RFK jogs on beach with Freckles



Jeff Veiga ran the New England Cross Country Championships in October with a nail in his heel. "I picked up the nail about 3 miles into the race," recalled Veiga, who is a freshman at UM-ass. "I thought it was a pebble. That had happened to me before during a training run. This time, though, it felt sharper and the pain was more severe. I had to run on my toes. When I finished and took off my sneaker, I couldn't believe what I saw." □



Jeff got nailed during race



HMRRC



THE WINTER SERIES

University at Albany • Physical Education Building

Date	Time	Event
Dec. 14, Sunday	10 a.m.	Winter Series 1 (3M, 15K)
Jan. 1, Thursday	12 noon	Winter Series 2 (13.1 mile, 3.5 mile)
Jan. 11, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 25, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 8, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Register day-of-race only
- Winter Series Races are free for HMRRC members and \$6 for non-members
- Low-key races & informal atmosphere
- Awards for overall and age-group winners
- Post-race refreshments & hot showers
- *Winter Series Participant* eligibility: participate in all five events - volunteer for one
- More info at www.hmrrc.com



Submissions for the February Issue of *The Pace Setter*

Articles:

Deadline is December 25th. Submit to: Editor, amletbryans@nycap.rr.com

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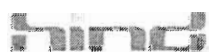
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Profile of a Runner

ROB RAUSCH

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

I'm 39 and live in Guilderland with my wife, Elizabeth. I'm a trial attorney and a partner in the law firm of Maynard, O'Connor, Smith, & Catalinotto. I was born and raised here and graduated from Guilderland Central High School. I then went on to LeMoyne College and Albany Law School. When I'm not working or running, I'm rooting for my Boston Red Sox.

When and how did you get started running?

When I was in high school, I was on the cross-country ski team, and ran occasionally to keep in shape until the snow fell. However, I stopped completely when I went to LeMoyne, and probably lost whatever endurance I had built up. When I joined Maynard, O'Connor, I was asked to be a part of the firm's Corporate Challenge team. I pretty much started training for that from scratch, struggled to make it through one mile at first, but then kept it up until I was ready for that distance. It was really only after I finished that race that I discovered how much I enjoyed running.

Do you have a favorite race or races?

My favorite races have to be the Utica Boilermaker and the HMRRC Half Marathon. The Boilermaker is a lot of fun and has become an annual reunion with my college friends. The HMRRC Half is my favorite local race, with a great course, comfortable fall weather, and a picturesque final stretch along the Hudson. As long as I'm able to, I'll always come out to run both of those races.

What are your most memorable races?

I'll always remember running the U.S. Marine Corps Marathon in 2007. It was my first marathon and I ran it side-by-side with one of my best friends. It turned out to be a particularly good day for me because later that night, the Red Sox won the World Series. Another great memory was running in a 10K race in Maui on my honeymoon - palm trees lined the entire course and I finished to a great view of Mount Haleakala off in the distance. This past October, I set a personal record in the Hudson-Mohawk Marathon. It was great to run a marathon in my hometown, because I drew so much energy from friends and family cheering me on throughout the course.

How do you train? Do you have training partners?

I try to run three times a week after work. A good brisk run - usually with the MP3 player cranked up - is a great way to blow out any stress from the day. I put in a longer run on the weekend. This year, my wife and I joined up with Team in Training, the fundraiser for the



Rob Rausch

Leukemia & Lymphoma Society. It's a remarkable group and a great cause. I always look forward to our Saturday morning training runs. It's a fun and energetic group of people, and the members always support and encourage each other to keep going and to push our limits.

What are your current goals?

This past year, I set personal records at a 5K, 15K, half marathon, and marathon. I would like to continue my current level of training so I can maintain, and possibly break, those paces.

Do you have any future running goals?

First and foremost, to keep healthy and

keep running. Looking beyond that, I'm considering running the Dublin, Ireland marathon in Fall, 2009.

Do you have a philosophy of running?

You have to enjoy running and want to be out there. I try not to get too hung up on time, pace, and splits. I think it's important to want to improve, but just don't get so wrapped up in it, that you forget to enjoy running. I think that a loose and lighthearted runner is a better runner. Let your mind go, and your body will follow.

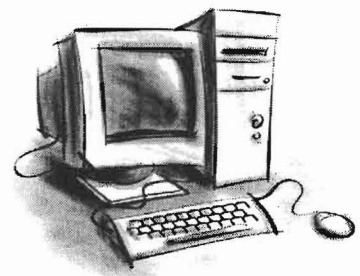
Any funny stories?

I remember one time running along the trails at the Corning Preserve and coming across a huge puddle. A few other runners took to the grass to go around it. I got cocky and decided to leap it. I came up short, wiped out, and ended up finishing my run covered in mud from head to toe. You'd think I would have learned my lesson, but sure enough, a few weeks later, I did the same thing again. □



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Home Improvement

by Bob Kopac

When I walked into the bedroom, I noticed a crack in the wall. "Oh no!", I thought in alarm, "The house is collapsing from the weight of all those race T-shirts!" I always knew this day would come. After years of collecting T-shirts from running or from volunteering at races, a critical mass had been reached; damage had occurred to our house infrastructure.

I opened a cabinet door and perused part of my T-shirt collection. I tried to pull out one of my favorites, but the cabinet was so crammed that I was unable to pry the T-shirt loose. Perhaps I had a tad too many race souvenirs after all. The good news, though, was that I was getting a good upper body workout as I struggled to extricate the T-shirt from the tangle.

Focusing my attention again on the wall crack, I realized I either would have to continuously repair cracks as they developed or get rid of T-shirts. Could I part with clothing that held fond memories of favorite races? However, could I handle constant home repair?

I am not a homeowner; I own a house. Those are two different things. A homeowner will fix something that is not broken, often breaking things in the process. For example, a homeowner friend of mine once decided to save on his fuel oil bill by rerouting his hot water pipes through the inside of his fireplace. The first time he lit a fire, the heat turned the water in the pipes into steam. The steam softened the solder in the pipe joints, causing the pipes to collapse simultaneously throughout his house.

On the other hand, that will never happen to me. I once had a small drip under my bathroom sink. Naturally I placed a bucket under the sink. Within 2 months, the hard water formed a calcium seal that permanently fixed the leak.

Thus, since I am not a homeowner, the decision was easy; I had to get rid of T-shirts. However, what goes and what stays? Thumbs up or thumbs down? I felt less like Roger Ebert and more like Nero at the Roman Colosseum: "Spare that one, it amuses me."

Some choices were easy. There was the T-shirt from the last half marathon I ever ran—the Onion Harvest Half Marathon—enough to make one cry. It stayed. There was the Spokane, Washington Bloomsday 12K race T-shirt where, by a strange occurrence, I received a white race number signifying an elite runner. (See The Secret Life of Bob Kopac article at the http://www.mhrrc.org/kopacs_corner/humor/199912_secret_life_bk.html web site.) There was the T-shirt from the Millbrook, NY Saint Joe's Jog where I broke 20 minutes in a 5K—a keeper. How about the Rhinebeck, NY Mad Dash T-shirt with the hairy runner's legs? Definite have-to-have.

Save the Revlon 5K Cancer Run T-shirt.

Save the Susan G. Komen Breast Cancer T-shirt. Save the RRCA convention T-shirts. Well then, what did I discard? Apparently not enough. After the first pass, I realized I still had far too many T-shirts. The cabinet sagged from the weight of the remaining clothing. It was time to be Ming the Merciless.

Out went the Reindeer Ramble T-shirt with the Dick's Sports logo. (No, not the national chain.) Out went several Dutchess County Classic T-shirts. Out went any that had shrunk or had faded and all sizes small and medium. Out went all T-shirts that had so many advertisements that I looked like a walking billboard. Still not enough. I then decided to get rid of white T-shirts, which meant discarding most of the recent T-shirts. That made a sizeable dent.

I fell into a dumping frenzy, which I admit was quite liberating! With a maniacal look on my face, I cast more and more T-shirts into an ever-increasing pile on the floor. I felt like a French Revolution peasant sacking the home of an aristocrat. I became caught up in how tall I could make the pile with the same intensity as Richard Dreyfuss had in the movie *Close Encounters of the Third Kind* when he built Devil's Tower out of mashed potatoes.

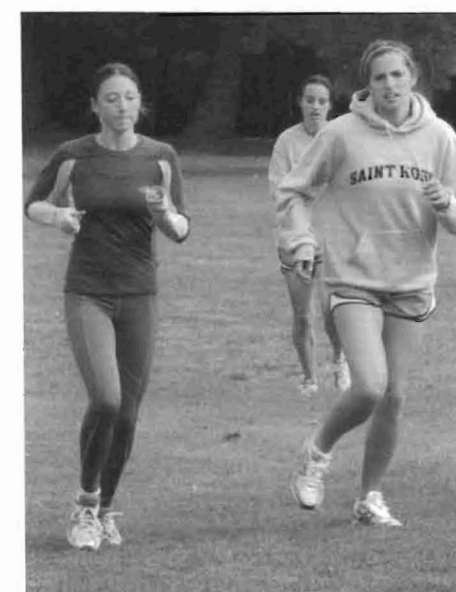
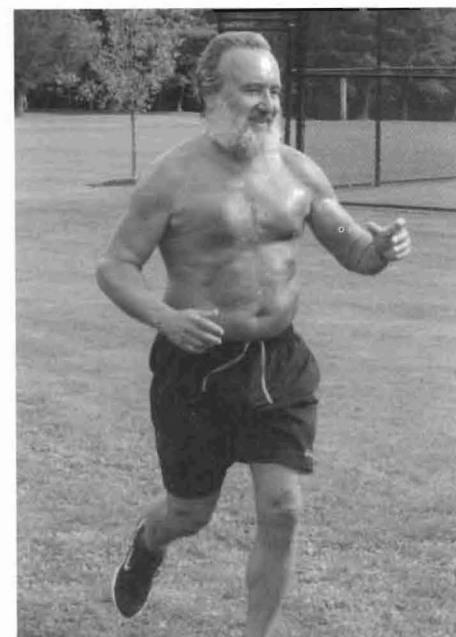
I suddenly thought of a news article I had read. A home consultant to the rich and famous instructed people such as Matt Lauer of the *Today Show* to throw out most of their possessions. Why? To get rid of the clutter in their daily lives! I now understood the thrill of minimalism.

