

The Pace Setter

December 2009

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



**HMRRC/USMC Reserves
Toys for Tots
Half-Marathon**



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Photos in this issue by Paul Turner



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 (callen@gscallen.com). All other matters should be directed to the editors.
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HMRRRC Mission Statement

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

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by Mark Warner

As we enter the holiday season, many of us are thinking of how we can give to others. Therefore, it is also a good time of year to look at many of the things that the HMRRRC does to help others both within the running community and in general throughout the Capital District. Most everyone knows the great running events the club puts on from the large events such as the Corporate Challenge, Stockade-athon and Mohawk-Hudson Marathon to the smaller events such as the Hour Run, Anniversary Race and the Winter Series events. What many people aren't aware of are the many charitable activities the club is involved in. Each year, HMRRRC awards four scholarships to deserving high school seniors from throughout Section II, based not only on their running ability and love for running, but also on their extra curricular activities and community involvement. Over the last ten years, twenty-five scholarships have been awarded. Jon Rocco will be chairing the Scholarship Committee this year, with applications due in late March and the winners announced in May.

The club has been collecting donated shoes and t-shirts to give to those in need in a program currently run by Cathy Sliwinski (though we could use a volunteer to step up and take over this program for Cathy). Over 600 pairs of shoes have been donated to the Schenectady City Mission for local, national and international distribution in the past year. Club member Dick Adler has taken the initiative to mail over 600 donated t-shirts to the St. Joseph's Indian School in South Dakota. Collection points for recycled shoes and t-shirts will be provided next year at the Freihofer's Run for Women and also at either the Mohawk-Hudson Marathon or Stockade-athon.

Each year the Corporate Challenge, directed by Pete Newkirk, picks a charity of choice. Race participants (now over 7,000) and their companies are then asked to contribute to the chosen charity. This leads to some donations to the charity chosen as well as a great deal of exposure for the charity. Recent charities that benefited from this relationship with the Corporate Challenge have been Trinity Institution (2009), Living Resources (2008) and Homeless and Travelers Aid Society (2007).

In 2009, the Grants Committee, under the chairmanship of Ray Newkirk, awarded ten grants totaling over \$8,000. Grants are awarded to qualifying organizations that promote running activities within the Capital District. Such organizations include clubs, races and

umbrella organizations with no membership restrictions established to advance road running and racing. A few of the awardees in 2009 included the Chester Arthur Running Club, Duaneburg 5K, ARE Summer Trail Series and Saratoga YMCA running program. This program will continue in 2010 with application deadlines on January 1st and June 1st.

In 2009, the Grants Committee added a youth grant program. This program gave out a total of \$5,000 in grants to five organizations: Delmar Track & Field Club, Donald P. Sutherland Running Club in Averill Park, Albany Police Athletic League, Sand Creek Middle School Wellness Program and USATF youth club support and coaching seminar. The club intends to dramatically expand its support of youth-oriented programs in 2010 with the introduction of two new pilot programs.

HMRRRC has had the good fortune of generating a net profit on several of its larger races, so these programs have given the club an opportunity to give a little something back to the community. These are some of the more significant contributions by the club back to the local running community and the Capital District at large, but there are many other efforts where the club and its members continue to give back to the community through their support of youth running programs, promotion of running trails and bike paths and by promoting running and wellness in general. This is a great time of year for us as a running club and also as individuals to look for ways to give back to others in our community. □

Article Submissions are Encouraged for Upcoming Pace Setter Issues

What: The article topics can range from HMRRRC races, to out-of-town race coverage, and personal running accounts. Articles should be written in the context of the HMRRRC mission statement, which can be found on the HMRRRC web homepage at www.hmrrc.com. All members are encouraged to submit articles for publication in upcoming *Pace Setter* issues.

Deadline: The 25th of each month (ex. Submission is received on October 25, the article would be published in the December issue).

Where: Submissions can be sent in Word document format and photos in .jpg, .tif, .bmp, or .gif format to: pacesetterarticles@verizon.net. Questions about publication can also be directed to the same e-mail address.



What's Happening in December

by Al Maikels

December brings the start of winter, marking the end of all outdoor activity, as we know it. It's too cold to run outside, it gets dark too early, and it's just not safe to run in the winter. While that may be the traditional line of thought, there are a few hardy folks that annually test this inalienable fact of nature. For those brave souls, the HMRRC offers the Winter Series, a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (except for the New Year's Day races) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 13 at 10 a.m. and features a 5K and a 15K. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

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

The City of Albany celebrates the season with a Winterfest and a 5k race is a big part of the celebration. The Winterfest 5k will be held on Saturday, December 19 at 5 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The City of Saratoga still has a First Night celebration and also has First Night race. The

Saratoga First Night race will be held on Thursday, December 31 at 5:30 p.m. and features a 5k at Skidmore College.

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

The club business meeting for December will be held on Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meetings. □



New HMRRC Members

Theresa Adams
Gabe Anderson
Jadin and Shawn Babin-Kavanaugh
Andria Bentley & Robert Magee
Tammy Bydairk
A. Callee Carpenter
Steven Casabella
Chris Pepper
Susan Dufour
Jonathan Golden
Limin Guo
Richard Hill
Brian Hotaling
Don Lawrence
Carl Matuszek
Erin McGarry
Laura O'Connor
Norris Pearson
Patricia Phillips
William Ports
Jennifer Reith
Michael Roda
JoAnn Romano
Michelle Smith
Tammy Street and family
Betty Tung
Sandi VanAuken

Submissions for the February Issue of *The Pace Setter*

Articles:

Deadline is December 25th. Submit to: Editor, pacesetterarticles@verizon.net

Advertisements:

Deadline is January 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.

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- A warm, welcoming environment for customers of every age and ability



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Holiday Gift Ideas: Yummy Sports Foods!

Gifts that money can't buy are often the nicest gifts: breakfast in bed, a special dessert, a nice dinner, a sweet treat. If you are looking for a simple, yet special, gift for your running buddy, teammate, or favorite marathoner, enjoy making one of these recipes for a sports food that will be sure to please any hungry athlete! The recipes are from my Sports Nutrition Guidebook, 4th Edition (www.nancyclarkrd.com).

OATMEAL PANCAKES

The pancakes are light and fluffy prizewinners, perfect for brunch after a hard workout, or breakfast in bed on a recovery day. For best results, let the batter stand for 5 minutes before cooking.

1/2 cup uncooked oats (quick or old fashioned)
1/2 cup plain yogurt, buttermilk (or milk mixed with 1/2 tsp vinegar)
1/2 to 3/4 cup milk
1 egg or 2 egg whites, beaten
1 tablespoon oil, preferably canola
2 tablespoons packed brown sugar
1/2 teaspoon salt, as desired
1 teaspoon baking powder
1 cup flour, preferably half whole-wheat and half white

Optional: dash cinnamon

1. In a medium bowl, combine the oats, yogurt, and milk. Set aside for 15 to 20 minutes to let the oatmeal soften.

2. When the oatmeal is through soaking, beat in the egg and oil and mix well. Add the sugar, salt (and cinnamon). Stir the baking powder into the flour; then add and stir until just moistened.

3. Heat a lightly oiled or nonstick griddle over medium-high heat.

4. For each pancake, pour about 1/4 cup batter onto the griddle. Turn when the tops are covered with bubbles and the edges look cooked. Turn only once.

5. Serve with syrup, honey, applesauce, yogurt, or other topping of your choice.

Yield: six 6-inch pancakes; total calories: 1,000

Calories/serving (2 pancakes): 330; 57 g Carb; 10 g Pro; 7 g Fat

MOCK PASTA ALFREDO

Who doesn't enjoy a ready-made carb-loading dinner that won't expand the waistline?! Here's a pleasing pasta meal that is low in fat yet rich in flavor. For added color and nutrition, top the pasta with diced tomatoes, peppers, steamed broccoli, or other colorful vegetables.

8 oz. pasta, such as corkscrew, penne or shells

1 1/2 cups cottage cheese, preferably lowfat
1 cup milk, preferably skim or lowfat
1 to 2 garlic cloves, cut in pieces (or 1/4 teaspoon garlic powder)
2 tablespoons flour
1 tablespoon lemon juice
1 teaspoon dried basil or oregano
1/2 teaspoon dry mustard
salt and pepper, as desired
Optional: 1/4 cup parmesan cheese, dash of chili pepper

1. Cook the pasta according to the directions on the box.

2. In a blender or food processor, process cottage cheese, milk and garlic until smooth.

3. Add flour, lemon juice, basil, mustard, salt, pepper (and chili pepper if desired); process until well blended.

4. Pour into a saucepan; (add the parmesan cheese); cook over medium heat until thickened. Do not boil.

5. Mix into the noodles; serve with colorful veggies; enjoy!

Yield: 3 servings – Total calories: 1200

Calories per serving: 400 – 70 g Carb; 25 g Pro; 2 g Fat

PEANUTTY ENERGY BARS

This prizewinning recipe, courtesy of the Peanut Institute, offers a yummy alternative to commercial energy bars. They are perfect for triathletes to enjoy on the bike, as well as for anyone hankering for a satisfying afternoon snack. They are relatively high in fat—but it's healthful fat from peanuts and sunflower seeds.

For variety, you can make this recipe with cashews and cashew butter, and/or add a variety of dried fruits (cranberries, cherries).

1/2 cup salted dry-roasted peanuts
1/2 cup roasted sunflower seed kernels (or more peanuts/other nuts)

1/2 cup raisins or other dried fruit
2 cups uncooked oatmeal, old-fashioned or instant

2 cups toasted rice cereal, such as Rice Krispies

1/2 cup peanut butter, crunchy or creamy

1/2 cup packed brown sugar

1/2 cup light corn syrup

1 teaspoon vanilla

Optional: 1/4 cup toasted wheat germ

1. In a large bowl, mix the peanuts, sunflower seeds, raisins, oatmeal, and toasted rice cereal (and wheat germ). Set aside.

2. In a medium microwaveable bowl, combine the peanut butter, brown sugar, and corn

syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended.

3. Pour the peanut butter mixture over the dry ingredients; mix well.

4. For squares, spoon the mixture into an 8"x 8" pan coated with cooking spray; for bars spoon it into a 9" x 13" pan. Press down firmly. (It helps to coat your fingers with oil or cooking spray.)

