

# The Pace Setter

April 2014

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

## Winners of 41st Annual HMRRC Winter Marathon

**Matt Farragher**



**Francesca DeLucia**





# 16th Annual Kinderhook Bank

## OK 5k

### Saturday — June 7, 2014 — 9:00 AM

### 2014 USATF Adirondack Grand Prix Road Race

<b>Certified 5K Chip Timed</b>	<b>Start &amp; Finish: Kinderhook Village Square (Route 9). Walkers welcome.</b>						
<b>Registration</b>	<b>Web <a href="http://www.OK5krace.org">www.OK5krace.org</a> or form below. email: <a href="mailto:kinderhookok5krace@gmail.com">kinderhookok5krace@gmail.com</a></b>						
<b>Entry Fee (5K Race)</b>	<table border="0"> <tr> <td>\$18.00 before May 31<sup>st</sup></td> <td>\$25 May 31<sup>st</sup> and after</td> </tr> <tr> <td>\$16.00 KRC Members before May 31<sup>st</sup></td> <td>\$25 May 31<sup>st</sup> and after</td> </tr> <tr> <td>\$15.00 Students before May 31<sup>st</sup></td> <td>\$25 May 31<sup>st</sup> and after</td> </tr> </table>	\$18.00 before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after	\$16.00 KRC Members before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after	\$15.00 Students before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after
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<b>Packet Pickup</b>	Friday, June 6 <sup>th</sup> , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 7 – Village Square: 7– 8:30 AM. <b>No Race Day registration after 8:30</b>						
<b>Awards</b>	<b>5-year Age Groups and 3-Member Teams</b> - including under 10 to 10-14 through 70-74, 75-79 and 80 and greater age groups <b>No Race Day Registrations for Teams.</b>						
<b>USATF</b>	Membership # required for USATF Scoring. Go to <a href="http://www.usatfadir.org">www.usatfadir.org</a> or 518-273-5552						
<b>OK 1 Mile Run Ages: 4 to 12</b>	Sponsored by: <b>Kinderhook Runners Club</b> <b>Time - 8:15 AM</b> – Finishers’ Medals for all. Starts in Village Square. Fee: <b>\$2.00</b> - Medal to winner in each 1 year age group						
<b>Ages: Under 6</b>	<b>8:40 AM - Reading Ramble</b> - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.						
<b>Donations</b>	Please consider bringing a non-perishable food item for the local Food Pantry and/ or Women's running shoes for a running program for victims of domestic violence.						

#### RACE APPLICATION FORM

5K     Kids Run (1 mile)     3 Member Team Entry (each team member separately fills out form )

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (**checks payable to: OK 5k**)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT (register by 5/1 to guarantee size):

SMALL     MEDIUM     LARGE     EXTRA LARGE

Age on Race Day \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth (mm/dd/yy) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Male  Female                       KRC Member Circle One: Y   N                      USATF # \_\_\_\_\_

Email address \_\_\_\_\_

#### FOR TEAM MEMBERS ONLY:

Team Type :  All Male    All Female    Mixed (Co-ed) Team Name (10 characters or less): \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_

Date \_\_\_\_\_

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# The Pace Setter

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*Photos in this issue by Chris Bishop, Charles Bishop and Ray Lee, Jack Berkery*

## HMRRRC Mission Statement

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

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

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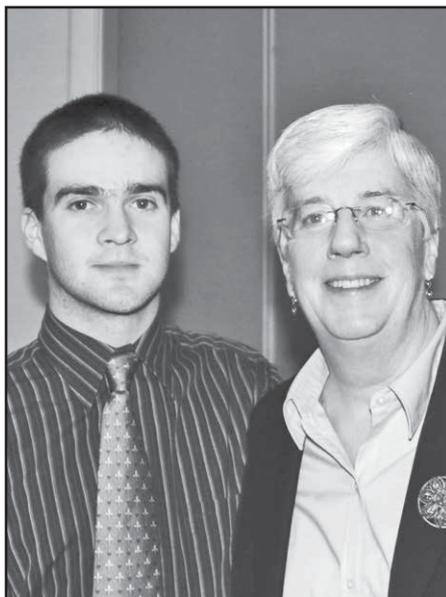
**www.hmrrc.com**



# President's Message

*by Maureen Cox*

As the season of rebirth is upon us, it is a good time to reflect on your goals and perhaps enjoy a rebirth in your running. But oh those April showers! Hope you all are getting in those training runs rain or shine for your springtime races and training. The days are longer and that makes us all able to cram more into those twenty four hours each day, perhaps even a few "two a days". Make sure as you travel along you take time to enjoy the smells and sights of spring. We all get busy and need to be reminded how important taking that time is. Don't forget to thank all your running buddies for being part of your running world. Pass on those words of encouragement and praise – they really help keep us moving. Being a volunteer at an event gives you a great opportunity to do just that! Happy Spring. ☐





# What's Happening in April

by Al Maikels

The Spring racing season kicks off with the 26th Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, it's 26 years later and the race is a solid fixture on the spring schedule. This year's race will be held on Sunday, April 6 at 9:00 a.m. at the Bethlehem Middle School in Delmar. There is no day of race registration for this race so sign up early if you plan on running.

The other club race in April is reserved for the over 40 set, which, by my calculations is approximately 70% of the club membership. The 34rd Bill Robinson Masters 10K Championship will be held on Saturday, April 26 at 9:00 a.m. at the Guilderland High School. This race is held on a tough hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race and it is also part of the USATF Grand Prix series.

Other April races of note are as follows:  
12th Dodge the Deer 5k and Mile Fun Run

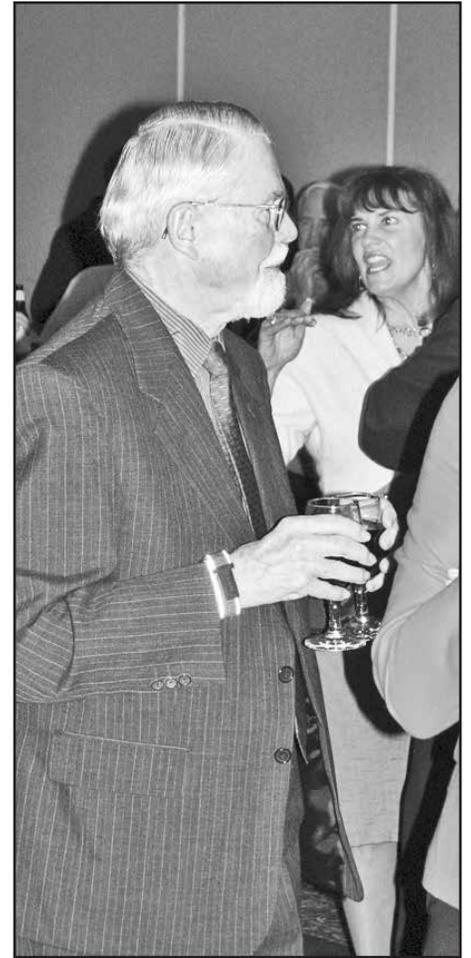
is on Saturday, April 19 at the Schodack Island State Park with the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

The Rabbit Ramble 4 mile race will also be held on Saturday, April 19 at Guilderland High School with a 10 a.m. start time.

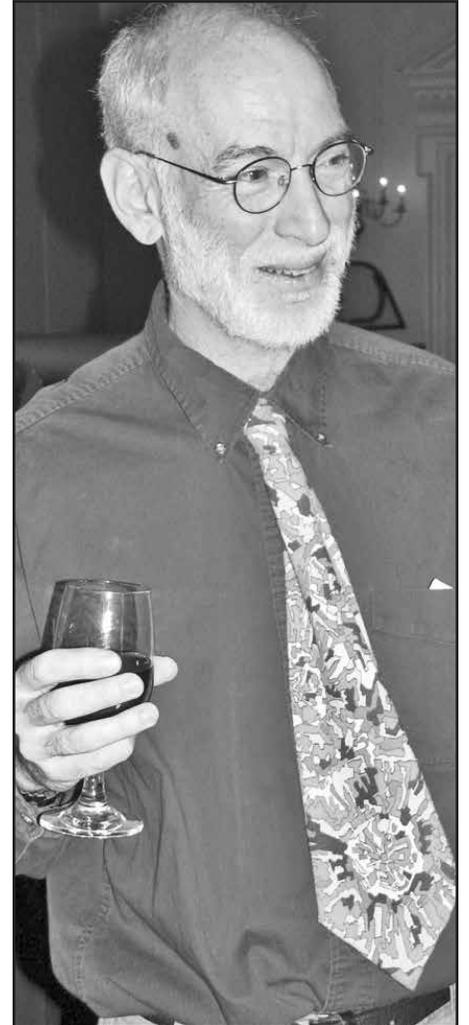
The 13th running of Sean's Run 5k will be on Sunday, April 27 at 12 noon at the Chatham High School.

The grand daddy of all marathons is also held in April. Monday, April 22 is the date for the 118th Boston Marathon. The HMRRC is always well represented at this race and this year should be no exception.