End result: 130 T-shirts times a half pound per item equals 65 pounds. Now, what to do with the weighty castaways? My friend Jean Sylvester said she knew someone who could make a quilt from my T-shirts. However, the added weight of the quilts would only accelerate the collapse of the house. Instead, I gave the lot to Goodwill Industries.

One of the benefits of the purge was I did not have to buy a larger house. Now if I can only get that crack in the wall to fill itself. Maybe I will place a bucket under it. □



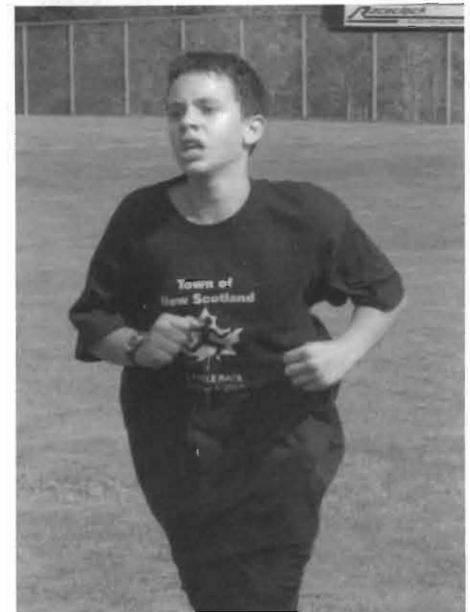
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I Am Proud

by Gina Muscato

This is a story about personal triumph involving an ordinary person – me.

On Sunday, I accomplished quite a feat. True, it's an achievement many others have already accomplished. But not everyone can say this: I ran a half marathon. Yes, I ran a half marathon. And boy, does it feel good.

My decision to tackle this feat dates back to New Year's Day. Yes, this was one of those silly, "no-one-ever-does-these-things" and "I'll-forget-about-this-by-tomorrow New Year's resolutions". This year, I wanted to choose something that was challenging. So, I opted for running a half marathon. It was a "Bucket List" item, if you will. And, it seemed like a logical progression. I ran two races prior to this – a 5K in Albany last April, which was my first-ever race, and a 6.5K in Disney World last October. I felt I should be building toward something. That something wound up being a half marathon.

Running is not a novel activity for me – I have been running for the past three years or so, prompted by an effort to lose weight and stay in shape. But, let's just say running for distance was not my forte. My maximum distance was always the same – three miles. I had always maintained that I just couldn't run any more than that. Hogwash, I could. Or at least I would try.

That's why I challenged myself with a half marathon run. I knew I would have to dig deep for the strength and willpower to run 13.1 miles. Not to mention the 12-week training program. But I was committed.

I faithfully ran every day, save for one rest day. Whatever the schedule called for, I ran it. There was one "long" run every week. And, it was easy at first, particularly since my mileage on any one day was not more than the three miles I was accustomed to already. But this was short-lived. As you can imagine, I gradually had to start running four and five miles at a time. Eventually, I worked up to six, seven, eight, even nine.

Every week, I was testing more than just my ability to run longer distances. I was testing my inner strength. This may seem a bit overly dramatic, but it was hard for me. There were days I didn't want to run. But I did. There were days that I didn't feel like running after working all day and attending my night class, but I did. There were days that I didn't want to wake up early to get in my run. But I did. There were days I could have used weather as an excuse not to run. But I didn't. There were days I wanted to flat out quit. But I never did.

I pushed myself.

And that's why I am among those individuals who can now say, "I ran a half marathon." I have to say, I wasn't really sure I would be able to do it. But I did it. I really did it.

I am proud. ☐

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What Now?

Confessions of a Marathon Finisher in all 50 States and 7 Continents

by Lichu Wu Sloan

"Bid me run, and I will strive with things impossible." – William Shakespeare

In 1999 at the Mother's Day Race in Delmar, I told Benita Zahn that I would like to run a marathon. Benita gave me few pointers about her favorite marathons. I settled on the 2000 Mohawk Hudson River Marathon (MHRM). This is close to home, and you can get lots of support from the Club, family and friends.

In September of 1999, I had a hysterectomy, which took three months to heal. At the time, I had already registered for the 2000 Disney Half Marathon. I was nervous, but I was very patient with my recovery, getting plenty of rest and consistently exercising with an easy walk every day (inside my house). Prior to the surgery, I was in pretty good shape from running for two years. In January of 2000, less than four months after the surgery, at almost 52 years old, I completed two half marathons – the Hangover Half (Jan. 1) and the Disney World Half (Jan. 9), finishing in 2:22:31 and 2:07:19 respectively. I was in awe of the resiliency of my body.

I followed an 18-week training schedule, and trained through the summer of 2000. I trained alone most of the time in Clifton Park. I trained with Pat Grey, Annie Trela, and Nancy Briskie in Clifton Park, and on the Niskayuna bike path for some of the long runs. I really enjoyed marathon training. I enjoyed setting my goal, being courageous, being determined, being disciplined, and being committed to the training. I felt peaceful and gratified when I could run farther. I felt proud of every step that entails being a great athlete. I felt Heaven, Earth and I had become one.

I enjoyed training during vacations. I did my last 20 mile training in Zermatt, Switzerland during our vacation in September, three weeks before the 2000 MHRM. This inspired me to run my second marathon in New Zealand, rewarding myself with a vacation in New Zealand and Australia. The marathon in New Zealand was three months after MHRM. My body seemed to recover very quickly. I ran 10 minutes faster than MHRM, and placed first in my age group (50 -54). I won 100 New Zealand dollars, and a pair of Nike shoes.

I ran four marathons in 2001 - New Zealand (January), New Jersey (April), Quebec City (August), and MHRM (October). I ran a PR in every marathon! I took 20 minutes off my time at the 2001 MHRM, and qualified to run Boston.

I had wonderful experiences at marathons in New Jersey and Quebec City. I met many runners from other states. I then developed an interest to run marathons in other states. I never thought about running marathons in all 50 states. I enjoyed setting my goal, planning for it, and accomplishing it. I love the challenge

of marathon running and to go places, and see the world.

In 2002, I began my marathon journey in other states. It was so nice that we visited my girlfriend (a longtime friend from Taipei) in Phoenix, Arizona where I ran the Desert Classic Marathon. We also visited the Grand Canyon, Sedona, and all the surrounding areas. I ran my first Boston Marathon, the Shamrock Marathon in Virginia Beach, and the First Light Marathon in Mobile, Alabama. I ran the Berlin Marathon, traveled in Germany and Eastern Europe, and celebrated our 30th wedding anniversary. I really enjoyed the marathon, and also qualifying for Boston.

In August of 2002, before the Berlin Marathon, I started the Long Distance Training Group and Marathon Training at the Southern Saratoga County YMCA in Clifton Park.

I had then completed 8 marathons, including Boston. I was very happy to share with others my passion for marathon running and long distance running, helping others to set their goals and to train for marathons or half marathons. The group traveled to and ran several marathons – Burlington, VT; Providence, RI; Hartford, CT; Chicago, IL; Long Island, NY; New York City; Lake Placid, NY; Las Vegas, NV; Washington, DC; and Montreal, Canada.

I was thrilled that my body recovered so quickly, allowing me to run more. In addition to my "Can Do" attitude, I am very fortunate to have good genes and a very efficient running form.

In 2003, I ran seven marathons; in 2004, I ran eight marathons; in 2005, I ran 12 marathons; in 2006, I ran 14 marathons, including my first ultra marathon in Cape Town, South Africa. In 2007, I ran 11 marathons. In 2008, I ran 10 marathons in the first six months.

2008 is a very special year: I turned 60 (July 2), I have completed marathons in each of the 50 states (October 15, 2000 – June 21, 2008), and I have completed 7 marathons on 7

continents in 7 weeks (January 27 – March 16, 2008) in an attempt to break the world record. I beat the previous record of 113 days, held by a 54 year old woman in Oregon, who was 6 years younger than me.

The 7-7-7 quest involved several months of planning, travel arrangements, and very careful financial management. It was very stressful, and I encountered many frustrations. Friends told me that I looked thin and tired. However, my spirit was high and ready to take on the challenge.

I traveled close to 68,000 miles by air, plus had to take a long bus ride in New Zealand when the flight was canceled, and did not get enough sleep and healthy food. I prayed to God for my safety, to stay healthy, and not to get sick. On each continent I ran, I thought of family, friends, and sponsors, and said to myself, "No failure. I do not want to disappoint them and myself. I am so blessed to be doing this." During the most difficult marathon in Antarctica, my legs were shaking and my feet were hurting. I was panicky and nervous about the running conditions and environment. However, my "Can Do" attitude told me to remain calm, to finish the continent of Antarctica, and not to get hurt, because I had one more continent to do in 10 days, my last continent, a race in Argentina on the continent of South America.