5. Let stand for about an hour, then cut into squares or bars.

Yield: 16 squares or bars; total calories: 3,600

Calories per serving: 225; 30 g Carb; 6 g Pro; 9 g Fat

CHOCOLATE LUSH

This brownie pudding is a low-fat yet tasty treat for those who want a chocolate fix. It forms its own sauce during baking. If you need to rationalize eating chocolate, remember it does contain some health-protective phytochemicals...

1 cup flour, preferably half white, half whole-wheat

3/4 cup sugar

2 tablespoons unsweetened dry cocoa

2 teaspoons baking powder

1 teaspoon salt

1/2 cup milk

2 tablespoons oil, preferably canola

2 teaspoons vanilla

3/4 cup brown sugar

1/4 cup unsweetened dry cocoa

1-3/4 cups hot water

Optional: 1/2 cup chopped nuts

1. Preheat the oven to 350° F.

2. In a medium bowl, stir together the flour, white sugar, 2 tablespoons cocoa, baking powder, and salt; add the milk, oil, and vanilla (and nuts). Mix until smooth.

3. Pour into an 8" x 8" square pan that is lightly oiled.

4. Combine the brown sugar, 1/4 cup cocoa, and hot water. Gently pour this mixture on top of the batter in the pan.

5. Bake for 40 minutes, or until lightly browned and bubbly.

Yield: 9 servings; total calories: 2,100

Calories per serving: 230; 46 g Carb; 3 g Pro; 4 g Fat

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and serious exercisers/athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com. □

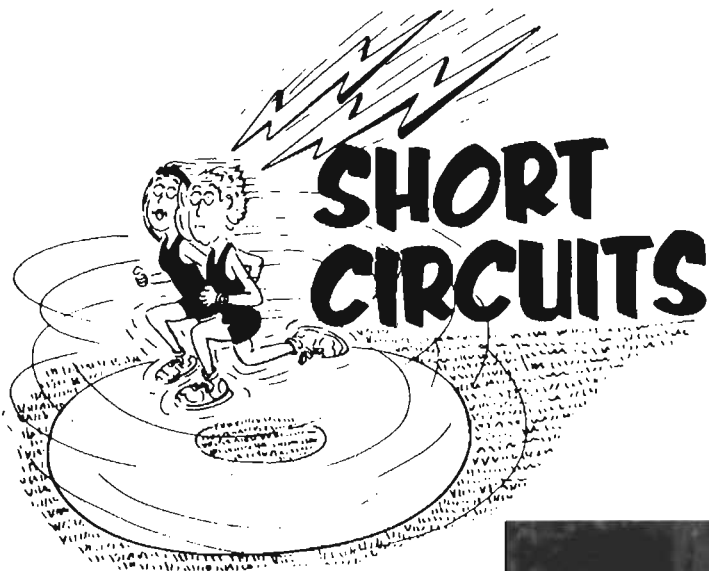
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A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

Tom Bedford was so overjoyed by his PR of 2:24:09 in the Dublin Marathon that he did a flip when he reached the finish line.



Yabba Dabba Do!

Duane Tate, 53, completed running a marathon (and finishing) in each of the 50 states at this year's Mohawk Hudson River Marathon (MHRM). He ran his first marathon in 1980 in his home state of Wisconsin. The MHRM was his 100th marathon overall and he ran it with his daughter Katie, who was running her first marathon. His marathon PR is 3:08 set long ago. HMRRRC members Lichu Sloan and Jim Thomas are members of the 50 States Marathon Club. There was a group of marathoners from Wisconsin running in this year's MHRM; one had run in the Hartford marathon the previous day.



Duane Tate: 50 states done, now the world

Dick Vincent's running streak of nearly 35 years of daily running came to an end in October due to Achilles tendon surgery.



All good things come to an end

88-year-old Martha Michel has walked 10,000 miles around a pond at the Namaste Alzheimer Center in Colorado. She began in 1998 when her husband was a resident at the facility. They used to go on walks together around the pond. When her husband died she

continued to visit the facility and walk around the pond in memory of her husband. She visits six days a week and walks three miles each day. When they were younger Martha and her husband were mountain climbers.

Cassie Peller was the women's winner of Lakefront Marathon in Wisconsin, picking up the \$500 winner's prize. But that was all taken away from her after she was disqualified for accepting aid (water) outside of an official water stop. "That is a violation of USATF (USA Track and Field) rules," according to the race director. "It's too bad, but we're a USATF-sanctioned event," the race director said. "We made certain we communicated to all runners the race rules."



Cassie Peller: DQ'd

Tim Bourassa of Manchester N.H. ran the Mohawk Hudson River Marathon barefoot. Tim is known as "The Barefoot Runner" and runs all his races barefoot.

(right: The barefoot runner along the Mohawk river



Short Circuits continued on page 21

"BEEN THERE, DONE THAT"

by Mike Becker

December 1974 - Thirty Five Years Ago

- Races are held on the 15th and 29th at 2:00 PM at SUNYA. On the 15th, 15 runners go three miles and 18 runners race nine miles. On the 29th, 12 people race three miles and ten runners go 12 miles. Obviously the Winter Series had not yet caught on like it has today. These races were a precursor to the present-day Winter Series races, with a short race and progressively longer race leading up to the club Winter Marathon.

- It is noted that the club newsletter, in this instance four pages long and mailed every two weeks since its inception in 1971, will now be mailed monthly, to save time and money.

December 1979 - Thirty Years Ago

- This month marks the printing of the first ever issue of *The Pace Setter* as we know it today, after eight years of a less formal newsletter. The 28-page newsletter contains an ad for a store called Athletic Attic in Latham Circle Mall and ten pages of race results. The Athletic Attic advertised in *The Pace Setter* for the next eight years. Editor David Kelley vows to include more articles written by members than the previous newsletter had. Kelley notes that club membership exceeds 1000 people and has grown by leaps and bounds, but participation in club races is stagnant. Also included are articles about women runners, nutrition, the New York City and Finger Lakes Marathons, and a review of the 1st annual club banquet.

December 1984 - Twenty Five Years Ago

- The Winter Series, sponsored by Athletic Attic, kicks off on the 16th with 5K and 15K races. Seventy eight runners complete the 5K, and 109 runners complete the 15K on a cold and windy day at SUNYA. Reverend James Robinson beats Bruce Hamilton by a second to win the 5K, and Mike Buckley takes the 15K. Fifteen year old Chrissy Smith takes female honors in the 5K, and Denise Herman is the top female in the 15K.

- A changing of the guard is noted with three new club officers: Tom Miller – President, Diane Barone – Vice President (and continuing as Race Committee Chair), and Diane Wagner – Secretary.

- An item in *Short Circuits* notes the October Voorheesville race was one to two miles longer than expected when more than half of the runners were misdirected off course. Since this was a Grand Prix event, the race directors adjusted the results as best they could and everyone accepted the turn of events in good humor.

- Grand Prix winners are announced: Male Open – Dale Keenan; Female Open – Denise Herman; Male Masters – Lee Wilcox; Female Masters – Marge Rajczewski. Keenan and Herman were runaway winners, with Wilcox and



Rajczewski securing their wins during the last Grand Prix race, the Masters 10K championship in November.

December 1989 - Twenty Years Ago

- One hundred sixty runners brave a cold and windy day for the first Winter Series races on the 17th. The wind chill made it feel like 20 below, and the course was icy, wet, and slippery. David Kircher wins the 5K in 18:16, and Bob Fancher takes the 15K in 53:49.

- An item in *Short Circuits* notes the Town of New Scotland 7.1-mile race was held up because co-race director Jeff Cole was locked in the bathroom. Once the door was pried open, the race soon began.

- President Hank Steadman talks up the Winter Series: "...there is no greater service that HMRRCC provides than the Winter Series. At a time of year when there are almost no other races, we have one every two weeks; each time with a range of distances to fit the novice runner, or the elites and/or crazies who want to spend a couple of hours dodging ice, squishing in slush, and challenging the vicious teeth of the northwest wind."

December 1994 - Fifteen Years Ago

- Mark Lawrence is profiled and mentions being told to expect the world's largest urinal at the start of the New York City Marathon. He was expecting a long version of the usual trough, but he was surprised to see thousands of (presumably) men urinating off the Verrazano Narrows Bridge into New York Harbor, creating a "golden shower" for anyone who happened to be below.

- An item in *Short Circuits* notes the startup of a new runners magazine called *American Runner*. Publisher and editor-in-chief is James O'Brien, who previously wrote articles about the Freihofer's Run For Women for *The Pace Setter*. O'Brien vows to address aspects of run-

ning that are of interest to serious runners: how to improve, timely race results, and breaking domestic and international news.

- Temperatures in the 50s and high tech equipment (486 notebook) greet 24 runners in a 10K Handicap race at SUNYA on the 3rd. A formula using age, sex, and height-weight ratio was used to calculate each runner's handicap. Race directors Nick Solomos and Tom Corrado also added an "index of ability" (a recent 10K PR) to the formula. The runner with the largest handicap starts first, and the runner with the smallest handicap starts last, with everyone theoretically (not actually) finishing at the same time. The gap between the first and last place runners was 16 minutes. Participants include Paul Murray, Chris Rush, Jim Gilmer, Phil Carducci, Jack Berkery, and Bill Hogan, who race-walked.

December 1999 - Ten Years Ago

- In a somewhat odd occurrence, ten runners finish with exactly the same time at the Winter Series 15K at SUNYA on the 12th. Two women (Heather Cox and Mary Peck) and eight men (Phil Borgese, Ken Plowman, Mike Jordan, Jim Armenia, Steve Cummings, John Haley, Carl Urrey, and Chuck Tanner) run 1:01:27 and tie for 3rd place on a sunny, balmy day.

- On the 19th, the 6th annual Holiday Classic 5K Run for Hunger is held at Columbia-Greene Community College in Hudson and directed by Phil Carducci. Nick Conway holds off Peter Flynn by one second with a fine time of 16:08. Emma Sarro is top female at 18:53.

December 2004 - Five Years Ago

- Josh Merlis easily wins (by nearly three minutes) the 15K Winter Series race on the 5th with a time of 52:13, while Kara-Lynne Kerr takes female honors (10th overall) with a 61:45. Kevin Catlett takes the 3-miler in 17:08, and 14-year old Sara Ochs is the top female with a 19:20.

- Hank Steadman, in his popular Back of the Pack column, pleads with race directors to stop giving out 100% cotton T-shirts at races. He states of four recent races, only the Dynamic Duo did not have 100% cotton T-shirts. Unless your intention is to provide sleepwear, and unless you enjoy running covered with wet fabric sticking to your skin, insist on 50-50 cotton/poly blend T-shirts.

