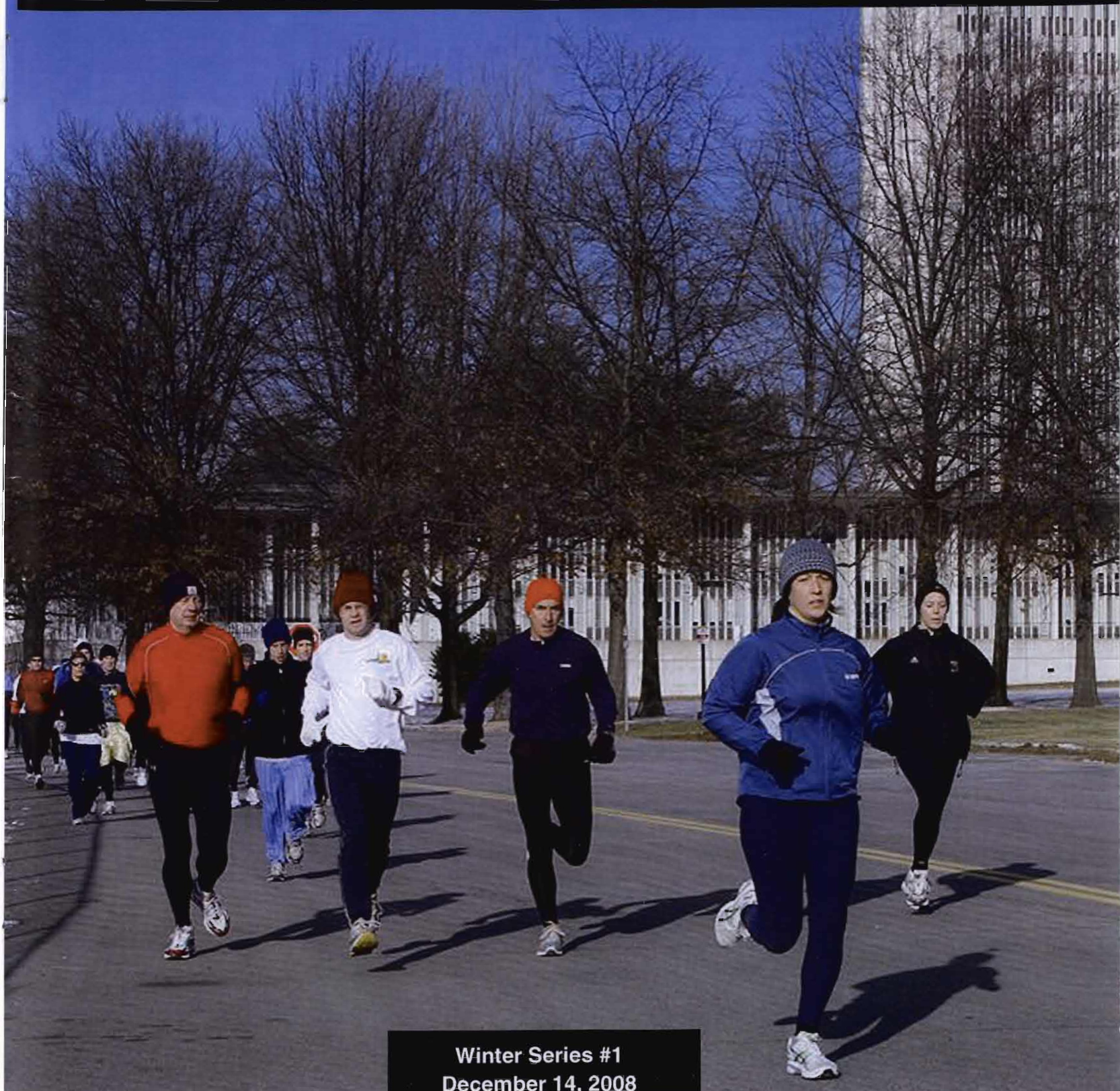


The Pace Setter

February 2009

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



**Winter Series #1
December 14, 2008**

**THE RUNNIN' OF THE GREEN (ISLAND)
FOUR MILE ROAD RACE AND KIDS FUN RUNS
CELEBRATING ITS 10TH ANNIVERSARY!!**

**PRESENTED BY
HUDSON MOHAWK ROAD RUNNERS CLUB
USATF ADIRONDACK ASSOCIATION
VILLAGE OF GREEN ISLAND**



**10:00 A.M., SATURDAY, MARCH 7, 2009
(Snow date: March 21, 2009)
Kids Races will follow main race at 11:30 AM**

Location: American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I 787)

Registration: Begins at 8:00 AM day of race. (Kids up until 11:20 AM)

Entry Fees: Received by 3/4/09: HMRRRC member: **\$12.** Non-member: **\$15.** Received after 3/4/09 or day of race: **\$18.** Kids: **\$1.** Race day only.

T-shirts to the first **400 registered runners** in the main race. *Commemorative medals to all finishers.*

Prizes: Overall and top 3 finishers, male/female, in 5 year age groups; top 10 age-graded finishers; team awards to top 3 open/masters, male/female teams (please contact USATF Adirondack Assn. (518-273-5552 x203) for team application)

This is a USATF championship race and part of the HMRRRC and USATF Grand Prix racing series.

You must have a USATF 2009 membership in order to be eligible for USATF awards. IN ACCORDANCE WITH HMRRRC AND USATF POLICIES, NO HEADPHONES, IPODS, ETC. ARE ALLOWED TO BE WORN DURING THE RACE.

Please complete application, payment and mail to: **HMRRRC. c/o Marcia Adams, 1009 Tollgate La., Schenectady, NY 12303.** Make check payable to HMRRRC.

NAME: _____ **M/F** _____ **AGE** _____ **DOB:** _____ **FEE:** \$12_ \$15_ \$18_

ADDRESS: _____ **CITY/TOWN:** _____ **STATE:** _____ **ZIP:** _____

PHONE#: _____ **USATF 2009 #:** _____ **HMRRRC MEMBER? Y/N** _____

Please read and sign: 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 might have against the HMRRRC, the USATF Adirondack Association, any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race. As a condition of participation in this race, I agree to run without a headset, ear plugs, Ipod, etc. of any kind.

Signed: _____ **Parent/guard. if under 18:** _____

Publication of Hudson-Mohawk
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— **Kopac's Korner**
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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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Photos in this issue by Paul Turner, Bill Meehan

HMRRRC Mission Statement

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

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www.hmrrc.com



by Mike Kelly

I think one of the great benefits of being a HMRRC member is that you receive the club's monthly color magazine – *The Pace Setter*. Each month, fellow club members give their time and talents in the production of this magazine, including writing, proofing, editing, photography, printing, advertising and more. One of these volunteers is Emily Bryans.

Many of you know Emily as an accomplished runner from our area. What you may not know is that she has also volunteered as the "content editor" for *The Pace Setter* magazine for, with the exception of a brief break, the past six years. As content editor, Emily has been responsible for making sure all HMRRC races get proper print coverage. She also found people to write about other running related events, races, etc., from both inside and outside the local area running scene. Often, Emily has even written articles for the magazine when needed. This is the perfect example of an extremely important, but often overlooked job.

Emily would like to acknowledge Laurel Peterson and Ed Neiles, who shared editing responsibilities at intervals during her tenure.

After years of work on *The Pace Setter*, Emily has decided to hang up the eraser and editor's pen and move on to greener pastures. Thank you, Emily, for all of your work in making this magazine the terrific publication that it is.

Filling Emily's position is another accomplished female runner and triathlete from our area, Kari Gathen. Although Kari isn't taking over for Emily until March 1st, I'd like to recognize her now. Thank you, Kari, for stepping up and offering to share some of your time and talent with the club.

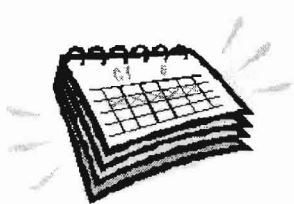
Soon after you receive this issue of *The Pace Setter*, Winter Series #5 will be taking place on Sunday, February 8th, 10:00 a.m. at SUNY Albany. Scott Ginsburg and Lori Sciorino head up the crew that will put on three races that day, including distances of 4, 10, and 20 miles. The 10 mile race will be the second in the 2009 HMRRC Grand Prix series. And remember, all club members can run in these races for free!

The culmination of the HMRRC Winter Series races takes place a few weeks later on Sunday, February 22nd. If taking in a marathon in Albany in February doesn't float your boat then I'd encourage you to find a couple of friends and try out the marathon relay as a team. The relay legs vary from approximately 9, 6 and 11 miles so there's a mileage distance for everyone. Honestly, the best part of this race is the dedicated volunteers, led by Dana Peterson and Ken Klemp, who come out and stand in the freezing cold so runners like you and me can have something to eat and drink on their marathon journey. If you think running this marathon is hard, try to volunteer out on that course for a few hours, handing out water that's freezing soon after you pour it! Thank you in advance to all the dedicated people who come out that day to help put these races on.

In conclusion, I encourage you to come on out and embrace the wonder and joy of running loops around the University at Albany and Harriman State Office Campus in February. Who knows, if you listen carefully you may even hear the locally famous "state campus screech owl" or see the family of groundhogs that makes its home on the outer loop. Or that could simply be weather-induced dementia setting in! Well, either way, you won't care because you'll be having such a good time. I'll be out there and I hope you can make it too. ☐



Winter Series Volunteers



What's Happening in February

by Al Maikels

The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 8. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon while the 4-mile race is popular with those runners just looking to get in a short workout.

Quite often the race distance chosen is a factor of the weather, as is often the case with Winter Series races. The coldest Winter Series race in my memory was the February race in 1987 as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 36th Winter Marathon and 23rd Annual 3 Person Relay will be held on Sunday, February 22 at 10 a.m. at UAlbany. The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers and as al-

ways volunteers are needed.

The HMRR Club Banquet will be held on February 7th at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards and this year features the induction of two more members into the HMRR Hall of Fame. Since in the past the banquet has "run" a bit long, this year club president Mike Kelly has engaged the services of a well known race director to keep the festivities moving.

There's not much else going on in February, although the calendar is not completely bare. The Adirondack Runners hold their Polar Cap Run on Saturday, February 7 at 10 a.m. in Lake George at the Lake George Elementary School.

The club business meeting for February is set for Wednesday, February 13 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged to attend these meetings. □

Final Count – Volunteers

Included in this *Pace Setter* is the final tally for volunteers for 2008 and it is an impressive list. For the statistical persons out there, our list has 570 names, or about 1/5 of the total Club membership. Keep in mind, however, that not everyone on the list is a Club member – case in point, Anne Harrison with 25 points. Of the 570 persons, 15 received two recognition gifts for exceeding 150 points for the year and 22 received a recognition gift for achieving 75 points or more.

These results are by no means perfect. If you did not sign in at a race or chipped in informally, your effort may not have been recorded. To validate your point total, please take a moment to go to the HMRR website and review the actual numbers included in your total. If I missed your volunteer effort at a race or attendance at a meeting or service on a committee, please let me know by e-mail (madams01@nycap.rr.com) or by phone 356-2551.

If you have reached one of the point levels and have not received your recognition gift, you may retrieve it at the last of the Winter Series or at the March Club meeting or at the Club Banquet in February. If none of these are convenient for you, please send me an e-mail and we can make other arrangements.

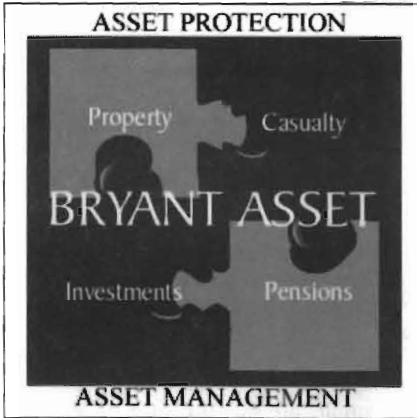
As you can see, it takes a lot of effort and people to keep a Club like ours functioning and putting on the quality and quantity of races that we do. If you want more involvement, we welcome you to come to meetings, sit on a committee, become an officer or race director, or whatever else that may interest you. If you are not running a race, consider volunteering to help. Water stop, course marshals, refreshment and registration help is always needed. Give the race director or me a call – we will be happy to assign you a spot!

To all of you who volunteered in 2008, THANK YOU! THANK YOU! We cannot do this without you and we appreciate every effort – whether it be for one race or 15! □



21st Annual HMRRC Delmar Dash

Sunday, April 5, 2009 at 9:00 a.m.



Corporate Sponsor: Bryant Asset Protection, Inc.

Competitive insurance protection for your family Combined with wealth management to meet your financial dreams.

ADULT 5 MILE RACE

Application Fee: Registration by March 30: \$15.00 HMRRC member;
\$18.00 non-HMRRC member

Day of Race Registration: \$25.00 ALL

Technical T-Shirts to 1st 400 **PRE-REGISTERED** Runners
NO DAY OF RACE T-SHIRTS

COURSE: 5 Miles - Certified; Fast, mostly flat, through residential areas



ON YOUTH KIDS' RACES (Youth 12 or under)

❖ ONE-DAY AT A TIME MARATHON

- must be at least 8 years of age
- 1" mile at the Dash and last mile at Mother's Day Race - 24.2 miles logged in between the two races
- Fee covers entry to both races: \$10.00

- ❖ 1-Mile: \$5.00
- ❖ ½ mile: \$3.00
- ❖ ¼ mile: \$3.00

PRE-REGISTRATION FOR ALL RACES: By mail or on line - www.hmrrc.com

DAY OF RACE REGISTRATION: 7:30 - 8:45 a.m. at Bethlehem Central Middle School, Delmar, NY

START AND FINISH FOR ALL RACES: From the Middle School on Kenwood Avenue

NO HEADSETS OF ANY KIND, STROLLERS, BICYCLES, SKATES, OR ANIMALS ALLOWED IN THE RACE

HELP OTHERS LESS FORTUNATE. Non-perishable food items will be collected on race day in the gym for the benefit of the Bethlehem Food Pantry, a Bethlehem Seniors Project. Please consider bringing an item.

APPLICATION 21TH ANNUAL DELMAR DASH

Submit registration form and payment to: *HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303*

PLEASE PRINT

RACE (check one ONLY): ☐ 5 Mile ☐ Youth Marathon ☐ 1 Mile ☐ ½ Mile ☐ ¼ Mile

T-SHIRT SIZE (unisex adult; youth for 12 and under): ☐ Small ☐ Medium ☐ Large ☐ X-Large

NAME:

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First Name Last Name

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CITY:

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 STATE:

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 ZIP:

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PHONE: () - SEX: ☐ F ☐ M DATE OF BIRTH:
Month Day Year

AGE AS OF 04/05/09: HMRRRC Member? ☐ Yes ☐ No Want to join? Add \$12 individual; \$15 for family

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 AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT.** 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 including high heat or humidity, traffic and the conditions of the road, all such risks are 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 Hudson Mohawk Road Runners Club or Bryant Asset Protection, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE

PARENT/GUARDIAN SIGNATURE (if under 18)

Body Image and Runners

Question: What are two things dogs and runners have in common?

Answer: One, both dogs and runners love to exercise. Two, they both come in different sizes and shapes.

Question: What is one thing dogs and runners do NOT have in common?

Answer: Dogs are content with their natural physiques, while too many runners try very hard to change the way they look. These runners might be better off being like dogs. That is, does that bulky St. Bernard yearn to look like a lanky Greyhound? Heavens, no! Does the barrel-chested Labrador want to look like a sleek Setter? Doubtful. Each dog is very proud to represent his breed. Wouldn't life be easier if each runner could be just as proud of his or her "breed"?

As a sports dietitian, I spend too many hours helping runners find peace with their bodies. Most of these runners take the outside-in approach. They think if they change their body from the outside by losing undesired body fat or by adding some muscular bulk, they will be happier on the inside. Unfortunately, not true!

No weight will ever be good enough to do the enormous job of creating happiness. This story, told to me by an athlete, proves that point: *"I once weighed 124 pounds and was unhappy with that weight. I started exercising and dieting rigidly. I lost to 99 pounds but I still wasn't happy. I ended up binge-eating; I gained to 160 pounds, where I was miserable. I sought help from a counselor, stopped eating emotionally, and with time, got my weight back to 124—and was happy! Why couldn't I have been happy at 124 pounds in the first place? Because happiness has nothing to do with weight."*

Granted, some people do have excess body fat they can appropriately lose to be healthier as a person and lighter as a runner. They can rightfully feel pleased when they accomplish the goal of attaining an appropriate weight. But other runners just think they have excess fat to lose; they have distorted body images. A survey of 425 collegiate female athletes reports the women wanted to lose 5 pounds, on average (1). Another survey of the top women runners in the country found the same results (2). Even these elite runners wistfully believed they would perform better if they were leaner. Unfortunately, the struggle to attain a "perfect weight" can cost runners their health and happiness. Restrictive diets with inadequate protein, iron, zinc, calcium and a myriad of other health-protective nutrients — to say nothing of carbs for fuel — often contribute to injuries and poorer performance.