My seven marathons on seven continents were: Marrakech, Morocco in Africa (January 27); Tallahassee, Florida in North America (February 3); New Zealand on the continent of Oceania (February 9); Tokyo, Japan in Asia (February 17); Malta in Europe (February 24); Antarctica (March 5); and Ushuaia, Argentina in South America (March 16).

The quest has cost me close to \$13,000 with sponsorships of \$4,400. I am very proud and satisfied with my accomplishment. I told Benita that I am driving a 20-year-old car (a Volvo, a decent car), and I am okay with this. But if I didn't get to do the 7-7-7, I probably would regret it for the rest of my life.

This reminds me that 37 years ago, I first told my parents that I was in love with an American and I wanted to go to the USA to marry him. I was the oldest of five, and their first born. I was very protected and loved by them. They tried very hard to stop me from leaving Taiwan. I told them that I must follow my heart and my dream, take the risk, I wouldn't want to have regrets for the rest of my life. Paul and I knew each other for three years before we were married in July of 1972 in Troy, New York. I am very blessed. He is a very supportive husband, and my loyal friend. I realized that I always have had "Can Do" in me, and that I was able to overcome all obstacles: cultural, racial, and political.

What now? I have completed 73 mara-



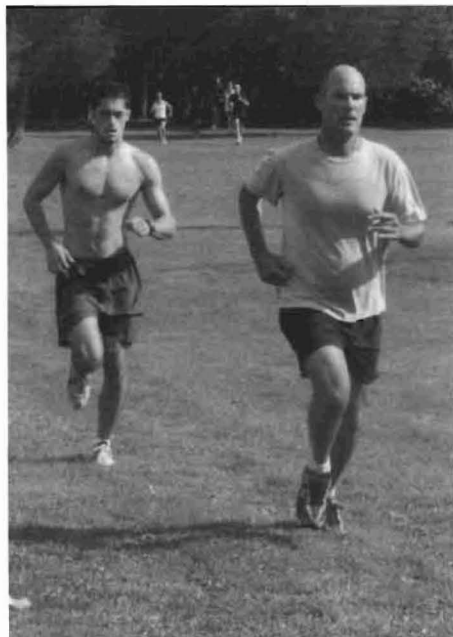
thons in 7 years and eight months (age 52-59): 50 states, 7 continents, 15 countries, and 5 continents twice. My new goal for my next milestone age is to complete 100 marathons before I turn 65. There are so many places I would like to visit and so many marathons that I would like to run.

Most of you knew Dr. Audrey Trainor when she was an ER doctor in the Albany area. She is a great runner and a wonderful person. She is married to Dr. Mark Puscas and lives in Salem, Oregon. We had the opportunity to visit and to stay with them before and after the marathon in Oregon.

We took a 25 day trip to finish my last three of the 50 states - the Newport Marathon in Newport, Oregon (5/31); the North Olympic Discovery Marathon in Port Angeles, Washington (6/8); and the Mayor's Marathon in Anchorage, Alaska (6/21). This was a very special trip, not only to complete my 50 states, but to visit an old friend (Audrey) and new friend (Mark) in Oregon, to make a long overdue visit with my cousin and her family, to see Paul's godson (a childhood friend's son) in the Seattle area, to visit Vancouver and Victoria, Canada, and to see the beauty and wonder of Alaska. I planned it this way to have Alaska as my 50th state, and it was my dream to visit those places. We enjoyed the trip very much, and highly recommend that you visit the Pacific Northwest and Alaska.

I will be receiving my Certified 50 States Marathon Finisher's trophy next year at one of the four 50 States Marathon Club's Reunion Meetings. I attended one at the 2007 St. Louis Marathon when I was running it. They hold the meeting the day before the marathon. It was very nice, and I met runners from all over the United States and some coming from as far away as Europe. I have already received a certificate as a Seven Continents Marathon Finisher.

I would like to conclude my article with this inspirational note: "We are our bodies, our bodies are us, and we must live this life physically and at the top of our power." — George Sheehan, M.D., writer/runner/philosopher. □



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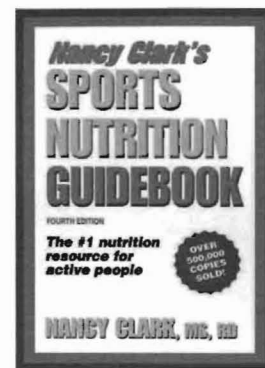
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Mohawk Hudson River Marathon – October 12, 2008



Marathoning Math Teachers

As told to Mary Buck

This year, three of my fellow math teachers from Shaker High School decided to run their first marathon. They are Kathleen Arthur, Anita Battaglia, and Carmela McCarthy. Each had run a half-marathon last year. They all chose the Mohawk Hudson River Marathon on October 12. They ran many of their long training runs together, which helped them to stay focused and motivated. Each has written about their experience.

by Kathleen Arthur

My marathon experience actually started out with my training for the Marine Corp Half-Marathon. I had run the Half in 2007 and my initial goal was to race the 2008 Half, hoping for a sub-two hour time. I was turning 48 years old just a few days after the race, and I thought that running a marathon was out of the question. As my training progressed through June and early July, I realized that I had already reached the peak training week for the half-marathon program I was using. Also, my friend Carm McCarthy was training for the full marathon, so I decided to join her. After all, what was I waiting for? To turn 50 and then run a marathon?!

The training process for the marathon was enjoyable. I learned how hard I could push my body and still function. I learned I could run in any kind of conditions – rain, humidity, humidity with thousands of gnats sticking to me (bike path trainers know what I am talking about!), early morning runs in the dark and in the fog. I was also amazed after my first 20 mile run that I could run for over 3 hours and still enjoy it. And the best thing, at my age, no injuries (I kidded that all those miles and nothing fell off of me!).

The marathon day finally came and I was ready to go! Carm and I started out feeling great, and continued to feel good past 20 miles. For me, I hit a mental wall between miles 22 and 23. No real physical pain (other than the usual at mile 22!), but a mental fog. When hours (!!) seem to pass and the 23 mile marker finally appeared, I pulled out of my fog and perked up. I knew I could run “just” three more miles. Carm and I ran strong to the finish after the 26 mile marker, finishing together in 4 hours, 14 minutes. It wasn’t until the next day that I realized what I had accomplished. 26.2 MILES!

Will there be another marathon? Most likely, if I am able to stay in the same shape I am currently in. For now, I am just enjoying my running time with my friends, and next year is a new year!

by Anita Battaglia

During March of this year, I decided, along with some colleagues, it was time to run our first marathon. I ran my first half in Septem-

ber 2007. I ran it feeling great and “thinking” I could easily double this! Little did I know what I was in for!

As I committed to the marathon, I soon realized it was all about the training. My friend, a veteran marathoner, helped me pick a training schedule that could fit into my life. We chose Hal Higdon’s Novice 2. And I stuck to it like it was my life. I love timing runs, checking the pace and I soon got hooked on the Nike iPod downloading every run. It is so interesting thinking of all the factors of a good run day and the dynamics of it all. One of the hardest things I got used to doing was meeting friends at 6:00 a.m. on Friday mornings for long training runs. This early time, and the long runs blew me away. At the beginning, I used to have to come home and take naps just to get through my day.

The week before the marathon was tough. Not much you can do at that point; all the work was done. But so much to think about, so much to anticipate, pressure to rest, keep your feet up, hydrate, eat right ... ugh, I just wanted to run it! I kept thinking that I have to pick a pace and stick to it, don’t start off too fast; I listened to others’ stories.

The morning of the marathon was chilly. I was nervous, set in my mind to keep my pace. My mantras were running through my mind! Keep your pace ... You can do it ... Keep your pace ... You trained ... Keep your pace ... you are ready! I had heard enough horror stories of starting too fast.

I made a bracelet with my pace, and had it laminated. I constantly checked my pace, sticking to it. Every mile I was right on. I walked through every water station, had my gus, but nothing could prepare me for what was to come. I heard so many stories, but I had to have my own!

Mile 21 through 25 were unbelievable ... my thighs ... they burned ... I screamed. My mantras ran through my head ... over and over ... my friends around me supported me. My daughter broke her arm when she was little, bent at a 45 degree angle and my mind wondered if my thighs could break like that - they felt like they could. My friends told me what I needed to hear! I knew the end was near. I kept picturing the finish line. The pain began to subside as I neared the finish line. I was almost there. “Picture it,” I said to myself. .. “Picture it.” Then I saw the crowds, saw my family, my friends ... there it was! Such absolute relief to cross that finish line! Such an incredible feeling of accomplishment!

As I trained, and even while running the marathon, I thought I would never run another. But my perspective has changed since finishing. I learned so much about myself from this experience. I enjoyed the training, the journey and accomplishing the goal. My next marathon - New York, Boston, maybe London! Like I teach my students each day, you can do any-

thing you set your mind to!

by Carmela McCarthy

As I am getting closer to turning forty (I am currently 37), I have created a “bucket list” for myself of everything I want to do before the big milestone. Some of the things are trivial, and some are much bigger accomplishments. The first and greatest task on my list was to train and complete a full marathon.

I had run the half marathon a couple of times and every summer I helped my friend Mary (Buck) train for her upcoming marathon. After committing myself to doing this, a few more female friends also decided to push themselves and either do the half or full marathon.