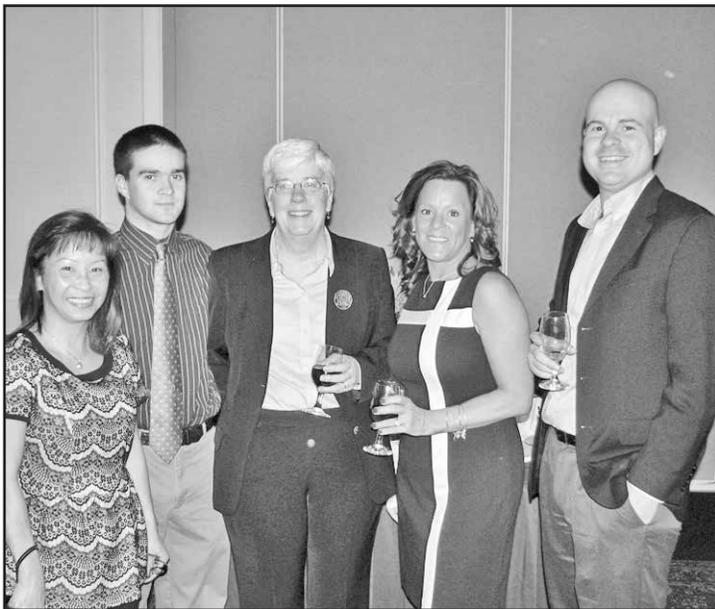
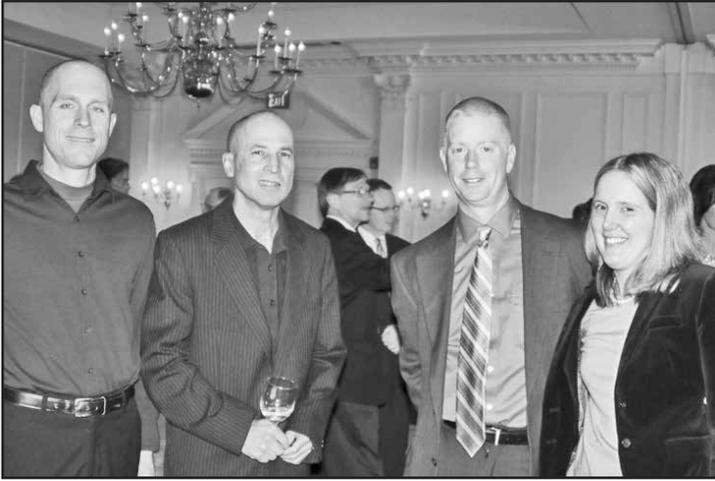
The club business meeting for April will be held on Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □



# 2014 HMRRRC AWARDS BANQUET



# 2014 HMRRRC AWARDS BANQUET





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

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

**See our website for details and event registration: [seansrun.com](http://seansrun.com)**

**SUNDAY APRIL 27, 2014 | CHATHAM HIGH SCHOOL | FUN FOR ALL!  
5K-12 NOON**

**SEAN'S RUN  
WEEKEND 2014**



Bike Rides Presented by



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# "BEEN THERE, DONE THAT"

by Mike Becker

## April 1974...Forty Years Ago

• Several club members ran outstanding times in the Boston Marathon, including Jim Bowles (2:26), Don Wilken (2:46), Tom Clarke (2:49), Ted Bick (2:54), Gage Hotchkiss (2:59), and Bill Shrader, Jr. (3:05). Jim's time was especially impressive because he was seriously injured in the Bank-a-thon just 16 days prior.

## April 1979...Thirty Five Years Ago

• Bill Rodgers set a course and American record by winning the Boston Marathon with a 2:09. Joan Benoit ran 2:35 to also set a course and American record. Club members with excellent times include Carlo Cherubino (2:24), Marty Kittell (2:27), Dan Larson (2:28), Pat Glover (2:31), Lowell Montgomery (2:47), Bill Meehan (2:53), Carl Matuszek (2:57), and (female) Casey Reynolds (3:19).

## April 1984...Thirty Years Ago

• The ever-popular six-mile Handicap Race was held at SUNYA on April Fool's Day and directed by John Aronson. Fifty-four runners, who had the courage to admit their age and weight and didn't deny their sex, toed the line in sequence in front of the SUNYA gym. Handicap head starts were calculated from a secret formula and ranged from 17 minutes to zero. Sixty-eight year old Ultramaster Bill Shrader led off and finished eighth, with a real time of 49:50. Ed Thomas was the "handicap" winner with a real time PR of 38:17. Tom Greene had the fastest real time with a 32:42, followed by Paul Murray.

## April 1989...Twenty Five Years Ago

• The club Half Marathon was held on the second on a point-to-point course from Schenectady to Albany. A total of 518 runners completed the race, with 161 running under 90 minutes. Dan Paxson was the winner with a 68:24, followed by Dale Keenan. Lisa Vaill was the top female with a 78:24, followed by Lori Hewig. Pat Glover was the top Masters runner with a 72:40, and Don Wilken topped the 50+ age group with an 81:21.

• A total of 303 runners braved 35-degree temperatures and a brisk wind to compete in the inaugural Delmar Dash five-miler on the 23rd, directed by Hank Steadman. Tom Dalton won with a 24:33, which is amazingly still the course record. Kathy Jones was the top female with a 30:57.

## April 1994...Twenty Years Ago

• Tom Dalton won the Delmar Dash five-miler on the tenth with a time of 24:53, nearly two minutes ahead of Dale Keenan. Thirteen-year-old Jennifer Fazioli was the female winner with a 29:09, nearly a minute ahead of Linda Kimmey. There were 301 finishers.

• The club Half Marathon was held on the 23rd, a point-to-point course from Schenectady to Albany. Lance Denning was the winner



with a 72:16, with Dale Keenan taking second. Lori Hewig was the top female with a 78:45, well ahead of Amy Herold-Russom. This was the final year of this race, known variously as the Governor's Cup, Bankathon, and Price Chopperthon.

• Dale Keenan won the hilly Masters 10K in Guilderland on the 30th with a 34:06, 13 seconds ahead of Tom Bulger. Martha DeGrazia was the female winner with a 43:50, about two minutes ahead of Jo-Ann Spinelli.

## April 1999...Fifteen Years Ago

• Heather Cox and Tom Dalton won the Delmar Dash five-miler on the 11th with times of 29:34 and 25:12, respectively. This was Dalton's seventh win of this event, in just 11 runnings. Nancy Nicholson and Peter Flynn were runners-up. There was a then-record of 494 finishers.

• Jo-Ann Spinelli and Rob Picotte won the Masters 10K/USATF Adirondack Masters 10K Championship on the 24th with times of 44:59 and 36:34, respectively. Age group winners included Pat Glover, Don Wilken, Anny Stockman, and Mike Bartholomew.

• Seventeen-year-old Tyson Evensen won the Fifth Annual Law Day 5K Run Against Domestic Violence on the 30th in Albany with a 16:24, ahead of Jim Lebrou and Dan Cantwell. Megan Leitzinger was the female winner with a 20:22, ahead of Carrie Hansen and Jody Planz.

## April 2004...Ten Years Ago

• Bob Irwin and Emily Bryans won the Delmar Dash five-miler on the fourth with times of 27:09 and 30:06, respectively. This was Emily's third of an eventual six wins of the Dash. Adam Rice and Roxanne Wegman were runners-up.

• Club member Jamie Rodriguez finished third in the competitive Kingston Classic 10K on the 18th with a 31:14, winning \$350. Emily Bryans was the second female with a 37:56 and won \$450.

• Michael Sainato and Christine Varley

won the Tenth Annual Law Day 5K Run on the 23rd in Washington Park in Albany with times of 18:06 and 21:29, respectively.

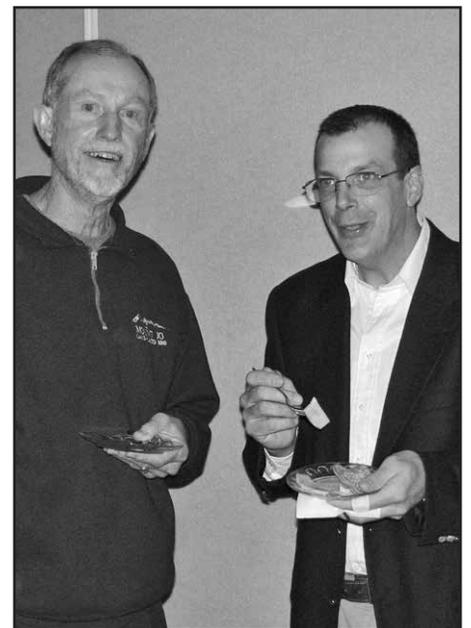
• Jamie Rodriguez won the Dodge the Deer 5K in the Pine Bush on the 25th with a 15:52, more than two minutes ahead of Jamie O'Neil. Libby Phelps was the female winner with a 20:05. Also in the top ten were Aaron Knobloch, Jon Rocco, and Patrick Lynsky.

## April 2009...Five Years Ago

• Justin Bishop and Meghan LaPointe won the Raider Classic 5K at Colonie HS on the third with times of 15:53 and 20:09, respectively.

• Pat Cullen won the five-mile Delmar Dash on the fifth with a time of 25:27, seven seconds faster than Chuck Terry. Emily Bryans was the female winner with a 30:24, two minutes ahead of Ashley Gorr.

• Mary Buck and Tim VanOrden won the Bill Robinson Masters 10K at Guilderland HS on the 25th with times of 42:58 and 36:56, respectively. Age group winners included Anny & Wade Stockman, Dale Keenan, Nancy Briskie, Mark Warner, Beth Stalker, and Kari Gathen. □





# WHERE THE RUBBER MEETS THE ROAD

You've waited all year for this day. You've worked hard and trained hard. If you haven't registered your team yet, now's the time to do so before the **May 2 deadline**. Just visit [www.cdphpwtc.com](http://www.cdphpwtc.com). It's that simple.

## Running for a Cause

Aside from improving your fitness and bonding with your teammates, you'll be helping some worthy charities, four to be exact. A portion of the race proceeds will benefit them, and you'll have the opportunity to make an additional donation as well.

## Volunteers Needed

Not up to running or walking this year? You can still join in the fun by volunteering. A number of opportunities are listed on [www.cdphpwtc.com](http://www.cdphpwtc.com).

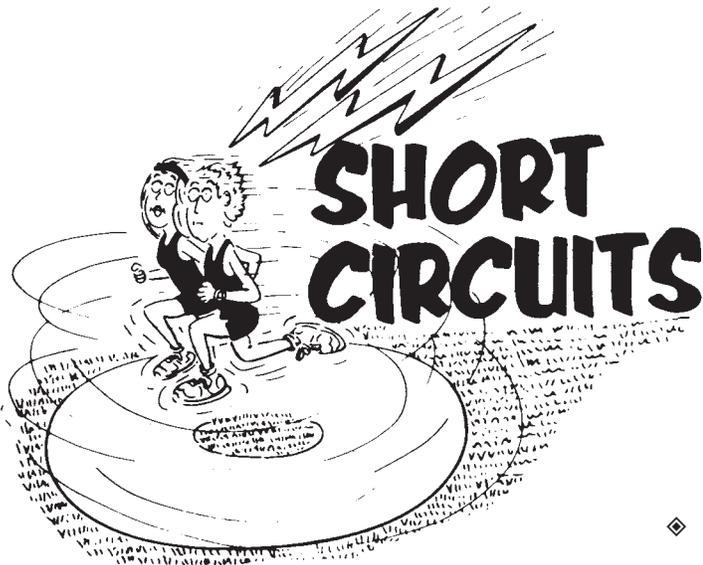
We'll see you at the Start line!