So what can you do if you are discontented with your body? First of all, you should get your body fat measured to determine if you actually have excess fat to lose. Data can be helpful.

(Find a local sports dietitian to measure your body fat via the referral network at SCANdpg.org.) You may discover you have less body fat than expected!

Feeling fat

It's easy to understand why so many runners have distorted body images. When you put on skimpy running shorts that expose your "flabby things", or tights that shows every bump and bulge, you can very easily "feel fat." Sound familiar?

One solution to the "I feel fat syndrome" is to remember "fat" is not a feeling. That is, you don't feel "blond hair" or "freckled." You also do not feel "fat." Yes, you may be feeling uncomfortable with your body. But you are really feeling imperfect, inadequate, insecure, anxious—and any number of other feelings that get described as "feeling fat."

I encourage you to explore those real feelings, and figure out where you got the message that something is wrong with your body. The media is a good start, but it could also be a parent who lovingly said at a tender age "That outfit looks nice, honey, but if only you'd lose a few pounds..." What you hear is "I'm not good enough" and this can create a downward spiral of self-esteem. Weight issues are rarely about weight. They tend to be about feeling inadequate and imperfect.

What to do

So how can a discontented runner feel better about his or her body? One tactic is to stop comparing yourself to your peers. *To compare is to despair.* Rather, pretend you live on an island where your body is "good enough" the way it is. (You are unlikely to ever have a "perfect" body, so the second best option is to enjoy a body that is "good enough.") If you step off your island and start comparing yourself to your peers, please notice: Do you end up being too fat, too slow, too ugly, too dumb? Do you ever let yourself rise to the top and be better than others? Doubtful.

You are better off staying on your island, and calling yourself a *Gorgeous Goddess* or *Handsome Hulk*. With time and practice, you can change the way you see yourself and come to believe perhaps you are, indeed, good enough the way you are! Granted, changing the way you feel about your body is a complex process. The following resources can help you in this journey to find peace with your body:

www.nourishingconnections.com (free e-newsletter)

www.findingbalance.com (has videos about resolving weight issues)

www.adiosBarbie.com (offers resources, and insights into the media)

For a plethora of books, visit the online bookshelf at www.gurze.com. Some of my fa-

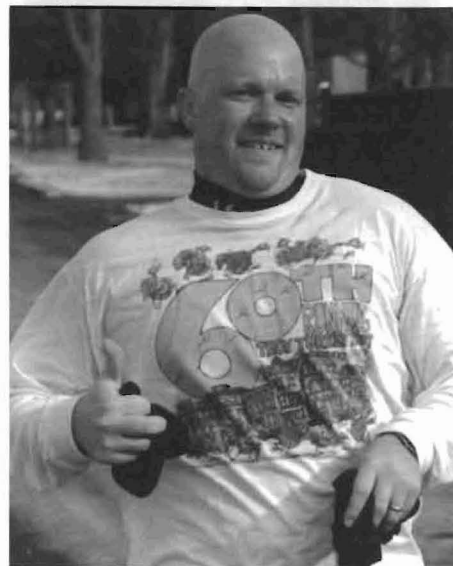
vorites include *The Body Image Workbook* and *The Don't Diet, Live-It Workbook*.

Life is more enjoyable when you can love your body and appreciate it for all it does and stop hating it for what it is not. When the drive for thinness comes with a high price, that price is unlikely worth the cost.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her NEW 2008 *Sports Nutrition Guidebook*, *Food Guide for Marathoners*, and *Cyclist's Food Guide* are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

References:

1. Beals K and M Manore. Disorders of the female athlete triad among collegiate athletes. *Int J Sport Nutrition and Exercise Metabolism*. 2002. 12:281-293
2. Clark N, M Nelson, W Evans. Nutrition educational for elite female runners. *Physician and Sports Medicine*. 1988. 16:124-135 □



The 2008 NYC Marathon Sideshow Awards

by Bob Kopac

In the past I have bestowed Sideshow Awards to "interesting" Boston Marathon runners. [See the <http://www.mhrrc.org/KopacsCorner/Default.aspx> web site and click on "Boston Marathon" on the dropdown list.] This year Lynne and I traveled due south from Poughkeepsie, NY to the 2008 NYC Marathon and our position at Fifth Avenue and 105th Street. Living up to the NYC Marathon's reputation of being an international marathon, I was able to bestow awards and disqualifications to many foreign as well as domestic "interesting" runners -- "interesting", as in "That's an interesting looking baby." Here is a Shutterfly link to photos of the award winners at the <http://share.shutterfly.com/action/welcome?sid=0BctmLdyyYsnxg> web site.

- The Winning-Edge Award goes to female winner Paula Radcliffe, who runs on the outside edge of her shoes. (Shutterfly photos 11-17)



Paula Radcliffe - Winning-Edge Award

- The Picture-of-Dorian-Gray Award goes to Ludmila Petrova, the 40-year-old female Russian runner who finished 2nd with a master's world record. (Photos 18-20)

- The Cinderella-at-the-Ball Award goes to Kara Goucher, the 3rd-place female, in her inaugural marathon. She is the first American woman since 1994 to finish in the top 3 women at the NYC Marathon. (Photos 21-26)

- The-Longest-Mile Award goes to Abderahim Goumri, the 2nd-place finisher, who ran out of gas in the final mile and was caught and passed by Marilson Gomes Dos Santos. (Photos 67-75)

- The Lazarus Award goes to Marilson Gomes Dos Santos who, despite the TV commentators reporting that he appeared dead tired, surged past Abderahim Goumri in the final mile to win the NYC Marathon. (Photo 76)

- The Local-Boy-Makes-Good Award goes to Kirk Dornton (Marist Alumni Racing Team) (Photos 130, 132-133) and Schuyler Schuster

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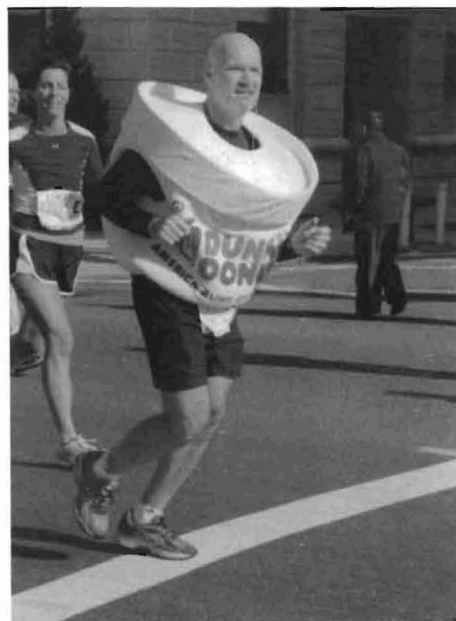


Kara Goucher - Cinderella-at-the-Ball Award

(Vassar Alumni Racing Team). (Photos 135-137)

- The Mercury-God-of-Running Award goes to Martin Fuller and his winged cap. (Photo 138)

The Your-Colors-are-Running Award goes to Italian Stefano Leorato, who ran in a red-white-and-green wig (Photo 188, 193), and Frenchman Denis Marbehan, who ran in a red-white-and-blue wig (Photo 143) as did a pack of Frenchmen. (Photo 237)



America-Runs-on-Dunkin Award

- The It's-Not-Flag-Day Disqualification goes to Frenchman Philippe Durand for carrying the French and American flags. (Photos 189-190)

- The Wasting-Away-in-Margaritaville Award goes to the runner wearing a flamingo hat and pink tights. (Photos 152-153)

- The America-Runs-on-Dunkin Award goes to the runner in a giant Dunkin Donuts cup costume. (Photos 160-161)

- A Running-Tale Award goes to the runner dressed in a green lizard costume. (Photo 162)

- The This-Could-be-Heaven-or-This-Could-be-Hell Award goes to the runners wearing devil horns. (Photos 164, 170)

- The Baseball-Season-is-Over Disqualification goes to runners dressed as Batman. (Photos 169, 201)

- The It's-Not-the-St.-Patrick's-Day-Parade Disqualification goes to the leprechaun runner. (Photo 173)

- The Howard-Stern Award goes to the runner wearing a gigantic black wig. (Photo 174) FYI, Howard Stern's wife ran the marathon.

- The Wannee-Be-King-for-a-Day Award goes to John Wannee wearing a crown made of balloons. (Photos 180, 182)

- The William-Wallace-Fought-the-English Disqualification goes to Peter Satchell for wearing an British flag T-shirt and a Scottish kilt. (Photos 204-205)

- The Braveheart-but-Cold-Unmentionables award goes to the runners wearing kilts. Peter Satchell, this is how it should be done. (Photos 207-208)

- The Dress-in-Layers-to-Keep-Warm Award goes to Frenchwoman Jocelyn Alarcon dressed in a red-white-and-blue layered skirt. (Photo 206)

- The Running-of-the-Bulls Award goes to Spanish runner Francisco Chico dressed as a matador. (Photo 209)



Francisco Chico - Running-of-the-Bulls Award

- The 'Bukuro-Bonzai Award goes to Japanese runner Tsutomu Shimabukuro running with 2 artificial legs. (Photo 210)
- The Mr.-Blackwell's-Worst-Dressed-List Disqualification goes to Paul of California (of course) wearing a pink outfit and an orange wig. What was he thinking?! (Photo 211)
- The Mr.-Blackwell-Best-Dressed Award goes to Cesar Carrasco resplendent in a uniform with epaulets and carrying the Texas flag. (Photo 242)
- Sorry-You-Can't-Vote Disqualification goes to the Irish runner Neil Horgan wearing an "Ireland For Obama" T-shirt (Photos 213, 215) and to Renato Villalta wearing an "Italy Loves Obama" T-shirt. (Photo 224)
- The "Sorry-You-and-Your-Candidate-Did-Not-Finish-First" Disqualification goes to James Lu for having "McCain" and "Palin" on each leg. (Photo 226, 228)
- The No-Christmas-Advertising-Allowed-Before-Thanksgiving Disqualification goes to Robert Lunn for wearing a Saint Nick outfit. (Photo 218)
- The Spell-that-Again-Sam Award goes to Grundlingh Enslin, who wore an Uncle Sam outfit. (Photos 217, 219)



Grundlingh Enslin - Spell-it-Again-Sam Award

- The No-Talking-on-a-Cell-Phone Disqualification goes to Norwegian David Lyngstad. (Photos 220-221)
- The It's-the-Great-Pumpkins Award goes to Ruth and Lucy Stackpool-Moore wearing orange wigs and orange running outfits. (Photos 223, 225)
- The Black-and-White-and-Run-All-Over Award goes to the runners dressed as convicts. (Photo 237)
- The Light-the-Way Award goes to Larry the Lighthouse, a beacon at NYC races. (Photos 240, 243)
- The Light-my-Fire Award goes to Matthew

Hancock in a fireman's outfit. (Photo 245)

- The Hapi-Together Award goes to the group of Japanese runners wearing hapi coats. (Photos 247-248)
- The If-the-Bra-Fits Award goes to the British women running in pink bras to raise money for breast cancer research. (Photos 249-253, 255)
- The Easter-Egg-Hunt Award goes to Ontario Runners' Club runner Bob Ricketson who

spotted us in the crowd. No one else in the ORC or MHRRCC running clubs saw us, even though I was wearing orange. (Photos 229-233)

- The Laughing-on-the-Outside-Crying-on-the-Inside Award goes to Lynne Kopac, who watched the race from the sidelines after she canceled her NYC Marathon a few weeks before the race due to injury. (Photos 38-39, 139) □

Another Stellar Super Bowl of Running

by John Furgele

As chronicled last fall, Thanksgiving Day remains the Super Bowl of area running, and 2008 was no exception. This Thanksgiving, 8,074 runners took to the streets in Troy, Saratoga Springs, Schenectady, and Cohoes and finished a Thanksgiving Day race. The number of runners continues to rise not only across the Capital Region, but across the state as well.

Troy remains the oldest Thanksgiving Day race in the region, and this year celebrated its 61st edition with some new wrinkles. The course was changed as was the host venue, with the larger Atrium replacing venerable City Hall. For some, it was welcome; for others, it was the end of an era. The course was changed and most of the people I talked to thought the new course was "bit harder" than the old course.

The 5K had 3,763 finishers, making for a crowded scene on the narrow downtown streets of Troy. There was some confusion at the start and the race went off almost 20 minutes after its scheduled 9:30 a.m. start time. The organizers had a difficult time getting the crowd to move back at the starting line. Perhaps the race is becoming a victim of its own success? In Troy, there are four events to choose from -- the Turkey Walk, the Grade School Mile, the 5K, and the 10K -- and as one official told me, it might be time to do some consolidation.

Once the 5K started, things seemed to improve. If the new course was indeed slower, the winning time was right in line with previous Troy Turkey Trots. For the second straight year, Zach Predmore prevailed, covering the 5 kilometers in 15:05. Predmore, another member of an outstanding running family, said that the Troy win was satisfying after what he called a trying season at Princeton in the fall. Adam Quinn of Clifton Park was second and two-time winner David Raucci, coming off an excellent senior cross country season at Marist, was third.

Elizabeth Maloy made it a three-peat on the women's side, winning in 17:58. The Holy Names graduate, fresh off an All-American performance for Georgetown at the NCAA Championships, won by 19 seconds over Lauren Esposito with former East Greenbush native Mollie DeFrancesco third.

The 10K saw 663 finishers and Ghent native Emory Mort won in an impressive 31:46. Mort,

who registered that morning and didn't even have a race number or chip because officials ran out, outdueled former Shenendehowa star and current University of Cincinnati runner Scott Mindel, who was second in 32:04. The women's 10K race was very close as University at Albany graduate Alyssa Lotmore (37:29) edged a game Susan Aishe (37:30) and Emily Bryans (37:33). The 10K race served as the Adirondack USATF Open Championship.

The Grade School Mile had 592 finishers, with Jordan Johnson winning the boys' title in 5:45 and Catherine Maloy---sister of Elizabeth---winning the girls' title in 5:57. With 5,018 finishers in three races, Troy remains the king of local trots.

Of course, Troy was not the only trot in town. The rapidly growing Christopher Dailley 5K in Saratoga Springs had 1,888 finishers, with former Saratoga Blue Streak standout Greg Kelsey winning in 15:29. Jennifer Adams of nearby Gansevoort took the women's title in 18:32.

The Cardiac Classic took place in Schenectady's Central Park and drew 1,024 runners for its 5K race. Schenectady's Sam Acevado won the men's race in 15:51, and Rochester's Sue Yagielski won the women's title in 18:30.

And, not to be forgotten was the 45th Cohoes Turkey Trot, a 3.5 mile jaunt that requires a non-perishable food item for entry. Thomas Soeller of Clifton Park took the men's title in 19:06 and Baltimore's Colleen Gibson was the women's winner in 23:37.

And, for those who wanted to race more that weekend, there were two more "Saturday Turkey Trots" to run. In Altamont, the inaugural "Run Off That Turkey Trot 5K," successfully debuted with 133 runners competing on a nice, challenging country course. Sam Dikeman and Courtney Tedeschi led the way for the men and women winning in 17:25 and 20:40 respectively. Another 112 runners ventured to The Crossings in Colonie for the Caryl Faye 5K, with Anthony Giuliano and Julia Murphy winning in 16:00 and 21:00 respectively.

Thanksgiving Weekend. Six cities/towns. Eight races. 8,319 total runners. If that isn't the busiest weekend of the running year, what is? Quite a scene, and quite an accomplishment. □.

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"BEEN THERE, DONE THAT"

by Ed Thomas

February 1974 - Thirty Five Years Ago

From the Newsletter: "Sunday, Feb 3rd, found our runners facing a minus 13 degree chill and blowing snow. Getting to SUNY was a small feat in itself with icy roads and impatient drivers." Six runners finish the 3 miler, while nine tackle the three perimeter race including Jim Bowles and Don Wilken. Time splits and hot coffee are provided by Bill Shrader, Sr., Paul Rosenberg, Ed and Harriet Thomas.

February 1979 - Thirty Years Ago

On the 24th, there is a sixth Winter Series event with 4, 10, 20 and 23 mile races. The Newsletter reports, "The 23 mile race featured a rarity. Three runners, Frank Ripple, Pat Glover and Gust Svanson, tied for first and all are co-holders of a new record (2:20:11) breaking Don Wilken's record of 2:22:55 set on Feb. 19th, 2008. That race incidentally was Don's last major competition. He has been injured and unmotivated since then." (Wow..that's telling it like it is!)