With Mary as our unofficial running coach, we would train together whenever possible. Many of our shorter runs would be afterschool. Many pre-dawn Saturday mornings were dedicated to our much longer runs.

What started out as a very personal, individual goal turned into a very enjoyable relaxed team event. Everyone was very accommodating to my scheduling constraints. I was the only one with small children so everyone else tried to work around when I was available. Our long runs became a great social outlet for me. It was “girl talk” for at least 2–3 hours at a time. I would have never made that great of an effort to go to dinner, the movies, etc. with friends. Knowing that at least someone was waiting for me at 6 a.m. to run with kept me motivated and dedicated to be prompt and ready.

We enjoyed running so much together, Kathleen (one of my training buddies) and I decided to run the marathon as much as possible together. After all those training hours of running and talking, we barely said anything to each other during the actual marathon. Just knowing she was next to me kept me going. I think we both benefited from having the other by our side. We even crossed the finish line together.

I don’t know if I would have been able to train and complete such a feat by myself. Luckily, I don’t think I’ll have to find out. We are already talking about the next marathon we might do together.



Winter Series 2008-2009

by Ed Thomas



The 36th (or 35th ... depends on who's counting) Winter Series kicks off on Sunday, December 14, at 10 a.m. with the usual 5K and 15K races, directed by Doug Bowden and Ken Skinner. The rest of the schedule can be found in *The Pace Setter* or on the Club web-site, so mark your calendars.

For those who might not know, in November 1972, the Club Newsletter announced that starting in December, a series of races would be held every second Sunday culminating in March with a Boston qualifier. That became the Winter Series, and has evolved over the years into what we have today.

This year, thanks to Eileen Combs, we will be trying something new, a "Kids Krafts" corner. At each event the Kids Krafts table will be available for all children 5 and up with a registered parent. There will be games to play and basic coloring or activity sheets. This will allow parents who have children 5 and older to have a safe and supervised place to leave their child while they are braving the winter elements outside. Eileen used to offer this feature at races she directed in Kentucky and it was a big hit. Both the kids and parents loved it. Parents will fill out a form which would include emergency contact information and the kids will wear name tags.

As usual, a successful Series depends of plenty of volunteers for each race. Sometimes race directors come down to the very last minute hoping to find those few more course marshals that are needed to make for a safe race. Needless to say, the stress level can get quite high.

So, please check your calendars, find a race where you can help out, and contact the RD to volunteer. At the longer races, the RDs will do their best to spell off course marshals on those bitter cold days, so, unless you have time constraints, please just volunteer and let the RD decide where he or she needs you to be.

Eileen can also use a couple of volunteers at the Kids Krafts table. Her email is: Eileen.Combs@us.ngrid.com

We will be giving out nice awards to all Winter Series participants. By definition, these are people who volunteer at one of the races and either volunteer or run in the other four. To avoid potentially embarrassing situations, let me emphasize: skipping a WS race and volunteering for something else (like the Marathon, which is not a WS race) does NOT qualify for an award. Let's play it straight. See you out there starting in December! □

New Scotland 7.1



Editor Position Open at The PaceSetter

Volunteer position soliciting, reviewing and writing articles about the local running and racing scene for *The Pace Setter* magazine.

Responsible for assigning relevant topics to fellow runners/writers who would like to share their experiences with the road and trail running community, with an emphasis on finding people to write stories about all club races and events.

Average time commitment is approximately 8 hours every month. The ideal candidate is someone who is already active or would like to be more active in running and/or races in the Capital Region.

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Willow Street Masters Women Defend National Championship Title

by Anne Benson

The local Willow Street Athletic Club Women's Masters Team won the 2008 USA Masters 5 Km Cross-Country Championships held in Greensboro, North Carolina on October 12th. The team traveled down south to defend their national title earned at the 2007 race held in Saratoga Spa State Park. Prior to Greensboro, the USA Masters 5 Km Cross-Country Championships had been held in Saratoga from 2004-2007. The team, comprised of the same five women in both '07 and '08, includes Emily Bryans, Anne Benson, Mary Buck, Judy Guzzo, and Nancy Nicholson.

The 5K cross-country course is located in Hagan Stone Park in Pleasant Garden, NC, a rural area 20 minutes from Greensboro. The scenic park includes a lake, fields, and woods. The course commences in an open field, follows a figure eight path, and heads into the woods just before the one mile mark. Once in the woods, the real cross country experience begins as the path takes many twists and turns. At about 2.5 miles, the course exits the woods and traverses grassy hills, finishing in an open field. Emily Bryans commented favorably about the course. "One of the things I like is that it has history – it seems they have been using it for cross-country races for a long time. Joan Nesbitt and Adam Webb hold the open course records. And it was a pretty traditional cross country course consisting of grass and trails through the woods. I especially liked the trail through the woods. You had to watch your feet to avoid the tree roots and there were quite a few turns."

For most of the race, Joan Nesbitt Mabe and Emily Bryans, Willow Street's top runner, battled for the lead. The name Joan Nesbitt Mabe may sound familiar because she was a 10,000 meter competitor in the 1996 Olympic Games. For 2.5 miles, Joan and Emily ran together without any other competition. Then Emily made her move, passing Joan and winning the race by 6 seconds in the time of 18:37. I took third place, and Mary Buck captured 7th place, resulting in a Willow Street score of 11, which won the master women's team competition. Judy Guzzo placed 6th in her age group (40-44), and Nancy Nicholson placed 5th in her age group (45-49) to complete the Willow Street Team's strong performance.

The competition on the women's side was a bit sparse as compared to previous years when the National Championship was held in Saratoga Spa State Park. Two dozen female runners competed this year in contrast to over 50 competitors last year at Saratoga. Mary Buck commented, "I wish more (female) runners would attend from all over the country. I don't know what would attract more - more money or maybe just some recognition of the winners in some national running magazines." However, quality runners and teams did show up, and they pro-



vided healthy competition along with superior sportsmanship. Emily commented, "I knew that Joan Nesbitt was going to be there and that she had a good team. I knew that there was another team from Philadelphia. What I didn't know was that there was also a team from Asheville. They turned out to be a very strong team too. The Asheville team was also quite friendly. We were in unfamiliar territory, which can add to pre-race nerves. The women on the Asheville team made a point of saying hello before the race."

Southern hospitality was exhibited at the awards presentation also. USATF officials placed medals around our necks and offered us warm congratulatory remarks and hugs. As the National Masters Champion, Emily received a carved wooden eagle and accepted prize money for the team. The quest to win the race individually, however, was not the main reason Emily traveled to Greensboro. "I decided to go to North Carolina because of our team and because you never know if an opportunity like this will come along again. We went with the same group that won the national championship here in Saratoga. It's remarkable that another year found us all healthy and able to go. I wouldn't have gone to the race had it not been for the team. I felt very proud and lucky to be part of the team."

A week earlier, the Willow Street AC Women's Masters Team traveled to Syracuse, NY for the Festival of Races which hosted the USATF National Masters 5K Road Race Championship.

Although the team placed second in masters team competition, the ladies posted some fast times in preparation for the North Carolina race. The Willow Street Team will enter two more races to finish out the 2008 season – the Stockade-athon 15K on November 9th in Central Park, Schenectady and the Troy Turkey Trot 10K on Thanksgiving Day. □



Shore is Fun

by Greg Rickes

Even if it's not part of your personal history, the phrase "Jersey Shore" probably conjures vivid images: sun, surf, sand, a plethora of aromas and sounds.

After a steady regimen of 5K and 10K races, I decided to take a step toward longer distances this year, so during the summer, I set my sights on a half-marathon. There are plenty of great events to choose from, starting with our own Marine Corps Half, but a scheduling conflict and the desire to set my first 13.1 challenge in a unique backdrop led me to searching further afield. It should come as no surprise that there's a website devoted exclusively to this race format --- www.halfmarathons.net.

What emerged from abundant options was the Ocean Running Club's Seaside Heights Half-Marathon. The key points were flat and scenic, encompassing the shore line and a state park along New Jersey's iconic beachfront, and maybe a chance to maintain my summer tan a little bit longer.

We arrived late afternoon on Saturday, October 18, the day before the race, and had the chance to scout around a little bit. It was a revelation to see what "seasonal resort" really means; there's little in the way of traffic (people or vehicle), parking spaces were abundant (and without the usual Garden State fees), and most of the restaurants and motels were shuttered. The tranquility was quite in contrast to the elbow-to-elbow frenzy that must characterize the days of summer.

One of the great inner conflicts when travelling to out-of-town races is maintaining a positive, runner-friendly diet in the face of oh-so-good-tasting/oh-so-bad-nutritional delights. Even though most of the eateries along the boardwalk were closed, the siren song of cotton candy, sausages and peppers, cold beer, and more, engulfed me as soon as the car was parked. In the end, a pasta dinner at Luna Rosa was a wiser choice; the piped-in Sinatra medley only added to the "Jersey-ness" of the experience.

Sunday morning's wake-up was punctuated by a whistling wind out of the north and a gray overcast draping the beachfront. Registration was held on the promenade at a Mexican cantina called Spicy's; there was some strange comfort to be perched on a bar stool, even if my pre-race prep didn't include a potent "eye-opener."

The Seaside Heights Half Marathon is an earphone-tolerant event. For me, it was a boost to bring along the familiar voices who'd accompanied me on my training runs. The Bard of the Garden State, Springsteen's "Born to Run" might have been inspirational, but a rhythm-and-bluesy number by Paul Thorn titled "Everybody Looks Good On The Starting Line" was closer to the truth.