- Articles by Don Wilken and Paul Murray commemorate the life of runner Johnny Kelley, who recently passed away at the age of 97. Kelley finished the Boston Marathon an amazing 61 times, including wins in 1935 and 1945. He placed in the top ten eighteen times in Boston and last ran the race in 1992 at the age of 85. He also represented the United States at two Olympics – Berlin in 1936 and Helsinki in 1948. □

For the Love of Lucky

by Candice Panichi

I love dachshunds more than I love running. That is why, while I was running the San Diego Rock and Roll Marathon on May 31, 2009, I had to stop around mile 7 to meet a red mini short-haired dachshund. The owner told me his name was Lucky and I learned some more information about him before deciding I better resume running if I wanted to finish this race.

I had no goals for this marathon. Sure, beating my current PR of 4:04:48 would have been nice. The Rock and Roll Marathon has so much excitement – so many bands, so much to watch; I just wanted to enjoy the race. You can imagine my surprise when, at the half marathon point, this guy in a red shirt screamed to the people running around me “You’re all at a sub-4 marathon pace. Keep it moving!” Right then, I hated and loved that guy at the same time – I hated him because he made me aware that now I had an unexpected chance to PR and beat a 4 hour pace, but I’d have to work for it. I loved him for the same reason.

Red shirt guy appeared again at mile 20 and mile 23, screaming the same words. I had never pushed myself in a marathon before – completing the race was always just enough of a challenge for me. This was real pressure and I didn’t know if I liked that. I pushed through the pain for the last three miles. The clock at the finish said 4:01:55. I wasn’t certain of my chip time until about 45 minutes later. My chip time was 3:58:22 – I had done it!

I was tired but proud. Within minutes, my mind started spinning. What else could I do? Boston came to mind immediately ... what was the qualifying time for my age group? How fast could I run if I didn’t stop to meet new dogs?

My friends back in Albany saw me cross the finish line on the internet. I texted them and asked them to confirm what my Boston qualifying time would be: 3:45:59. I had no idea if it was realistic to shave 13 minutes off a marathon time in 4 months, but I was willing to try in the October 11, 2009, 27th Mohawk Hudson River Marathon.

Back in Albany, I consulted my expert running friends who agreed to be my coaches. They felt strongly that with the proper training, qualifying for Boston was realistic. So, they made me a personal training schedule which included tempo runs, speed workouts at the track and long runs on the weekends. I was concerned: could I fit all this in and still have a good summer? Would it be worth the effort? Was this training guaranteed to work?

I had done tempo runs and long runs before. But I had never been to a track and to do speed work and I was afraid. I thought I’d never be able to run laps at an 8 minute per mile pace or even less. Track workouts were Thursday nights and my coaches were going to meet me there every week. Each week, on my 20 minute drive to the track to meet them, I would concoct all sorts of different excuses to leave early in the event I couldn’t finish the



Candice Panichi and her dog, Bogie

workout – I was sick, my dogs were sick, I had a later engagement elsewhere and would have to leave early. This went on once a week for over three months. Surprisingly, each week I completed the workout and I never had to use any of my well-thought out excuses.

Long runs were familiar to me, so initially I didn’t have a problem with them. I ran long runs with a good friend who was also training, so that made it easier. We had each other. In July, I even skipped two long runs due to a trip to Ireland. One Saturday in August, it poured rain for the entire run, so we cut our planned 18 miles down to 15 miles. I couldn’t get warm for the rest of the day. Unfortunately, for the 19 mile run, my running partner pulled a calf muscle at mile 19. She was put on strict rest to heal for the next two months and could not run the marathon. I had to run my last long run, 20 miles, alone. I never thought I’d make it the full 20 miles by myself, but again, to my surprise, I finished.

Taper week was difficult. Bad sushi on Tuesday left me with stomach problems the rest of the week, raking the yard on Wednesday (out of boredom for not being able to run – a stupid move, I realized, after it was too late) made my back sore. I started to panic. What was I thinking? I can’t run a 3:45 marathon. I can’t run an 8:35 pace for TWENTY-SIX miles. This is something dedicated runners do and I’m certainly not a dedicated runner! It only got worse as taper week went on and several people told me they were going to be waiting for me at the finish line, that they wouldn’t miss being there for the world. It made me so nervous! I told each of them “Don’t waste your time!” “Find

something better to do on a beautiful fall day – I probably won’t finish in time anyway!”

The morning of the race was cold and damp, as it always is. I couldn’t wait to get it over with. When the gun fired, I was never happier to get started on something in my life. My coaches made me promise to keep my pace of 8:35 per mile. This was almost impossible and I realized I was a full two minutes ahead of schedule around mile 6. I worried about this slightly, but I was in such a nice rhythm, I shook it off.

Around mile 13 I hit a wall. It was too early to be hitting walls! I was tired and started to hurt. I downed my GU and got my second wind a few miles later. The real “hitting of the wall” came around mile 22. I was on my fifth (and last) packet of GU and had lost some of my 2 minute cushion. I was down to about a thirty second cushion. Around mile 23 I was ready to walk. I told myself Boston wasn’t worth all this pain and I was still going to PR, anyway. I was shuffling along, ready to stop ... when out of nowhere another friend who I had trained with, who had run the half marathon, came back to run in the last two miles with me. I told her to leave. I told her I couldn’t talk, but I wasn’t interested in qualifying for Boston anymore and she should just run back to her family and enjoy her own PR in the half and leave me alone. I was going to start walking any second and she shouldn’t waste her time with someone like me. Boy, was I miserable. She ran a few steps ahead of me so I was behind her and her presence kept me going. As hard as I tried to get rid of her so I could walk, as miserable as I was, she stayed a few steps ahead of me and kept me going those last two miles. I finished and qualified with time to spare in 3:43:21.

Qualifying for the Boston Marathon has taught me two things. First, every time I thought I couldn’t finish, that I couldn’t complete the goal, I always surprised myself. I found I have more strength and determination inside than I ever gave myself credit for. Secondly, I have learned that the value of support from friends is immeasurable. That friend that got injured during our 19 mile run? She became my biggest supporter. She easily could have sulked about her own injury – but instead, admirably, focused all her energy for the next few weeks on helping me reach my goal. She called me after every scheduled run and sent me encouraging and inspirational emails and text messages. On race day, she drove to several points throughout the marathon to see my progress, bring me GU and anything else I needed. She even hobbled, much to my dismay, the last tenth of a mile to the finish line with me. Those friends-turned-running-coaches who prepared my training schedule? They were elite runners who became injured last year and are thankful to be just walking – yet they prepared my training schedule, met me every Thursday for

Continued next page

Willow Street Women Excel at Syracuse Festival of Races

by Anne Benson and Vincent Juliano

The 17th annual Festival of Races was held in Syracuse on Sunday, October 4th, 2009. The race included a range of age groups with competitors as young as 9 years old and as old as 91. The main competition, however, rested in the masters group since the race serves as the USATF National Masters Road Race. Individual runners and racing teams from 29 states were represented in the 5K races. Separate races were run by the men and women with 444 men and 355 women completing the course.

Locally, the Willow Street Athletic Club women sent two masters teams to vie with the national competition. The 40-plus team consisted of Emily Bryans, Mary Buck, and Anne Benson, and the 50-plus team included Nancy Briskie, Beth Stalker, and Karen Provencher.

Emily Bryans finished in 5th place overall in the masters competition with a time of 17:36, duplicating her masters PR set in August at the Chris Thater 5K in Binghamton. Emily commented that the race was very competitive and some of the women she ran with, had their elbows out, and would not let her pass easily.

Twenty-six year old Amanda LoPiccolo of the Syracuse Chargers led the race wire to wire (17:02) with a few other young teammates including Jen Adams, who also started out fast. Michelle Simonaitis, a late entrant from Utah, dictated the pace among the masters competitors vying for the National Championship. For most of the race she held a comfortable 5 second margin over defending National 5K champion Patty Murray, who does most of her racing on the track, not the roads. Emily stuck to her plan of hitting each kilometer in 3:30 and arrived at 4K at 14:00 flat putting her in

Love of Lucky, *continued*

track workouts, came over to my house the day before the race to massage my aching back and also came out to several points in the marathon to give me whatever I needed. And the girl who ran me to the finish line? I'd only known her for a few weeks, yet, by getting me to the finish line in time and putting up with me for those last fifteen minutes, she did something for me that was so important. I'll never forget her for the rest of my life.

I cannot thank everyone enough for what they did for me to help accomplish my goal. There is no way I would have achieved this if it wasn't for all of them and I appreciate it more than I can ever express. Hopefully some day I can return the favor to each of them.

So, as it turns out, Lucky the dachshund brought me more than just the pleasure of meeting him that day. He brought me the luck I needed to recognize my potential, strengthen and appreciate friendships and qualify for the Boston Marathon. ▣

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range of a final time of 17:30.

At 4K, there was a pack of 5 master's women who could still win the championship, accompanied by a few younger women from the Chargers. Simonaitis still led by a diminishing 3 seconds, while Emily ran side by side with Patty Murray of Colorado. Laurel Park of Michigan and 50 year old Carmen Ayala-Troncoso completed the lead pack. Troncoso is a multiple national champion who has won Freihofer's masters division many times, and Park has also competed at Freihofer in the past and made the awards podium.

With approximately 800 meters left, Murray used her track-honed finishing kick to reel in Simonaitis and pull away to a 5 second victory. The courageous Simonaitis ran 5 seconds slower on the incoming half of the course, bettering the average 12 second deficit by the top 10 finishers. Emily led the chase pack until the final 50 meters when both Park and Ayala-Troncoso out-kicked her at the finish mat. Still, only 13 seconds separated the top 5 masters finishers. Emily kept up with some of the best



masters runners in the country, proving that she is truly an elite runner on a national level.

At the award ceremony, the photographer asked the top 5 award winning women to move close together for the photo. Alayla-Troncoso quipped half jokingly "WHY ... we don't like each other."

All of the Willow Street AC ladies posted excellent times with near perfect temperatures and a mainly flat course. Nancy Briskie finished only 6 seconds off her 50-plus PR of last year with a time of 19:53. Beth Stalker, who just turned 50, does not recall running a 5K faster than her 20:02 in perhaps 4 or 5 years. Karen Provencher, who ran about 30 seconds better than in the Arsenal City 5K, set a personal best also at 20:08. This was an amazing clutch performance in a debut by the Willow Street Veteran team, who clinched the national title. Willow Street's 40-plus team took second place to the Athena Track Club.