February 1984 - Twenty Five Years Ago

Bill Meehan is the director of the 11th Winter Marathon. Spring-like weather decays to snow and plummeting temperatures with strong gusty winds on race day. Of the 80 starters, only 42 complete the distance. Dale Keenan wins by 4 minutes in 2:32 while Nedra Osborne hangs in there as the first and only woman finisher in 4:04. Don Wilken takes the Masters division in 2:56, and the 50+ winners are Jim Edwards and Jim Tierney in 3:14 and 3:17, respectively.

February 1989 - Twenty Years Ago

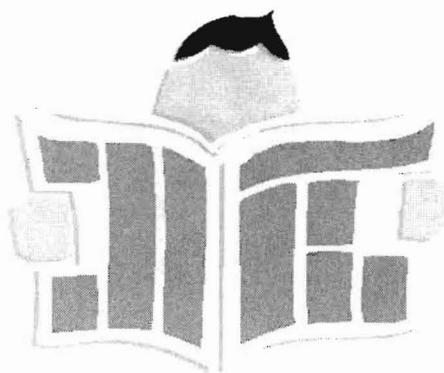
From *The Pace Setter's* official injury report, It Hurts Only When I Run: "Jack Berkery got up in middle of night to stub toe, accidentally went to bathroom." Don Wilken eulogizes Tom Robinson. A founding member of the Club, Tom was a friend of the renowned Olympic coach Arthur Lydiard and conducted running camps with him. A dominating distance runner and well liked by all who knew him, Tom had recently moved from the area to accept a professorship in Cardiovascular Studies at the University of Chicago's Reese Hospital. Tragically, he was hit and killed by a car on his way to work, leaving behind a young family.

February 1994 - Fifteen Years Ago

The Pace Setter cover features a shot of Jim Tierney grimacing with effort in the Winter Series. The picture is aptly entitled "The Road Warrior." [By coincidence, fifteen years later, Jim now enters the Hall of Fame.]

February 1999 - Ten Years Ago

Paul Turner contributes one of several crossword puzzles to *The Pace Setter*. These are definitely aimed at runners, especially those with local knowledge. Here's an example: 1D and 2A intersect in their second letters.



The hints are: 2A = HMRRRC 5 miler in April that almost always brings rain (10 letters) and 1D = West Coast 12K known for naked runners (13 letters).

February 2004 - Five Years Ago

From Vince Juliano's *Pace Setter* report ... a sunny, calm, 40 degree day greets 41 marathoners and 21 teams for the 31st Club Marathon. Adam Seigers (2:40:40) finishes 9 minutes ahead of four-time winner Dan Dominie. The women's champ is Junco Leerink (3:39) from Connecticut. Zach Yannone's coed team bests 3 all male teams to win the relay event in 2:45+. □

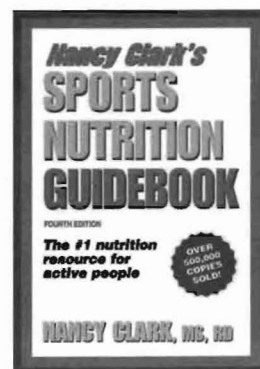


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Senior Running

by Ken Orner

Last week I read in *USA Today* a quote from the comedian, Milton Berle, "Recently my doctor told me that jogging could add years to my life. I think he is right. Since I began jogging I feel ten years older." Unfortunately Milton Berle is no longer with us.

After he retired from show business, Mr. Berle began volunteering to visit nursing homes to cheer up the residents. On one occasion when entering a Los Angeles nursing home, he asked the head nurse, "Who is your oldest resident?" The nurse pointed to a woman in a wheelchair not far away and said, "That would be Mary who is 98 years old." Milton walked over to Mary and she appeared to be nodding off to sleep as he approached her wheelchair. He then gently tapped her on the shoulder and as she looked up he said, "Do you know who I am?"

"No," she replied, "but if you go to the front desk, they will tell you."

Meanwhile, I have noticed that each year my running times are getting slower; can any of you identify with that phenomenon? I used the word phenomenon because what baffles me is that I feel as though I am running just as fast as I always have. However, the clock tells me otherwise. Do you feel that way, too? I suppose one has to recognize that as our bodies age, we slow down regardless of the activity that we participate in. As the saying goes, "The Old Gray Mare ain't what she used to be."

I first started running approximately eighteen years ago, and it was a result of an unusual circumstance which was beyond my control. For many years, I had been playing tennis in the summer and racquetball in the winter along with some cross-country skiing. But my partner in sports, Bill Kogan, was offered a position with the Federal Government as an Administrative Law Judge (ALJ) in Huntington, West Virginia, and so my friend and partner left the area. I tried finding another competitor, but with little success. Then a co-worker, Earl Costello, suggested I take up jogging because there was a group that ran on their lunch hour and since there was a small locker room and showers in the basement, I could fit it in with my workday. I resisted for a while and then I told Earl I would try it but with three conditions.

1. I would only run on the pavement, but not the concrete sidewalks because I had heard that pounding on the concrete could cause injury to one's legs and feet.
2. I would never run two days in a row, also with a goal to avoid injury.
3. And, finally I would never enter in any races.

I have to confess that in less than six months, I broke each one of the aforementioned restrictions. That was eighteen years ago and I continue to break those guidelines but at a significantly slower pace. On the positive side, I am

thankful that I am still running and still able to compete in the geriatric age groups. My hero and role model has always been Mike Bartholomew who is now in his 80's and he is still competing. He was listed in last month's *Pace Setter* among the Grand Prix competitors in the over age 70 group.

I propose that beginning immediately that there be a Grand Prix category for runners that are 80+ even if there is only one person. Others, including myself, will be coming along and add to the roster in the not too distant future. Do you think it's fair to expect Mike to compete with men that are 10 or more years younger than he is?

On a more serious subject, I would like to share a few words of encouragement with you:

"In the battle of life, it is not the critic who counts; nor the one who points out how the strong person stumbled, or where the doer of a deed could have done better. The credit belongs to the person who is actually in the arena; whose face may be marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually strive to do deeds; who knows the great enthusiasms, the great devotion, spends oneself in a worthy cause; who best knows in the end the triumph of high achievement; and who at worst if he or she fails, at least fails while daring greatly. Far better is it to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in the gray twilight that knows neither victory nor defeat." -- THEODORE ROOSEVELT

Finally, I want to thank all of the runners I know and have known for their friendship, their encouragement and support. I hope that I can continue running for another eighteen years and enjoy the PLEASURE OF YOUR COMPANY! □



Skills and Drills

How does one teach track and field? From the start I am not talking about a high school freshman who has played little league baseball or softball. I'm talking about the pure novice seven or eight year old who shows up to a Junior Olympic practice clueless. If you pause to think for a second, it's a good question.

The fact is one must start somewhere. The educational theorist E.L. Thorndike wrote that the key to all learning is relatable skills. But at the first practice the novice may have never thrown the shot, long jumped or competitively sprinted. But on the other hand they have, at one time or another, run, jumped or thrown. At its most basic level, track and field prizes one's ability to run, jump and throw.

With that in mind we have a starting point to design a developmental track and field program that builds upon the already established fundamental playground skills of running, jumping and throwing. It becomes important that the youth coach and as it is possible, the novice athlete, recognize the fact that this development is a process. It should be noted that this process involves multiple steps or benchmarks that can be charted out as would a multi-day vacation to Disney World.

In this process there are several areas that ideally should be addressed. The physical component becomes most obvious, but equally and possibly more important are the concomitant life skills (teamwork, communication, personal discipline, sacrifice, etc.) that are applicable on and off the field and will play an important role later in an athlete's life.

While it may seem that the organization of a youth track and field program would be a simple project, it is not. For it to be done well and to be of greater effectiveness, the more forethought and developmental planning there is, the richer the immediate experience will be, with the long term results more fruitful.

Starting in January 2009, the Niagara Association of USA Track and Field will initiate a Pre-Junior Olympic Program with the expressed intent to introduce the sport at a fundamental level to the young athletes of the association. We will be funding four satellite clubs or teams that will conduct a 6-week "Skills and Drills" program to prepare the novice athlete (in particular the entry level athletes) with the fundamental knowledge, skills and attitudes that will create a basic inventory of "relatable skills." It is hoped that with growth and maturity these fundamental skills will provide a solid foundation from which individual talents will blossom.

Grants for the six-week program will be given to organizations with the following stipulations: the coaching staff are current USATF members and conduct background screenings, the Pre-Meet is a sanctioned event, at least 10 events are conducted at the meet and

they have at least 35 athletes participate. Athlete membership in USATF is encouraged but not required. Participation in the Association Championship will require USATF membership.

Why a six-week program? In truth, I first read about a six-week entry level program conducted by the noted children's author Rich Wallace. He designed a program that introduced the sport without making participation a "career decision." Most knowledgeable coaches would agree that an entry-level program should not be a career decision or lifetime commitment.

Late childhood (7-10 years old) should be a time of discovery. Ideally, the athlete should be exposed to multiple athletic challenges to better develop their overall skills. The more varied the program, the better it creates an athletic inventory of physical skills, fosters learning rules, tactics and strategies and will develop a more well rounded the athlete. Most youth league programs run about six weeks. It neatly presents enough time to learn and digest new skills while at the same time blending in with other youth program offered throughout the year.

But the challenge still remains as to what should be taught, how it should be taught and when it should be taught. The thrust of the program will be in three areas:

- the introduction of skills and drills related to running, jumping and throwing
- the application of elementary training concepts
- the introduction and application of life skills

Although simple and generic, these three concepts should serve as the underpinning of the 6-week program and are reinforced at each day's practice session. Once this model is accepted, the next question that arises is that of implementation.

The Weekly Plan

It is recommended that the Skills and Drills Program be implemented over a six week period with a practice session held one time per week. While it could easily be argued that a two or even three weekly practice sessions would be more effective, more practice time will only complicate the daily training plans and escalate the time, effort and energy of the volunteer staff.

An equally important concern would be facility availability. This program can be designed so that most if not all of the practice sessions can be held on a flat grass field. This may be an important consideration with the limited availability of a track and field facility, especially during the spring season.

A third point is to re-emphasize that one of the goals of the Skills and Drills Program is to introduce the sport to a child. Arduous and fatiguing training sessions are not the focus of

this program. Rudimentary "homework assignments" can be given that will complement the weekly skills. While actual practice sessions will give some direction towards track and field training, off time can be used to supplement training, providing a general level of fitness. Bike rides, ball sports and other childhood activities are to be encouraged to supplement the child's fitness levels.

The Daily Practice Plan

The Daily Practice Plan should be planned out in advance. Each can be broken down into three recognizable parts – a warm-up, the development of the main theme or focus of the day's practice session and a conclusion that includes some general conditioning exercises, a warm down and discussion of an athlete's life skills. At the early ages practice sessions should last about an hour. It needs to be emphasized that children should not be trained as little adults. Children are not little adults.

A summary of the three practice components is as follows:

The Warm-up – 10-20 minutes of skills and drill work. The warm-up should be dynamic (meaning movement oriented) in nature and serve to reinforce old skills previously learned or introduce new skills while the athlete is attentive and physically fresh. The coach's ability to relate new challenges to old learning would be an example of the relatable skills and will pay dividends in the short and long term. Examples of actions would be: foot drills, skipping, hopping, light jogging, arm action drills, etc.

The Main Theme – 20-30 minutes of a more focused development of the day's practice theme (see chart 1 below for a suggested thematic development of the Skills and Drills Program). Using themes over a six week period allows for focus for each day, the introduction of the sport in general to the novice and the identification or development of skills in a particular event group (sprints, jumps, throws).

The Warm-down/Conditioning – 10-20 minutes – this allows for the development of general endurance qualities with simple circuit training type conditioning. Each day's practice session can be ended with some flexibility work and a team discussion of a life skill and hopefully its application to what was done or learned in practice this day.

Daily Themes

The ultimate success of this program hinges on the introduction and successful implementation of the daily themes. If you would view Chart 1 for a moment note that the themes are presented in an order such that the next week's skills are in some way similar (or relatable) to

the skills previously learned. Thorndike's "re-latable skills" are presented in a progressive manner.

A brief overview of the weeks:

Week 1 – Sprinting - baseline testing (30m sprint time, standing long jump, vertical jump), the cyclic action of sprinting, sprint mechanics, acceleration

Week 2 – The Long Jump – an acyclic action (sprint and jump), landing mechanics

Week 3 – Throwing – an acyclic action that coordinates a run with a throw (javelin, softball or Turbojav) versus the pushing action of the shot put.

Week 4 – Sprint, Jump and Throw Relays – combination skills, strategies, and teamwork

Week 5 – Endurance – the 400m run – a more moderated sprint action, short interval training, heart rate monitoring

Week 6 – Re-testing day or Pre-Meet preparation

The overall learning objectives for this Pre-Meet Junior Olympic Program are:

- to teach the sprint action via correct movement of the body's parts (arms, torso, hip, knee, ankles)
- to teach jumping skills and landing skills
- to teach throwing mechanics (push of the shot, elbow above the shoulder for the throw)
- to teach teamwork with the relays of various kinds

A Note on Training

Just as there are fifth graders who can read on the 10th grade level, there are fifth graders who have the physical maturity of 15 year-olds. The reverse is also true. This presents a real problem in the design of a workout for a novice athlete. All too often the well-meaning but ill-prepared coach trains their novice athlete as if they were a "little adult." A child is not a little adult. This is why the whole concept of distance training, interval training, and strength training when applied to children unfortunately ends with disastrous results. Children are not little adults.

The developing child is just that – developing. To introduce any form of sophisticated training, however well meant or physiologically sound for an adult, shunts efforts and energies of the body from growth and development to early adaptation and survival. The future is spent on the present. With few, and I mean very few, exceptions the child superstars of yesterday are not the adult stars of today or tomorrow. Their moment of glory has come and gone, the direct result of training loads prescribed by a coach who was well-meaning or misdirected or both.

Tudor Bompá, the great training theorist of the 1980's and 1990's, often stated that one of the goals of training children or physically immature young people should be to "not fatigue the system." Tax it, challenge it, and stress it lightly but then back off. One of the secrets of my high school coaching success with high school freshmen was how little I had them do. I strove to introduce training to them, created an inventory of skills and a history of success-

fully meeting new physical challenges and then backed off and let natural growth and maturity take over.

Conclusions

Abraham Maslow is credited with developing the learning strategy of "whole-phase-whole." This is where a task or activity is performed, corrections are made and over the course of time the performance of the task is perfected.

The teaching of track and field using the Skills and Drills Program employs Maslow's whole-phase-whole method. What is created is a fundamental framework for the event disciplines within the sport. It also develops an inventory of skills and movement strategies (running, jumping or throwing) that are transferable to other ball and team sports that at their essence prize one's ability to run, jump or throw.

The "athletic life" of a human is a short one, usually less than 15 years. Because of this the managed use of time becomes a pre-eminent goal. It becomes doubly important that any and all skills learned on an entry level to the sport have a greater and broader application

that allows for refinement and perfection with growth and maturity.

This Skills and Drills Program presented here offers an introduction to the sport, a means to identify and develop talent while at the same time providing fundamental movement patterns that are readily transferable. Additionally this program, applied sensibly, will also avoid any chance of early specialization that would stunt long-term growth and development. Good luck with the program. Should you have any questions or comments I welcome your input.

Final note – for coaches wishing a more structured learning it is recommended they consult the USATF national website for information and details on the Developmental Coach Program and the Level 1 Schools that are offered around the country.

Dr. Russ Ebbets is the president of USATF Niagara Association and the editor of *Track Coach*, the technical journal of USA Track and Field. He is author of the novel *Supernova* on the famed running program at Villanova. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160, email -spinedoctor229@hotmail.com. □

Chart 1			
Week	Theme	Skills and Drills	Life Skills
1	Sprints	skipping, high knees, acceleration, arm, leg, foot mechanics	time management, be on time
2	Long Jump	approach, step count, landing	goal setting, diet and nutrition
3	Throwing	step and throw, run, step and throw, putting	problem solving, decision making
4	Relays	zones, baton passing	teamwork, communication
5	Endurance	400m run, 2-3x200m interval training	thought management and attitude
6	"Pre" Meet	practice meet	



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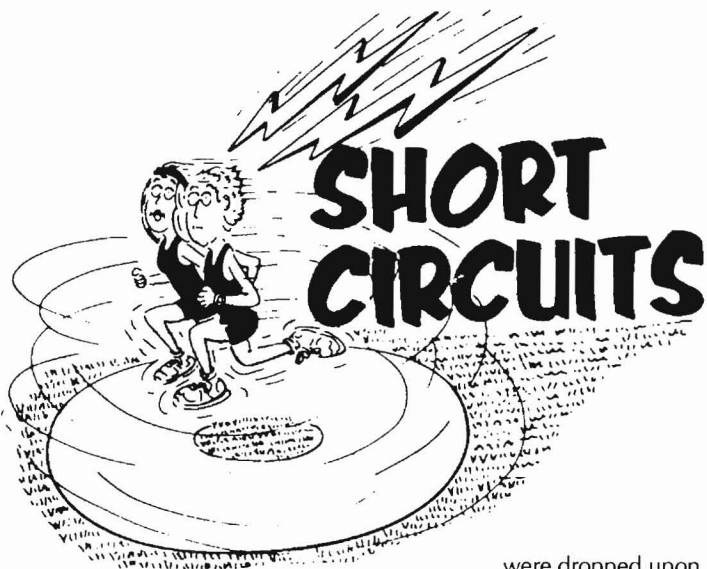
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Josh Merlis, ARE CEO, Editor of RATT, dance instructor and computer geek, showed up at the first Winter Series race with a bandage across his forehead. By the time the races were over, three versions had emerged on the origins of the bandage. Each one involved a woman.