**2014 CDPHP® Workforce Team Challenge**  
**Thursday, May 15**  
**Empire State Plaza, Albany**  
**Start Time: 6:25 p.m.**



2014 Charities of Choice:





You know you're a runner when . . . you get an invitation to a wedding and you immediately think what race the date will conflict with.

Peter Shankman had an early morning business meeting so he went for a very early morning long run in NYC's Central Park. He was training for a triathlon. He started his run at 4:30 a.m. He didn't get very far. He was busted by NYPD for jogging in the park. Central Park is closed between 1 a.m. and 6 a.m., making his early morning run a criminal act. Mr. Shankman claims there were no signs, gates, or traffic cones indicating that the park was closed and plans to fight what he believes is a bogus charge in court in May.

Post run paperwork: criminal complaint

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

How does HMRRC's Gazette Stockadeathon 15k compare with Utica's Boilermaker? In terms of numbers the Stockadeathon pales in comparison with the Boilermaker. The Boilermaker had just over 11,000 finishers last year with \$57,100 in prize money while the Stockadeathon had about 1,800 finishers with \$7,150 in prize money. In terms of competition, this comparison reverses. Out of the 16 age groups (male and female) in the 2013 races, the Stockadeathon age group winners' race times bested the Boilermaker's race times in 13 of the 16 age groups.

Will Stone from Largo, Florida, a 9-year-old 4th grader, ran the Gasparilla Half Marathon in 1:41:07, breaking a 30 year old world record for that age group. "I beat the world record and it feels good," stated the 65 pounder after the race.

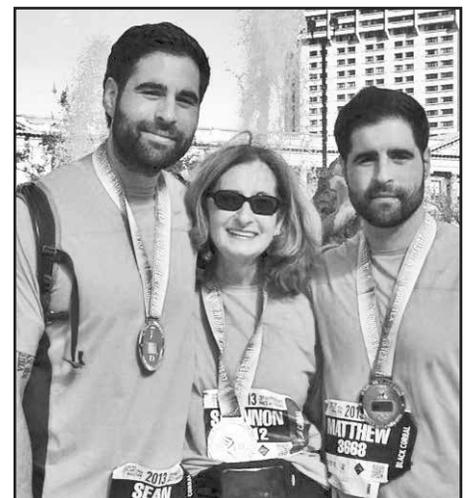


World record holder Will Stone



Winter 2014: Ice brows still thawing

Congratulations to Shannon Zabinski from Albany for winning the 60-64 year age group at the Philadelphia Marathon with a time of 4:11:56. It was Shannon's first marathon and first race over the 5k distance.



Shannon in Philly with her boys Sean and Matt

You know you're a runner when . . . you get asked "how far is the beach from here?" and you reply "2.86 miles." □



**I** NITIAATE  
**R** ACE  
**S** UPPORT



**IN THE MONTH OF APRIL!  
 EVENTS THAT NEED YOUR  
 HELP:**

- April:**  
 Delmar Dash  
 April 6  
 Masters Race  
 April 26

- May:**  
 Mother's Day  
 May 11  
 CDPHP Workforce  
 Team Challenge  
 May 15

- June:**  
 Distinguished Service  
 June 8  
 Colonie Summer Track  
 Various dates  
 Tri-City Valley Cats  
 June 14

**Sign Up online today!**  
<http://members.hmrrc.com/Admin/default.aspx>

**Questions/Comments?**  
 Marcia Adams  
 Volunteer Coordinator, HMRRC  
 Email: [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)  
 Telephone: 518-356-2551

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

Let CDPHP® help you achieve...

# Your Challenge, Your Way



There is no one-size-fits-all solution for getting in shape. That's why CDPHP created *Your Challenge, Your Way*, a program designed to help you reach your unique fitness goals by giving you tips and tools to **Walk your first 5K --- Run your first 5K --- Run your fastest 5K.**

You don't have to be a CDPHP member – everyone can join!\*

Here's how it works:

1. Visit [www.cdphp.com/challenge](http://www.cdphp.com/challenge) to sign up for *Your Challenge, Your Way*.
2. Choose your challenge.
3. Get weekly tips, tools, and motivation specifically tailored to help you work toward your goal!

And it gets better – each week, five lucky participants will win a Fitbit® One™! So enter today – getting in shape has never been more rewarding!

Visit [www.cdphp.com/challenge](http://www.cdphp.com/challenge) through May 11.



\* No purchase necessary. A purchase does not increase your chances of winning. Must be a legal resident of New York and 18 or older to participate. Sweepstakes begin on March 17, 2014 and end on May 11, 2014. Additional terms and restrictions apply. See Official Rules at [www.cdphp.com/challenge](http://www.cdphp.com/challenge) for details. Void where prohibited. Fitbit® One™ is not a sponsor of or associated in any way with this sweepstakes. CDPHP employees and CDPHP members with Medicaid Select, Family Health Plus, or Child Health Plus plans are not eligible to enter.

# Eating Disorders in Runners: The Good News

Yes, there is good news about eating disorders. You, as a friend, parent, and coach, can help prevent them in young runners! But before we get to that good news, let's take a look at the ugly stuff: Too many athletes (including runners of all ages) struggle with food. Some have disordered eating patterns; others have outright eating disorders. A Norwegian study showed that 14% of elite female teen athletes have developed an eating disorder by the ages of 15/16, as compared to only 3% of their non-athletic peers. Among older athletes, most report having started dieting and developing an eating disorder during puberty or adolescence. (You know, when at age 12, your parent suggested you go to Weight Watchers...) While the prevalence of eating disorders is higher among elite athletes than nonathletes, and higher in females than in males, the runners, dancers, gymnasts and others who compete in weight-sensitive sports are the most vulnerable.

## The ugly stuff: eating disorders are harmful!

An eating disorder is a psychological diagnosis (not a nutritional diagnosis, even the symptoms show up in food-related issues). Eating disorders often start at the time of puberty, when the body is changing and maturing. The skinny little runner who starts to mature and lay down some body fat (a normal part of puberty) can feel out of control, imperfect, and scared that she'll get fatter and fatter and fatter. Add in a critical comment from a parent, coach, or teammate ("Maybe you should lose a little weight...") and the kid believes she is not good enough. The "simple" solution is to eat less and exercise more – but that can become a vicious cycle of restricting (anorexia), restricting/bingeing (bulimia), or other variations of obsessive dieting.

Weight issues tend to be "I'm not good enough" issues. Feeling imperfect or out of control is an unhappy place to live, so a young runner might distract himself from feeling that discomfort by keeping himself busy tracking calories, exercising to burn fat, and obsessing about what, when and how much to eat. Food-thoughts can occupy 99% of the day, leaving little time or energy to deal with the real issue: poor self-esteem and why he doesn't feel good about himself.

To every athlete's detriment, dieting/restricting food can hurt the body's ability to function normally (as commonly noted by feeling cold and tired all the time, and in women, ceasing to have regular menstrual periods). Bones become weakened, stress fractures occur, and osteoporosis appears too young. Future infertility can be a sad consequence.

## The good news: Eating disorders can be prevented

Preventing eating disorders is certainly preferable to dealing with them. Marianne Martin-

sen and colleagues at the Norwegian School of Sports Sciences have researched how to prevent eating disorders from starting in the first place (*Med Sci Sports Exerc*, March 2014). They created a one-year program to try to prevent the development of new cases of eating disorders among first-year students representing 50 different sports/disciplines attending all 16 Elite Sport High Schools in Norway. The researchers randomized the different schools into the intervention group (received the program) and the control group (no input). In total, they followed 465 male and female first-year students during three years of high school. To create supportive environments the athletes' coaches at the schools were also included in the intervention.

The primary focus of the eating disorders prevention program was to enhance self-esteem by strengthening the students' self-efficacy (belief in themselves and their abilities to meet performance goals). Over the course of the year, the intervention students attended lectures, performed teamwork exercises, and completed homework assignments. On a closed Facebook page, they read posts by renowned athletes who shared their experiences related to self-esteem, self-efficacy, and mental training. Every day, for several weeks, each student recorded three positive events that were not related to their sports performance, as a way to develop a strong sense of themselves that was not contingent on performance or approval from significant others.

The students learned the following information:

- physiological changes that occur during puberty.
- the role of nutrition in enhancing performance.
- the need for proper fueling throughout the 24-hour day.
- ways to evaluate the latest nutrition supplements, diets.
- the importance of rest days; the dangers of overtraining.
- causes of stress in competitive athletics; how to manage it.
- how to set reasonable and achievable goals.
- visualization techniques to build a positive mindset.
- skills to create positive self-talk.
- how to show concern for teammates with eating issues.

As a result of the one-year intervention program, the female athletes significantly reduced their dieting behaviors by 90%. Not one of the athletes developed an eating disorder during that year or the one-year follow-up—a contrast to 13% of the female athletes in the control schools. Of the thirteen athletes who started the educational program with an eating disorder, 12 recovered. In comparison, only 4 of the



13 with eating disorders in the control group recovered.

## So what does this mean for you?

As a runner, you are undoubtedly self-critical. But the possibility exists that you (and your body) are indeed good enough the way you are. With counseling (as opposed to dieting), you can address those "I'm not good enough" demons that dominate your thoughts and lead you to believe you are not smart enough, strong enough, fast enough, thin enough, good enough. Fortunately, with the help of a therapist and a sports dietitian, you can find a more peaceful way to live and to care for yourself, including proper fueling.

If you are a friend of a runner who is struggling, express your concern about how tired, unhappy, or withdrawn your friend seems. Repeatedly ask, "Are you OK?" Tips at [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) and books at [www.edcatalogue.com](http://www.edcatalogue.com) can help you make a difference in someone's life.