The Festival of Races, directed by Dave Oja, was well organized. The course was clearly marked, and 1K splits were a nice benchmark. Both the men's and women's fields were tremendously competitive, and prize money totaled \$9000 for the top runners and teams. The 3K Fun and Fitness Run drew huge numbers and started after the completion of the 5K races. An awards luncheon was held after all events finished. Mary Buck commented that "It was nice and intimate. Carmen (Ayala-Troncoso) was there, who is amazing. The room was full of gifted masters runners... those who placed in the age-graded category all had scores above 90%." A crowd favorite, 91 year old Henry Sypniewski, who set a 5K U.S. record for a 91-year-old male with a final time of 38:53, was present at the awards banquet also.

As for the six Willow Street ladies who competed at the Festival of Races, we were all glad to be there, rubbing elbows with the elite and competing for national titles. The Willow Street AC, sponsored by Newkirk, has given women masters runners in the local area a vehicle in which to compete on a more regional and national level. Teammates support and encourage each other to reach goals, set PR's, stay healthy, and mostly to enjoy the sport of running. The club has experienced several successes on individual and team levels, greatly due to the positive motivation that teammates provide. Willow Street's 40-plus team will travel to Lexington, Kentucky to compete in the 6K National Club Championship on December 12. ▣

Profile of a Runner

KEITH JOHNSON



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

I am an Assistant Manager with FedExOffice. I'm originally from Long Island, but aside from a two year stint in Brooklyn, I've lived in the Capital District for the last fourteen years. I'm interested in pretty much all other sports. As far as hobbies or other interests, I enjoy spending time with my new bride and my friends.

When and how did you get started running?

I started running on my 16th birthday to lose weight. The weight is all gone, but I'm still running.

Do you have a favorite race or races?

The Joann and Nancy 5k Race for Early Detection, in Schenectady. I've run it the last two years and they do a really good job with it. Another favorite would be The Kenny Dolan Memorial Run in Brooklyn.

What are your most memorable races?

My most memorable race is the Race for the Cure down at Washington Park, in Albany. It's where I ran my PR in the 5k. My second most memorable race was the 2001 Hudson Mohawk Winter Classic Marathon, because it was my first.

How do you train? Do you have training partners?

I run five days a week, and have one cross

training day, and one rest day. I lift weights three days a week. I pretty much run alone, but I just joined the HMRRC in hopes of finding some people to train with.

Do you have any future running goals?

I plan on doing the Portland Marathon in 2010 and I'd like to run the Peachtree Road Race down in Georgia.

Do you have a philosophy of running?
Keep going, quitting is not an option.

Any funny stories?

I don't think I can tell my funny stories; they generally involve the need for and lack of a bathroom.



For Your Health

by Dr. Robert Irwin

Treating Tendonitis Injuries

What causes tendonitis injuries?

Tendonitis is a painful condition often associated with exercise. It can affect people who aren't exercising regularly. Tendons are fibrous tissues that attach bones to the muscles that help control movement. Tendonitis is an irritation in this fibrous tissue that often results in restricted movement, pain upon touching the area, a burning sensation at the site, swelling or redness. It's an injury that requires care and patience to allow time for healing. The common areas where tendonitis occurs are: Achilles tendons (back of ankle), knees, hips, shoulders, and elbows. More often than not, tendonitis is caused by a strain to the tendon although lack of flexibility and injury can cause the condition.

Typically tendonitis has been treated with anti-inflammatory drugs, resting the injury, elevation, ice, and later heating the injury. A new combination treatment that is improving injuries quicker with positive results that I use is a combination of cold laser therapy and kinesio tape. This is a multi pronged approach to treating tendonitis injuries.

How does cold laser work?

The cold laser is meant to increase the energy levels of the cells. It uses a specific light wavelength to stimulate cells to increase energy output. With increased energy output, the cells can deal with inflammation much better. Low level laser therapy refers to the modality of applying a "low" energy or "low level" laser to tissue that stimulates cellular processes and thereby enhances biochemical reactions. For example, some studies have shown that laser therapy increases ATP production in the mitochondria of the cell. Photonic energy is absorbed by the photo acceptor sites on the cell membrane, which triggers a secondary messenger to initiate a cascade of intracellular signals that initiate, inhibit or accelerate biological processes such as wound healing,

inflammation, or pain management. By using the cold laser more energy is available for the cell to utilize this fuel to function or operate more efficiently.

How does kinesio tape work?

- **Skin:** The tape can be applied on the skin in a manner that causes a massage-like skin movement that directs lymph fluid away from the affected tissue. When placed over areas of fibrosis, the lifting action and increased movement of skin also assists in softening these tissues.

- **Muscle:** The motion of the tape, and its action on sensory receptors in the skin, can improve muscle contraction. Deeper lymphatic vessel function is enhanced by the nearby pumping action of muscle contraction and relaxation.

- **Joints:** The tape can be placed to stabilize joints that have been affected by lymph edema.

- **Circulation:** As the tape affects the muscles and skin it also improves the ability of blood to flow in and out of the treated area. This improved circulation aids in healing.

- **Neurological:** Swelling places pressure on sensory receptors in the skin, causing pain, numbness or reduced sensitivity. When excess fluid is removed, the pressure is reduced and the ability of these receptors to communicate with the brain is improved.

I have used this approach on many different types of tendonitis injuries with excellent results. One of my patients came in with long standing ankle tendonitis, which had him on the sideline for almost a month. After a few treatments he was back running and racing with no ill effects. Feel free to drop me a line with any questions.

Robert Irwin is a local chiropractor and team chiropractor for the Albany Firebirds. He can be reached at 518-456-8805 or Bobdc99@yahoo.com

Susan Cohen

1942 - 2009

In October the HMRRRC lost one of our most beloved members, Susan Cohen. Susan was a club officer, race director, and an original member of the Willow St. Gang. She was a highly acclaimed math teacher at Guilderland High and a motivational speaker. Very few people touch our lives in a very special way; Susan was one of these people.

Susan wrote an article for The Pace Setter in 1982 following her running accident. This timeless article is republished here.

I am deeply grateful to be able to write an article for *The Pace Setter* and I hope what I have to say will have an impact on your lives. This text is mainly an excerpt from my keynote address to the graduation class of Guilderland High School.

I want to discuss my accident only as an introduction to the many valuable lessons which I have learned in the past eight months. Those lessons are about:

1. The uncertainty of life, and how quickly everything we count on can be changed;
2. Coping with adversity and the need to put problems – no matter how serious – in their proper perspective;
3. Learning to focus on each day's rewards and accomplishments;
4. Recognizing and appreciating the people who bring out the best in you; and lastly,
5. Expressing love and effectively helping people in need.

Now, let me tell you a little about the accident:

In one shattering moment last November I heard the screeching of brakes, felt a severe blow and lay screaming on the ground. In that instant my life was changed forever. But, almost immediately, I started learning some wonderful things about people.

It must have been only minutes later when a man came to my side and covered me with his suit jacket. He cradled my head and held my hand. I can still see his brown, pin-striped coat and his dark wavy hair. I will remember his kindness forever! He stayed with me until the ambulance came, always talking and reassuring me.

When the ambulance came, I recall how swiftly the people moved me, set up an intravenous and called in my vital signs to the hospital. The attendants talked slowly and calmly. It seemed an eternity to reach the hospital. I felt: "I once ran faster down Central Avenue in a race than they were driving!"

When I entered the emergency room, the nurses and doctors efficiently assessed my injuries and derived the necessary information from me.

The next recollection I have is of my family surrounding my bed in the intensive care unit. The nurses hovered over me like angels.



I was heavily sedated and didn't comprehend what was happening. Later I was moved to a medical-surgical floor, and I remember all the plants, flowers and fruit baskets filling the room. For about three weeks I tried to smile, laugh and entertain my many visitors. When I finally cried, the nurses cheered! They explained that they were relieved to see that I was beginning to face the realities of the accident. The trauma was real and not a nightmare from which I would eventually awaken. But, with the devotion of family and friends, compassionate nursing care, talented doctors and expert physical therapists, I began to focus on what I had instead of what was lost.

So, what did I have? What are the elements of my identity or of yours? Are they two arms, two legs, two eyes and so on? Or is it a deeper accounting: intellect, warmth, vitality, love of life and of people. I watched other patients lie in bed all day without reading, watching TV, listening to a radio or chatting with roommates or nurses. Some just took pain medication every three to four hours around the clock and lived in a tight, safe world of their own. I knew I couldn't live like this.

Even in the early months, I tried to read some of the books I received as gifts, but it was hard. I had double vision, possibly induced by medications and by the terrible strain my body was under.

I was frequently "spacey" and my attention span was brief. I agonized over possibly becoming addicted to drugs. It's funny how those who really need drugs are so afraid of addiction, while so many young people don't even give it a thought!

With encouragement from some of the

nurses, I cut back on the amount of drugs I was taking: I wouldn't be an addict no matter how much pain I had!

I seriously thought my brain cells were dying and I desperately needed intellectual stimulation. Without my asking, I was fortunate enough to have colleagues who responded not only to my need for life itself, but also for the activity which I craved. They sent me math contests and word puzzles, and a former professor of mine gave me homework problems to ponder. I tutored my doctor's daughter for several weeks, and helped my nephew with his trig homework. My husband had me check answer keys for his textbook and I tried to teach some nurses about ratios and proportions. All of my family and household responsibilities were taken from me, but I felt some measure of control when writing out the monthly check for TV service in my hospital room: quite a change from my usual routine!

I am certain that without the support group that stayed with me for the long siege, I would have drifted into never-never land. Yes, my spirit was and is strong – but no person is an island and no one stands alone.

But I also realized how fortunate I was not to have to stand alone, and I often felt guilty because many patients had so few visitors, if any. I have a great debt to repay – not only to those who sent cards and letters, visited, called, prayed, gave blood, brought me real food, helped my family with meals and shopping and chauffeuring. I also owe some of my energies to others who have suffered – without support – from a traumatic accident or a debilitating illness. I have an urgent need to give to them as I have been given to, and I pray that I am able to carry it out.

I want to tell you about putting problems in perspective. I am a healthy woman. True, I have a disability, but I am not in the same kind of pain as one roommate I had with rheumatoid arthritis. Nor am I confined to a wheel chair for life as is a man whose back was broken in an automobile accident eight years ago. When I cry and lament over my body, sometimes I start feeling guilty about others with worse troubles and problems than I have. Frankly, though, that is not really a comfort: guilt can be both a positive and negative motivator.