1. During the recent ice storm, a young woman was crossing the street in Albany when a car skidded out of control in the direction of the woman. Merlis, in a following car, without a second to hesitate, jumped out and grabbed the woman, taking an ice-covered branch to the head.

2. Returning from the Jingle Jog 5k, Merlis and a female friend stopped at the Malta Diner. Upon leaving the diner, Merlis opened the van door for his friend, looked away for a second and then, remembering the next part, began to shut the door. Unfortunately, Merlis was still standing in the door area as it closed on his head.

3. 1960 Canadian Crooner, Paul Anka (*Diana, Puppy Love, Put Your Head on My Shoulder, Blade*) made the news recently with a bandage on his forehead. His new wife (37 years old) allegedly tossed an ice bucket at Paul (67 years old) hitting him in the forehead, causing a small cut requiring a trip to the ER. His wife was arrested, but charges

were dropped upon learning the cause of her anger. Paul was continuously singing "Having My Baby" for two days straight. Merlis, an avid Anka fan, wore the bandage in his honor.

Which version is the truth? Only she knows.



The sign on the door to the U Albany Physical Education Building read "Hitting Clinic Today." The building was also staging the first Winter Series Races. During the pre-race gab session, Gail Hein was gesticulating her comments when one of her fists accidentally landed on passerby Frank Broderick's arm. Broderick, staggered by the blow, did not hear an apology from Hein only the comment: "I'm here for the Hitting Clinic."



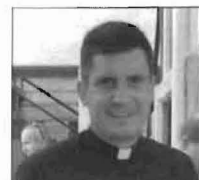
Frank Broderick before the incident



Twenty minutes before Sunday Mass, Father Bill Hegedusich of Washington D.C. went running out the front door of his church. Father Bill is a marathoner and he was chasing a

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.

guy who just broke into the church's safe, taking with him the weekly offering for the poor. Father Bill easily ran down the thief, who threw the bag of money down and after apologizing went on his way.



Father Bill runs down thief



On his 40th birthday, Michael Chambers was ready to go into the Manhattan streets for his daily run. His wife stopped him before he went out and said she had a present for him: a running partner for the day - Richard Kiplagat. Kiplagat, from Kenya, was a 10-time All-American distance runner at Iona who is now one of the top road racers in the world. For a fee, he agreed to run with Richard, a four-hour marathoner and fan of Kenyan runners. They ran eight miles, at a sturdy 7-minute-per-mile pace. "I was pushing him a little bit," Kiplagat said. "I wanted to see how fast he was. I was listening to his breathing. He was not breathing as hard as I thought. He looked very strong."



Chambers and Kiplagat breezing down Second Avenue



How about the woman who ran 1½ miles with a rabid fox attached to her arm continuously biting her? Michelle Felicepta was attacked on a trail near the Granite Mt. in Arizona. First it bit her foot, then her knee, then attached its teeth to her arm. She gripped the fox's throat with her other arm and ran to her car 1½ miles away. She knew the fox was rabid. She could have separated the fox from her arm. She could have choked the fox to death at any time, but she ran to her car without any fear. When she got there she threw

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The Pace Setter – 17



The Ankas before the incident



Josh Merlis after the incident

HMRRC Hall of Fame Inductee: Martha DeGrazia

by Debbie Beach

The guidelines used to select a candidate for induction into the HMRRC Hall of Fame include (but are not limited to) the following: performance as a competitive runner in club races and noteworthy performance as a competitive runner at the local, regional, national, or international level. Martha's reputation as an age group competitor is well established locally, regionally and nationally, with times very often under USATF guidelines. When one looks at Martha's race times at all distances, one word comes to mind: consistency.

Growing up in Westchester County, Martha was actively involved in swimming and horseback riding. She went to school for her undergraduate and graduate degrees at Syracuse University cumulating with a Masters in physics. Martha then moved to this area and starting working for GE. At the same time she attended Union College working on her second Masters degree in mechanical engineering. As if this did not keep her busy enough, she also taught at Union.

With her schedule as busy as it was it was difficult to coordinate activities, such as playing tennis with someone. Martha started running at the age of 38. Running was something which could fit into her schedule and did not require a partner. She was then spotted by the runners at GE and started running with their team. This is when she began to become more competitive and soon started establishing herself as a top master's runner.

At the Freihofer's Run for Women, Martha's times have ranged from 21:12 to 23:37 since 1997 with a trend downward over the past 3 years. In addition she placed 3rd in her age group in 2006 and 2007 and moved up to 2nd in 2008. Her times at the Delmar Dash have consistently hovered in the 35-36 minute range (2000-2004, 2008) and she has placed 1st in her age group five times, and another time placed third. Since 1997 Martha has placed first in her age group at the Stockade-athon a total of 5 times; her times overall ranged from 1:05 to 1:09 with a 1:08 in 2007.

At races such as the Adirondack Distance Run (ADR), Martha has again proven to be a consistent regional competitor. For those who have run this race, you know it is not a flat 10 mile course by any stretch! Yet over the past 8 years, Martha has run under USATF guidelines six times! Since 2000, Martha has won her age group without fail each year, with her 2008 time being one of her fastest at 1:13:27. To further add to her credentials, Martha placed 2nd in her age group at the Boilermaker in 2006 and 2007.

In 1993 Martha started establishing her reputation as a top masters competitor in the HMRRC, first in the 40-49 age group category and then in the 50-59 age group. Martha won the 40-49 age group Grand Prix category a total of 5 times (1993, 1994, 1995, 1999 and 2000) be-



fore moving onto the 50-59 age group which she has won 6 times (2001, 2002, 2003, 2004, 2007 and 2008). In the history of the Grand Prix, Hall of Fame member Anny Stockman is the only other woman who has accumulated more titles.

Martha has competed in a total of 60 marathons with times ranging from 3:13 to 3:30. She clocked her 3:13 PR at the 2002 Boston Marathon. Her resumé contains not only Boston, but NYC, Marine Corps, Philadelphia, New Orleans, Houston, Dallas, Myrtle Beach, Tucson, Las Vegas, Chicago and Miami to name a few. In marathons, Martha has accomplished what no other HMRRC club member, male or female, has ever done. At the 2003 Boston Marathon Martha placed 2nd in her age group and in November of that year placed 1st in her age group in NYC! She then came back the following year to place 2nd in her age group again in Boston! Martha has two 6th place age group finishes to her credit as well in Boston, with a 9th place finish in 2008. Of the top 10 women in the 2008 Boston Marathon 50-59 age group all but Martha were 52 or under! She had shown the "younger crowd" how it is done by running a 3:23 at the age of 57!

On the international marathon scene in 2001 Martha placed 1st in her age group at the Dublin Marathon. She has also won or placed in her age group in Lisbon (International Championship), Frankfurt, Marathon de Reims, Venice (International Championship), Brussels, Amsterdam and Montreal.

When doing some research for this article, I discovered something maybe even Martha

does not know about herself. At the local 2008 Marine Corps Toys for Tots Half Marathon Martha ran a 1:36, placing 1st in the 55-59 age group. No surprise there! But when I looked back over the 8-year history of the race, I discovered her 2008 time is a course record for the 55-59 age group, roughly 2 minutes faster than the next best time!

Martha has also clocked some other impressive PR's including a 6:12 for the mile, 20:14 for 5K, and a 42:44 for 10K. Martha has also broken the 8 mile barrier 6 times during the HMRRC Hour Run.

Not only has Martha distinguished herself as an individual competitor, but also as part of teams. As mentioned earlier, Martha's competitive career began to take shape when she started running with the team from GE. Now Martha is a member of the Lockheed Martin team. The women's team for Lockheed Martin has won several 5k and 10K national championships with Martha as their top scorer. Her Lockheed Martin team has also competed in marathons and again has won or placed at national championships with Martha being their top scorer. At the GHI Workforce Team Challenge, Martha's team has won their division 3 times. In 2007, her women's team went to the championship race in NYC and placed 6th. Martha also competes as part of the Willow Street Athletic Club, which frequently places in local team events.

It is no wonder with this resumé, Martha is being inducted into the Hall of Fame. But when you talk to Martha you may get a response like, "I am only an age group winner," or "There are other runners better than me." Martha is not only consistent on the road, but also consistently humble when it comes to her accomplishments. Emily Bryans wrote in an e-mail, "Martha will probably tell you that she doesn't know why she has been selected to the Hall of Fame, yet she is one of the most accomplished runners in our region. Her consistency is one of the things I admire most; she seems to be able to run well under any condition. She has helped to set the bar for women's running in our area, and you couldn't find a better person to emulate." Vince Juliano stated, "But what impresses us about Martha is her modesty and high energy level throughout the year. She really never stops training for distance events, and routinely logs several marathons each year. When she is not running, she is swimming, and planning her next marathon adventure. Martha exudes positive energy and has an uplifting warm personality."

Martha is also known for her encouragement, support and friendliness towards runners of all abilities. One of my first memories of Martha was from the 1999 Vermont City Marathon. When she discovered I had traveled up

Continued on page 30

Jim Tierney: HMRRC's "Go To Guy"

by Chris Rush

I guess I first got to recognize Jim Tierney from behind. Somewhere around 17 or 18 years ago, I got used to observing what I came to describe as the "Jim Tierney shuffle"—when I tried unsuccessfully to catch up with him, usually in a 5k event of some kind. Maximum efficiency: feet barely leaving the ground, but boy, what turnover! It isn't much of an exaggeration to say that I didn't get to see Jim's face until he stepped up to help me as the assistant director of the Stockade-athon, somewhere around 1992. In those days Jim was, at the age of 60, still running 5Ks under 20 minutes. Jim is a local boy, born and raised in Albany, the second eldest of seven siblings, a graduate of Cathedral Academy. Shortly after high school, Jim went to work for IBM, where he was employed for the next 36 years, first in Poughkeepsie, then in New Jersey, and finally in Kingston. In 1982, Jim and his wife Grace moved back to Albany, and he daily commuted to Kingston for the next eight years, until he retired from IBM in 1990.

Like many of our generation, Jim was a "born again" runner, taking to the pavement for the first time at the age of 46. It was 1980 when Jim gave up his 2 ½ pack-a-day cigarette habit, saw his weight go up to 210 pounds, and headed out the door for his first run. His first race that June was the 5K Ramsey Run in Ramsey, New Jersey, which he finished in a satisfying 23 minutes. After that, there was no looking back.

For the next 20 years Jim quietly amassed an impressive resume of performances on the roads. A few highlights:

- 34 marathons, including New York City (six), Boston (six), Montreal, Washington, D.C. Marine Corps, Ocean State and HMRRC.
- At age 52, his 2:59 Boston marathon was described by Tim Layden (then of the *Times Union*, now of *Sports Illustrated*) as "...the most impressive performance by a Capital District runner."
- At age 52, 17:58 5K
- At 65, a Boston-qualifying time of 3:43 at the (Rhode Island) Marathon
- HMRRC Grand Prix age-group winner in '97 and '98, and 2nd in '96.

Jim's impressive running achievements continued right up until 2001, when he suffered a heart attack. Perhaps even more awesome was Jim's return to competition only seven months later, when he competed in the HMRRC Marathon. Jim continues to regularly compete in HMRRC races, albeit in a somewhat more relaxed pace.

Even more impressive than Jim's running resume are his quiet behind-the-scenes contributions to the "nuts-and-bolts" workings of the



Club. For several years, he served as Assistant Director of the Stockade-athon, and continues to assist with that event. For ten years he has directed the Bill Robinson Masters 10K, and for 3 years has been co-director of the Mothers' Day Race. For the past 14 years, he has served as a writer and Advertising Director for *The Pace Setter*. For almost as many years, he has been the club's mailman, regularly visiting the Club's post office box and collecting any and all correspondence, including membership and race applications, *Pace Setter* materials, and often hand-delivering mail to the right persons. For almost as long, Jim has been the "doorman", opening up the Community Room at Point-of-Woods for Club meetings. He has served on the nominating committee, the original scholarship committee, has conducted equipment inventories – the list goes on and on. It is no surprise that he was recognized in 1999 with the HMRRC's Distinguished Service Award.

In summary: for more than 20 years Jim Tierney has been the HMRRC's "Go-to" guy when something needs to get done. It has been my privilege to introduce him as a 2009 inductee to the HMRRC Hall of Fame. □

Is it your New Year's
Resolution to volunteer
at HMRRC race?

Anyone can qualify for a
volunteer.

We welcome everyone – so
if you are planning to be at a
race but not running, why not
lend a hand?

We pay with smiles and
thank you's and the
occasional t-shirt!

Either call me (356-2551) or email me
(madams01@nycap.rr.com) or send
me the following:

Name:

Address:

Tele. #:

Email:

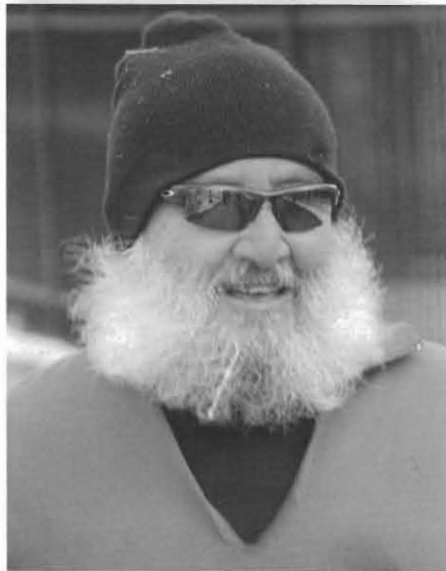
Job Interested in (check all that
apply):

- ☐ Course marshal
- ☐ Refreshments
- ☐ Registration
- ☐ Finish line/results
- ☐ Race Director – asst. and training
- ☐ Any of the above

Physical limitations (if any):

Mail to: Marcia Adams; HMRRC
Volunteer Coordinator; 1009 Tollgate
Lane; Schenectady NY 12303

Winter Series #1



HUDSON-MOHAWK ROAD RUNNERS CLUB

2009 DISTINGUISHED SERVICE AWARD

NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to mwarner1@nycap.rr.com or by mailing a nomination form to Mark Warner, 719 Wasantha Way, Slingerlands, NY 12159 by March 1, 2009. Nomination forms can be found at www.hmrcc.com. Nomination forms may also be submitted in person at the March 2009 club meeting.

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

Previous recipients of the Distinguished Service Award:

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

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2009. The election of the DSA recipient(s) will take place at the April 2009 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact Mark Warner, Committee Chair, at mwarner1@nycap.rr.com.



THE ADIRONDACK RUNNERS 23rd ANNUAL **Shamrock Shuffle**



MARCH 29th, 2009 - 11:00 AM
GLENS FALLS HIGH SCHOOL
TO BENEFIT
WARREN-WASHINGTON COUNTIES SPECIAL OLYMPICS



CORPORATE SPONSORS

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AWARDS

Male & Female

Overall
1st, 2nd, 3rd

Age Groups
1st, 2nd, 3rd

Special Masters (40+)
1st Male & Female

Wheelchair Overall
1st, 2nd, 3rd

No Duplicates

LOCATION: Glens Falls High School - Sherman & Quade St.s, Glens Falls, NY.
CHECK IN: 8:30am - 10:45am at the Glens Falls High School Gymnasium.
COURSE: 5 mile basically flat & fast loop course - Pick Up Maps Race Day.
ENTRY FEES - DONATIONS: **\$15.00** - Pre-Registration Fee (Received by March 23rd).
\$13.00 - TAR Member Pre-Registration Fee (by 3/23).
\$20.00 - Race Day Registration Fee.
DONATIONS: All proceeds benefit Warren-Washington Counties Special Olympics Programs.
T-SHIRTS: Custom, High Quality, Short Sleeve T-shirts (**First 400 Entrants**).
RESULTS: Posted, No Ties, Decisions of Race Directors are Final.
FACILITIES: Glens Falls High School. Showers & Restrooms available.
INFORMATION: Kevin Sullivan - (518)798-9593 or ksullivan@queensburyschool.org

The Leprechaun Leap

CHILDREN'S (12 & Under) FUN RUN - 7/8 Mile Run - Donation \$2.00.
Registration: 8:30am - 9:45am - Start 10:00am. - Medals For All Finishers.