With temperatures in the mid-40s, elite runners might have called the conditions ideal, ex-



cept for the wind. For the rest of us, a glimmer of sunshine raised our spirits, if not the thermometer. With minimal fanfare, we were on our way, nearly five hundred pair of feet echoing off the wooden surface.

The course was really simplicity itself: a couple of miles along the boardwalk, first through the commercial district with its arcades, food stands, and souvenir shops, then out along the dunes, followed by a short transition through a residential neighborhood that connected to the road into Island Beach State Park. Aside from a few squiggles, it was basically a straight run north to south and back. "Running on Empty" would serve as a reminder to find a pace I could live with over the long haul.

I made it to the turnaround in a wind-assisted 54 minutes. New Jersey's other rock legends (i.e., Bon Jovi) were in my ear with a cautionary "halfway there, livin' on a prayer" as I reversed course, now headed square into the wind. Every now and then, the topography would offer a brief respite, but then the gusts would return and seem even stronger. Push back, just keep putting one foot in front of the other, though the mile markers seemed to be taking longer and longer to reach. Around mile nine, my music took me into some sort of strange disco zone (which those of a certain age may recognize) assuring me "I Will Survive" if I would just "Do The Hustle".

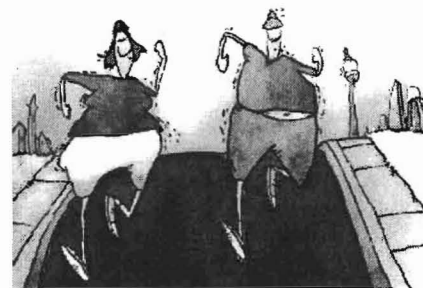
Out of the park, finally, and back on the boardwalk the wind was even fiercer. Now running parallel to the dunes, there was the added discomfort of stinging sand. About all I could do was lead with the top of my head and be thankful I'd worn my sunglasses. I knew somewhere up ahead the boards would transition back to the arcade and that would signal the final stretch.

Blessedly, the arcade's structures offered

a brief respite as Thin Lizzie proclaimed "The Boys Are Back In Town." Then it was back into a final exposure to the elements as the finish line loomed. I had no reserve left for a sprint, but at least didn't back down any further as the clock ticked off 1:55:35. My first sip of water after the finish had a gritty quality to it, mixed with relief that I'd made the distance. Later, I heard the winds were a steady 20 mph with gusts to 30 and above. It was time to head back to Spicy's for a post-race sit-down that included salad, pasta, fruit and iced tea. For those so inclined, the bartenders were standing by, and I saw a few celebratory margaritas. My resistance finally broke down, and the aches and pains of the ride home to Latham were soothed by a generous portion of Boardwalk Fries.

If you're looking for a get-away event, there's plenty of enthusiasm for running to be found in our neighbor state to the south, with marathons and halves (along with shorter distances) abundant from spring through fall. You can start your search at <http://www.oceanrunningclub.org/ORCLinks.htm>.

As for me I'd like to make a return visit to Seaside Heights, with the hopes of shore breezes that would be just a bit more benevolent next time. □

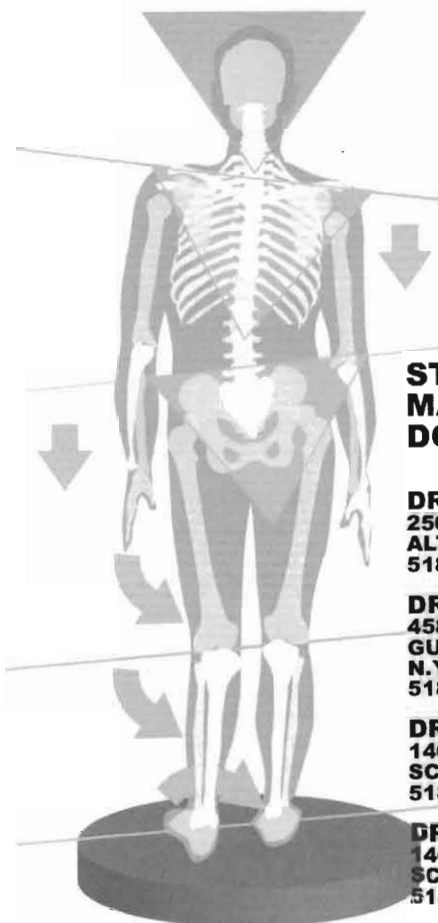


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Holiday Nutri-Gifts

"I dread the holidays. I get bombarded with chocolates and cookies, and of course, I eat them all." ... "I have no idea what to give my training buddy for a Christmas present. He doesn't need anything." ... "I'm low on money, but I want to give gifts to my friends. I need some ideas ..."

This holiday season, as you search for the "perfect gift," remember that most runners welcome gifts of good health—a loaf of bread warm from the oven, a tasty homemade dinner, a nutrition book. Here are a few recipes and book ideas. The recipes are from the new 2008 edition of my *Sports Nutrition Guidebook*, a popular gift in itself!

Banana Bread

This is an all-time favorite banana bread recipe. Its key to success is using well-ripened bananas that are covered with brown speckles. Especially yummy for a pre-run snack.

3 large well-ripened bananas
1 egg or 2 egg whites
2 tablespoons oil, preferably canola
1/3 cup milk
1/3 to 1/2 cup sugar
1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 cups flour, preferably half whole-wheat, half white

1. Preheat the oven to 350°F.
2. Mash bananas with a fork. Add egg, oil, milk, sugar. Beat well.
3. Gently mix in the flour, baking soda, baking powder, and salt. Stir just until moistened.
4. Pour into a 4" x 8" loaf pan that has been lightly oiled, treated with cooking spray, or lined with wax paper. Bake 45 minutes, or until a toothpick inserted near the middle comes out clean.
5. Let cool for 5 minutes before removing from the pan.

Yield: 12 slices Total calories: 1,600
135 calories per slice; 24g Carb; 3g Protein; 3g Fat

Gourmet Lasagna

This "company is coming" lasagna has a wonderful flavor and is a nice variation from standard lasagnas. The winning ingredients are sun-dried tomatoes and pine nuts.

15 lasagna noodles
8 to 9 sun-dried tomatoes
1/2 cup pine nuts (pignoli nuts)
1 to 3 cloves garlic, peeled, finely chopped
1 teaspoon oil, preferably olive or canola
1 pound ricotta cheese, part-skim or nonfat

4 to 8 ounces shredded lowfat mozzarella cheese
1 to 2 dashes nutmeg
1/4 teaspoon oregano
1 10-ounce package frozen spinach, thawed and drained
1 28-ounce jar spaghetti sauce
Optional: 1/4 cup grated parmesan cheese

1. Cook the lasagna noodles according to the package directions.
2. Put the sun-dried tomatoes in a small bowl. Cover with boiling water and set aside for 5 minutes if oil-packed, 10-15 minutes if dried. Drain, cool, and chop finely. Set aside.
3. Toast the pine nuts in the oven at 350°F for 5 minutes or on the stovetop in a skillet over medium-high heat for 2 to 3 minutes.
4. In a separate skillet, saute the garlic in oil for 2 minutes. Do not brown. Set the pan aside.
5. In a large mixing bowl, combine the ricotta, mozzarella, nutmeg, oregano, spinach, sun-dried tomatoes, pine nuts, garlic.
6. In a 9" x 13" pan, pour enough tomato sauce to coat the bottom. Cover with lasagna noodles; add a layer of ricotta mixture, then spaghetti sauce. Repeat, making 3 layers of ricotta, and ending with noodles and tomato sauce. Sprinkle with parmesan, as desired. Cover; bake at 350°F for 30-40 minutes.

Yield: 8 servings. Total calories: 3,600
450 calories per serving; 53g Carb; 21g Protein; 17g Fat

Sugar and Spice Trail Mix

Here's a tasty pre-exercise snack that's sweet, but not too sweet. Put it in small baggies tied with a bow, and you'll have gifts for the whole team!

3 cups oat squares cereal
3 cups mini-pretzels, salted or salt-free, as desired
2 tablespoons tub margarine, melted
1 tablespoon packed brown sugar
1/2 teaspoon cinnamon
1 cup dried fruit bits or raisins

1. Preheat oven to 325°F.
2. In a large resealable plastic bag or plastic container with a cover, combine the oat squares and pretzels.
3. In a small microwavable bowl, melt the margarine; add the brown sugar and cinnamon. Mix well; pour over the cereal.
4. Seal the bag or container and shake gently until the mixture is well coated. Transfer to a baking sheet.
5. Bake uncovered for 15 to 20 minutes, stirring once or twice.
6. Let cool; add the dried fruit. Divide into 10 baggies.



Yield: 10 servings Total calories: 2,000
200 calories per serving; 40g Carb; 5g Protein; 2g Fat
Recipe courtesy of the American Heart Association. (www.deliciousdecisions.com)

Recommended Reading

Helpful books can be a welcome gift. Here are a few suggestions for your active friends and family members. Of course, I recommend these books that I have written:

Nancy Clark's Sports Nutrition Guidebook, 4th Edition (2008). The sports nutrition bible for learning how to eat to win.

The Cyclist's Food Guide: Fueling for the Distance for cyclists who are doing long rides or tours.

Food Guide for Marathoners: Tips for Everyday Champions - perfect for novice marathoners who fear hitting the wall!