Some of my visitors would come and complain about their various aches and pains, and suddenly would apologize for being cross since my situation was so much worse than their's. But they shouldn't feel guilty either! Who has the right to establish a hierarchy of suffering? Pain is pain: Every person has the right to cry: but each of us must eventually put his or her problem in a proper perspective.

Instead of feeling guilty, understand that sometimes it's okay to feel sorry for yourself. But eventually, it's important to face the problem head on and the trick will be to live as best and freely as you can in spite of infirmities.

I found I could do this: While I was waiting to be picked up for a Sunday outing from the hospital, my then-roommate's mother saw me and commented: "You know, Susan, you don't look like there is anything wrong with you!" I responded: "There isn't!" What a long

way I had come - but what a difficult trip to get there!

My doctors tried very hard to teach me to live one day at a time. A special visitor told me that two things should be removed from all hospital rooms: a clock and a calendar. I would become "hyper" if my clock was hidden from view and I studied the calendar with a vengeance. I would cry for days in advance of turning each page. I would continually dwell on the life I was missing, instead of concentrating on the daily progress that I was making.

Perhaps it is cultural to plan for our futures - be it travel, vacation or retirement. Sometimes, even before my accident, I would lose sight of the present. I used to shop for meals in advance, and forget about dinner that night!

A friend had a solution to my inability to focus on the present. She sent me colored, stick-on stars which I would put on my calendar to signify a good day. A gold star meant a day without crying. This scheme got me through some terrible weeks.

I am sure you have heard the expression "Advice is cheap." It is so easy to tell another person to focus on each day as it comes and worry about tomorrow tomorrow. It is much harder to do it.

I have always been one to "fret" well in advance of pending situations. I told my husband that by expecting the worst, I would be pleasantly surprised by the good - but if I thought of the best that could happen, I might be miserably disappointed. He told me quite succinctly that that was backwards thinking. My doctors made it clear to me that a significant factor which aids in any recuperation is an optimistic outlook.

What would have been the alternative to having an optimistic outlook? Sure, I had countless periods of deep depression; I received hours of counseling to help me climb back from the depths of defeat. It took months, but I finally began to see the proverbial "light at the end of the tunnel" and I knew I'd not only survive, but I'd make it with dignity and finesse!

I seemed to have gained a reputation as a "super woman." You've probably thought of me that way. But I never was, nor am I now. I believe that this image was fostered by appearances only. Some people who are acquainted with me may be fooled by my aura of self-confidence. I think that my enthusiasm and efforts make them think that I am invincible. And, it's easy not to worry about a person who seems to have everything "together." But, just like everyone of you, I have my emotional insecurities and fears.

My family - and probably yours - are easily satisfied. They want your best efforts but often they are satisfied with less than you can give by virtue of their love. My children were glad to just have me alive. This kind of love and support is vitally important. But so is another kind. My husband, who is my best friend, and those friends who really know me, had higher expectations and generated the motivation for me to survive. They were able to give me the constant support and challenge I needed

to continue to give my 100 percent. They were with me on the phone when I faltered, and when I thought I had reached the end of my endurance. This 100 percent is the only amount I can live with and they know this. You don't need a lot of friends in life, but look for those who will expect you to do your best.

Some of these special people were HMRRRC members who visited me throughout my hospitalization. I knew these runners really cared about what happened to me. I owe a lot to the sport and the people who encouraged me. I was in excellent physical condition when I was hit and this greatly aided my recovery.

Good nutrition helped me build new tissue and my cardiovascular system pulled me through the numerous operations under anesthesia. I've had to work very hard to develop my upper body to lift myself on and off chairs, in and out of cars and in walking itself. I wish I had done more weight training previously. But I'm a brute now!

In conclusion, let me explain to you the two most important lessons I have learned. One deals with giving of yourself to others in need. The other deals with expressing your feelings to those who are dear to you.

Have you ever seen an elderly person try to carry grocery bags and open a car door at the same time? Did you go over and say "May I help you?" only to be rejected? I have. Better than this approach would be to go to the person and say, "Please let me help you" and do it! There will be times when a person really doesn't want help. But the opportunity to help is worth the chance of being rebuffed.

My family received countless offers of help from kind and thoughtful people. The best offers were from those people who just helped without being directed or asked. Meals were brought into our home with such frequency that my husband had to buy a second refrigerator to hold them. Friends came to take my children shopping for clothes. Others helped drive them around to their appointments. My family was invited to many good peoples' homes for dinners, and treated to relaxing evenings free of anxiety.

I got treats like chopped liver sandwiches for lunch, and Chinese food for dinner. What a divine relief this was from the cycle of 15 memorized hospital menus. I was also treated to frozen yogurt, fribbles real coca cola, home-baked cookies and a vigorous back rub. I can't describe the thrill it was to enjoy these pleasures. None were asked for - and that was the biggest treat of all! My plants were watered and talked to and my room was straightened up.

If you sense a person needs your assistance, give it freely. Don't ask how you can help. You figure it out! The man who helped me on November 2nd didn't ask what he could do: He did it!

Lastly, please don't wait to express your love and respect for people dear to you. I was told I was valued and loved by people I never realized even cared about me. Isn't it sad it took a tragedy to evoke such sentiments. Say what's in your hearts now. With life's uncertainties, you may never get another chance! □

My Experiences as a Runner

by Jordan Pantalone, USATF



I am entering my third season as a runner at Notre Dame - Bishop Gibbons and have been through many running situations. My greatest experience came this past summer. In mid June I qualified to compete in Fitchburg, Massachusetts, at the regional level. I came in third, and the top three qualify for the National Junior Olympics. I did sign up, but I wasn't sure if I wanted to go. After I discussed it with my parents I said I would go to the Junior Olympics.

The next race was a big as it gets. Everyone in the country met up in Greensboro, North Carolina and there were over 12,000 participants that week. I was getting nervous and had second thoughts about going. After intense training, race day came fast. On August first, it was 96 degrees with 90% humidity. I finished 18th in the country in the boys 3000m youth division with a time of 10:45:10. I didn't run as well as I wished I would, but I was able to run on one of the nicest track facilities I have experienced so far. Overall, it was a great experience and I will keep the National Junior Olympic experience with me as I move farther on in my running career. □

HMRRC "The Best Of" Results

(Part 2 of 3)

by Jon Rocco

The 'Best Of' the HMRRC series continues with the next round of results. The winners of the next dozen categories are ...

FAVORITE RACES BY SEASON:

Spring (March-May): It was close finish in this category which features those races which fared well in the 3.5M to 5M distance category. The **DELMAR DASH** led the way in voting for the favorite race of the Vernal Equinox season. The runner-up goes to **Runnin' Of The Green** while *GHI Workforce Team Challenge* and *Shamrock Shuffle* tie for third place.

Summer (June-August): The **UTICA BOILERMAKER**, which was voted favorite overall race, also took honors for the favorite race of the summer months. The second choice goes to the **Colonie Mile** which had tied for 1st in the favorite Grand Prix event category. The Colonie Mile falls within a week of the Boilermaker. The third place nod goes to the *Adirondack Distance Run* which had taken top honors in the 10K to 10M distance category.

Fall (September-November): The runaway race for this category was the **STOCKADE-ATHON** which had also tied for 1st for favorite Grand Prix event and was a strong runner-up in two other previous race categories- 10K to 10M distance and favorite overall. The silver medal goes to the **US Marine Corps Reserve Half** with the bronze going to the *Troy Turkey Trot*.

Winter (December-February): The first day of the year brings out the category's winner, the **HANGOVER HALF**. The Hangover Half was also the previously announced winner of the favorite half marathon. The second choice goes to the **Last Run 5K** in downtown Albany, which is now part of the city's Winterfest. The race, which runs through the Washington Park Holiday lights, was originally held on New Year's Eve night for many years.

Favorite Running Season: When it comes to the favorite time of year to run in the Capital Region, we could easily rename the capital city to Fallbany. The **FALL** season captured 71.7% of the vote. Its cooler temperatures with enjoyable scenery, along with a plentiful line-up of half marathons, marathons, and seemingly every weekend packed with races, are undoubtedly the reason. The **spring** season came next in with 15.2% while **winter** scored as the favorite for 8.7% of the vote. The remaining 4.4% went with summer.

Favorite Racing Venue: When it comes to favorite racing locales, the parks of the Capital District are well represented. The overall winner in this category goes to a listed National Historic Landmark, the **SARATOGA STATE PARK**. This site is the home of such races as the St. Peter's Keys runs, Saratoga National Bank Cross Country Classic, Great Pumpkin 16 - The Pace Setter

Challenge races, and the Fall Back 5M Trail Race, just to name a few. It is used by the Saratoga Stryders as part of their Wednesday Night Workout series and is home of the perennial powerhouse cross country teams of Saratoga High School. The runner-up is the park of the Electric City- **Central Park** of Schenectady. Central Park, the site of the Stockade-athon start and finish, is also the home of the Cardiac Classic and former home for fifteen years of the SEFCU Labor Day 5K. In the past it was home of the Tuesday in The Park 5K and the Lawrence Run for Independence. In a three-way dead heat for third place, we have Voorheesville's John Boyd Thacher State Park (Indian Ladder, Hairy Gorilla), *Schodack Island State Park* (Dodge The Deer, ARE Summer Trail Series, Clove Run), and NYC's 843 acre *Central Park*, which makes up roughly 6% of Manhattan.

Race With The Best Post-Race Party: The race has been known to advertise itself with the saying 'where you go to a race and a party breaks out.' Instead of a t-shirt at packet pick-up, participants are given a commemorative pint glass. Although it is a Sunday, the 250 kegs of beer donated by the F.X. Matt Brewery begin to flow well before noon (9 a.m. to be exact). In case you have not figured it out yet, the winner of this category is the **UTICA BOILERMAKER**. The post-race party is also known for its live band, fireworks atop the brewery, F-16 jet flyovers, and members of the local community joining the runners for the 3 hour party. The runner-up is the **Stockade-athon** where the post-race festivities take place at the Central Park Pavilion. Some changes are in store for this year's event, includes wrapping the pavilion with plastic weather guard. This should raise the outdoor temperature to a Spring-like feel. Add in the traditional roaring fire pit and it will feel much like a summer camping outing (without the marshmallows). The award ceremony has been moved from the school to the pavilion area and you can count on fine food and refreshments, including homemade vegetable soup from Gershon's, bagels, pizza, cookies, fruit and hot beverages, to name just a sample. Rounding out the top field of three is *Dodge The Deer*. Perhaps there is nothing like an early season cookout with burgers, hot dogs, salads, and a whole lot more. The Albany Running Exchange offers this as well as appearances by Dodge, Chase, and Billy with plenty of entertainment and arts and crafts activities for the kids. One thing is for sure there is always something new and exciting here.