-----Detach Here-----

LAST NAME		FIRST		MIDDLE INITIAL		SHIRT SIZE			
						SM	MED	LG	XL
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ADDRESS						PHONE			
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CITY				STATE/PROVINCE		ZIP/POSTAL CODE		Age Race Day	Sex (M/F) Wheelchair
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I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, snow, sleet and rain traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the City of Glens Falls, Town of Queensbury, Glens Falls City School District, and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT (if under 18) _____

Make Checks Payable To: The ADIRONDACK RUNNERS

MAIL ENTRIES: SHAMROCK SHUFFLE, 13 Lawton Ave., GLENS FALLS, N.Y. 12801

active.com
Register online!!!!

Entry Fee	\$
Addtl Donaton	\$
Amount Enc.	\$
OFFICIAL USE ONLY	
Date Recd	
Check#	
Race #	

Short Circuits, *continued*

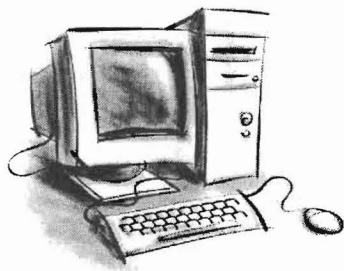
the fox into her trunk and drove herself to the Regional Medical Center. That is when she felt fear for the first time. At the hospital, an animal control officer was also bitten by the fox. Michelle received five shots over a period of several weeks. The shots were routine injections. □



Michelle returns to the scene of the Attack

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**

From the Back of the Pack

by Hank Steadman

Happy Trails



In the summer of 1980 I wrote a letter to *The Pace Setter* co-editors, Mike Lancor and Don Wilken, complaining about coverage of the racing scene. My issue was the only people covered were elite runners, not the run-of-the-mill types like I was. By "elite," I meant race and age-group medal runners.

Mike did what good managers do. He called me to say that I had a valid point and would I be willing to write a column that focused on the broader running community. Thus was born "The Back of the Pack." The first one appeared in the October, 1980 issue of *The Pace Setter*.

This month's column will be my last. At this time, I have retreated to the edges of the running community. I have been unable to run since August, 2008 due to Achilles problems in both feet and am unsure when, or if, I will be able to run again. Even if I am able to get back on the road again, I feel I no longer have anything worth saying to *The Pace Setter* readers who have been so supportive over the past 28 years.

Over those 28 years, I wrote approximately 120 columns ranging from an "In Memoriam" column to my running buddy, Tim MacNamara, to a guest column by my daughter, Jacquelyn, about what it was like being a 15-year old daughter of a runner.

I cannot say it any better than I did in March, 1996 in the 25th anniversary issue of *The Pace Setter*. "In the space of this column I cannot begin to mention all of the wonderful people I have met over the years. They have been my competitors in many a race-within-a-race over the years. They have been the source of tremendous support as I went from the very back of the pack (53:19 for 6 miles in my first race in 1978) to the top third of a few races

(I once ran 39:44 in the 10K Troy Turkey Trot back in 1981) and now back in the rear (like my 1:29 Adirondack Distance Run 10 miler in July, 2008).

While people have come and gone, while races have stopped and new ones begun, and while many of us have started slow, sped up and now are slowing down again, the HMRRC has been remarkably stable. I was in awe of the competency of its officers like Don Wilken, Ray Newkirk, Carter Andersson-Wintle and Paul Murray when I began going to be the club meetings. I was greatly flattered to be invited to be the Executive Vice President in 1988-1989 as a precursor to being President in 1989-1990. I honestly felt to follow in their footsteps was an extraordinary compliment. Moreover, I took my selection as the culmination of my original letter to the editor and my writing "From the Back of the Pack" as full HMRRC recognition for us slow runners."

I have two requests as I close down this column. First, please do not offer 100% cotton tee shirts in any road race. Second, give thanks for the incredible volunteer organization that is HMRRC and for the commitment and talent of all the editors of *The Pace Setter* over the years. This is truly an amazing club and publication. Hope to see you on the roads, even if I am walking. As Roy Rogers and Dale Evans sang at the end of each of their TV shows, "Happy trails to you, until we meet again." □

Submissions for the April Issue of *The Pace Setter*

Articles:

Deadline is February 25th. Submit to: Editor, hamletbryans@nycap.rr.com

Advertisements:

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

Ads should be sent to:

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

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

Will the Real Bob Kopac Please Stand Up?

by the real Bob Kopac

A while ago two of my articles were "published" on the Internet web site of *New England Runners* magazine (<http://www.nerunner.com/>). Since I had been sending my articles to several running magazines, I wondered if any other magazine may have placed my articles on their web sites. I decided to surf the net by invoking Yahoo to search for Kopac. The search resulted in multiple hits!

I had been unprepared for so many references, as I thought I was unique (don't we all?). Searching all entries, I discovered that some of the references were for articles written in the Slovak language; I recognized the language from the times I phonetically sang the hymns in the songbooks at Saints Cyril and Methodius, a Slovak nationality grade school. However, since I had never learned the language (except the important stuff, such as certain phrases which cannot be printed in a family-oriented publication), I would never know if any of my articles had been translated into Slovak and if I was the toast of Bratislava. I regretfully eliminated all these hits from consideration, as well as all listings from Slovenia.

I next found an entry for Kopac on a list of federal court cases. Overwhelmed by the voyeuristic daytime-talk-show desire to pry into other people's misery, I furtively browsed the entry to see what nefarious crime was committed by this Kopac perpetrator, but the entry was cryptic and did not state the nature of the malfeasance—even though inquiring minds want to know! The Internet is an information highway while most people want the dirt path!

I found KOPAC TRADE INTERNATIONAL INC. in Seoul, Korea, "specializing in 'the Right Stuff'", which sounded admirable, although I wondered who sells "the Wrong Stuff"?

A Paris art exhibit featured the works of Yugoslavian artist Slavko Kopac (1913-1995) whose "...work is ingenious and sweet, with multiple unconventional techniques. From cement to tire-slices painted over..."

There were multiple references for a female figure skater from Slovenia named Mojca Kopac who is a world championship competitor, as well as for a player from the Czech First Division Team Soccer Squad. Now my name was added to this list of fine athletes! That's the beauty of the Internet. People see me as a writer of running articles and have no way of knowing how good or how bad a runner I am, just that I am a runner! The only drawback is I must find every single race that posts race results on the Internet and then not run those races!

As I crawled through the entries, I began to lose interest as I encountered articles entitled "Chlorinated Hydrocarbon Pollution in the Oceans" and "Entry-Exit Circumstances in Steel Milling"; not that these articles weren't stimulating and wouldn't provide hours of scintillating cocktail-party conversation ("Say, did

you know that entry-exit circumstances in steel milling cause chlorinated hydrocarbon pollution in the oceans? Try the cheese dip!"), but they had nothing to do with running. Deciding to take advantage of the broad categories listed to narrow my searches, I skipped Nursing and Comdex Trade Show, instead focusing on Recreation, Entertainment and Humor. Some friends said I could skip the humor sections and perhaps concentrate on Nursing since I am injured so often.

Under the recreation category was the Shelton Sunset Road Race in Shelton, Connecticut. Since I had not run this race, I was curious why the entry listed as a hit. I browsed the entry and received my second surprise when I discovered Robert Kopac in the list of race finishers!

This was the second time that I had encountered my doppelganger. Due to injury, I was unable to run the New Haven Road Race, so Bob Rother offered to pick up my T-shirt. However, race officials told him that I had already picked up the T-shirt! As he knew that I was of sound mind and would not get up at an obscene hour and drive 1 1/2 hours to get a T-shirt, he was puzzled. He checked the entry bulletin board and found two Robert Kopac's!

Now, thanks to the Internet, I finally had electronic information about my alter ego. I gleaned that he is a faster runner than I am. Immediately I felt competitive pangs that Robert Kopac is faster than Robert Kopac (it's a Guy Thing)! I felt a desire to ignore my injury and start training again just so I could beat Robert Kopac. Freudian psychologists would have a track-and-field day with my feelings!

I started to bode ill will towards this stranger who had the good fortune to have my name. Imagine! When I become famous, he can then go around bragging that he is Robert Kopac! People might buy me, I mean him, drinks! He could legally sign autographs as Robert Kopac! All that could be forgiven, but what cannot be forgiven was he was faster than me! As the cartoon character Pogo said, "We have met the enemy and he is us."

But wait! After my initial sprint of running angst, I decided to do what any red-blooded American would do; that is, figure out how to use this situation to my advantage. Yes, Robert Kopac is faster than Robert Kopac. (Can you imagine how weird it was to write that sentence? I'm starting to sound like Bob Dole!) However, I realized that I now can brag about running in a race in which I never participated! I don't have to spend countless painful hours training for a race! The clone Robert Kopac would spend all the agony and blisters and dehydration while I sit back and drink margaritas and still claim the fast times! No pain, all gain (especially around the waist!)

Further searching led to the discovery that Robert Kopac ran the Hartford Marathon. Even better! This Robert Kopac could abuse his body

over 26.2 miles while I take the credit!

Now that I know about my doppelganger, there is little chance of our running the same race again since he runs in Connecticut and I run in New York. All I have to do is scan on the Internet for race results in Connecticut and then brag to my running friends about how I have improved my times, offering as proof the electronic race results!

Unfortunately, I see the downside of this Faustian decision. As I claim credit for more of Robert Kopac's races, I will be hungry for more speed. I will want Robert Kopac to run faster and faster; vicariously I will covet new PR's. Perhaps I would like to "run" an ultra-marathon; I would then scour running stores for ultra-marathon running forms and send them anonymously to Robert Kopac. In my desire for better athletic performance, I would send training articles to Robert Kopac on how to improve his running, although I would have to be careful not to overtrain him and risk injury, for what good is an injured Robert Kopac? (Unfortunately, I already know the answer to that question.)

And what if Robert Kopac slows down or stops running due to injuries? I would go through PR withdrawal and be found late at night frantically visiting the running web sites searching for another Robert Kopac. I would wander the electronic world with the dead albatross of my personal-running program hanging around my neck or my waist seeking another Robert Kopac. I would search for a hit in vain, similar to the Ancient Seattle Mariner. I might get so desperate that I might change my first name to Mojca and pretend to be a cross-dressing female figure skater—not a pretty sight, especially with the beard I used to have, although I then might get to be in a beer commercial. No, I guess I'll have to train to run my own PRs. Who knows? If I get good enough, perhaps Robert Kopac could take credit for my races! □



Profile of a Runner

JUSTIN BISHOP

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

My name is Justin Bishop, I'm 27 years old, and I'm an independent contractor for the *Times Union*. When I'm not filling my time with running related stuff, I usually like to go bowling. I've been doing that since I was 5 years old. I have a 204 average, but no perfect games yet (my best is 297). When I'm not bowling or running, I like playing my guitar, going to the movies, playing online poker, taking trips to Yankee Stadium, going to rock concerts, and stuffing my iPod full of new music.

When and how did you get started running?

I started running in 9th grade at Colonie High School. I only signed up for outdoor track to stay in shape for soccer and basketball. Track quickly replaced the other two as my favorite sport in high school. I ran the 110 & 400 meter hurdles, triple jump, high jump, and the pentathlon. Ironically, I seldom ran any distance over 400 meters in high school; my thought being that anything more than one lap was a waste of time and energy. It wasn't until after college that I got into the whole road racing scene. I was about 155 pounds in high school and after college I was 194 pounds at my heaviest. So, I was looking for something to shed the weight, and I guess I got hooked on distance running.

Do you have a favorite race or races?

The SEFCU Labor Day 5k is my favorite short race. The course is very simple and very very flat. I PR almost every year on that course. My favorite longer race is the Distance Running Hall of Fame Half-Marathon in Utica. It's also a very flat course that runs along the Erie Canal bike path, with great scenery for the whole 13 miles.

What are your most memorable races?

The 2008 SEFCU Labor Day 5K. I ran 15:42, which took 43 seconds off of my previous PR, and I almost ... ALMOST beat Chuck Terry. Also, this past USMC Toys For Tots Half-Marathon was a memorable race for me. All I wanted to do was run all of my splits under 6 minutes and I ended up running them all, except for one, under 5:50!! I finished with a 2 and a half minute PR of 1:13:28.

How do you train? Do you have training partners?

In October of 2007, I joined Team Utopia and I run with my teammates 2-3 times a week. They're an awesome group, we have a lot of fun, and they help keep your motivation high. Before then, I trained by myself with just an iPod in hand, and that got pretty boring rather quickly. I still hit the road with my iPod about twice a week for the long runs, and hit the stationary bike on my easy/cross-training days.



What are your current goals?

For 2009, I would like to get healthy enough (and be in shape) for the NYC Marathon. I suffered a stress fracture in my left medial malleolus at the '08 Boston Marathon which kept me away from NYC this past fall. So I'd like to bounce back from that and at the same time shave a few seconds off of my 4:26 mile time. Maybe go 4:15 or even 4:10 this year. But I really want to work on getting my 5K under 15 minutes and my steeplechase time under 9:15.

Do you have any future running goals?

I'm looking ahead to the 2010 Double Decathlon World Championships. I've won the United States Championship in 2004 and 2007, and I would be more than happy just to finish in the top 3 at the World Championships. I think, too, that every distance runner has a sub-4 minute mile on their brain. I also want to press really hard in the steeplechase and meet the Olympic standard to get an invite to the 2012 Olympic trials. That'd be wicked sweet!

Do you have a philosophy of running?

I have a few. I like the quote from the movie *Fight Club*, "I ran. I ran until my muscles burned and my veins pumped battery acid. Then I ran some more." But my personal philosophy is that you have to make running a battle against yourself, not the people you're racing. By that I mean, it doesn't matter how many races you

win, or who you beat, or the number of medals you collect. It's about you challenging yourself, and beating times and goals. If you make running all about winning, then you're in the wrong business. Winning a race only means that somebody faster than you had something better to do that morning. Beating your PR means that you've won YOUR race.

Any funny stories?

At my first ever 5K race, the 2005 SEFCU Labor Day run, I finished in 17:31. I remember crossing the finish line feeling like I was going to keel over and die. I stopped shortly after the line, put my hands on my knees, and vomited. As I regained my balance and my stomach, I looked over to one side and my mother was walking towards me to hand me a water bottle. I was shaking my head back and forth and said as clear as I could, "I'm never doing this again." I ran 2 more races later that year, and many more since.

Recent accomplishment

This past December, I participated in an event that's a little out of the ordinary. I traveled down to Liberty University in Lynchburg, VA to attempt to break the world record in the indoor tetradecathlon. What is a tetradecathlon? Technically, it's a double heptathlon. Fourteen events will be contested over 2 days. The order of events are as follows: 60m, long jump, 800m, shot put, 400m, high jump, 3000m (end day 1), then 60mH, pole vault, 1500m, weight throw, 200m, triple jump, 5000m. The indoor tetradecathlon was first contested in March of 2007 in Vienna, Austria. The world record (open men) was set at that meet by David Purdon of Australia with a score of 8073 points. The tetradecathlon has since been contested a few more times in Finland but, this December 3rd and 4th was the first time it's been done in the United States.

The tetradecathlon was derived from its "older, big brother", the Icosathlon. The Greek prefix "Icosa-" means 20. So yes, you guessed it, an icosathlon is a double decathlon. Same basic structure, only it's 10 events on each of its 2 days of competition. 100m, long jump, 200m, shot put, 5000m, 800m, high jump, 400m, hammer, 3000m steeplechase (end day 1), then 110mH, discus, 200m, pole vault, 3000m, 400mH, javelin, 1500m, triple jump, 10000m.

Sounds easy right? I think the challenge of doing all 20 track events over a 2 day span has greatly contributed to the growth of the icosathlon since its first competition in 1981 in Helsinki, Finland. Runners love challenges. Just look at how popular marathons are.

I personally love the challenge of doing multiple events that range the entire spectrum of running. I've been fortunate enough to win the United States National Meet twice (2004 and 2007) and hold the American record for the one-day icosathlon. Yeah, we did all 20 events in one day last year. It was about 13 hours of agony but well worth the sacrifice.