Excellent books by other authors include:

American Dietetic Association's Complete Food and Nutrition Guide by Roberta Duyff

What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating by Miriam Nestle

Vegetarian Sports Nutrition by Enette Larson-Meyer

Secrets of Feeding a Healthy Family by Elynn Satter

Healthy Homestyle Cooking by Evelyn Tribole

Nancy Clark MS RD CSSD counsels sports-active people at Healthworks, the premier fitness center in Chestnut Hill, MA (617-383-6100). For her *Sports Nutrition Guidebook* (2008), *Cyclist's Food Guide*, and *Food Guide for Marathoners*, see www.nancyclarkrd.com. Also visit sportsnutritionworkshop.com for online education. □

Feeling (Knee)dy?

Prevention and Treatment of Knee Pains

Several weeks ago, I read a blurb in *USA Today* telling that the incidence of knee replacements has doubled in the U.S. between the years 2000 and 2006. I've also noticed recently an ad campaign by a local orthopedic group touting the success of their "minimally" invasive knee surgeries, using 3 female high school athletes as successful subjects.

Regardless of these success rates, these are reactive procedures. Nothing happens until crisis hits. When the presidential candidates talk about "fixing" the healthcare crisis, I don't think they understand the fundamental problem with our system. We need to become proactive. Avert crisis. There is so much that can and should be done before a crisis hits. Reactive is far more expensive physically, emotionally and financially. Ask anyone who has gone through a knee replacement what their quality of life was for the 5 years prior to the surgery. And even after either procedure is performed, we still don't look at the athlete's biomechanics, which is a major contributor to the problem. This always leads to more problems.

Anatomy of the Knee

The knee is a pretty simple joint. There are 2 cushioned pads (meniscus) that lie between the shin bone (tibia) and thigh bone (femur). Many think that running is the cause of knee injuries, but not necessarily so. Things like ge-



Figure 1

netics, weight, activities, conditioning, quality of shoes and overall individual biomechanical (im)balances contribute to what's going to happen to your knees.

Of all these contributors, your biomechanics and (mis)alignment of the lower leg has the greatest influence. The knee is a hinge joint, and when there is a lower leg imbalance, this hinge joint now becomes a "crooked" hinge joint, and running now becomes a much greater irritant. (Fig. 1). As in increased stress on the meniscus, ligaments and tendons. This imbalance can lead to one of two things; an injured meniscus, that can lead to "minimally" invasive surgery, or over time, degeneration of the entire knee joint, which can lead to knee replacement. To determine the status of the knee, an x-ray will show the joint space, and usually can detect any degeneration. However, to determine if the meniscus is injured or torn, an MRI is needed. Unfortunately, these are the tests that we've come to accept as standard, but they are only performed during the crisis. Too late!

Proactive Approach

The feet, knees and pelvic balance and alignment are critically important when attempting to minimize knee injuries. Although most sports medicine specialists will never look at the feet and pelvis if you have a knee injury, this entire "kinetic" chain must be considered if optimal results are your goal. Most people on this planet have imbalances between the right and left foot. Secondly, most people have some degree of pronation (flat footedness), while a smaller percentage have normal or supinated feet (high arches).

Two things need to be done to "fix" this issue. Regardless of what your foot type in the standing position is, flexible custom orthotics will support and balance the foundation of your body. Secondly, they will help support and align the crooked hinge joint in your knee (Fig. 2). If the feet aren't addressed, the architectural imbalance going up the leg will be there every time you stand up. The second important step is to visit a quality specialty running store, with your orthotics in hand, and have them put you on a treadmill to determine what your foot type is while running. This foot type can differ from your standing foot type, and is critically important in determining the appropriate shoe for you. Once that is determined, have them pull out all the different models in that shoe type, and pull the 25 cent insert out and replace it with your custom orthotic. Now, bounce and run and walk around to determine which shoe is best for you. This should solve any imbalances that are originating in the feet, and also provide you with the



Figure 2

ideal support you need for your running style. If any knee pains continue after this, icing after you run, and strengthening exercises should help.

We have also found that nutritional support is beneficial from a proactive point of view. Glucosamine, in addition to a proteolytic enzyme which acts as an all natural anti-inflammatory and tissue recovery accelerator, would benefit anyone. These can be purchased at your local health food store.

Conclusion

We have been taught incorrectly in this country when it comes to taking care of ourselves. For years I've been telling people that we're not doing enough to preserve our structures. We need to invest time, energy and money to have the right to expect to continue running after we're 50 years old. Your house, your car and your money all need management, why not your structures? Once you begin to buy into this concept, you'll no doubt agree this is the preferred approach to aging gracefully. Good luck.

Dr. Maggs can be heard on his live internet radio show, The Structural Management® Hour at his website, www.StructuralManagement.com on Thursdays 3-4 pm EST. He can also be contacted at RunningDr@aol.com. □

"BEEN THERE, DONE THAT"

by Ed Thomas

December 1973 - Thirty Five Years Ago

- Keeping-it-in-the-Family Department: The 16th is a cold, dry day in the low 20s. A grand total of ten runners show up for two races. In the 3 mile race the order of finish is: Charlie and Cathy Shrader followed by Mike, Bill and Timmy Derrick. The 6.3 mile race (how did they get that distance?) features Dan Larson and Jimmy Shrader in a dead heat, followed by Jim Bowles, Allan Maddaus and Don Wilken.

December 1978 - Thirty Years Ago

- Storm-Clouds-on-the-Horizon Department: A quote from this month's Newsletter: "We have been holding races every winter since our club was formed in 1971. Only 2 races have been cancelled due to horrible weather. At the race on December 3rd (held through a snowstorm), a representative of the Security Force at SUNYA indicated that we would not be permitted to run any more when the weather is bad." The article goes on to discuss the shaky relationships with the University Police and lays out some emergency plans which might involve routes over on the State Office Campus. [As things stand in 2008, our relations with UPD and OGS on the State Office Campus are cordial and cooperative.]

December 1983 - Twenty Five Years Ago

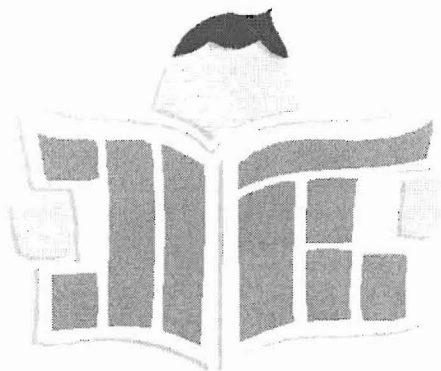
- From the Short Circuits section of *The Pace Setter*: "An hour before the start of the Mohawk-Hudson River Marathon ... Jack Berkery was out on the Colonie bike path setting out mile markers. As he walked past a stretch of woods, he heard several gun shots. Fearful that he would be mistaken for a moose, he proceeded very cautiously. Two hunters emerged from the woods ahead of him while others were still in the valley below. He informed them (nicely) that the marathon would be passing by soon and went on his way. Later, when most of the runners had gone by, he started back down the path to retrieve the signs. There by the same stretch of woods were four heavily armed spectators shouting encouragement to the last of the runners."

December 1988 - Twenty Years Ago

- Hank Steadman rhapsodizes about the Winter Series with some stories: "Remember the day Ed Thomas wanted to cancel the race, but the race director wanted to proceed, so we trotted through six inches of snow on the SUNY footpaths led by a sidewalk plow? How about the day that you ran three miles on Perimeter Road through ankle deep slush and the Hang-over Half when your neck nearly got frostbitten and your lips were so cold. Simply wonderful, huh? Absolutely!"

December 1993 - Fifteen Years Ago

- Mark Keegan is profiled in *The Pace Setter*. He reports that on one of his daily runs with his buddies, "several of us were running



up State Street when we heard a scream from a woman on Lark Street whose purse has just been snatched. As luck would have it, the purse snatcher ran right in front of us and we naturally gave chase. After several blocks, he entered Washington Park and turned to see if we were following him. We had easily kept pace, and as he turned, I said to him that he needed to run faster as we could run all day at the pace he was running. He gave up about 50 yards further."

December 1998 - Ten Years Ago

- The Winter Series kicks off on the 13th. In the 15K winning performances are turned in by Amy Herold, Tyson Evensen, Carl Urrey, Katherine Ambrosio, Martha DeGrazia and Russ Hoyer.

- Club President Elaine Humphrey receives a letter from the Road Runners Club of America asking us to consider rejoining this national organization. We would be the 3rd largest member behind New York City RRC and the Atlanta Track and Field Club. Years earlier we had dropped our membership due to an acrimonious dispute with RRCA. (At the next Club meeting, a motion to rejoin RRCA is defeated.)