If you could win any Capital District Race, it would be:

Most original answer: "A miracle." This reminds me of the movie called 'Saint

Ralph.' Fourteen year old Ralph Walker was told that his comatose mother won't recover without a miracle. In response, Ralph decides to create one - by setting out to win the Boston Marathon. I won't reveal how the movie ends. However, I will reveal to you that the **STOCKADE-ATHON** is the #1 race in which our poll takers would choose to break the finish line tape. As of this writing (before the 2009 race), Tom Dalton has won the race six times while Kevin Collins has been victorious four times. In the last fifteen-year period (through 2008), Collins has been the only multiple winner. On the women's side, Lori Hewig, record holder since 1993, has won seven times. The second choice went to the Corporate Challenge Race (now known as **GHI Workforce Team Challenge**) where Dalton has captured the crown over 40% of the time with fourteen wins. Emily Bryans leads with six titles on the women's side. The third choice for wishing to capture a crown goes to the *Freihofer's Run For Women* where the race winner has been synonymous with Lynn Jennings, an eight-time champion. Lynn's bid for #9 was stopped in 1999 when she finished 3rd in a race won by former Saratoga High School standout Cheri Goddard-Kenah.

Favorite Race Outside The Capital District (in NY): The **UTICA BOILERMAKER** was the clear runaway winner here. The 2nd Sunday in July is a time of summer when hundreds from the Capital Region will make the 90 mile trek west to Central New York. Runners also cast a fair number of votes for heading to Lake Placid, Schoharie County, Syracuse, Rochester, the Southern Tier, Woodstock, and the Catskills for out of the area racing.

Favorite Out Of State Race: Although this category was open to any distance, the top two went to marathons who were also the top two in the marathon category. Once again, the **VERMONT CITY MARATHON** narrowly defeated the **Boston Marathon**. The category had votes from many other races in Massachusetts. In fact, the Bay State actually had the most number of different races getting votes. However, all four corners of the country were represented with votes going to races in Maine, Florida, California, and Oregon as well as to areas of the Midwest, District of Columbia, and Maryland.

Favorite Race To Be A Volunteer: The answer we would certainly love to see is 'any' (and some did note that). As for the voting, the race where we most like to provide pro bono services is the **FREIHOFFER'S RUN FOR WOMEN**. In fact, in 2009 over 600 people volunteered to be part of this world class event held in downtown Albany. The race website



(www.freihofersrun.com) already has a link to sign up to be a volunteer for the June 5, 2010 race. Volunteers get shirts and an invitation to the post-race 'Thank You' Party. There was a two way tie in this category for runner-up going to the **Winter Marathon** and the **Winter Series** in general (not race specific). It certainly can take a lot to get out of a warm bed on a cold, wintry Sunday morning and run any Winter Series event; however, much credit goes to the volunteers. When you are out there running loops on the wind driven (with sometimes bone chilling temperatures) snow of the State Campus, think of and thank those standing as your volunteers. Perhaps make an easy New Year's resolution to volunteer in at least one winter event or to be a Winter Series 'Survivor' award winner. Our volunteers are what make our Club so successful and cohesive.

Favorite Race To Be A Spectator: FREIHOFFER'S RUN FOR WOMEN captures the top nod here. It is certainly quite a sight to see the sea of women (try saying that 10 times fast) heading up the Madison Avenue hill as well as to see them flying back down toward the finish line. A view from the New York State Museum overpass can capture this as well as standing along Madison Avenue up to the Swan Street intersection. Washington Park is also a popular and scenic spot where runners can be seen multiple times. Be prepared to deal with large crowds, no matter where you decide to watch the race of the category's runner-up – the **Boston Marathon**. The estimated crowd here is typically one million people. This includes the thousands of Wellesley College women who line about a quarter mile of the course, motivating runners with hoots, hollers, high-fives...even hugs and kisses. The screams can be heard seemingly a mile away before they become loudest near mile 13. The *Mohawk-Hudson Marathon* captures third place in this

category. The biggest crowds typically gather along the course on the bike path by the Niskayuna 'train station' around mile 8 and at the halfway point, the Town of Colonie Park.

Well ... that is it for this edition. Congratulations to our second of 3 random winners – **Tom Adams**. Tom wins a \$25 voucher for HMRC apparel for his survey participation.

Stay tuned for part 3 of 3 in the next issue of *The Pace Setter* soon to arrive in your mailbox and on line in 2010.

Recap of Winners (with runner-up):

- Spring Race:
Delmar Dash (Runnin' Of The Green)
- Summer Race:
Utica Boilermaker (Colonie Mile)
- Fall Race:
Stockade-athon (Marine Corps Reserves Half)
- Winter Race:
Hangover Half (Last Run 5K)
- Running Season:
Fall (Spring)
- Racing Venue:
Saratoga State Park (Schenectady Central Park)
- Best Post-Race Party:
Boilermaker (Stockade-athon)
- Race To Win:
Stockade-athon (GHI Workforce Team Challenge)
- Race Outside Capital Area (in NY):
Boilermaker
- Out Of State Race:
Vermont City Marathon (Boston Marathon)
- Race To Be A Spectator:
Freihofers (Boston Marathon)
- Race To Be A Volunteer:
Freihofers (Winter Marathon, Winter Series) ☐

Mayor Jerry Jennings and The City of Albany Present

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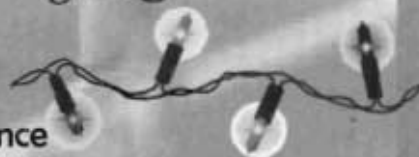
**Saturday
December 19th**

5:00 pm

Legislative Office Building
(State & Swan Street, Downtown Albany)
Registration fee only \$20 (\$25 after 12/4)

Great Course Through Capital Holiday Lights!

- Excellent for all levels
- Teams welcome
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- Age divisional awards and random prizes
- Post-race party
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For more information:

518-434-2032 & www.albanyevents.org

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A Member of St. Peter's Health Care Services

Walmart



Last Run 5K in association with:



The Last Run 5K will be held on December 19th in association with Albany Winter Fest. This FREE winter festival brings a myriad of outdoor and indoor activities including the kids *Jingle Jog* and many other family-focused attractions! * 12-5pm * **Plus Fireworks!**

Anniversary Race

by Tom Bulger

Anniversaries are annual celebrations of a momentous event, whether public (Independence Day, the 4th of July) or private (wedding anniversaries, birthdays). The Hudson Mohawk Road Runners Club's Anniversary Race is dedicated to recognizing the date of the first race ever sponsored by the HMRRRC. On September 20, 2009, the HMRRRC celebrated its 38th Anniversary with two races (2.8 miles and 5.6 miles) around the perimeter loop of the University of Albany, recapitulating the events first held on September 26, 1971.

This year's race featured the old and the new. Once again, Pat Glover and Ken Skinner co-directed the Anniversary Race as they have done for several decades. Pat's job was made all the more difficult by the absence of some of his key volunteers. Usually, Pat dragoons his whole family to work the race. But now that his daughter Amanda got married and is living in Boston (there is no truth to the rumor that she did this just to get out of working for Pat at road races), and his son Jamie is off to Quinnipiac College, the only member of his family that Pat could cajole into working was his wife Nancy. Nancy is still trying to figure out what part of "for better or worse" she gets at the Anniversary Race.

Another key volunteer missing for Pat was Ron Bagnoli. Ron had some excuse for not being there (hiking), but many in the know suspect he was actually at the Clifton Park YMCA, where he has established squatters rights. Ron is reputed to be the only member of the YMCA that the organization loses money on accommodating. There may be some truth to the rumor that Ron was in a previous lifetime the Fireman in the Village People. Fortunately for Pat and the other volunteers, Dick Adler stepped up to the plate and took over Ron's spot on the course. Dick not only made sure everyone stayed on course, he also did not subject runners to the screeching sound of the YMCA song.

Ken Skinner did his usual efficient behind the scenes job of placing signs, cones, etc. It was a busy week for Ken, who was honored by Senior Services of Albany for his numerous contributions to a variety of organizations, including volunteering at three elementary schools. Thanks for taking the time to work the HMRRRC into your busy schedule, Ken.

Another blast from the past came in the appearances of three individuals who were at the first race in 1971. As he did at the first race, Burke Adams acted as a starter at this year's race. Ed Thomas ran the race as he did in 1971, making him the only runner who has spanned the history of the Anniversary Race. And Don Wilken, who worked the first race, participated in this year's anniversary run.

In the category of "some things never change," I have to recount the story about when Don and Ray Newkirk (who slogged along together) first saw me at my volunteer

post. Before I could say hello to them, Don fires out the comment, "Look who they dredged up to work the race." (Don always shoots first and asks questions later.) Surprised at this unprovoked assault, I could only muster up the feeble reply, "Look who they dredged up to run." This got Ray into the act. He retorted, "At least we are running." I was on the verge of a sarcastic comment about the quality of the running I was witnessing, but I bit my tongue. My parents always told me if you don't have anything nice to say about someone, don't say anything.

At some point, I should mention the running performances at the two races. A near record crowd of 137 runners participated in both races. Each runner was given a glass stein commemorating the event. In the shorter race, David Chan and Taryn Cooper repeated as male and female champions, each running a time faster than their winning time of the year before. In the longer race, we had two new champions, Jonathan Wetzel for the men and Estelle Burns for the women. As a glance at the results shows, many of the finishers were long time HMRRRC members who came out to support this significant event.

The Anniversary Race shows how dramatically the HMRRRC has improved over the years. In the first race, there were only 15 finishers, compared to this year's 137 finishers. Thanks to the club's fiscal stability, there are no longer entry fees being charged. The awards now are both pragmatic and edible, pies and bread, both tasty. The race logistics are handled superbly by the experienced race crew of Pat and Ken.