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes, including many who struggle with food. Her office is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (new 5th edition) and food guides for runners, see [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online education, also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com)

## References

- Martinsen M, R Bahr, R Borrensen, I Holme, A Pensgaard, and J Sundgot-Borgen. (2014) Preventing Eating Disorders Among Young Elite Athletes: A Randomized Control Trial. *Med Sci Sports Exerc* 46(3): 435-447.
- Martinsen M & Sundgot-Borgen J. (2013). Higher prevalence of eating disorder among adolescent elite athletes than controls. *Med Sci Sports Exerc* 45 (6): 1188-1197.
- Sundgot-Borgen, J. & Torstveit, M.K. (2004). Prevalence of Eating Disorders in Elite Athletes is Higher Than in the General Population. *Clinical Journal of Sport Medicine*, 14(1), 25-32. □

# Dodge the Deer 5k & Mile Fun Run

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

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

### WHAT YOU NEED TO KNOW

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

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

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



### AWARDS

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



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

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



### AMENITIES

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

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

### EVENT SCHEDULE

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



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

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

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

### TO REGISTER, GET DIRECTIONS, AND MORE

Visit [www.AREEP.com](http://www.AREEP.com)  
 or call 518 320 8648.



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

✂ - ✂ - ✂ - ✂ -----

NAME _____	___/___/___ BIRTHDAY	AGE (ON 4/19/14) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____	
CITY _____		STATE _____	ZIP _____
PHONE ( ) _____	RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____		
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.</small>			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	

# Core Concepts

Mathew Nark: SFG 2, FMS; mathewnark.com

The musculature of the torso or the “core” is largely responsible for providing critical stabilization of the spine, while allowing our prime movers to produce the force needed to drive our running gait. Without this solid foundation of support from the core, our legs cannot produce optimal force to propel our running stride. Further, the core muscles are designed to resist movement and protect the spine as we go about our daily activities. Without an appropriately strong core, it is difficult to achieve optimal levels of performance in all aspects of our lives. There are a few basic concepts surrounding the core musculature that are worth understanding in order to properly train and utilize the core.

The core consists of the anterior and posterior musculature between the armpits and the pelvis. Contrary to popular belief, the muscle of the rectus abdominis or “the 6 pack” is only a small piece of the core puzzle. Our core is comprised of a complex system of muscles that wrap around the entire torso and act together reflexively to support our movements. These muscles contract and relax in order to facilitate movements. The obliques, rectus abdominis, transverse abdominis, multifidus, erector spinae, and quadratus lumborum are a few of the critical trunk stabilizers that support us both from the front and back as we move. What is important to recognize is that most of these muscles serve as stabilizers and are not designed to initiate movement.

What is designed to propel movement are the larger, fast twitch endowed muscles called prime movers. In the lower torso, this is primarily the latissimus dorsi, while in the legs it is the gluteals, quadriceps, hamstring muscles. These larger muscle groups dynamically move the body through all the planes of motion as opposed to the smaller trunk muscles, which serve as stabilizers.

We must train prime movers to move and our stabilizers to stabilize. How do we do this? One way is through the use of both static and dynamic exercises. Static exercises require that we control our body in a still position. We must be able to control our torso at rest before we begin to build dynamic stability. Once adequate static stability is achieved, we can implement more challenging dynamic movements. This relates to running in that our running gait calls for a great deal of pelvic control and the stability to allow our prime movers to push off and to absorb the shock as we land with each stride. Strong and efficient running stride then translates into improved performance and a lower likelihood of injury.

It is interesting to consider the demands that are placed on our bodies as we run, since it is much more significant that most of us realize. As we hammer out mile after mile and cruise along step by step, we generate amazing amounts of force with each footstrike and toe off. Each time we strike the pavement we produce between 1,083–1,314 newtons of force

per step, or roughly 1,000 lbs. of force with each foot strike. (G. A. Smith, FACSM and J. B. Fewster. Oregon State University 2009.) The demands that are placed on our entire musculoskeletal system as we run calls for a coordinated effort between our movers and stabilizers to both produce force and shock absorb.

Below are some examples of both static and dynamic stability core training movements that challenge the entire body. My approach is to help athletes initiate full body movements that simultaneously stimulate as many muscle groups as possible. When we run, our upright posture and stride requires our movers and stabilizers to work together reflexively to make the ride smooth. Hopefully, the exercises below can help to make your training and racing season as injury free and fast as possible.



## Static core exercises

### Stir the pot

Get in plank position on top of an exercise ball. While in plank position, make 5-10 circles in a clockwise direction followed by the same in a counterclockwise direction. Keep your torso as rigid and stiff as possible and let the arms move freely in a circular direction. Rest for 10 seconds and repeat for 3-5 sets.



### Renegade row

Get into push-up position on top of two kettlebells or two dumbbells. Hold your torso as rigid and stiff as possible while you pull one weight at a time off of the floor to the ribcage. Alternate repetitions from right to left until you have completed ten repetitions on each side. Rest and repeat for 3 sets total.

## Dynamic Core Exercises

### Racked kettle bell carry

Hold a moderately heavy kettlebell in the racked position with your thumb near the clavicle. The weight should be motionless and held close to the body. Find a space where you can walk 20-30 meters with the bell while lifting your knees with each step. Switch sides, perform 3 walks per side.



### Kettlebell swing

The swing is one of the most dynamic and effective exercises to learn. To begin, you hike the bell from the front to the back through your legs. When it reaches its under your gluteals, you stand up aggressively and fire the bell forward. As the bell reaches nose height, it will begin to decelerate and fall back towards the floor and back into your hip flexion pattern. Five sets of 10-15 repetitions generally give desirable results. □

## On the Web!

The Hudson Mohawk Road Runners Club is on the Web



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

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

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### Want to stay fit this spring and have fun too?

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

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

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

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



Find out more and register at [www.AREEP.com/camp](http://www.AREEP.com/camp)

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



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

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

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

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

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

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

Find out more about all these events by visiting [www.RUNALBANY.com](http://www.RUNALBANY.com)

# Men Wear Pink

by Kenneth Orner

The Susan Komen 5k Race for the Cure was held in West Palm Beach, FL on Saturday, January 25. There were over 12,000 participants, which included the women's and men's races as well as thousands of walkers. The women's 5k went off at 7:30 a.m. and the men's at 8:30 a.m.; each year they reverse the order. The walkers started the walk at 9:00 a.m. The course is completely flat and consists of an out and back along Flagler Drive in downtown West Palm Beach.

In previous years I competed in the men's race but this year I joined the 5k walkers. If you recall, in my last article for *The Pace Setter*, *Running Out of Gas*, I described a medical problem I had involving seizures and my physician's recommendation that I should no longer compete, citing the stress as a possible cause of my problem.

However, participating in the 5k walk gave me a far different perspective of this event. For example, I saw pink everywhere: some women wore pink tutus, pushed pink strollers and wore pink cowboy hats and some pink wigs. And a great many men proudly wore their pink Susan Komen Race T-Shirts, including me.

The morning was crisp and clear with a beautiful sunrise shining across the Intracoastal Waterway ocean front, and the humidity was relatively low for Florida. Now I would like to tell you about the important people, the runners:

I know that words like amazing, astonishing, unbelievable, astounding, spectacular (did I leave any out?) are used ad nauseam to describe an event like this. But please bear with me when I tell you about the sensational runner that won the women's race. Her name is Emma Cavendish, and this was her fourth time running this 5k and her 55th racing competition. Her time was 18 minutes, 40 seconds; so what was so spectacular, amazing about that?

Emma, who beat hundreds of other runners, is in sixth grade and is just 11 years old! She has competed in eleven triathlons and she is looking forward to college and competing in national running events.

Doesn't she deserve, and hasn't she earned all those superlatives?

And there had been a chance that Emma was going to skip this race due to a migraine headache that had her in the hospital emergency room a few days prior to the event.

Sam Gelman, who is just 17, won the men's race in a time of 16 minutes, thirty-four seconds. Sam is a standout runner at Suncoast High School. After the race he said he had planned to take the race slowly Saturday because he was sore from training so hard. However, he said, "I just felt good at the start so I kept going. It's just one of those days; everything went right."

Wow, wouldn't it be nice if we all could have one of those days?

There were 47 women survivors who ran the 5k and they ranged in age from 31 to 80. Sonia Bittner, who is age 80, had a time of

37:58; not bad for an octogenarian. Sonia is from Boynton Beach, FL. In the men's results, Ed Solomon, who is from Saratoga Springs, ran the 5k in 35:58. Ed is 65 years of age and a snowbird.

On a brief personal note, I have gone over six months without any episodes of seizures so my neurologist has allowed me to drive again, and as you can imagine, the feeling of independence is wonderful. My reason for telling you this is so I can thank my family and friends in the the Albany area and here in Florida for their kindness and generosity to bring me to appointments, to go grocery shopping and to shop for another car. Without you survival would have been impossible.

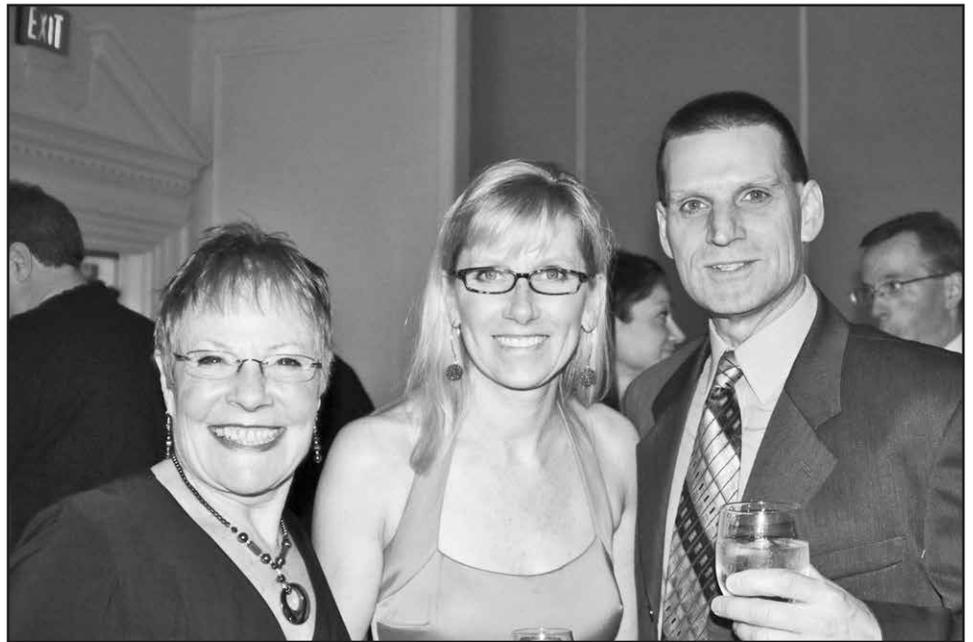
Many years ago Henry David Thoreau wrote in *Walden*:

If a man does not keep pace with his companions

let him march to the drumbeat which he hears,

however measured or far away.