December 2003 - Five Years Ago

- It's perfect weather for the Winter Series kick-off on the 14th: dry, calm and temps in the mid-teens. All the winning times appear to be records for this race. In the 3 Mile, you have Ian French and Liz Conway, while in the 15K the top finishers are Jamie Rodriguez and Penny French, closely pursued by Josh Merlis, Adam Rice, Kim Miseno and Nancy Taormina. □



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FIRST NIGHT SARATOGA 5K RUN



5:30PM • WEDNESDAY • DECEMBER 31, 2008
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SARATOGA SPRINGS, NY

A GRAND-PRIX EVENT OF THE ADIRONDACK RUNNERS
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Registration Fee: \$15 if received by November 28
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- No Day of Race Registration -

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www.ymcasaratoga.org

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EMAIL: maureen@ymcasaratoga.org

° FIRST NIGHT IS PRESENTED BY THE YMCA OF SARATOGA

HMRRC 2009 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Thursday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, Hangover Half* & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com
Sunday	Jan 11	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Will Dixon Ed Gillen	wcdixon4@hotmail.com vcat47@aol.com
Sunday	Jan 25	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	josh@albanyrunningexchange.org
Saturday	Feb 07	6 p.m.	Desmond Hotel	HMRRC Club Banquet	Debbie Beach	dbeach21@verizon.net
Sunday	Feb 08	10 a.m.	UAlbany	#,F Winter Series 5: 4M, 10M* , 20M	Scott Ginsburg Lori Sciortino	ginso2001@aol.com lsciorti@nycap.rr.com
Sunday	Feb 22	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterson@albany.edu kklemt@nycap.rr.com
Saturday	Mar 07	10 a.m.	Green Island	Runnin' of the Green (Island) 4M* ** +	Ken Skinner Bob Irwin	kennyskin@earthlink.net
Sunday	Apr 05	9 a.m.	Bethlehem M.S., Delmar	Delmar Dash 5M* [GP<40] ** +	Tom & Marcia Adams	madams01@nycap.rr.com
Saturday	Tentative Apr 18	10 a.m.	Guilderland H.S.	Bill Robinson 10K Masters Championship *[GP40+] **	Jim Tierney	runnerjmt@aol.com
Sunday	May 10	10 a.m.	Hamagrael School, Delmar	Mother's Day 3.5M +	Jim Tierney Nancy Briskie	runnerjmt@aol.com nbriskie@aol.com
Thursday	May 21	6:25 p.m.	Empire State Plaza	GHI Workforce Team Challenge 3.5M **	Pete Newkirk	pnewkirk@newkirk.com
Sunday	Tentative June 6	9 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K	John Haley Megan Leitzinger	j.haley36@yahoo.com
Sunday	Tentative Jun 14	9 a.m.	UAlbany	#, F Distinguished Service 8M*	Mark & Angela Warner	mwarnr1@nycap.rr.com
Sunday	Jun 21	9:30 a.m.	The Crossings of Colonie	Father's Day 5K ** +	David Newman	newman.david@gmail.com
Tuesday	Jul 07	6:15 p.m.	Colonie H.S.	# Colonie Mile*	Ken Skinner	kennyskin@earthlink.net
Wed.	Jul 15	6:15 p.m.	TBD	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com
Wed.	Jul 22	6:15 p.m.	TBD	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com
Wed.	Jul 29	6:15 p.m.	TBD	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com
Sunday	Aug 02	9 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly	mjkhome@verizon.net
Sunday	Aug 02	Noon	Thacher State Park	Summer Picnic	Marcia Adams Cathy Sliwinski	cslwiw@nycap.rr.com
Monday	Aug 03	6:30 p.m.	Tawasentha Pk Guilderland	# Tawasentha XC 5K No. 1 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 10	6:30 p.m.	Tawasentha Pk Guilderland	# Tawasentha XC 5K No. 2* +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 17	6:30 p.m.	Tawasentha Pk Guilderland	# Tawasentha XC 5K No. 3 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Sep 07	9 a.m.	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K* ** +	John Parisella	jparisel@nycap.rr.com
Sunday	Sep 20	9 a.m.	UAlbany	#, F Anniversary Run, 2.8M & 5.6M*	Pat Glover	pjglove@aol.com
Sunday	Oct 04	10 a.m.	New Scotland Town Park	# Voorheesville 7.1M	Jim Thomas	jth430@verizon.net
Sunday	Oct 11	8:30 a.m.	Central Park, Schenectady	26th Annual Mohawk Hudson River Marathon* **	Elaine Humphrey	info.mhrm@gmail.com
Sunday	Oct 11	8:30 a.m.	Colonie Town Park	7th Annual USMC Reserve Half-Marathon**	Jim Gilmer	info.mhrm@gmail.com
Sunday	Nov 08	10:30 a.m.	Central Park, Schenectady	34th Annual Stockade-athon 15K* ** +	Vince Juliano	hamletbryans@aol.com
Sunday	Nov 22	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com
Sunday	Dec 13	10 a.m.	UAlbany	#, F Winter Series Starter 3M & 15K	Doug Bowden	bowden@nycap.rr.com

Day of Race Sign Up ONLY!
F No Entry Fee for HMRRC Members

* **Grand Prix Event [bold]**
** USATF certified course
+ Kid's Race

Grand Prix Update

Race #11 Mohawk Hudson River Marathon October 12, 2008

FEMALE

Female Open

- 12 Christine Ardito
- 10 Diana Rodriguez
- 8 Kelly Virkler
- 7 Holly Rousseau
- 6 Colleen Hayden

Female 30-39

- 12 Margaret Bromirski
- 10 Jessica Hageman
- 8 Anne Kubasiak
- 7 Stacia Smith
- 6 Kerrie Martin
- 5 Shayne Johnson
- 4 Laura Hudy

Female 40-49

- 12 Christine Capuano
- 10 Kathleen Kemp
- 8 Susan Whitney
- 7 Kathleen Arthur
- 6 Alissa Caton
- 5 Jenny Lee
- 4 Elisa Schneider

Female 50-59

- 12 Joan Celentano
- 10 Kathrine Ambrosio
- 8 Joan Brown
- 7 Maria Garcia
- 6 Kathy Dillinger
- 5 Barbara Sorrell

Female 60-69

- 12 Lichu Sloan

Total After 11 Races

Female Open

- 48 Christine Ardito
- 41 Colleen Hayden
- 33 Rachel Clattenbury
- 28 Diana Rodriguez
- 26 Jessica Sherry
- 24 Alyssa Lotmore
- 22 Justine Mosher
- 22 Kelly Virkler
- 20 Jennifer Senez
- 14 Emily Finnegan
- 12 Kathryn Bengtson
- 12 Sara Brenner
- 12 Katrina Hines
- 12 Diane Matthews
- 11 Erin Rightmyer

- 10 Katelyn Choiniere
- 10 Lea Cure
- 10 Kaylee Scott
- 10 Brina Seguire
- 8 Kristina Strassburg
- 7 Mikala Anson
- 7 Lisa D'Aniello
- 7 Lindsey Goldberg
- 7 Emily Gravelle
- 7 Moira Hilt
- 7 Holly Rousseau
- 7 Kate Thomas
- 6 Amy Becker
- 6 Julie Nabozny
- 5 Zibby Eckhardt
- 5 Jessica Mitchell
- 4 Melissa Patrick
- 4 Joselin Schmitz-Morfe

Female 30-39

- 72 Dana Peterson
- 43 Jess Hageman
- 41 Lori Weaver
- 29 Sally Drake
- 28 Kari Gathen
- 28 Penny Tisko
- 22 Estelle Burns
- 12 Laura Baumgarten
- 12 Margaret Bromirski
- 12 Jamie Scott
- 10 Jamie Masson
- 9 Regina McGarvey
- 8 Anne Kubasiak
- 8 Kimberly Miseno-Bowles
- 7 Christa Dederick
- 7 Pamela Delsignore
- 7 Tammie Jones
- 7 Jennifer Merritt
- 7 Stacia Smith
- 7 Candice Panichi
- 7 Michelle Pendergast
- 7 Lorraine Stroud
- 6 Alissa Caton
- 6 Summer Farina
- 6 Laura Gerson
- 6 Kerrie Martin
- 6 Jaime Scott
- 5 Carrie Genaway
- 5 Shayne Johnson
- 5 Melanie Snay
- 4 Laura Hudy

Female 40-49

- 60 Emily Bryans
- 52 Anne Benson
- 49 Mary Buck
- 47 Nancy Taormina
- 47 Chris Varley
- 34 Megan Leitzinger
- 24 Judy Guzzo
- 13 Nancy Nicholson
- 12 Christine Capuano
- 12 Sharon Fellner
- 12 Mary Signorelli

- 10 Cheryl DeBraccio
- 10 Kathleen Kemp
- 9 Marcia Harrison
- 8 Kathleen Goldberg
- 8 Julia Murphy
- 8 Susan Whitney
- 7 Kathleen Arthur
- 7 Kay Byrne
- 7 Heta Miller
- 6 Alissa Caton
- 6 Linda Kimmey
- 6 Tracy Perry
- 6 Sandra Dee Reulet
- 6 Lidia Ryan
- 6 Lori Vink
- 5 Marcia Alexander
- 5 Jennifer Casey
- 5 Linda Hayen
- 5 Jenny Lee
- 5 Arlene Reyell
- 5 Joyce Reynolds
- 4 Inge Aiken
- 4 Bridgette Chorbajian
- 4 Mary Franchini
- 4 Sue Motler
- 4 Uzma Qureshi
- 4 Elisa Schneider

Female 50-59

- 68 Martha DeGrazia
- 62 Judy Phelps
- 45 Joan Celentano
- 43 Susan Burns
- 36 Cathy Sliwinski
- 35 Kathrine Ambrosio
- 34 Nancy Briskie
- 26 Karen Dott
- 20 Cynthia Finnegan
- 18 Cynthia Southard
- 13 Erika Osterle
- 11 Barbara Sorrell
- 10 Peggy McKeown
- 10 Jill Mehan
- 9 Donna Choiniere
- 8 Joan Brown
- 8 Jeryl Simpson
- 7 Maria Garcia
- 6 Donna Charlebois
- 6 Kathy Dillinger
- 5 Donna Lustenhower
- 4 Gail Hein
- 4 Ginny Pezzula