Next year will be the 39th Anniversary Race. Get it on your calendars early, and show up and join in the fun. □

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**

What you DON'T see is what you get

by Marcia Adams



A very small peek into what goes on behind the scenes in preparation for a race. For this year's marathon and half marathon:

- 6000 flyers were folded for insertion in packets
- 10,000 flyers were inserted in the packets
- 1820 chip labels were printed and applied to bibs
- 1820 labels were printed and attached to envelopes
- 1820 chips and 3640 twist ties were attached to bibs
- 1820 bibs were inserted in envelopes and packaged alphabetically

All this was done between Monday evening and Friday by seven volunteers. (A special thank you to Ginny Pezzula, Nancy and Rob Briskie, Ken LaPenta, and Jim Russo. Tom and I could not have done it without you.)

So ... as you pick up your packet at your next race, no matter where it is or who is putting it on, take a moment to think about how easy it was for you, and thank the volunteer who hands that packet to you. Also thank the one who hands you water or refreshments.

These are unpaid people who are stepping up to the plate so you can have an enjoyable race experience. Yes, it's true -- no one twisted their arms to donate their time (well, maybe we did apply a little guilt or pleading.) They don't HAVE to do it. But aren't you glad they did? □

"Raceway" Over the Hudson

by Bob Kopac

On October, 4, 2009, 700 runners were sky high – figuratively and literally -- 212 feet above the Hudson River for the inaugural Treetops to Rooftops 5K between Highland and Poughkeepsie, NY.

The race was part of the grand opening celebrations of the Walkway Over the Hudson. At 1.28 miles long including bridge approaches, it is the country's longest pedestrian bridge and perfect for a 5K – a "Raceway" over the Hudson.

The Walkway is located on top of an abandoned railroad bridge. Built in 1888, the bridge provided a vital link for transporting freight between the East Coast and the Midwest. However, by 1974, rail traffic had decreased to one train a day. That year, sparks from a braking train resulted in a massive bridge fire. The structure stood abandoned for years until 1990 when a volunteer group obtained the bridge. Almost two decades later, and after \$39 million of state, federal and private funding, the bridge re-opened as a scenic pedestrian walkway – just in time for the 400th anniversary of Henry Hudson discovering the Hudson River. How fortuitous it was for him to discover a river that bore his name.



Runners eagerly anticipated running across the trestle bridge with spectacular views of the just-changing autumn leaves, the Hudson River, and the Mid-Hudson Bridge, a suspension bridge just south of the Walkway. That is, if they had the chance to see it, as the weather forecast called for "morning FOG." The Hudson River can generate volumes of it, so thick you cannot see your running shoes. Since park officials insisted on allowing pedestrians on the Walkway at the same time as the 5K, two words came to my mind: Road kill. I envisioned runners charging blindly through the fog and running over unsuspecting pedestrians.

Fortunately there were only wisps of fog, making for ideally cool racing conditions. Before the start, running greats Kathrine Switzer and Roger Robinson spoke to the assembled runners. Kathrine talked enthusiastically about how using the bridge for recreation was beneficial for the area. As Kathrine told me later, "Reclaiming derelict facilities and using them beautifully and wisely for recreation is putting a whole new face on running and sustainability."

20 – The Pace Setter



This historic race on the old bridge belonged to the young, as the first male runner and female runner each were 17 years old. James Boeding of Millerton, NY, a Marathon Project member, was the overall winner, and Kira DiCaprio of Poughkeepsie, NY was the first female finisher. They were followed by close to 700 runners and walkers – but not too closely, as James won in 16:26 and Kira's time was 20:12. For their winning efforts, they each received an autographed copy of Kathrine Switzer's book *Marathon Woman*.



Although I had wondered whether the concrete surface would affect the participants, several runners said they were not bothered by it. The sturdiness of the Walkway and the thick and high bridge railings helped prevent any panic attacks due to fear of heights. And, since the Walkway is 24 feet wide with several 36-foot-wide cutouts, there was no pedestrian

Road Kill. However, next time maybe I will ask the race to be delayed until the fog burns off so we have blue skies for the photographs.

After the race, Kathrine Switzer congratulated co-race directors Mary Phillips and Susanne O'Neil, "You guys rock! You did it – with all the ... foggy weather, you pulled off a fabulous event, the race of the future, and even got the sun to come out. It was an honor and a privilege to be there."

For information about the Walkway Over the Hudson, see the <http://www.walkway.org> web site. For information about the Treetops to Rooftops 5K, see the <http://www.mhrrc.org> web site. □

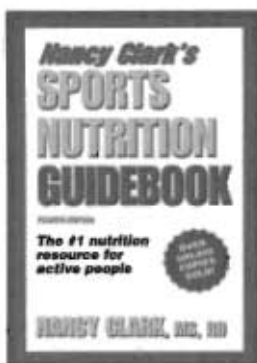


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Short Circuits, continued



Canadian pop star Alanis Morissette completed the Bizz Johnson Trail Marathon in California in October. It was her first marathon. She ran to raise awareness about eating disorders and raise money for the National Eating Disorders Association. Her time was 4:17:03. Next stop: NYC Marathon. □



HMRRC



THE WINTER SERIES

University at Albany • Physical Education Building

Date	Time	Event
Dec. 13, Sunday	10 a.m.	Winter Series 1 (3M, 15K)
Jan. 1, Friday	12 noon	Winter Series 2 (13.1 mile, 3.5 mile)
Jan. 10, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 24, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 7, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

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







Happy Holidays!

Thank you one and all for volunteering over this past year!

We could not do what we do without each and every one of you.

May your holidays be filled with much happiness and the warmth of friends and family!

WANT MORE INVOLVEMENT?

Come to a Club meeting and see why you want to be involved!

IF INTERESTED, CONTACT MARCIA ADAMS, VOLUNTEER COORDINATOR at 356-2551 or madams01@nycap.rr.com

It's not just about running ...

Grand Prix Update

Race #11 Mohawk Hudson River Marathon, October 11, 2009

Men

Male Open

12 David Vona
10 Tom O'Grady
8 Brad Lewis
7 Dale Owen
6 Zach Russo
5 Bryan Mannarino
4 Daniel Cummings

Male 30-39

12 Aaron Knobloch
10 Chris Mulford
8 Jonathon Bright
7 Clay Lodovico
6 David Tromp
5 Matther Brom
4 Gabriel McGarry

Male 40-49

12 Jon Rocco
10 Russ Hoyer
8 Roy Headwell
7 Lawrence Poitras
6 Edward Hampston
5 Will Moran
4 John Slyer

Male 50-59

12 Kevin Dollard
10 Lee Pollock
8 John Haley
7 Kenneth Klapp
6 Cole Hickman
5 Bob Somerville
4 Bill Herkenham

Male 60-69

12 Tom Adams
10 Bob Ellison
8 James Thomas
7 Kenneth Lapenta
6 Seamus Hodgkinson
5 James Tansey
4 Jesse Dinkin

Male 70+

12 Dick Green

Women

Female Open

12 Karen Bertasso
10 Melissa Patrick
8 Sarah Sorenson

Female 30-39

12 Karen Dolge
10 Gretchen Oliver

8 Margaret Bromirski
7 Amy Polsinelli
6 Heather Langley
5 Candice Panichi
4 Regina McGarvey

Female 40-49

12 Kathleen Kemp
10 Connie Smith
8 Jenny Lee
7 Jennifer Casey
6 Lisa Scaringe
5 Tracy Dilauro
4 Elisa Schneider

Female 50-59

12 Carrie McDermott
10 Joanne Conley
8 Pia Sanda
7 Sue Cologan-Borrer
6 Laura Milak
5 Donna Charlebois
4 Lois Green

Female 60-69

12 Susan Wong

Age Graded

Runner	Age	G
12 Susan Wong	61	F
10 David Vona	27	M
8 Kevin Dollard	54	M
7 Lee Pollock	57	M
6 Tom O'Grady	23/24	M
5 Ken Klapp	59	M
4 Carrie McDermott	59	F
3 Tom Adams	65	M
2 Brad Lewis	22	M
1 Russ Hoyer	49	M

Total After 11 Races

Men

Male Open

64 Justin Bishop
54 Tom O'Grady
50 Pat Cullen
40 Chuck Terry
29 Greg Stevens
27 Andrew McCarthy
25 Josh Merlis
24 Eamon Dempsey
21 Jim Sweeney
19 David Vona
15 Joe Hayter
14 Paul Cox
13 Tim Caramore
12 Andy Allstadt
12 Anthony Giuliano
10 Chris Imperial
9 Paul Mueller

8 Brad Lewis
7 Matt Lange
7 Dale Owen
7 Zach Russo
6 Matthew Fryer
6 Richard Messineo
6 Jordan Pantalone
5 Bryan Mannarino
5 Jeff Nastke
4 Daniel Cummings
4 Chris Cure
4 Jason Lange
4 Chris Senez

Male 30-39

68 Aaron Knobloch
60 Jonathon Bright
58 Brian Northan
45 David Tromp
33 Corbin Gosier
24 Anthony Giuliano
20 Sean Madden
19 Jim David
17 Bob Irwin
16 Joe Benny
16 Chris Mulford
15 Chad Davey
15 Mike Kelly
15 Jeff Loukmas
11 Patrik Sorsby
8 Todd Smith
7 Clay Lodovico
7 Neil Sergott
6 Dan Murphy
6 David Statdlander
5 Matther Brom
5 Jon Catlett
5 Patrick Lynskey
4 Gabriel McGarry
4 Robert Norman

Male 40-49

61 Ahmed Elasser
55 Jon Rocco
50 Edward Hampston
44 Tim Hoff
33 Russ Hoyer
25 Christian Lietzau
23 Richard Cummings
23 Tom Kracker
22 Rob Paley
15 Steve Becker
14 Norris Pearson
12 Frank Boscoe
12 John Noonan
12 Bill Venner
10 Dan Cantwell
9 Todd Mesick
8 Roy Headwell
8 Ed Menis
7 Brian DeBraccio
7 Lawrence Poitras
7 Joe Skufca
7 John Williams-Searle
6 Mike Biehl

6 George Burke
6 Bob Jones
6 Todd Rowe
5 Chris Chartrand
5 Will Moran
4 Paul Bohl
4 Mark Devenpeck
4 William Drapeau
4 Norris Pearson
4 Robert Wither
4 John Slyer

Male 50-59

56 Lee Pollock
52 Jim Maney
43 Rick Munson
36 Derrick Staley
34 Rob Colborn
32 Mark Warner
29 Peter Cure
28 Paul Forbes
26 Dale Keenan
24 Kevin Dollard
18 Bill Herkenham
17 Richard Clark
16 John Parisella
14 John Haley
13 Bob Somerville
12 Tom Dalton
12 Alar Elken
11 Ken Klemp
11 Brian Teague
10 Steve Sweeney
9 Juergen Reher
7 Dale Broomhead
7 Kenneth Klapp
7 Carl Matuszek
6 Cole Hickman
5 Jack Connor
5 James Jacobs
4 Chris Murphy
4 Frank Paone
4 Rob Picotte