Going into the 2007 event, I had very good chance of breaking David Purdon's world re-

Continued on page 30

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Running by the Stats

by Jack Berkery

ARE Third Adventure Run – December 6th

Camp Dippikill, Warrensburg

by Luke Luyckx

In 2008, many local races saw a significant increase in entries over the previous year. I ran 20 races this year and sort of noticed that trend in several of the ones I attended. I do mostly smaller races so the trend was hard to quantify because a variation of ten in a hundred is normal merely based on the weather. Throughout the year I got a feeling that something had changed across the board but that's not very scientific, so being a scientist I had to check the actual numbers.

SEFCU 5K +14.2%

Race for the Cure +10.5%

USMC Half Marathon +28.5%

Mohawk Hudson Marathon +8.9%

Stockade-athon +10.9%

This piqued my curiosity, so I looked a bit deeper to find out what was different and discovered the increases were largely due to an increase in women entrants. I looked into the one race for which I have results going back the farthest, the Stockade-athon. I have kept those results in my files going back 30 years, a long enough period to view a trend for sure.

In 1978 there were only three age groups for women, high school, open and sub-master. If there were any women over 40 who were entered no one knew about it, or dare I say, much cared. There were simply too few to be bothered giving them their own category. There were 73 women among the 578 total finishers, comprising just under 13%.

The first woman overall that year was recent HMRRRC Hall of Fame inductee and former HMRRRC President, Diane Barone. In second place in the women's open division was Ellen Weglarz (now Predmore) who would go on to win 4 years in a row from 1981 to 1984. She's the only Stockade-athon winner to have also been married to another Stockade-athon winner, Dan Predmore, and vice versa of course, and is obviously the mother of future Stockade-athon winners Zach and Lizzie Predmore. I mean, with those genes, you just gotta believe.

Second in the high school female category was Daniele Cherniak, who has since won probably hundreds of races and achieved fame as a member of the USA national ultramarathon team competing in ultras all over the world. I can only guess that her trophy case would need to be as large as my garage by now.

The men's winner in 1978 was the inimitable Pat Glover, while Mark Mindel, the only one to have run in all 33 Stockade-athons and who won the race in 1976, 1977 and 1979, placed 6th. I could rattle off a couple dozen names of old-timers you still see regularly at races today including yours truly coming in at #531, but that's not what this is about.

Moving on to 1988, the numbers were up to 1053 and age groups were split into 5 year divisions for both men and women all

the way to age 70. The big increase in entries from 1987 and before may have been because the race was designated as a USATF or RRCA championship. I remember it being the case, just not which years. By then, women got equality in awards coverage but were still only 19% of the field.

By 1998, participation for women had grown to a full third of the racers, 238 of 722, with the same 5 year age groups. The following table also shows the percentage of male and female finishers in the past 5 years to demonstrate how the fraction of women continues to increase.

Stockade-athon Finishers

Year	M	F
1978	87%	13%
1988	81%	19%
1998	67%	33%
2004	64%	36%
2005	62%	38%
2006	60%	40%
2007	60%	40%
2008	57%	43%

Which of course begs the question, when will it reach 50/50? Soon, my friends, much sooner than you think, because in some areas it already has. After scanning the Stockade-athon, I focused my attention on the Turkey Trots. In 2008, there were about 7,500 finishers of regional TTs and in almost all of them, the numbers were up this year over last:

Cardiac Classic +1.8%

Chris Dailey Turkey Trot +28%

Troy Turkey Trot 5k +18.5%

Troy Turkey Trot 10k -1.2%

Cohoes Turkey Trot +18%

There were more men as well, but by percentage the increase among women was greater. The real shocker, to an old curmudgeon like me anyway, was that in the Troy 5K in all the age groups below 40, the women outnumbered the men. I said all, as in every age group up to 39. Even in the Troy 10K in the 25-29 category there were more women than men. Now that, my friends, is a sea change.

Something's happened in the last year or two to make road races more attractive to women, which makes them more attractive in general and naturally attracts more men. I don't know what changed and I don't know if it's just a regional trend or nationwide, but it's a very positive sign for the local running scene.

For those who might say I'm not scientific enough because I only focused on a few events, I did indeed examine the numbers for 2007 and 2008 spanning the full calendar years in the HMRRRC results archive. There were losers as well as gainers, but the gainers won by 68 to 37. It turns out, from the races, I tallied there were 32,367 finishers in 07 and 35,639 in 2008, an increase of 3,272, which is 10% across the board, and it has nothing to do with the weather. □

'Twas the Sixth of December, and all thru the 'Dacks
Not many were playing except for the ARE wack(o)s.
Fluorescent tape, red and green, hung from twigs with care
in hopes some runners would soon follow there.

While some stayed warm near their large screen TV
maybe more than a few would run over cold scree.

A trail run, I thought – not so bad –

above 20° F and little wind to be had.

So I clicked out of my ski's at Gore about one;

The race started at 3 – by 4 I'd be done!

Now to be fair to Josh Merlis and his buddies so kind,
the parameters of said race were not clearly defined.

Still, maybe a hundred brave souls came to Camp Dippikill
paying parties happy to be put thru the snowy mill.

What worried me most were the three young vixens
with headlamps on – to find our lost mittens?

"No", they said, "we're just bringing up the rear!"

(or maybe they just foraged for dead reindeer.)

Maybe four, maybe eight miles would be run,
but for this odd group, no normal starting gun.

The impromptu start, unlike that of Le Mans,
had us leap OUT of our four wheeled tin cans.

The "trail", or so it went, wound in and out, up and down,
constant branches in the face brought a frown.

I was too far back to care much for place or pace...

Oops! another stick in the eye to feel like Mace.

Plainly an "adventure race", I seemed to recall,
as I hung on for life and tried not to fall.

A small rocky cliff beckoned; attached, a climbing rope

How could one not think, "What, am I a dope?"

I thought of Bob Oates and his XC races at G'land
where crossing a river never worked out quite as planned.

Over brambles and firs, deadfall and rock! Icy ponds!

Thru cold streams, leafless birch! Snowy fronds!

To the top of the ridge! The top of the rock!

Slog away! Slog away! (what a load of crock).

There were moments that felt one was all but alone,
in the big white room you could hear yourself moan -
but we knew the jolly elves from the club
would not abandon us from the post party pub.

After some unknown distance and some vague time

Amazingly a place with nearly a straight line! -

a trail, a REAL trail, with human made signs,
led out to a dirt ROAD for my piece of mind.

The race promptly ended just a few yards ahead

where Josh and the others had gathered, and said,

"Happy Christmas! Come in for food, and for drink!"

"I'm done", so I thought, too tired to think.

Results I knew not, and speed for me none,

I thought back to the weird starting gun;

As I drove away quickly from the scene of the crime

I was sure I heard Josh yell, "Come again next time!" □

Meeting Minutes of the HMRRC General Meeting - December 16, 2008

Attendance:

Call to Order (M. Kelly): 7:30PM

Reading and approval of minutes (B. Light):

Motion to approve minutes by Marcia Adams seconded by Rob Moore. Motion passed.

Reports of Officers

2.1 President (M. Kelly): Mark Warner is working on getting information together for the Distinguished Service race so that nomination forms go out and voting takes place earlier than last year. Debbie Beach and Nancy Briskie are working on the banquet scheduled for Saturday, February 7th at the Desmond. Reservation forms are in the Pacesetter. If you are able to help them with the banquet, please let one of them know.

2.2 Executive Vice President (M. Warner): Distinguished Service race has an ad in the February Pacesetter asking for nominations hoping to get all nominations in by the March meeting so we can vote at the April meeting. Scholarship awards will have an ad in the Pacesetter in February and March and on the website. He will also get a list of coaches he can send out notices to for applications. Marcia Adams will give information to Mark on Dollars for Scholars program.

2.3 Executive Vice President – Finance (C. Terry): Chuck presented final budget for review. Motion made by Doug Bowden to approve budget as presented seconded by Marcia Adams. Motion passed.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): Presented treasurer report for November and December.

Reports of Committees

Membership (E. Gillen): We had 64 new members and 75 renewals last month. 12 new members joined at Winter Series 1. He can get a list of people when membership lapses. Discussion continued about contacting these members. Ed is contacting them 30 days before, 7 days and 1 day before and then 7 days after it has lapsed. Ed is willing to reach out to these people to see if he can get them to rejoin. Ed will try and track new members coming in.

Volunteers (M. Adams): Marcia will have final tabulation for the Volunteer Recognition Program the end of this month and it will be published in the February Pacesetter.

Public Relations (R. Moore): In November Rob attended the Adirondack Sport and Fitness Show with the HMRRC booth. Flyers sent out for Hangover Half to all newspapers.

Race Committee (N. Briskie): Al Maikels directed the Turkey Raffle Run on 11/23/08 at The Crossings. There were a total of 346 participants. First Winter Series of the season held Sunday, 12/14/08 which was directed by Doug Bowden. The 15K had a total of 134 in attendance with the 3 miler having 100. Upcoming races - Second Winter Series Race is scheduled for Thursday January 1st which includes the Hangover Half and the 3.5 miler. Winter Series #3 which consists of a 3 miler, 10K and 25K is scheduled for Sunday, January 11, 2009. Race Directors Will Dixon and Ed Gillen can be contacted if there is any inter-

est in volunteering for this race. Eileen Coombs brought the kids corner crafts to the first Winter Series Race as a new concept to let parents run while the kids are being cared for.

Race Committee Treasurer (P. Zentko): Passed out reports for November and December.

Pace Setter (R. Nagengast/M. Adams): Kari Gathen will be new content editor for *The Pace Setter* starting in March 2009. Emily Bryans will stay on until then.

Website (E. Neiles): December *Pace Setter* posted to the webpage in pdf format, linked off our homepage. He will continue to work toward reducing file size while maintaining quality/clarity. He is still working on posting the HMRRC apparel page. Hope to have "live" very soon. Race schedule, results content all current.

Conflicts Committee (C. Terry): No report.

Safety (V. Juliano) No report.

Unfinished Business:

4.1 - E-Issues related to the Pacesetter – people are wondering if the Pacesetter will be online and/or mailed. We can let people opt out of receiving the paper version if they rather view in pdf. One idea is that the Pacesetter be in the section for members only. Further discussion will be done and brought to the meeting with suggestions. At this point we are not going to stop sending out the Pacesetter.

New Business:

5.1 Proposal by Josh Merlis and John Kinnicutt regarding attending the Running USA Conference in February in California to gain insight and ideas to bring back to the club. Josh proposed \$3600.00 to cover the cost of attending the conference. Marcia Adams thinks that HMRRC is already a member since Jim Gilmer and Elaine Humphrey attended last year. Josh will look into that and let us know. Discussion continued on costs of conference. Mark Warner made a motion to spend up to \$2500.00 for conference for Josh Merlis and John Kinnicutt to attend conference. Rob Moore seconded motion. Motion passed.

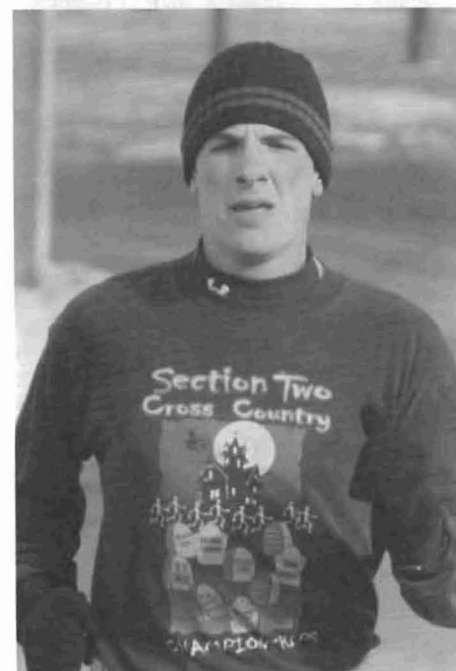
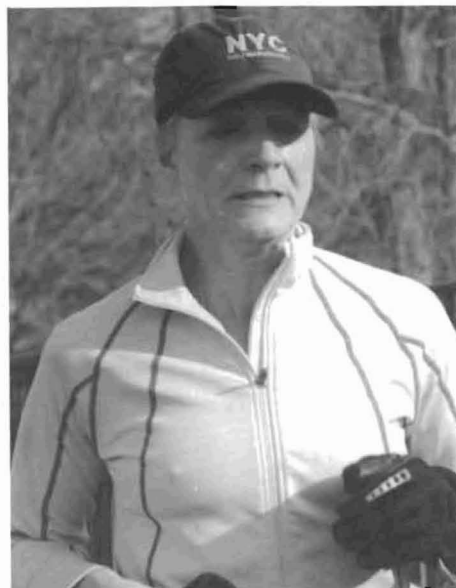
5.2 - Marcia Adams discussed bulk purchase of race bags. \$1.29 each depending on quantity we purchase. It is actually a re-useable bag that you can reuse for many things. Front would have HMRRC logo listing all the race names. If we go to a convention or expo we can hand out giving advertising of our races and club. If a race is going to use them they would have to pay for them from their budget.

Announcements: Vince announced that should be able to close out Stockade-athon next month. Doug Bowden asked that Nancy Briskie contact SEFCU and Marathon and Half Marathon race directors so that those races can be closed out.

Mike Kelly will bring refreshments next month.

Adjourn: Meeting adjourned at 8:34PM

Respectfully Submitted,
Barb Light, Secretary



VOLUNTEER RECOGNITION POINTS

As of 1/1/09 except for Board attendance

Persons with over 150 Points

Marcia Adams
Tom Adams
Doug Bowden
Nancy Briskie
Ed Gillen
Vince Juliano
Mike Kelly
Al Maikels
Josh Merlis
Robert Moore
Ed Neiles
Ken Skinner
Cathy Sliwinski
Ed Thomas
Jim Tierney

Persons with 75 or more points are shown in BOLD

Burke Adams 15
J. Thomas Adams..... 5
Taylor Adams 5
Dick Adler 5
Lisa Agan 5
Sarah Agan 5
Katherine Ambrosio..... 10
Dick Andress 5
Nancy Andress 5
Kathleen Arthur 10
Conrad Bader 5
Ron Bagnoli 10
Tammy Baird 5
Jason Baker 5
Tyler Banks 10
Alex Barnett-Verde 5
Carroe Barpwm 10
Sandra Barry 5
Eva Barsoun 5
Mike Bartholomew..... 20
Jason Bartlett 5
Bill Basson 5
Roberta Bastow 5
Chuck Batchter 10
Shane Batchter 5
Anita Battaglia 10
Scott Baxley 10
Debbie Beach..... 145
Amy Becker 5
Beth Becker 5
Mike Becker 5
Susan Becker 5
William Beecher 5
Joe Benny 125
Anne Benson 20
Jack Berkery 25
Charles Bishop 20
Gage Black 5
Chet Boehlke 5
Sharon Boehlke 10
Phil Bogassi 25
Frank Boscoe 5
Joseph Bouck 5
Mary Bovenzi 5
Jim Bowles 5
Darcy Bown 5
Ed Bown 5
Jackie Bown 5
Rosanne Braslow 5
Sara Brenner 40
Hilary Briskie 10
Laurie Briskie 5
Rob Briskie 25
Robbie Briskie 10
Mark Bristol 5
Miranda Bristol 5
Tyler Bristol 5
Frank Broderick 25
Dale Broomhead 5
Emily Bryans 100
Mary Buck 40

Bob Buff 10
Noreen Buff 5
Tom Bulger 50
George Burke 10
Dennis Burns 5
Sue Burns 40
John Butler 10
Peter Butryn 5
Mike Caccutto 5
Rich Calak 5
Tracy Callaghan 15
Dan Cantwell 10
Janet Carberry 5
Steve Carberry 5
Callee Carpenter 5
Mike Carter 5
Annette Cashina 5
Alissa Caton 5
Joan Celentano 10
Shawna Chahanorich..... 5
Chris Chartrand 35
Daniele Cherniak..... 90
Donna Choiniere 20
Joe Choiniere 5
Chris Chromczak 5
Lisa Ciancetta 15
CJ Clark 5
Laura Clark 20
Nancy Clark 130
Rich Clark 20
Rachel Clattenburg..... 10
Don Cohen 15
Jon Colburn 5
Dave Cole 5
Emily Cole 5
Jeff Cole 5
Mary Cole 5
Eileen Combs 5
Sean Combs 5
Sarah Conboy 5
Katrina Consiglio 10
Dave Conti 5
Ed Conway 15
Kathy Conway 5
Harry Cooke 5
Joan Corrigan 15
Joe Corrigan 30
Susan Costello 5
Maureen Cox 5
Patrick Culligan 5
Howard Cummings..... 5
Rich Cummings 10
Sharon Cupeli 5
Lea Cure 5
Linda Cure 5
Peter Cure 5
Christina Czyzewski 5
Jose Czyzewski 5
Meagan Czyzewski 5
Lisa D'Aniello 5
Erle Daniels 5
Chad Davey 20
Jim David 5
Donna Davidson 35
Kelly Davis 5
Drue Deacon 5
Brian DeBraccio 70
Cheryl DeBraccio 65
Claudia DeCastro 10
Darryl Decker 5
Larry Decker 35
Martha DeGrazia 15
Kara Deiona 5
Marty Delaney 5
Frank DeMasi 20
Kathy DeNyse 5
Lynne DeRusso 5
Mark Devenpeck 10
Anthony DiAcetis 5
Frances K. DiAcetis 5
Donna Dixon 5
Will Dixon 75
Dorothy Doby 5
Denise Dollard 5
Keith Donato 10
Ryan Donnelly 10
Alicia Dott 5
Art Dott 10