Now I can march to the drumbeat which I hear. Bless you all! ☐



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

### Articles:

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

### Advertisements:

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

### Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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



# **BACK - by popular demand!**

## **BUS TO 2014 UTICA BOILERMAKER**

July 13, 2014, 5 A.M.

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

1. Only 100 seats available. Cost per seat is \$22.00 – which includes the tip for the driver(s).
2. If you are running, you need to register yourself. We do not do this for you.
3. If you want us to pick up your bib and goodie bag, you need to provide a copy of your license with permission statement to me - Marcia Adams, 1009 Tollgate Lane; Schenectady NY 12303 - by July 1. Failure to do so will mean I will NOT pick up your stuff.
4. NO TRANSFERS OR REFUNDS! If you can't run, you are welcome to ride but you cannot transfer your seat to someone else nor will the fee paid be refunded.
5. Bus leaves from Crossgates (parking lot on opposite side of road from JC Penneys) SHARPLY at 5 a.m. Packet distribution will begin at 4:30 a.m.
6. Questions? Comments? You can contact me at [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com) or 356-2551.

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

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

Green Meadow School, Rts. 9 & 20, Castleton (opp. Schodack Plaza)



34<sup>th</sup> annual

Sunday, May 18, 2014

# ROTARY RUN

Sponsor: Southern Rensselaer County (NY) Rotary Club  
For Rotary Scholarships and community programs

**HONORARY STARTER: Bob Somerville, 25-time Boston Marathon finisher.**

- 5-mile Race: 8:30 a.m., \$17.50
- Special Needs Run: 8:35 a.m., \$14
- 5K Bob Smith Memorial: 10 a.m. start, \$17.50
- 1-mile Children's Run: 10:45 a.m. start, \$17.50
- One-Lap Wonder: 11 a.m. start, \$10

All \$17.50 fees increase to \$23 on race day.



T-shirt included with fee while supplies last. Register by May 10 to guarantee yours.

Register online at [FinishRight.com](http://FinishRight.com)

Or SRC Rotary c/o Brown, 18 Clove Rd., Castleton NY 12033

# The 2014 Florida Hospital Lady Track Shack 5k



Bob Kopac, Lynne Kopac, Jan Arcari

When my wife Lynne and I left New York for Florida to escape the Polar Vortex, it was minus 5 degrees Fahrenheit. Note to Floridians: that was an actual temperature and not a science experiment. Lynne was looking forward to running a race without having to worry about hypothermia or frozen water at the water stops. The February 1, 2014 Florida Hospital Lady Track Shack 5k and kids race at Mead Botanical Garden in Winter Park fit the bill.

The 5k is a women-only race and walk to raise funds for free mammograms to fight breast cancer. At the early packet pickup at the Track Shack running store, co-owner Betsy Hughes told me they had around 2,000 entrants. I asked if I could walk with my sister-in-law, Jan Arcari of Clermont, but Betsy said sorry, it was a women-only race/walk. She said one year there was a problem with a male runner who insisted on registering and who made it difficult by pretending not to speak English. I said I would be happy to cheer from the sidelines since I would not be standing in bitter cold. Besides, I had not brought a wig and had not shaved my legs.

The race layout was spectator-friendly. The course weaved through adjoining residential Winter Park streets, so spectators could see the start of the race, then catch the runners on nearby streets before watching the runners cross the finish line in Mead Botanical Garden.

It was 60 degrees and overcast the morning of the race. The humidity was 100% -- in New York we call that rain -- resulting in an early morning fog. Participants walking on the streets through the fog to the registration area were backlit by automobile headlights, creating a tableau of shuffling zombies. One female volunteer directed the zombies, er, runners to the registration area; in the fog I thought she resembled Darth Vader wielding an orange light saber.

Many participants ignored the runners' superstition by wearing the race T-shirt during the race/walk. The long sleeve shirts, featuring a pink 5k logo, were what I called green -- I'm a guy -- but what Lynne and her sister

Jan both called "sea foam green" -- must be a chick thing.

The race started on time with an enthusiastic field of participants. The course was relatively flat -- it was Florida, after all, not New York -- and the fast times of the frontrunners reflected the terrain. The leaders burned through the first mile in 5:57 and hit the 2-mile mark in 11:43. Spectators did not have to wait long before Lisa Bentley, age 45, of Clermont, FL crossed the finish line in a time of 18:08. Heather Schulz, age 39, of Orlando, FL came in second in 18:36, edging Rafaella Gibbons of Orlando, FL by 3 seconds. Rafaella is 13 years old!

After the race, participants could browse the vendor booths and collect many freebies. For an additional donation of \$20 at registration time, you could become a Pink Patron and be a supporter of under-served and uninsured women in the community and get access to the Pink Spot, where coffee, pastries, strawberries, massages and Hershey Kisses were available. Survivor registrations included Pink Spot access.

The awards ceremony announcer named the age divisions in non-sequential order. I am sure Ann Kahl of Apopka, FL appreciated the random order, as she did not have to wait until the very end to hear the announcer say Ann won the 80-and-over category in a time of 42:00. Lynne was surprised and very happy to learn she placed 3rd in the 60-to-64 age division with a time of 29:00.

Jan perfectly summed up the importance of



Jacqueline Nelson and Lynne Kopac



Darla Bennett, 1st, 55-59 and Lynne Kopac, 3rd, 60-64

this race. She said, "This is the second time I have participated in the Lady Track Shack 5k, and it is a very special race to me and my family. My sister Lynne Kopac is an 11 year breast cancer survivor, and getting to do this race with her is a wonderful bonding experience for the two of us. And with the addition of my brother-in-law Bob this year, it was even more



fun, as he always joins in the spirit by wearing pink and taking photos! In fact, this year, both Bob and I wore pink cowboy hats, which got noticed by Dana Taylor of Mix 105.1!

"To know we are doing a race that helps fund mammograms for under-insured women is so important. And this year, it particularly hit home, as I was one of those women who benefited from the financial aid in order to get a diagnostic mammogram and ultrasound due to a suspicious routine mammogram I had earlier in the year. And to witness and be a part of the sea of pink, and know we are all in this together – there is no way to describe the feeling I get from that! I just feel so grateful that I had this special time with my family this year." □



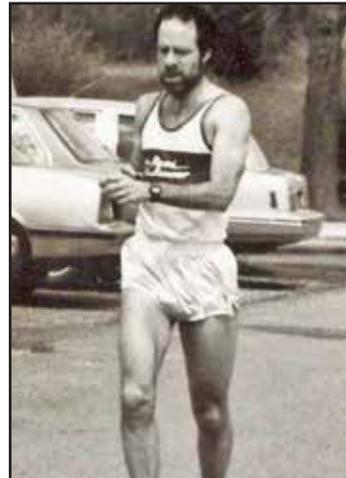
Congratulations to Jessica Chichester (pictured on left), a local runner, who recently moved to California and ran a 1:26:33 at the San Diego Half Marathon.

**34th ANNUAL HMRRRC**  
**BILL ROBINSON**  
**Masters 10K Championship**

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



*Bill Robinson  
 Race Winner  
 1987, 34:15 (pace 5:30)*



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

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

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

**TEAMS:** Top three USATF Registered Female and Male teams in ten year age groups.  
 For team entry forms or to join USATF visit: [www.usatfadir.org](http://www.usatfadir.org)  
**(USATF ADK member # is required for USATF Grand Prix scoring)**

**Memento: Commemorative Gift to First 100 Registered Runners**  
**Post Race Refreshments – Certified Course (NY98008AM)**

**REPORT TO:** GUILDERLAND HIGH SCHOOL - Meadowdale Rd Guilderland Ctr.

**ENTRY FEE:** \$13.00 (HMRRRC/USATF members) or **\$15.00** (non members)  
 Day of Race Entry: **\$20; MASTERS ONLY!**  
**For On-Line Registration, visit [www.hmrrc.com](http://www.hmrrc.com)**

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

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

\*\*\*\*\*

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

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

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

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

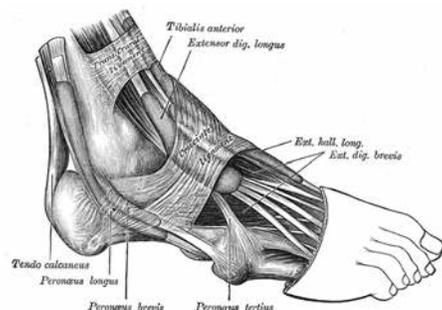
Birth Date \_\_\_\_\_ Age (on race day) \_\_\_\_\_ USATF # \_\_\_\_\_

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

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

# Homage to the Foot

Leonardo da Vinci declared that the foot with its 26 bones, 19 muscles and 106 ligaments is a “masterpiece of engineering and a work of art.” We certainly can agree with the former but if Leonardo had seen runners’ feet, he might not have stated the latter. Runners’ feet take a beating that is almost unmatched in any other sport or vocation, and it is quite a feat (ouch) that there are not more injuries. The following article will celebrate the foot and its part in running.