Female 60-69

- 72 Sue Wong
- 38 Ginny Mosher
- 24 Sibyl Jacobson
- 22 Ginny Pezzula
- 12 Lichu Sloan
- 11 Noreen Buff
- 8 Betty Langevin
- 8 Liz Milo
- 7 Candi Schermerhorn
- 5 Susan Caccuitto

Female 70-79

- 72 Anny Stockman
- 46 Joan Corrigan
- 38 Eiko Bogue

MEN

Male Open

- 12 Richard Messineo
- 10 Kevin Kelly
- 8 Joe Benny
- 7 Jonathon Bright
- 6 Drew Hopkins
- 5 Jonathon Pellittieri
- 4 Kevin Messineo

Male 30-39

- 12 Robert Irwin
- 10 Todd Salvesvold
- 8 Timothy Harrigan
- 7 David Tromp
- 6 Todd Smith
- 5 Gilbert Chorbajian
- 4 Robert Rausch

Male 40-49

- 12 Christian Lietzau
- 10 Will Moran
- 8 Ed Hampston
- 7 Russell Lydon
- 6 Walt Peretti
- 5 Michael Bromm
- 4 Richard Homenick

Male 50-59

- 12 Kevin Dollard
- 10 John Parisella
- 8 Steve Sweeney
- 7 Dennis Sullivan
- 6 James Fairchild
- 5 Bob Sommerville
- 4 Bill Herkenham

Male 60-69

- 12 Jim Thomas
- 10 Norman Dovberg
- 8 Robert Armagno
- 7 Larry Seward
- 6 Greg Taylor

Total After 11 Races

Male Open

- 70 Chuck Terry
- 58 Josh Merlis
- 44 Tom O'Grady
- 29 Andrew McCarthy
- 28 Richard Messineo
- 19 Chad Davey
- 19 Dan Jordy
- 18 Justin Bishop
- 16 Joe Benny
- 12 Jamie Rodriguez

12 Zachary Russo
 11 Kevin Messineo
 10 Tim Caramore
 10 Kevin Kelly
 9 Paul Mueller
 8 Chris Cure
 8 Matthew Fryer
 8 Anthony Giuliano
 8 Chris Imperial
 7 Jonathon Bright
 7 Tom Dorwaldt
 7 Christopher Shaw
 7 Jim Sweeney
 7 Davie Vona
 6 Pat Galdun
 6 Drew Hopkins
 6 Andrew Martini
 6 David Newman
 5 Steve Booker
 5 John Carlino
 5 Denis Hurley
 5 Jack Parisella
 5 Jonathon Pellittieri
 4 Ryan Donnelly
 4 Robert Hollinger
 4 Greg Stevens

Male 30-39

70 Aaron Knobloch
 64 Brian Northan
 51 David Tromp
 46 Todd Smith
 38 Chris Nowak
 32 Dan Murphy
 27 Jim David
 19 Patrick Lanskey
 12 Robert Irwin
 12 Ken Plowman
 10 Todd Salvesvold
 10 Neil Sergott
 8 Jonathon Bright
 8 Timothy Harrigan
 7 Joe Benny
 7 Ed Hampston
 7 Mike Kelly
 7 Craig Weidman
 5 Corbin Gosier
 8 TJ Karl
 5 Gilbert Chorbajian
 5 Kevin Kelly
 4 Pete Guzzo
 4 Jay O'Connor
 4 Robert Rausch

Male 40-49

63 Tim Hoff
 49 Ed Hampston
 45 Ahmed Elasser
 44 Derrick Staley
 40 Jon Rocco
 31 Steve Becker
 24 Tom Dalton
 17 Will Moran
 16 Brian DeBraccio
 14 Chris Buckley
 14 Norris Pearson
 12 Bob Jones
 12 Christian Lietzau
 12 Todd Mesick
 12 Todd Rowe
 11 Walt Peretti

10 Pete Cure
 10 Ed Menis
 9 Tom Kracker
 9 Joe Krisciunas
 9 Scott Suba
 8 John Kinnicutt
 8 John Noonan
 8 Rob Paley
 7 Russell Lydon
 6 Joseph Sullivan
 6 Mark Warner
 5 Michael Bromm
 5 Tom McGrath
 4 Patrick Culligan
 4 Ed Drebitko
 4 Richard Homenick
 4 Jim Maney
 4 Anthony Ostrander
 4 George Zibell

Male 50-59

60 Jim Maney
 54 Rob Colborn
 53 John Parisella
 36 Dale Keenan
 25 Chuck Ryan
 24 Kevin Dollard
 21 Bob Sommerville
 19 James Jacobs
 18 Paul Forbes
 18 Peter Gerardi
 18 Jack Nabozny
 18 Rob Picotte
 16 Jim Bowles
 14 Richard Clark
 14 Steve Sweeney
 13 Chris Murphy
 12 Frank Broderick
 12 Ken Klapp
 11 Juergen Reher
 10 Paul Bennett
 10 Rick Munson
 9 Frank Paone
 7 Lee Pollock
 7 Dennis Sullivan
 7 Mark Warner
 6 Joe Benoit
 6 Alar Elken
 6 Bob Ellison
 6 James Fairchild
 6 Bill Herkenham
 5 Frank Paone
 5 Mark Regan
 4 John Carboni
 4 Bob Oates
 4 Tom Yannone

Male 60-69

72 Pat Glover
 56 Tom Adams
 55 John Stockwell
 35 Jim Thomas
 28 Norman Dovberg
 23 Douglas Fox
 20 Larry Seward
 19 Peter Cowie
 18 John Pelton
 15 Frank Klose
 14 Frank Myers
 13 Ray Lee
 13 Greg Taylor

12 David Hayes
 12 Tom Yannone
 8 Robert Armagno
 8 Chuck Batcher
 8 Dick Correa
 8 Bob Ellison
 8 George McGowan
 7 Ed Bown
 6 Jack Berkery
 6 Joe Brennan
 6 Mike Caccuitto
 5 Jim Tansey
 4 Paul Hillengas
 4 Ray NewKirk
 4 Chuck Trimarchi

Male 70+

70 Wade Stockman
 61 Bob Husted
 33 Ed Doucette
 30 Chris Rush
 20 Joe Kelly
 18 Joe Corrigan
 18 Ed Thomas
 10 Dick Green
 10 Jim Tierney
 7 Mike Bartholomew
 7 Charles Bishop
 7 Armand Langevin
 5 Richard Eckhardt
 5 Pat Fitzgerald
 5 Don Wilkin
 4 Ray Bremm

AGE GRADED

Runner	Age	G
12 Kevin Dollard	53M
10 John Parisella	50M
8 Bob Irwin	35M
7 Jim Thomas	62M
6 Chriatian Lietzau	45M
5 Steve Sweeney	53M

4 James Fairchild	59M
3 Dennis Sullivan	53M
2 Will Moran	48M
1 Christine Capuano	41F

Total After 11 Races

Runner	Age	G
56 Pat Glover	61/62M
55 Anny Stockman	75/76F
53 Martha DeGrazia	56/57F
41 Judy Phelps	57F
40 Chuck Terry	25/26M
38 Jim Maney	50M
32 Dale Keenan	57M
23 Derrick Staley	49M
21 Emily Bryans	40/41F
19 Tom O'Grady	22/23M
18 Josh Merlis	25/26M
17 Kevin Dollard	52/53M
16 Rob Colborn	53M
15 John Parisella	50M
14 Timothy Hoff	42M
13 Tom Dalton	49M
13 Peter Gerardi	56M
11 Dana Peterson	37F
9 Mary Buck	44F
9 Aaron Knobloch	31/32M
8 Bob Irwin	35M
7 Jim Thomas	62M
6 Justin Bishop	27M
6 Tim Caramore	26M
6 Chriatian Lietzau	45M
6 John Noonan	48M
6 John Pelton	68/69M
6 David Vona	25M
5 Ahmed Elasser	45M
5 Steve Sweeney	53M
5 Penny Tisko	39F
5 Susan Wong	60F
4 Kathryn Bengtson	25F
4 Anne Benson	43F
4 James Fairchild	59M
4 Jamie Rodriguez	28M





CLUB RUNNING APPAREL

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SHORTS

Female Asics shorts in yellow, peach, turquoise, light blue

Female Adidas shorts in black

Female Race Ready shorts in royal blue in several styles. Available plain and long distance (with back mesh pockets)

Male Race Ready shorts in royal blue and black in several styles. Available plain and long distance (with back mesh pockets)

SHORT SLEEVE SHIRTS

Male Hind shirts in mustard, navy blue, grey, with reflective stripes

Unisex shirts in royal blue

SINGLETs

Male and Female, with royal blue side panels and blue logo

Female white with blue band and snaps for bib

LONG SLEEVE SHIRTS

Unisex, light-weight, white with royal blue logo on sleeve

Unisex, heavy-weight, black with white logo

OUTERWEAR

Male jacket in royal blue and black

Male warm-ups in black, jacket and pants

OTHER

Defeat Aire-ator socks, white with royal blue lettering

Smart ID tags, snap on and off your shoes

Male and female black tights

Caps, white or white and royal blue with embroidered logo

Winter caps, headbands, gloves

FOR MORE INFORMATION

GO TO HMRRRC.COM OR CALL OR E-MAIL JUDY LYNCH, 729-5367, judylynch@nycap.rr.com

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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