Jacklyn Dott 5
Karen Dott 30
Tracie Dott 5
Kathleen Dougherty..... 5
Lori Doyle 5
Marge Duffy 5
Deanna Dugan 5
Catherine Duggan 5
Ed Eades 5
Russ Ebbets 50
Richard Eckhardt 10
Jim Edwards 5
Nancy Egerton 5
Jaren Einhorn 5
Ahmed Elasser 10
Ginger Ellett 5
Bonnie Engelman 30
Andrew Falkenstein 5
Sumner Farina 5
Ralph Feinstein 10
Sharon Fellner 5
Taryn Fischer 5
Patrick Fitzgerald 10
Anita Fitzpatrick 5
Bob Flick 5
Pat Foti 5
Mark French 15
Judi Frey 5
Sue Fritts 5
Julie Fuino 5
John Furgle 10
Jim Gaetaui 5
David Galdum 5
Margaret Garris 5
Kari Gathen 45
Bob Giambalvo 5
Ellen Giambalvo 8
Jim Giglio 5
Jim Gilmer 40
Scott Ginsberg 35
Paul Giodano 5
Dave Glover 5
Jamie Glover 5
Nancy Glover 5
Pat Glover 50
Sam Gmuier 5
Kathleen Goldberg 5
Randy Goldberg(?) 5
Teresa Graham 5
Emily Gravelle 5
Shannon Gray 5
Dan Greagan 5
Deborah Greene 5
Kyle Greene 5
Lois Greene 10
Mary Gressler 5
Dot Grimgaldi 5
Jessica Hageman 10
John Haley 80
Lynne Haley 15
Meaghan Haley 5
Tara Haley 5
Ed Hampston 5
Mike Hannah 15
Jean Harris 15
Anne Harrison 25
Kathy Hart 20
Charlotte Hayden 5
Colleen Hayden 20
Tina Hayden 10
Linda Hayen 20
David Haynes 5
Joe Hayter 5
Mona Hayter 5
Jennifer Hebner 5
Gail Hein 10
Joseph Hein 140
Harry Hennessy 50
Fred Hickey 5
Terry Hickey 5
Lee Hilt 5
Kevin Hoag 5
William Hogan 5
Marie Hotalen 10
Krera Hovey 5
Sara Howard 10
Elaine Humphrey 110
Bob Husted 5

Chris Imperial 15
Robert Ingesoll 5
Pat Irish 25
Dick Irving 5
Bob Irwin 25
Harriet Jaffe 5
Bob Johnson 5
Andy Johnston 5
Nancy Johnston 5
Dale Keenan 15
Kyle Keeser 5
Beth Kelly 5
Kevin Kelly 5
Mike Kelly Sr. 5
Elena Kessler 5
Tom Kieran 10
Hichul Kim 5
John Kinnicutt 120
Jordan Kinnicutt 10
Fred Kitzrow 5
Ken Klapp 10
Julia Klein (Jaffe) 0
Owen Klein (Jaffe) 0
Ken Klomp 100
Frank Klose 10
Bob Knouse 45
Bob Kopac 50
David Kosier 5
John Lane 5
Jean Lange 5
Armand Langevin 5
Betty Langevin 15
Mike Langevin 20
Kacey Lasch 10
MaryLynn Lasch 15
Ray Lee 120
Pat Legere 10
Megan Leitzinger 65
Matt Lesniak 10
Eileen Levy 5
Larry Lewis 5
Barbara Light 110
Mary Lindner 10
Ed Litts 5
Bill Lloyd 5
Michelle Loch 5
Amanda Long 5
Ben Lynch 5
Deana Lynch 5
Judy Lynch 110
Steven Lynch 5
Tom Mabey 5
Tom Mack 15
Tim Maggs, MD 20
Tom Maguire 5
Randi Malo 5
Hillenvon Maltzahn 5
Tracy Maroney 5
Richard Marrero 5
Eileen Martel 5
Amy Martin 5
Deborah Martin 5
Paris Martin 5
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Charlie Matlock 15
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Debbie Matthews 5
Bob McCabe 10
Caree McCann 5
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Tom McGrath 5
Tim McGuire 30
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Frank McHale 5
Peggy McKeown 5
Chris McKnight 5
Karen McLaughlin 5
Cameron McLean 20
Mike McLean 90
Ronald McLean 5
Maureen McLeod 15
Bill Meehan 20
Jill Mehan 50
Todd Mesick 40

Richard Messineo 10
Chris Micvesly 5
Kyle Millington 5
Liz Milo 55
Kimberly Miseno-Bowles..... 10
Brandon Mitchell 5
Joan Montgomery 10
Lowell Montgomery 10
Gerri Moore 30
Jim Moore 110
Jimmy Moore 10
Alan Moose 30
Scott Moreau 5
Joe Morell 5
Bill Morgan 5
Daniel Morgan 5
Rick Morgan 15
Dracy Moroney 5
Jack Moroney 5
Evelyn Morreno 10
Mike Morrill 5
Elaine Morris 5
Sarah Morris 5
Dave Mosher 25
Ginny Mosher 45
Sue Motler 5
Paul Mueller 30
Mark Murray 5
Paul Murray 5
Rika Murray 10
Gina Muscato 10
Russ Myer 10
Julie Nabozny 15
Cate Nadeau 5
Robin Nagengast 55
Jerry Nathan 5
Will Nauman 10
Sue Nealon 15
Lamera Nelson 5
Pete Newkirk 80
Ray Newkirk 125
David Newman 120
Timothy Nichil 5
Chris Nowak 10
Robert Oates 10
Paul Obertrorg 5
Ada O'Donnell 5
Ken Orner 35
John Owens 5
Kelly Owens 15
Nora Owens 5
Rachel Owens 5
Steve Owens 5
Marcine Palkovic 5
Candice Panichi 5
John Parisella 50
John Parsons 5
Paul Partridge 30
Elizabeth Pastwcki 25
Michelle Patterson 5
Scott Patterson 5
Jonathan Peace 5
Eric Pearson 5
Ruby Pearson 5
Thaddeus Pearson 5
Thashia Pearson 5
Larry Peleggi 30
Jonathan Pelitteri 5
George Penn 5
Bob Perry 10
Kathy Perry 20
Tim Perry-Coon 5
Laural Petersen 30
Dana Peterson 65
Ginny Pezzula 20
Dave Pickel 25
Patricia Piniazek 5
Nicolette Pohl 5
Dan Pollay 10
Aaron Pradhan 5
Beth Pradhan 5
Ian Pradhan 5
Nick Preller 5
Joe Premo 20
Brendan Quinn 10
Everett Ramos 5
Rob Rausch 10
Mike Reger 20

Juergen Reher.....	5	Jim Thomas.....	25
Nick Reichelt.....	5	Peter Thomas.....	10
Scott Retell.....	5	Vicary Thomas.....	5
Arlene Reyell.....	45	Amanda Thornton.....	5
Joyce Reynolds.....	5	Tom Tift.....	10
David Rhodes.....	5	Penny Tisko.....	5
Joan Richardson.....	5	Mary Town.....	5
Joe Richardson.....	20	Judy Trier.....	5
Andrew Rickert.....	20	Carol Trombley.....	20
Debbie Rickes.....	5	Dave Trombley.....	5
Greg Rickes.....	35	Ryan Tucker.....	5
Erin Rightmyer.....	15	Paul Turner.....	65
Bernadette Rix.....	5	Paul Valento.....	5
Carly Rix.....	5	Chris VanBaaren.....	5
Cheryl Rix.....	5	Mike VanBaaren.....	5
Samantha Rix.....	5	Kevin VanDyke.....	10
Phil Robare.....	5	Steve Vansickle.....	5
Pam Robbins.....	5	Angela Vasilakos.....	5
Bill Robinson.....	35	Barbara Vernon.....	5
Debbie Robinson.....	25	Ian Verzovi.....	5
Gary Robinson.....	20	Jim Vetro.....	5
John Rocco.....	25	Sue Virgilio.....	5
Terry Rodrigues.....	5	Kelly Virkler.....	15
Henry Rodriguez.....	5	Gianni Vissat.....	5
Jamie Rodriguez.....	5	Katie Vitozzi.....	5
Michael Roman.....	5	James VonBeverl.....	5
Marcene Rose.....	5	James P. VonBeveri.....	5
Paul Rosenberg.....	10	Margaret VonBeveri.....	5
Jennifer Ross.....	25	Peter VonBeverl.....	5
Mike Royo.....	5	Katie Wagner.....	5
Chris Rush.....	55	Lindsey Walthers.....	5
Patricia Rushton.....	5	Angela Warner.....	50
Samantha Rushton.....	5	Ed Warner.....	5
Jim Russo.....	10	Liliya Warner.....	5
Will Russo.....	5	Mark Warner.....	105
Zack Russo.....	5	Victor Warner.....	10
Tom Ryan.....	20	Deanne Webster.....	10
Mary Jo Salerno.....	5	Derrell Weylon.....	5
Tiffany Salisbury.....	5	Beth Whiting.....	5
Lori Sciortino.....	35	Lee Wilcox.....	10
Steve Sconfienza.....	15	Shauna Wilherth.....	5
Chris Senez.....	5	Ken Wilkes.....	5
Jennifer Senez.....	75	Don Wilkin.....	15
Clark Sequine.....	5	Carol Willsey.....	5
Robin Sequine.....	5	Diane Wilms.....	5
Neil Sergott.....	5	Deb Winslow.....	5
Larry Seward.....	30	Susan Wong.....	10
Mary Ellen Seward.....	10	Roxanne Wunch.....	70
Kayla Sexton.....	5	Christine Wyckoff.....	5
John Sheehy.....	10	Chris Wynnnyk.....	10
Lois Sheehy.....	5	Bry-Ann Yates.....	10
Jay Shelgren.....	10	Matt Yates.....	5
Margaret Sherman.....	10	Pam Zentko.....	55
Jessica Sherry.....	10	Xiaohui Zhao.....	5
Linda Simkin.....	5		
Elisse Sliwinski.....	5		
Robert Sliwinski.....	5		
Lichu Wu Sloan.....	10		
Paul Sloan.....	15		
Karen Smith.....	5		
Matt Smith.....	5		
Walt Smith.....	5		
Corinna Smolinski.....	5		
Melanie Snay.....	10		
Ellen Snee.....	20		
Chris Soblosky.....	5		
Nicole Soblosky.....	5		
BJ Solile (?).....	5		
Nick Solomus.....	5		
Bob Somerville.....	5		
Marc Sorotsky.....	5		
Barbara Sorrell.....	30		
Wes St. Riders.....	10		
Hank Steadman.....	20		
John Stillman.....	5		
Brian Stitt.....	5		
Anny Stockman.....	40		
Wade Stockman.....	45		
Timothy Stowell.....	10		
Kathy Sullivan.....	10		
Jim Sweeney.....	5		
Steven Sweeney.....	15		
Larua Taggart.....	5		
Andrea Tarchnar.....	5		
Brenan Tarrier.....	35		
Alan Taylor.....	5		
Susan Teitelbaum.....	5		
Charles Terry Sr.....	130		

*Hour Run cancelled but
volunteers who showed up do
receive credit*



Justin Bishop, continued

cord of 8073 points. Well, I made it up to the 12th event, which was the 200 meters, and I pulled my right hamstring about 40 meters into the race. Yeah, I was mad. So I hobbled in at a speedy 72 seconds for the 200 meters. But with only 2 events left to go, triple jump and the 5000 meters, I decided that I wasn't going to just give up.

So I took a "safe" triple jump of 27 feet 4 inches and limped the 5000 meters in 25:43. Up until that point I was within striking distance of David Purdon's world record of 8073 points. After day 1, I was only 14 points behind his first day score when he set the record back in March of 2007 in Vienna, Austria. I had some great times the first day. My 800 was a pretty speedy 2:01.60, then a shot put throw of 32'9", a high jump of 5'10" and my 3000 meters was 9:30.41.

I knew the 2nd day was going to be a little harder because my 2 weakest events are on that day: pole vault and the weight throw. I tried to make up for those events in the 1500 meters with a 4:19.36. But I think a combination of fatigue, dehydration, and difficulty staying loose led to my hamstring getting the best of me. It was very hot in Liberty University's indoor track facility. There was not a lot of ventilation, and there were a lot of people there to help raise the room's temperature even more.

But my final score was 6359 points, which is about 1715 points less than what I wanted. But the fact that my bum hammy caused me to score only 140 points in my last 3 events combined, only leaves room for redemption and improvement. A consolation prize for at least finishing the 14 events is that I set a new "uncontested" American record. But more than likely, the next American to try one of these will destroy this record. But hey, the bar has to be set somewhere, right?

For now, I'll be looking forward to the World Championships for the Icosathlon (Double Decathlon) in 2010 also to be held at Liberty University. Results and more information can be found at www.icosathlon.net.

Martha DeGrazia, continued

to Burlington alone, without hesitation she invited me to have dinner with her and Ralph Feinstein. Since that time, despite the vast differences in our abilities, Martha has always been kind, supportive and encouraging.

Nancy Taormina also experienced Martha's kindness and encouragement at the 2004 Boston Marathon. Nancy wrote that she was struggling and mentally exhausted, despite walking and drinking through every water stop. Then Martha found her and asked Nancy to join her and Ken Klemp. Through the next 5-6 miles, Nancy stated she was humbled and touched by Martha's encouragement, having only talked to her briefly before that. Although they did not finish together, Nancy did finish and strongly felt had it not been for Martha, she would have walked off the course.

This is just a snapshot of Martha's accomplishments since becoming a masters runner, and it just reinforces why she will be inducted into the HMRRC Hall of Fame at the Annual Hall of Fame Induction and Award Banquet to be held at The Desmond on February 7, 2009. Congratulations Martha!