Anatomically, the foot is amazing as Leonardo noted. It contains one-fourth of the bones in the body. It is capable of carrying one-half of your body’s weight when you lift your heel and when you take a step 200 muscles come into play. The bones of the foot are such strong shock absorbers that they can take “as much as 110 tons of cumulative force per mile during running.” During the period of a day the total forces on the feet are hundreds of tons, equivalent to a loaded cement truck. The pressure on your feet when you run can be as much as four times your weight. On average, people take 10,000 steps a day and walk around 115,000 miles in a lifetime, or slightly more than four times around the Earth. Another source mentioned that the average was 250,000 miles, or from here to the moon. I think they were talking about runners, and if ultramarathoners were factored in, it could be from the moon and back or even more.

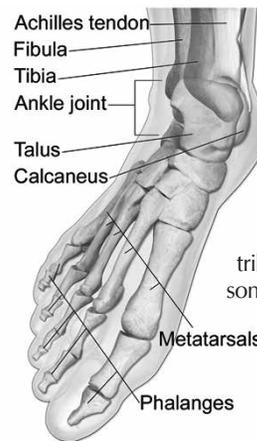
The feet have a network of 250,000 sweat glands. It is the highest concentration of sweat glands in the human body, as one may guess from the aroma in their sneakers. In a day, feet sweat a pint of fluid in the average person not engaged in strenuous exercise. Strangely, the sweat has no scent, it is only the bacteria on the feet that ferment to produce a foul smell. This year, Odor Eaters, a maker of shoe and sneaker deodorants, will sponsor its 39th annual contest for smelly sneakers. Kids aged 6-14 send in their shoes and one will receive a \$2,500 prize, plus an all expense paid vacation to New York City with a Broadway show and other goodies thrown in if their pair of shoes is considered the most nauseating. The sneakers are then enshrined in Vermont’s Hall of Fumes in Montpelier, thus proving the old saw that

your feet smell and your nose runs.

Women experience significantly more problems with their feet than men. Probably foot fashion is the main culprit. Supposedly a majority of women wear shoes that are too small for them. The shoe industry states that 8 is the average shoe size for women in the United States. Ill-fitting shoes can result in blisters, bunions, and a host of other foot miseries, but high heels do cause havoc with foot structure. For example, wearing 2 ½ inch high heels increases the load on the forefoot by 75% per step. The fashionable 4-inch or higher heels today only multiply foot woes for women. Women, however, are not the only ones with foot problems.

Runners put unbelievable stress on their feet as they “pound the pavement” or other surfaces, and as a result there are common foot injuries shared by runners, most due to over-use. Plantar fasciitis tops the list. Having heel pain when you awake in the morning is the most common symptom of this injury. When the foot is overworked, the plantar fascia, a thick band of connective tissue on the bottom of the foot that runs from the heel bone to the toes, fray, causing tears. These tears usually occur at the area where the fascia attaches to the arch. The fascia has a low oxygen supply, making recovery very slow and enabling other injuries to result when runners continue their sport. Recovery can take from three months to a year and that is bad news for runners. The Achilles tendon is the next major area of trouble. This tendon is the thickest and strongest tendon in the human body, stretching from the mid-calf to the back of the heel bone. Scientists measuring the load stress on the Achilles found it 3.9 times body weight during walking and 7.7 times body weight during running! Tendinitis and tears are the most common injuries to it. According to WebMD, men over the age of thirty are more prone to this than women. Symptoms of these injuries are pain or burning on the back of the tendon and heel, usually accompanied by swelling. In most injuries, rest is the best cure, although sometimes surgery is needed. Other common foot problems of runners reported by podiatrists include metatarsalgia, an inflammation of the metatarsal bones in the foot, and Morton’s neuroma, a pinched nerve, typically between the second and third toes that usually causes pain and numbness. After these, the complaints from runners range from less significant but nonetheless painful injuries from bunions to black toenails.

To reduce the likelihood of injury, there are many exercises to do to increase the strength of your feet. A simple search on Google or the Runners World site for foot exercises reveals detailed methods of injury prevention or rehabilitation. Youtube also has a treasure trove



of videos illustrating great exercises, many performed by occupational therapists or other medical professionals who deal routinely with such foot problems.

Before ending this tribute to feet, there are some fun facts and great quotes to ponder.

- Butterflies taste with their feet, gannets incubate eggs under their webbed feet and elephants use their feet to hear – they pick up vibrations of the earth through their soles.

- Compared with fingernails, toenails grow much more slowly — about 1 mm per month, according to the American Academy of Dermatology, whereas fingernails grow an average of 0.1 mm a day. It takes at least five to six months to grow an entirely new toenail.

- There are three types of locomotion in animals: plantigrade, on the soles of the foot, such as in primates, rodents, rabbits, bears, red pandas, and hedgehogs; digitigrade, walking on the toes and ankle that are permanently raised, such as in birds, cats, dogs, most and dinosaurs; and unguligrade, walking on the hooves at the tip of the toes, such as in cows, horses, deer, sheep, goats, cattle, giraffes, and hippopotami. “Man is a wingless animal with two feet and flat nails.

– Plato

*Jogging is very beneficial. It’s good for your legs and your feet. It’s also good for the ground. It makes it feel needed.*

– Charles M. Schulz

*Keep your eyes on the stars, and your feet on the ground.*

– Theodore Roosevelt

*I still have my feet on the ground, I just wear better shoes.*

– Oprah Winfrey

*Show me a man with both feet on the ground, and I’ll show you a man who can’t get his pants on.*

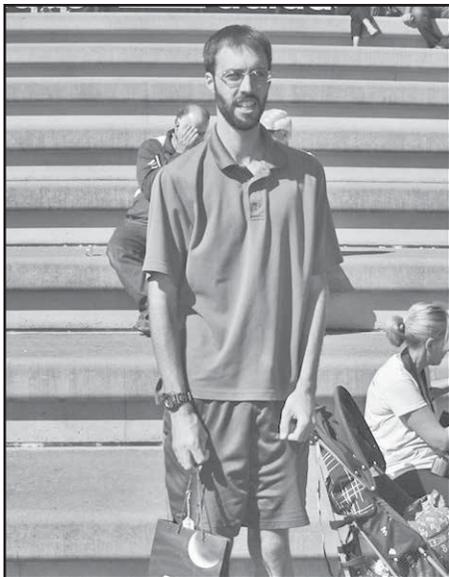
– Joe E. Lewis

Happy Running! ☐

*Have you recently run a race out of town? Do you have an experience worth sharing with others? Is there a race about which you want others to know? Send articles (with pictures, if possible) to [pseditor123@gmail.com](mailto:pseditor123@gmail.com)*

# THE TERRYS

*It Runs in the Family*



Chuck Terry IV

One of Albany's top running talents is Charles Terry IV, or Chuck to his friends. You name the race and Chuck has probably won it at least once and placed in the top five numerous times. For example, he has won the CD-PHP Workforce Team Challenge four times, been second twice, and third once. His father, Charles Terry III, also known as Chuck, is a fixture on the Albany running scene, racing with Team Utopia. The adage that it runs in the family does a 180-degree turn here as it is the son, Chuck IV, who influenced the father, Chuck III, to run.

The elder Terry, Chuck III, did not start running until he was 49. When not working at RF Peck Commercial HVAC as its controller, he actively participated in golf, basketball and skiing while supporting his son's running career. He took his son to high school racing events and when his son was in college at SUNY Delhi and later SUNY Cortland, he would faithfully attend his son's track meets, proudly watching him. After his son graduated, he would attend his various local races. He watched his son take off with the leaders of the group, but at the back of the pack he noticed parents with their kids, some running happily with their dogs, and realized that he could do this too. So he slowly started to run around his neighborhood. As he improved, he ran at the Pine Bush. It was there that he encountered members of Team Utopia training. Coach Jim Bowles invited him to join and he did. Chuck found that running agreed with him. He felt healthier, slept better, had more energy, and lost fifteen pounds. Three years later, after training with Team Utopia he ran a marathon. John



Chuck Terry III

Parisella of Team Utopia paced him frequently, running back and forth around Chuck to talk with other runners. Chuck found this amusing rather than depressing. After the marathon, he tried the Vermont 50K, which he enjoyed but found grueling. The course was scenic but extremely hilly, starting at a ski mountain and finishing by racing up another mountain, and then going straight down again. Every quad ached. That race marked the end of his ultra running career. He continued with marathons and has run seven: 5 Mohawk Hudson River Marathons and two Boston Marathons. On the



Barb Light, Chuck and John Parisella

two occasions he ran Boston, it was very hot, making the run miserable but exciting. When Chuck the younger was asked about how he felt about his father's running, he responded immediately that he was extremely proud of his dad and his accomplishments just as his dad was of his son's achievements.

Chuck's son, Chuck IV, became serious about running in eighth grade when he started to run year round and basically he has never stopped. He was one of the top three distance runners at SUNY Cortland. He graduated from Cortland with a degree in recreation, and is now a recreation therapist at New Visions in Slingerlands and has coached the HVCC cross-country team for the past four years. After graduating, in 2005 he joined the Willow Street Athletic Club. The goal of the club is to produce elite runners. To accomplish this, other than running locally, they race with elite teams from outside the Albany area. Chuck is now the men's team captain and Emily Bryans is the women's captain. His fastest time in the mile is 4:18, which he did when he was 27 years old. He said that as runners age they hit their peak in the late twenties and early thirties so that is why it is important to belong to a club like Willow Street AC that gives runners a foundation to reach their full potential.

Chuck has done every distance from 5K to marathons but surprisingly likes 5K races the best. When asked about how many wins he has and what his PRs are, unlike most runners



Team Utopia: Chuck Terry III, second from left

who can recite their stats as a reflex action, he paused and said he was not sure. Further, he keeps no running logs, as he explained that he runs so much it seems redundant to him. His favorite race is the Corporate Challenge, which he has won many times. He also likes the SEFCU 5K, which he has also won. He tries to run the Chris Thater Memorial 5K in Binghamton every year, which attracts an extremely competitive field. It is so competitive that when in 2009 Chuck came in first in his age category with a pace of 4:58 per mile he was 14th overall. His PR for a 5K was at the New England Championships at Harvard University where there is a 220 meter banked indoor track for collegiate and elite teams. He won the MHR marathon in 2011 but did not realize at first that he was winning. At the beginning of the race it was cool and then became hot and uncomfortable. All he thought about was finishing. He knew some of the early sprinters had come out too fast but he had no idea about what the out of town runners were capable of. He realized four miles before the finish line that he was ahead them all. He looked back from time to time and knew he had to stay focused to win. Despite becoming increasingly tired, he maintained his pace and won.