Male 60-69

66 Ernie Paquin
64 Tom Adams
46 Bob Ellison
37 John Stockwell
26 Tom Kollar
24 Jim Bowles
24 Tom Yannone
21 Frank Klose
16 James Thomas
15 Jack Berkery
14 Jim Moore
13 Frank Myers
12 Jesse Dinkin
12 Pat Glover
12 Ed Kampf
12 John Pelton
10 David Hayes
8 George Jackson
8 George McGowan
7 Kenneth Lapenta

7 James Tansey
 7 Leo Vogelien
 6 Seamus Hodgkinson
 6 Peter Newkirk
 6 Ken Skinner
 5 Chuck Batcher
 5 Tom Benoit
 5 Bob Knouse
 5 Pete Newkirk
 5 Peter Thomas
 4 Ray Lee
 4 Christopher Smith
 4 Chuck Trimarchi
 4 Paul Turner

Male 70+

68 Bob Husted
 64 Wade Stockman
 41 Joe Kelly
 29 Ed Docette
 27 Joe Corrigan
 23 Charles Bishop
 20 Chris Rush
 14 Denis Burns
 12 Dick Green
 12 Ken Ortner
 12 John Pelton
 7 Don Wilken
 6 Richard Eckhardt
 6 Ed Thomas
 4 Armand Langevin
 4 Jim Tierney

Women

Female Open

44 Diana Rodriguez Tobon
 43 Crystal Cammarano
 43 Colleen Hayden
 28 Christina Ardito
 27 Erin Rightmyer
 24 Karen Bertasso
 24 Diane Matthews
 22 Carolyn Herkenham
 20 Roxanne Wegman
 17 Martha Snyder
 13 Julie Nabozny
 13 Sara Peloquin
 12 Ada Lauterbach
 12 Chelsea Maguire
 12 Sarah Sorenson
 12 Kelly Virkler
 10 Amy Becker
 10 Melissa Patrick
 10 Brina Seguin
 10 Kate Thomas
 9 Julia Maloney
 9 Jennifer Senez
 8 Bry Ann Delorenzo
 8 Casey Doak
 8 Kathleen Hermann
 8 Kathryn Jones
 8 Sara Jones
 8 Heidi Nark
 7 Ashley Brown
 7 Emily Lange
 6 TuAnh Turnbull
 5 Jessica Bazar
 5 Joselin Schmitz-Morfe
 5 Amanda Terzian

4 Rachel Clattenburg
 4 Kerry Gebhardt

Female 30-39

62 Lori Weaver
 57 Estelle Burns
 43 Sally Drake
 42 Jess Hageman
 35 Kimberly Miseno-Bowles
 24 Karen Dolge
 23 Jessica Mitchell
 20 Margaret Bromirski
 18 Shelly Binsfeld
 18 Gretchen Oliver
 13 Regina McGarvey
 12 Laura Gerson
 12 Katie Hodge
 11 Pamale DelSignore
 10 Susan Bright
 8 Erin McMahon
 8 Angela Vasilakos
 7 Alicia Bialy
 7 Holly Klein
 7 Amy Polsinelli
 6 Heather Langley
 6 Michelle Pendergast
 5 Candice Panichi
 5 Ashley Peacock
 4 Sarah Dzikowicz
 4 Stacey Kelley
 4 Jamie Masson
 4 Amy Ohl

Female 40-49

58 Kari Gathen
 54 Anne Benson
 36 Emily Bryans
 28 Chris Varley
 26 Beth Stalker
 19 Lizette Arroyo
 18 Nancy Piche
 17 Miriam Hardin
 17 Tracy Perry
 12 Mary Buck
 12 Julie Burke
 12 Kathleen Kemp
 12 Megan Leitzinger
 11 Becky Phillips
 10 Jennifer Casey
 10 Marcia Harrison
 10 Heather Machabee
 10 Janice Phoenix
 10 Connie Smith
 9 Sharon Fellner
 8 Kay Byrne
 8 Diane Hanson
 8 Denise Iannizzitto
 8 Jenny Lee
 8 Barb Light
 8 Mary Signorelli
 7 Cheryl DeBraccio
 7 Virginia Greenwood
 7 Mary McNair
 7 Nancy Nicholson
 6 Maryann Martel
 6 Lisa Scaringe
 6 Jess Shelgrin
 5 Tracy Dilauro
 5 Sheryl Ose
 5 Nancy Taormina

4 Mary Fenton
 4 Denise Gonder-Terzian
 4 Elisa Schneider

Female 50-59

68 Judy Phelps
 64 Martha DeGrazia
 45 Susan Burns
 37 Cathy Sliwinski
 36 Joan Celentano
 34 Nancy Briskie
 27 Kathrine Ambrosio
 24 Karen Dott
 17 Donna Charlebois
 14 Cynthia Southard
 13 Erika Oesterle
 12 Carrie McDermott
 11 Judy Lynch
 10 Joanne Conley
 10 Barbara Sorrell
 9 Karen Gerstenberger
 8 Joan Brown
 8 Elizabeth Herkenham
 8 Pia Sanda
 7 Sue Cologan-Borrer
 6 Gail Hein
 6 Laura Milak
 6 Mary Beth Steffen
 5 Nancy Taormina
 4 Cynthia Finnegan
 4 Lois Green

Female 60-69

72 Susan Wong
 48 Ginny Pezzulo
 16 Noreen Buff
 15 Sibyl Jacobson
 15 Liz Milo
 10 Mary Collins-Finn
 10 Ginny Mosher
 8 Coral Crossman

Female 70-79

72 Anny Stockman
 42 Eiko Bogue

Age Graded

Runner	Age	G
60 Susan Wong	61	F
51 Anny Stockman	76/77	F
49 Judy Phelps	58	F
36 Justin Bishop	27/28	M
36 Derrick Staley	50	M
33 Martha DeGrazia	57/58	F
33 Lee Pollock	56/57	M
32 Jim Maney	51	M
25 Dale Keenan	58/59	M
25 Chuck Terry	26	M
23 Pat Cullen	22/23	M
21 Tom O'Grady	23/24	M
16 Kevin Dollard	53/54	M
14 Anne Benson	43/44	F
14 Rick Munson	52	M
12 Tom Dalton	50	M
12 Ahmed Elasser	46	M
10 Anthony Giuliano	29/30	M
10 William Venner	49	M
10 David Vona	27	M
9 Nancy Briskie	51/52	F
7 Emily Bryans	41	F
6 Andy Allstadt	26	M
5 Rob Colborn	54	M
5 Ken Klapp	59	M
5 Aaron Knobloch	32	M
5 Christain Lietzau	46	M
5 Ernie Paquin	63	M
5 John Pelton	69	M
4 Paul Forbes	59	M
4 Mike Kelly	38	M
4 Carl Matuszek	57	M
4 Carrie McDermott	59	F
4 Josh Merlis	27	M
4 Ginny Pezzulo	63	F





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	Cost:	Total:
NEW! Dryline Zip Shirt , black, Male S,M,L, XL; Female XS,S,M,L,XL, XXL	\$35	_____
Insport Tights , black, Male, S,M,L; Female S,L	\$19	_____
Club Jacket , royal blue and black, Unisex S,M,L	\$47	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black XS,S,M,L,XL	\$24	_____
Coolmax Singlets:		
White with royal blue side panels , Female S,M,L	\$16	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Royal blue , Unisex, S,XL	\$13	_____
Hind with reflective stripes , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
New! Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$17	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
V-Notch , 3" inseam, S,XL	\$17	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L	\$22	_____
Easy , 4" inseam, S,M,L	\$18	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal; L black	\$18	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$18	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$23	_____
Easy , 4" inseam, S,M,L,XL	\$20	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
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 orange, neon green, purple \$2.25 ea. or 3/\$6		_____

If ordering only this item, postage is \$.44

TOTAL DUE: _____

All prices include sales tax

Postage \$5.15

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

Gift Certificates available for any amount. Just add \$.42

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judylynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Event Schedule

Club events are in blue type.

Date	Time	Event	Location	Contact	Email
12/12/09	4:30 PM	It's A Wonderful Run 5K Run	Seneca Falls	Jeff Rook	jeff.rook@itt.com
12/13/09	10:00 AM	Winter Series Race #1 3 Mile & 15K	Univ at Albany	Doug Bowden Ken Skinner	bowden@nycap.rr.com
12/19/09	5:00 PM	Albany's Winterfest	State and Park Streets	Cathy Kosa	kosac@ci.albany.ny.us
01/01/10	12:00 PM	34th Hangover Half[GP] & 3.5M Run	Univ at Albany	Cheryl & Brian DeBraccio	cmarathon@aol.com
01/10/10	10:00 AM	Winter Series #3 -- 3M	Univ at Albany	Will Dixon Ed Gillen	vcac47@aol.com
01/24/10	10:00 AM	Winter Series #4	Univ at Albany	Josh Merlis	josh@albanyrunningexchange.org
02/06/10	6:00 PM	HMRRC Club Banquet HOF Induction	The Desmond	Debbie Beach	dbeach2@nycap.rr.com
02/07/10	10:00 AM	Winter Series #5 -- 4M	Univ at Albany	TBD	TBD
02/21/10	10:00 AM	37th HMRRC Winter Marathon	Univ at Albany	Dana Peterson Ken Klemp	peterson@albany.edu
02/21/10	10:00 AM	24thd Marathon Relay 3 Person	Univ at Albany	Dana Peterson Ken Klemp	peterson@albany.edu
03/06/10	10:00 AM	11th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
04/11/10	9:00 AM	22nd Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
04/24/10	10:00 AM	30th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
05/01/10	9:00 AM	5K Wellness Run/Walk	Monticello High School	Douglas Murphy	dmurphy@K12mcsd.net
05/09/10	10:00 AM	30th Mother's Day 3.5 Miler	Hamagrael School Delmar	Sharon Boehlke Jim Tierney	sharonruns@mindspring.com
05/20/10	6:25 PM	34th Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
06/13/10	9:00 AM	39th Distinguished Service Race 8 Mile [GP]	Univ at Albany	Mark & Angela Warner	mwarner1@nycap.rr.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

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

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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