*Thank you to those mentioned in this article for their contributions including Martha herself. I would also like to thank Ed Thomas and Ed Neiles for their contributions and assistance. □



New HMRRC Members

Katie Abrahamson and family

Anne Battaglia

Cynthia Blake

Crystal Cammarano

Jack Connor

Michael and Lisa Conroy

Kevin Creagan

L D Davidson

Brian Dillon

Karen Dolge

Sonia Drouin

Brendan Dunfree

Fabrications by Lindsey

Laura Farley

Michael Fazio

Darryl Ferguson

Scott Ferguson

Billie Ferrara

Julie Gold

Karl Griffith

Holly and Kirk Gyles

Bill Hall

Annie Hayden

Rick Ikasalo

Katsuya Izumi

Andrew Jones

Samantha Karle

Lee Kosinski

David Kvam

Ashley LaVigne

Steven Legnard

Raymond Lewis

Jim Lofthouse

Jeff Long

Yuri Lvov

Sean Madden

Jamie Magur

Julia Maloney

Bryan Mannarino

MaryAnn Martel

Erin McDonald

Todd McPiuley

Dan Messier

Mary Karen Noonan

Robert Norman

Kim and Roger Noyes

Jeff Palmerino

Glenn Pizarro

Larry Pozefsky

Marc Ramnarine

Anne Roberts

Douglas Secor

Lauren Sheeler

Nora Sosnowski

Barry Stone

Tanya Tersago

Michael Verdichizzi

Ronald West

Brian Wiersma and Audrey King

John Williams-Searle and family

Hilary Yeager



Grand Prix Update

Race #12 Stockade-athon 15K, November 9, 2008

MEN

Male Open

12 Andy Allstadt
10 Chuck Terry
8 Justin Bishop
7 Jim Sweeney
6 Tom O'Grady
5 William Schanz
4 Dan Jordy

Male 30-39

12 Robert Irwin
10 Matthew Purdy
8 Todd Salvesvold
7 Brian Northan
6 David Tromp
5 Clay Lodovice
4 Todd Smith

Male 40-49

12 Tim Hoff
10 John Noonan
8 Derrick Staley
7 Ahmed Elasser
6 David Putney
5 Christian Lietzau
4 Richard Cummings

Male 50-59

12 Lee Pollock
10 Jim Maney
8 Mark Warner
7 Peter Gerardi
6 Rob Colborn
5 Dale Keenan
4 Tony Maddaloni

Male 60-69

12 Pat Glover
10 John Pelton
8 John Stockwell
7 Frederick Eames
6 Norman Dovberg
5 Ernie Paquin
4 Ed Bown

Male 70+

12 Bob Husted
10 Wade Stockman
8 Armand Langevin
7 Ed Doucette
6 George Freeman
5 Anthony Scott
4 Jim Tierney

WOMEN

Female Open

12 Alyssa Lotmore
10 Diane Matthews
8 Jessica Dunton
7 Justine Mosher
6 Martha Snyder
5 Jessica Sherry
4 Christine Ardito

Female 30-39

12 Eileen Combs
10 Lori Weaver
8 Katie Hodge
7 Margaret Bromirski
6 Pamela Delsignore
5 Jessica Hageman
4 Aubrey Fleszar

Female 40-49

12 Emily Bryans
10 Anne Benson
8 Kari Gathen
7 Mary Buck
6 Megan Leitzinger
5 Judy Guzzo
4 Cheryl DeBraccio

Female 50-59

12 Judy Phelps
10 Joyce Goodrich
8 Cathy Sliwinski
7 Elizabeth Herkenham
6 Cynthia Finnegan
5 Susan Burns
4 Karen Dott

Female 60-69

12 Susan Wong
10 Ginny Pezzula
8 Lichu Sloan
7 Laura Clark
6 Coral Crosman
5 Sibyl Jacobson
4 Linda Plante

Female 70-79

12 Anny Stockman
10 Eiko Bogue

AGE GRADED

Runner	Age	G
12 Lee Pollock	56	M
10 Anny Stockman	75/76	F
8 Pat Glover	61/62	M
7 Andy Allstadt	25	M
6 Peter Gerardi	57	M
5 Dale Keenan	57	M
4 Emily Bryans	40/41	F

Total After 12 Races

MEN

Male Open

70 Chuck Terry
58 Josh Merlis
50 Tom O'Grady
29 Andrew McCarthy
28 Richard Messineo
26 Justin Bishop
23 Dan Jordy
19 Chad Davey
16 Joe Benny
14 Jim Sweeney
12 Andy Allstadt
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 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
5 William Schanz
4 Ryan Donnelly
4 Robert Hollinger
4 Greg Stevens
4 Joe Sullivan

Male 30-39

70 Aaron Knobloch
64 Brian Northan
51 David Tromp
42 Todd Smith
38 Chris Nowak
34 Dan Murphy
27 Jim David
24 Robert Irwin
19 Patrick Lanskey
18 Todd Salvesvold
12 Ken Plowman
10 Matthew Purdy
10 Neil Sergott
8 Jonathon Bright
8 Timothy Harrigan
8 TJ Karl
7 Joe Benny
7 Ed Hampston

7 Mike Kelly
7 Craig Weidman
5 Gilbert Chorbajian
5 Corbin Gosier
5 Kevin Kelly
5 Clay Lodovice
4 Pete Guzzo
4 Jay O'Connor
4 Robert Rausch

Male 40-49

68 Tim Hoff
52 Derrick Staley
49 Ed Hampston
47 Ahmed Elasser
40 Jon Rocco
31 Steve Becker
24 Tom Dalton
18 John Noonan
17 Christian Lietzau
17 Will Moran
16 Brian DeBraccio
14 Chris Buckley
14 Norris Pearson
12 Tom Kracker
12 Bob Jones
12 Todd Mesick
12 Todd Rowe
11 Ed Menis
11 Walt Peretti
10 Pete Cure
9 Joe Krisciunas
9 Scott Suba
8 John Kinnicutt
8 Rob Paley
7 Russell Lydon
6 David Putney
6 Joseph Sullivan
6 Mark Warner
5 Michael Bromm
5 Tom McGrath
4 Patrick Culligan
4 Richard Cummings
4 Ed Drebitko
4 Richard Homenick
4 Jim Maney
4 Anthony Ostrander
4 George Zibell

Male 50-59

70 Jim Maney
54 Rob Colborn
53 John Parisella
41 Dale Keenan
25 Peter Gerardi
25 Chuck Ryan
24 Kevin Dollard
21 Bob Sommerville
19 James Jacobs
19 Lee Pollock
18 Paul Forbes
18 Jack Nabozny
18 Rob Picotte
16 Jim Bowles
16 Richard Clark
15 Mark Warner

14 Frank Paone
 14 Steve Sweeney
 13 Chris Murphy
 12 Frank Broderick
 12 Ken Klapp
 11 Paul Bennett
 11 Juergen Reher
 10 Rick Munson
 7 Dennis Sullivan
 6 Joe Benoit
 6 Alar Elken
 6 Bob Ellison
 6 James Fairchild
 6 Bill Herkenham
 5 Mark Regan
 4 John Carboni
 4 Bob Oates
 4 Tony Maddaloni
 4 Tom Yannone

Male 60-69

72 Pat Glover
 56 Tom Adams
 56 John Stockwell
 35 Jim Thomas
 34 Norman Dovberg
 28 John Pelton
 23 Douglas Fox
 20 Larry Seward
 19 Peter Cowie
 18 Frank Klose
 14 Frank Myers
 13 David Hayes
 13 Ray Lee
 13 Greg Taylor
 12 Tom Yannone
 11 Ed Bown
 8 Robert Armagno
 8 Chuck Batchner
 8 Dick Correa
 8 Bob Ellison
 8 George McGowan
 7 Frederick Eames
 6 Jack Berkery
 6 Joe Brennan
 6 Mike Caccuitto
 5 Ernie Paquin
 5 Jim Tansey
 4 Paul Hillengas
 4 Ray NewKirk
 4 Chuck Trimarchi

Male 70+

70 Wade Stockman
 66 Bob Husted
 40 Ed Doucette
 30 Chris Rush
 21 Ed Thomas
 20 Joe Kelly
 18 Joe Corrigan
 15 Armand Langevin
 14 Jim Tierney
 10 Dick Green
 7 Mike Bartholomew
 7 Charles Bishop
 6 George Freeman
 5 Richard Eckhardt
 5 Pat Fitzgerald
 5 Anthony Scott
 5 Don Wilkin
 4 Ray Bremm

WOMEN

Female Open

52 Christine Ardito
 41 Colleen Hayden
 36 Rachel Clattenbury
 36 Alyssa Lotmore
 31 Jessica Sherry
 29 Justine Mosher
 28 Diana Rodriguez
 22 Diane Matthews
 22 Kelly Virkler
 20 Jennifer Senez
 14 Emily Finnegan
 12 Kathryn Bengtson
 12 Sara Brenner
 12 Katrina Hines
 11 Erin Rightmyer
 10 Katelyn Choiniere
 10 Lea Cure
 10 Kaylee Scott
 10 Brina Seguire
 8 Jessica Dunton
 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
 6 Martha Snyder
 5 Zibby Eckhardt
 5 Jessica Mitchell
 4 Melissa Patrick
 4 Joselin Schmitz-Morfe

Female 30-39

72 Dana Peterson
 51 Lori Weaver
 48 Jess Hageman
 29 Sally Drake
 28 Kari Gathen
 28 Penny Tisko
 22 Estelle Burns
 19 Margaret Bromirski
 13 Pamela Delsignore
 12 Laura Baumgarten
 12 Eileen Combs
 12 Jamie Scott
 10 Jamie Masson
 9 Regina McGarvey
 9 Stacia Smith
 8 Katie Hodge
 8 Anne Kubasiak
 8 Kimberly Miseno-Bowles
 7 Christa Dederick
 7 Tammie Jones
 7 Jennifer Merritt
 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 Aubrey Fleszar
 4 Laura Hudy

Female 40-49

72 Emily Bryans
 62 Anne Benson
 56 Mary Buck
 47 Nancy Taormina
 47 Chris Varley
 40 Megan Leitzinger
 29 Judy Guzzo
 14 Cheryl DeBraccio
 13 Nancy Nicholson
 12 Christine Capuano
 12 Sharon Fellner
 12 Mary Signorelli
 11 Julia Murphy
 10 Kathleen Kemp
 9 Marcia Harrison
 8 Kari Gathen
 8 Kathleen Goldberg
 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
 66 Judy Phelps
 45 Joan Celentano
 44 Cathy Sliwinski
 43 Susan Burns
 35 Kathrine Ambrosio
 34 Nancy Briskie
 30 Karen Dott
 26 Cynthia Finnegan
 18 Cynthia Southard
 13 Erika Osterle
 11 Barbara Sorrell
 10 Joyce Goodrich
 10 Peggy McKeown
 10 Jill Mehan
 9 Donna Choiniere
 8 Joan Brown
 8 Jeryl Simpson
 7 Maria Garcia
 7 Elizabeth Herkenham
 6 Donna Charlebois
 6 Kathy Dillinger
 5 Donna Lustenhower
 4 Phyllis Fox

4 Gail Hein

Female 60-69

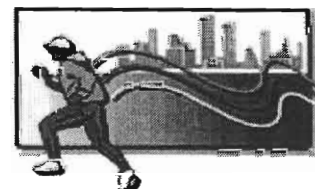
72 Sue Wong
 48 Ginny Mosher
 32 Ginny Pezzula
 29 Sibyl Jacobson
 20 Lichu Sloan
 11 Noreen Buff
 8 Betty Langevin
 8 Liz Milo
 7 Laura Clark
 7 Candi Schermerhorn
 6 Coral Crosman
 5 Susan Caccuitto
 4 Linda Plante

Female 70-79

72 Anny Stockman
 48 Eiko Bogue
 46 Joan Corrigan

AGE GRADED

Runner	AgeG
60 Anny Stockman	75/76	F
56 Pat Glover	61/62	M
53 Martha DeGrazia	56/57	F
41 Judy Phelps	57	F
40 Chuck Terry	25/26	M
38 Jim Maney	50	M
37 Dale Keenan	57/58	M
26 Derrick Staley	49/50	M
25 Emily Bryans	40/41	F
19 Peter Gerardi	56	M
19 Tom O'Grady	22/23	M
18 Josh Merlis	25/26	M
17 Kevin Dollard	52/53	M
16 Rob Colborn	53	M
15 John Parisella	50	M
14 Timothy Hoff	42	M
13 Tom Dalton	49	M
12 Lee Pollock	56	M
11 Dana Peterson	37	F
9 Mary Buck	44	F
9 Aaron Knobloch	31/32	M
8 Bob Irwin	35	M
8 John Noonan	48/49	M
7 Andy Allstadt	25	M
7 Jim Thomas	62	M
6 Justin Bishop	27	M
6 Tim Caramore	26	M
6 Chriatian Lietzau	45	M
6 John Pelton	68/69	M
6 David Vona	25	M
5 Ahmed Elasser	45	M
5 Steve Sweeney	53	M
5 Penny Tisko	39	F
5 Susan Wong	60	F
4 Kathryn Bengtson	25	F
4 Anne Benson	43	F
4 James Fairchild	59	M
4 Jamie Rodriguez	28	M





CLUB RUNNING APPAREL

WINTER APPAREL WILL BE SOLD AT WINTER SERIES RACES

<u>Circle size and color where applicable</u>	<u>Cost:</u>	<u>Total:</u>
Insport Tights , black, Male, S,M,L; Female S,M,L	\$18	_____
Club Jacket , royal blue and black, Unisex S,M,L,XL	\$45	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L,XL	\$60	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$21	_____
Heavyweight , mock turtleneck, club logo on chest, Unisex black M,L,XL; blue XL	\$23	_____
Wicking Gloves , white with black logo, S; black with white logo M/L, XL	\$13	_____
Black Headbands , white logo, fleece (female) or nonfleece (male)	\$12	_____
Royal Blue Hats , fleece, 2002 GP and club logo	\$10	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL	\$20	_____
Female Adidas , black with blue trim, XL	\$21	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$16	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, L	\$21	_____
V-Notch , 3" inseam, S,L,XL	\$16	_____
V-Notch Long Distance , 1" inseam, back mesh pockets, M,L	\$21	_____
Easy , 4" inseam, S,M,L	\$17	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$21	_____
Male Race Ready Shorts, all are royal blue except Sixers		
Split-cut , 1" inseam, S,M,L,XL	\$17	_____
V-Notch , 3" inseam, S,M,L,XL	\$17	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, S,M,L, XL	\$22	_____
Easy , 4" inseam, S,M,L,XL	\$19	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$23	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$25	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
Smart ID tag , snaps onto shoe, neon yellow, neon orange, neon green, purple \$2 each or 3/\$5.		_____
<i>If ordering only this item, postage is \$.42</i>		

TOTAL DUE: _____

Postage \$5.05

Check Payable to: **HMRRC**

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

Mail Order Form w/ Check to:

Name _____

Judy Lynch

Phone _____

56 Schuurman Rd., Castleton, NY 12033

Email: judlynch@nycap.rr.com

Email _____

2/1	11:00 a.m.	Saratoga Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	lclark@sals.edu
2/7	10:00 a.m.	The Polar Cap 4 Mile Road Race	Lake George Elementary School	Joanne LaLonde	jllalonde@verizon.net
2/7	10:00 a.m.	25th Beer & Chili Run 10K/5K	Newport	John Slocum	jsloc@ntcnet.com
2/7	6:00 p.m.	HMRRC Club Banquet	The Desmond Hotel and Conference Center	Debbie Beach Ginny Mosher	dbeach2@nycap.rr.com
2/8	10:00 a.m.	Winter Series #5 -- 4M	University at Albany --- Day of Race Signup only!	Scott Ginsburg Lori Sciortino	ginsso2001@aol.com
2/14	10:30 a.m.	Camp Saratoga 8K Snowshoe Race	Wilton Wildlife Preserve	Laura Clark	lclark@sals.edu
2/22	10:00 a.m.	36th HMRRC Winter Marathon	University at Albany	Dana Peterson	peterson@albany.edu
2/22	10:00 a.m.	23rd Marathon Relay - 3 Person	University at Albany	Ken Klemp	peterson@albany.edu
3/7	10:00 a.m.	30th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ken Skinner	kennyskin@earthlink.net
3/29	10:00 a.m.	Lowe's 5K for the United Way	Kingston	Brian Lavender	bdlavender@yahoo.com
4/5	9:00 a.m.	21st Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/11	10:00 a.m.	15th Annual Rabbit Ramble 4 Miler	Guilderland High School	Phil Carducci	rabbitramble@nycap.rr.com
4/18	10:00 a.m.	29th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/19	9:00 a.m.	1st Hudson Valley 15K	Blooming Grove NY Rte 94	John Finnigan	jfinnigan@hvc.rr.com
5/2	9:00 a.m.	Captain Timothy J. Moshier Memorial 5K Run	Bethlehem Middle School	Peter McKee	pcmckee@gmail.com
5/10	10:00 a.m.	29th Mother's Day 3.5 Miler	Hamagrael School Delmar	Nancy Briskie Jim Tierney	nbriskie@aol
5/17	8:00 a.m.	National Distance Running Hall of Fame Race 1/2 Marathon & 5K	Utica	Mary MacEnroe	macenroe@dreamscape.com
5/21	6:25 p.m.	33rd GHI Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
6/6	9:00 a.m.	Tri-City Valley Cats Home Run 5K	Joe Bruno Stadium, HVCC	John Haley Megan Leizinger	j.haley36@yahoo.com
6/14	9:00 a.m.	38th Distinguished Service Race 8 Mile [GP]	University at Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarners1@nycap.rr.com
6/21	9:00 a.m.	Community Resource Father's Day 5K Run	The Crossings Colonie	David Newman	newman.david@gmail.com
6/28	7:30 a.m.	Adirondack Distance Run	Lake George	Marcy Dreimiller	madone1@roadrunner.com
7/7	6:15 p.m.	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/12	8:00 a.m.	Utica Boilermaker 15K	Utica	Jim Stasaitis	jstasaitis@boilermaker.com
7/12	8:00 a.m.	Boilermaker Road Race 15K & 5K	Utica	Mary MacEnroe	info@boilermaker.com
7/15	6:15 p.m.	HMRRC Two Person Relay 6 X 1 Mile	Guilderland HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/22	6:15 p.m.	36th HMRRC Hour Run	Guilderland HS Track	Doug Bowden	bowden@nycap.rr.com
7/29	6:15 p.m.	34th HMRRC Pentathlon	Guilderland HS Track	Todd Mesick	toddmesick@yahoo.com
8/2	12 Noon	HMRRC Club Picnic	J.B. Thacher State Park	Cathy Sliwinski Marcia Adams	csliwin@nycap.rr.com
8/2	9:00 a.m.	15th Indian Ladder Trail Run 15K & 3.5 Mile	J.B. Thacher State Park	Mike Kelly	mjkhome@verizon.net

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
ADDRESS SERVICE REQUESTED

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

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