In 2013 he participated in the Shamrock Half Marathon in Virginia Beach as a Willow Street AC team trip. The team used this as training for the Boston Marathon. The team finished 4th overall in the Boston Marathon. Chuck ran it in 2:39. His dad monitored him online as well as his friends from Team Utopia. Fortunately, everyone on the Willow Street AC was done before the three-hour mark so they avoided the chaos that ensued in the terrorist attack. They did not find out about it until they were safely in their hotel.

As you may have guessed, both father and son have rigorous training programs but not with each other. Chuck IV usually runs about 70 miles a week. This includes an hour run every day Monday-Friday, 8 miles on Saturday – The Pace Setter



*Chuck happily shaking the hand of the man who beat him in the race, Jaime Julia*

day and Sunday but with changes for special races. For example, for marathons he does short runs in the morning and at least an hour at night. He likes to run with Willow Street AC members when possible but also trains by himself. Chuck III usually runs 30 miles a week. He runs with Team Utopia on Tuesdays and Thursdays, Saturdays he does a power 45-minute run, and then on Sundays has an easier run, usually with a Team Utopia member.

There are certain areas of commonality. Both pursue a healthy diet but do not restrict themselves to what they eat. Both take no supplements and both have trouble with plantar fasciitis and have chosen to keep running with time doing the healing. Both love the MHR Marathon the best of all they have run and are happy to not do ultras.

As for their special running tips, Chuck IV said that new runners should take things slowly and not try to do it all at once. He feels it is much better to start off slowly and build incrementally each day. Do-ing this will you will be able to maintain a pace for longer, you will be comfortable, and you will have an enjoyable experience. Chuck III's special advice is to join a running club like Team Utopia where your skills will be maximized and you will meet others who share your passion.

This spring expect to see father and son in the Runnin' of the Green and Delmar Dash, and you can monitor their progress throughout the year on the HMRRRC website: [www.HMRRRC.com](http://www.HMRRRC.com).

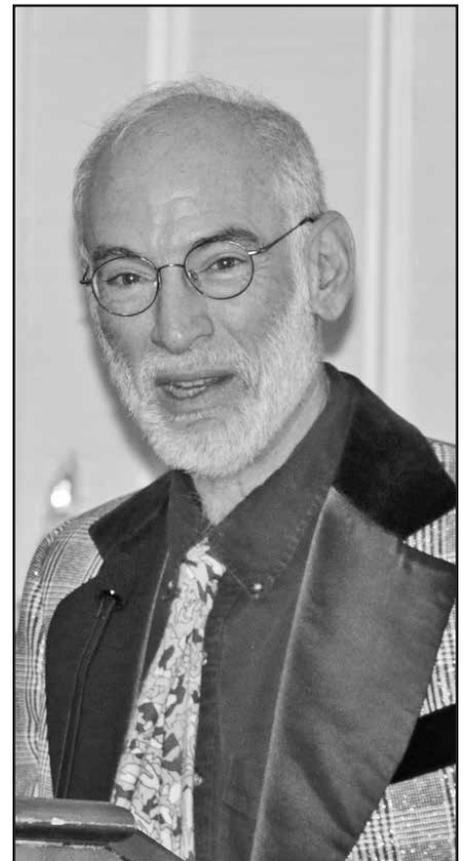
**PRs - Chuck III**

- Mile: 6:16 (2003)
- 5k: 20:26 (2003)
- 10k: 46:38 (2006)
- 15k: 1:11:01 (2003)
- Half Marathon: 1:45:00
- Marathon: 3:34:37 (2003)

**PRs - Chuck IV**

- 5k: 14:37 (2006)
- 4 Mile: 19:45 (2009)
- 10k: 31:24 (2009)
- 15k: 48:23 (2006)
- Half Marathon: 1:10:26 (2008)
- Marathon: 2:28:50 (2007)

**Stature:** Chuck III - 6 ft. 160 lbs.;  
Chuck IV- 6' 1" ft. 135 lbs. □



# Piriformis Syndrome

## More than a pain in the butt

Pain in the hip is one of the more common complaints we see from runners of all caliber, and many come with a long list of what they've done and who they've seen. If they're telling me the story in my office, I know they haven't found the answer and solution from any names on that list. My goal is to be the last name on any list.

### Piriformis Syndrome

The piriformis is a muscle that runs from the hip bone on the side of the body to the side of the sacrum (see Fig. 1). There is a piriformis muscle on each side of the body. They act like guy wires, and any imbalance in the feet, knees or pelvis will cause one piriformis to work more than the other, and that's where the problem originates.

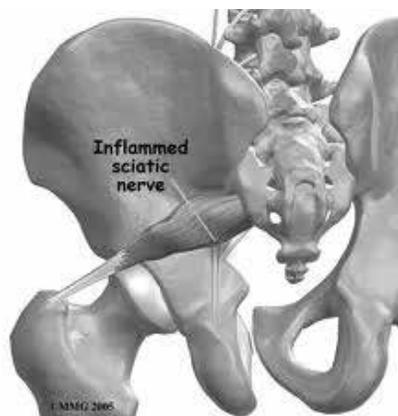


Fig. 1 The Piriformis Muscle

The cause of this syndrome is varied, and usually the result of multiple contributing factors. When we have a patient come in with what appears to be hip pain possibly caused by piriformis spasm, we have learned we need to check everything from the feet, with a visual and digital foot scan, to the knees to the pelvis and low back (physical exam and x-rays). Without all of this information, it's impossible to ever really know the extent of the cause.

### The Structural Fingerprint® Exam

Every runner would do well to undergo this comprehensive biomechanical exam prior to engaging in training. All of us have inherent structural imbalances (see Fig. 2), from the feet to the knees to the pelvis and entire spine. In addition, as I describe to patients, we've all had many banana peel incidents in our lives, adding to the stresses and traumas that have accumulated in our muscles, joints and tendons. These issues must be detected and proactively addressed if our goal is to minimize injuries as we increase new stresses with running.

### Treatment for Piriformis Syndrome

Localized treatment will always help the immediate symptoms. Deep pressure into the tendon and belly of the piriformis (see Fig. 3) will force increased blood flow, break up trigger points and produce a more relaxed muscle and less pain.

The bigger goal, however, is to fix the imbalances below that are contributing to the abnormal muscle function. In my experience, most people have mild to severe imbalances in their feet,

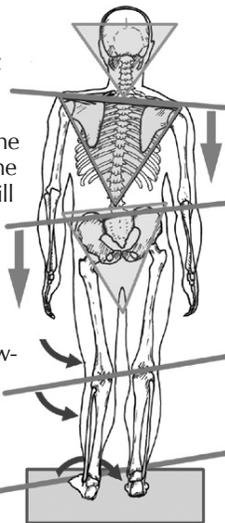


Fig. 2 Crooked Man

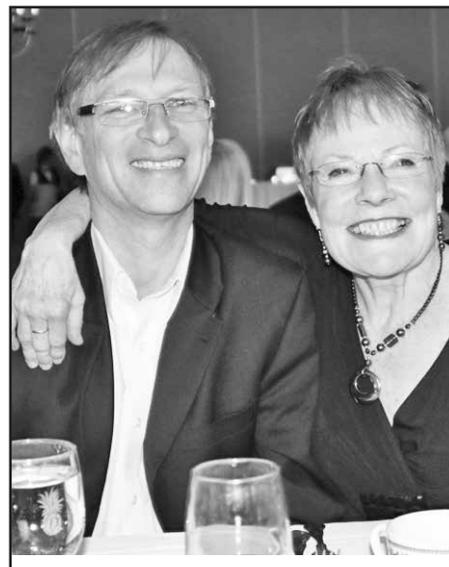
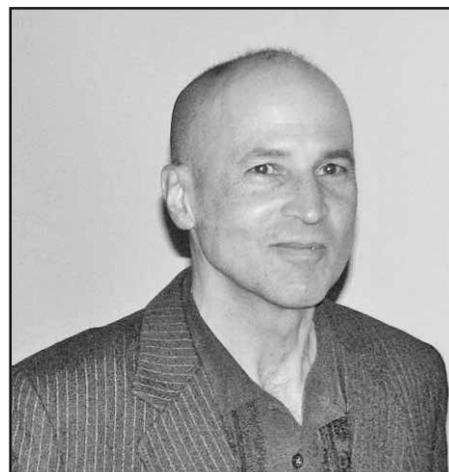
producing an imbalanced foundation. This imbalance is magnified when we put motion into the body, such as running. These are major contributors to a piriformis syndrome. Custom orthotics will correct most imbalances in the feet and knees and create a more balanced marriage between the two piriformis muscles.



Fig. 3 Dr. Maggs testing Bill Rodgers' piriformis muscle

If on exam we find imbalances and restrictions in the pelvis and spine, a combination of chiropractic adjustments, rehabilitative exercises and The Stick or foam roller should help significantly. The key is, find out what's causing your syndrome and fix it. And, never quit due to this condition. It's very fixable.

Dr. Maggs is the Director of Sports Injuries for The Freihofer's Run for Women and The Troy Turkey Trot. He is in practice and can be reached at 393.6566 or [RunningDr@aol.com](mailto:RunningDr@aol.com). More information can be found at [www.StructuralManagement.com](http://www.StructuralManagement.com) and [www.CPOYA.com](http://www.CPOYA.com). □



## Book Review

# Nancy Clark's Sports Nutrition Guidebook, 5th Edition

*An invaluable resource for active people and a classic reference for nutrition professionals*

Revised and updated, Nancy Clark's *Sports Nutrition Guidebook*, Fifth Edition, provides answers to the many questions asked by active people who are confused about what, how and when to eat for optimal health and peak athletic performance. Nancy clears up that confusion by offering sound, sustainable nutrition advice that works! Her book is easy to read, well organized, and has a great index, so you can easily look up a topic and quickly find an answer. The information is invaluable on a broad spectrum, from fitness exercisers to competitive athletes.

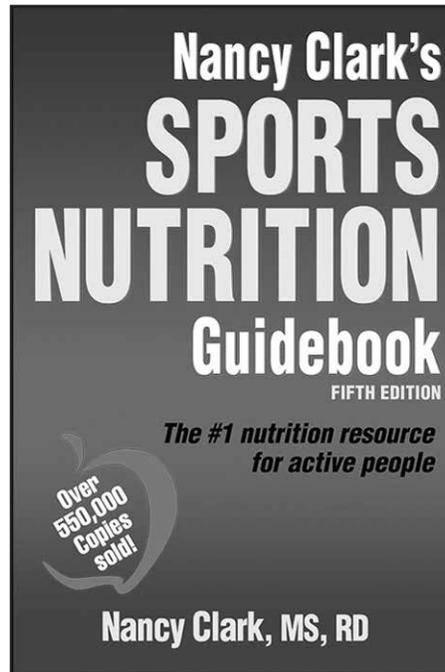
Nancy Clark's *Sports Nutrition Guidebook* is divided into 4 sections:

- 1) Everyday eating for active people
- 2) Science of eating and exercise
- 3) Balancing weight and activity
- 4) Winning recipes for peak performance.

As the mother of a competitive figure skater, I often hear coaches offer nutrition misinformation about what and how to eat before, during and after exercise events. It's nice to have Clark's expertly referenced Sports Nutrition Guidebook handy to challenge this misinformation. As a leader and expert in her field, Nancy uses current research to address some controversial nutrition topics in her new "Fact or Fiction" sections highlighted throughout the book.

The weight management section is helpful for active people who are trying to diet and exercise simultaneously. Both fitness exercisers and competitive athletes alike commonly struggle with eating disorders. For many of these individuals, changing food beliefs and behaviors is a daunting task. Nancy shares her client success stories; they have helped many of my clients move toward a healthier relationship with food and exercise.

Family-friendly recipes and meal plans are included to maximize the nutritional benefit from food. The recipes are simple to make, have few ingredients and designed for hungry athletes who are novice cooks. No need to spend hours in the kitchen!

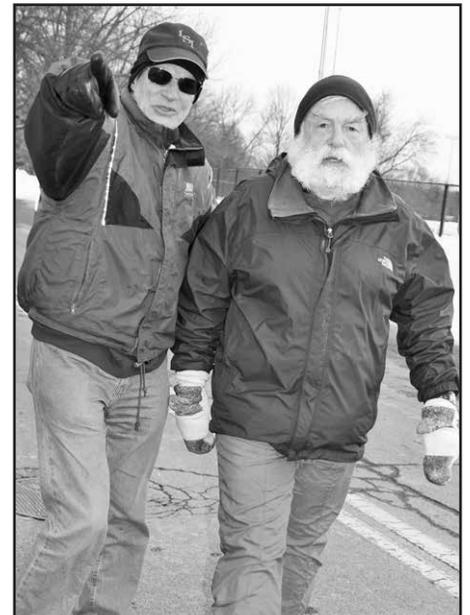


For educators, the new 5th edition comes with a free Instructor's Guide to help you teach sports nutrition classes. The Instructor's Guide includes a chapter-by-chapter overview, objective, teaching points, discussion questions, activities, and quiz questions--plus an image bank for making PowerPoint presentations. These teaching materials are available when ordering the guidebook through the publisher, Human Kinetics, at <http://www.humankinetics.com/nancyclarkssportsnutritionguidebook>

I have been a dietitian for over 25 years, spending countless hours researching nutrition claims, separating fact from fiction. Nancy has done a fantastic job of putting her years of research, expertise and evidence based advice into one easy to read reference. It's like having Nancy right there with you to ask advice. I am grateful to have such a classic piece to reference and recommend to clients. Thank you, Nancy.

For more information on Nancy's Sports Nutrition Guidebook, please visit: <http://www.nancyclarkrd.com/books/sportsnutrition.asp>

Reviewer:  
Linda S. Caley, MS, RD, CEDRD  
Caleynutrition.com  
[linda@caleynutrition.com](mailto:linda@caleynutrition.com) □





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## May 11, 2014

### LOCATION

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700 Delaware Ave. Delmar, NY 12054

### START TIME

8AM Kids Mile  
8:30AM 10K Start

### COURSE

USATF Certified Course on country roads with few hills.  
Kids' Chase the Karhu Bear Mile.

### PRE-REGISTRATION

\$25 Register at Fleet Feet Sports Albany or Adirondack  
Or mail to 155 Wolf Rd. Albany, NY 12205.  
Make checks payable to Fleet Feet Sports.

### REGISTER ONLINE AT

[www.fleetfeetalbany.com/events](http://www.fleetfeetalbany.com/events)

### PACKET PICKUP

May 10th, 10AM–6PM at Fleet Feet Sports Albany

### RACE DAY REGISTRATION

\$30 – 10K

### RESULTS

Chip Timing

### T-SHIRT

Craft Technical Tee (1st 200 registered numbers)

### PARTIAL PROCEEDS

Benefit Bethlehem XC and Track & Field Booster Club



# TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—46th Season—

**JUNE 10, 17, 24**

**JULY 1, 8, 15, 22, 29 (Ribbon Night)**

**AUGUST 5**

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

## - ORDER OF EVENTS -

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT THIS YEAR)

For further information, contact Frank Myers at 869-9333

**\*\* A Reminder - The Dynamic Duo is August 2nd \*\***

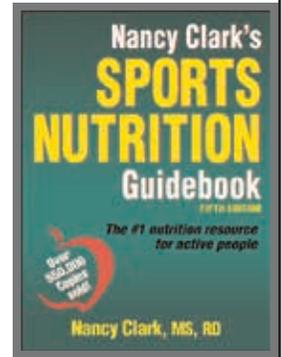
*This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District*

# RUNNIN' OF THE GREEN 2014



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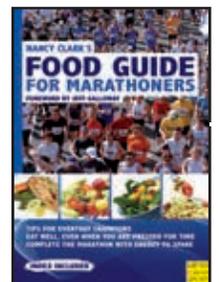


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- \_\_\_ Food Guide for New Runners \$22
- \_\_\_ Sports Nutrition, NEW 5th Edition \$26

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## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
04/06/14	6:30 AM	Twin State 50K	Windsor	Ben Pangie	deadskunkracing2011@gmail.com
04/06/14	9:00 AM	26th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam.tobon@gmail.com
04/12/14	9:30 AM	Bacon Hill Bonanza 5K/10K	Bacon Hill Reformed Church Rt32n Schuylerville	Jennifer Thomas	jththom01@yahoo.com
04/12/14	10:00 AM	Schoharie 5K Run/Walk	Schoharie Elem. School	David Roy	David.Roy@ScaryLegRunners.com
04/19/14	10:00 AM	20th annual Rabbit Ramble 4 Mile Run/2 Mile Walk	Guiderland High School	Phil Carducci	rabbitramble@nycap.rr.com
04/19/14	9:30 AM	5K Rabbit Run	Barrytown College	John Raucci	ideal@valstar.net
04/21/14	various	Boston Marathon	Hopkinton to Boston	BAA	www.baa.org
04/26/14	9:00 AM	Great Mom's 5K/10K Fun Run	Maple Ridge Park Selkirk	Jessica West	jwest679@hotmail.com
04/26/14	10:00 AM	Miles of Hope Breast Cancer Foundation 5K & Kids race	Tymor Park	Lori Decker	mohrun@hotmail.com
04/26/14	9:30 AM	34th Annual Bill Robinson Masters 10K [GP40+]	Guiderland High School	Jim Tierney	runnerjnt@aol.com
04/27/14	7:00 AM	Kiwanis Kingston Classic	Kingston NY	Katie	Katie@HITStndurance.com
04/27/14	10:15 AM	Cherry Blossom 5K Race for ALS	Niskayuna	Tim Fecura	info@5kraceforals.com
04/27/14	9:00 AM	Dragon's Pride Run - 5K & 1 mile fun run	Saratoga State Park - Warming Hut	Tracy Ford	divisionstreetpta@gmail.com
05/03/14	8:30 AM	11th Annual Spring RunOff 5k and 10k	Corning Preserve Amphitheater	Brian Dollard Race Director	11thSpringRunOff@gmail.com
05/03/14	9:00 AM	Joan Nicole Prince Home 5K	Central Park	Patti Nicoletta	pnicoletta@nycap.rr.com
05/03/14	3:00 PM	CCRC 5K Run/Walk/BBQ and 1k Kids' Run	Christ Com Ref Church	Pat Glover	pjglove@aol.com
05/04/14	9:00 AM	Spring Has Sprung 10-Mile Run	Shenentaha Creek Park	Jennifer Casey	jcasey@cdymca.org
05/04/14	9:00 AM	Steffens Scleroderma Center 5K Run Breaking the Chain	Albany College of Pharmacy and Health Sciences	Sharyn Freitas	sharyn.freitas@acphs.edu
05/10/14	8:00 AM	The Mastodon Challenge 15K 5K & Kid's Fun Run	Craner Park Cohoes	Lisa Osorio	losorio@marrarr.com
05/10/14	9:00 AM	Ryan's Run 5K -- by Saratoga Springs Teachers	Saratoga Spa Park - Warming Hut	Paul Wersten	miopfoundation@gmail.com
05/11/14	10:00 AM	34th Mother's Day 5K	Central Park	Diane Fisher & Jon Golden	hmrrcdiane@gmail.com
05/11/14	8:30 AM	Fleet Feet Sports 10K	Bethlehem High School	Jim Sweeney	fralbany@gmail.com
05/15/14	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
05/17/14	10:00 AM	New York/Vermont 5k Champlain Bridge Run	Crown Point State Historic Site	Nancy Ockrin	momockrin@gmail.com
05/31/14	9:45 AM	Freihofers Run for Women 5k	Albany	USATF Adirondack	runningrfo@freihofersrun.com
05/31/14	10:00 AM	Charlton 5K Run/Walk	Charlton Village near Town Hall	Bill Herkenham	bherk@nycap.rr.com

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212

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**NEW MEMBERS**  
Allow 8 to 10 weeks before expecting  
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!*