

The Pace Setter

October 2010

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



The Gazette Stockade-athon 15K

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www.stockadeathon.com

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HMRRRC

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Vol. 31 No. 10

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— **Profile of a Runner**

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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

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Photos in this issue by Bill Meehan, Donna Davidson, Peter Thomas at alpenGRAPHIK.com

HMRRRC Mission Statement

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

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



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

<u>Circle size and color where applicable</u>	<u>Cost:</u>	<u>Total:</u>
Dryline Zip Shirt , black, Male S,M,L, XXL; Female XS,S,M,L,XL	\$36	_____
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Short Sleeve Coolmax Shirts:		
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V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
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by Mark Warner

Now that fall has arrived, many HMRRRC members are thinking about running longer races such as half-marathons and full marathons. Locally and on the national level, a trend is emerging as more runners than ever are running these longer races. A second running boom has emerged, easily eclipsing the 1980s and 1990s for overall race participation. This is especially evident in the major marathons such as Chicago, New York and Marine Corps marathons with tens of thousands of participants. HMRRRC is experiencing a similar increase in the number of race entrants, especially in our own Mohawk-Hudson Marathon, which has seen record numbers of entrants for several years.

The number of entries for the 28th running of the Mohawk-Hudson Marathon has increased by almost 500 to 1200, and still registration was full three months prior to the race. Unfortunately, hundreds of potential entrants had to be turned away to keep the race size manageable. A conscious decision was made not to allow the race to grow too fast in order to maintain course safety and to keep the charm of a local marathon. Much of the race is run on bike paths, which are relatively narrow and can't handle large crowds. There are also places on the course where runners must share the road with local traffic. The club will continue to look for ways to expand the size of the field in future years while still maintaining safety on the course. For those who weren't fortunate enough to get in this year's marathon, there are a number of other well organized local marathons in the northeast such as Wineglass, Hartford and Adirondack.

Why such great interest in the Mohawk-Hudson Marathon? The course is considered one of the fastest in the United States and has the second highest percentage of Boston Marathon qualifiers of all U.S. marathons. This is due to the net elevation drop of almost 400 feet and the usually cool temperatures on race morning. The course is scenic following many miles of tree-lined bike paths along the Mohawk and Hudson Rivers during the peak of the fall foliage season. All the volunteers go out of their way to make this an enjoyable event for all. The race has many of the "extras" runners are looking for such as a runner's expo, chip timing, a concurrent half-marathon, plenty of water along the course, good refreshments and finisher medals. HMRRRC makes a concerted

effort to give each runner the best experience they possibly can.

For those looking for a bit shorter challenge, the HMRRRC also hosts the Mohawk-Hudson River Half Marathon (USMC Reserve) concurrently with the marathon. This course, running over the last half of the marathon route, also has an elevation drop, leading to relatively fast times. This year in its 9th running, the registration limit of 850 entrants was reached in mid-July. These two races bring in hundreds of runners from out of state giving HMRRRC an opportunity to show off the Capital Region to runners throughout the country.

Good luck to all those HMRRRC members running one of these races on October 10th. Many club members are also traveling out of town to participate in one of the mega marathons or other small to mid-size marathons like the club's. Hopefully each HMRRRC member traveling to an out-of-town race will have as great an experience as those running the Mohawk-Hudson River Marathon will undoubtedly have. For those members who aren't racing on 10/10/10, there is always a need for additional volunteers as it's the volunteers that make these races the outstanding events they are. □

Help Wanted

Stockade-athon Volunteers!

If you are not planning on running, we could use your assistance! We need refreshment assistance and coordinators; water stop leaders; course marshals, etc. It is never too early to volunteer!

It promises to be bigger and better than ever and YOU can be a part of it!!

Make the commitment today and enjoy the excitement.

Also need volunteers for:

Turkey Raffle Run in November –
Gobble up fun by volunteering.
You may even see a turkey.
Volunteer online!

WINTER SERIES RACES ARE COMING!

Plan to be a "survivor" this year by volunteering

WANT MORE INVOLVEMENT?

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

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What's Happening in October

by Al Maikels

The October race schedule features three of the club's better races; two of them are held on the same day and none are a 5k. For a good long run, the Mohawk-Hudson River Marathon should fill the bill. Years ago Paul Rosenberg envisioned a top quality club fall marathon and in 1983 he made it happen. Over the years the course has changed a bit, primarily in the finish area, but the basic route is still the same. The race is set for Sunday, October 10 at 8:30 a.m. at Central Park in Schenectady and follows the bike path along the Mohawk River, through the Town of Colonie Park and into the City of Cohoes. After a short stretch of urban running, the course re-joins the bike path in Watervliet and offers some scenic views of the Hudson River. This race is a Grand Prix event and also serves as the USA Track and Field Adirondack Championship. If you are not ready for the marathon distance, you can opt for the 9th Annual Half-Marathon that has the same 8:30 a.m. start as the marathon but starts at the Town of Colonie Park and follows the same course as the marathon. If you haven't signed up for either race you are too late; registration closed out in late July.

The other club race in October is a personal favorite as it embodies the spirit of an HMRRRC event. The 31st Town of New Scotland 7.1 mile race is set for Sunday, October 3 at 10 a.m. at the Town Park on Swift Road. This race offers a fine view of the early fall foliage on the Helderberg Escarpment and has enough hills to let you know that you haven't just run another flat 5k.

There are numerous other local races in October with a wide range of distances to choose from. Fans of 5K races can choose the Race for the Cure, with the men and women again run-

ning together this year. The race is set for 9:00 a.m. at Albany's Empire State Plaza on Saturday, October 2. Once again this year the race will utilize the Freihofer's Run for Women championship course and should prove to be quite popular. There is also a walk at 10:00 a.m. and all who attend this race are moved by the strong sense of community present at the race.

The Albany Running Exchange introduced a new event in 2005, the Hairy Gorilla Half-Marathon and Squirrelly 6 mile run. The original plans called for the race to be held over the trails of the Pine Bush preserve but the pleasure police put a stop to that so the race was moved to Thacher Park. The races return to Thacher Park again this year with a 9:30 a.m. start on Sunday, October 31. Thacher Park is a great venue for a trail race and the weather in mid-fall is bound to be better than what we get in July when the Indian Ladder Trail Run is held.

Saratoga is the setting for the Saratoga National Bank Cross Country Classic- USATF 5k Cross County Championship, set for Sunday, October 17 at 10 a.m. at the Saratoga State Park. Another Saratoga favorite is the 5th Annual Run for ROC, set for Sunday, October 3 at 11 a.m. at the Saratoga Race Course. Saratoga State Park is also the site of the 5k Challenge to benefit Livestrong, set for Sunday, October 17 at 9 a.m. at the Columbia Pavilion. Fans of a slightly longer race option will like the 10th Annual Great Pumpkin Challenge 5k and 10k Run, set for Saturday, October 23 at the Columbia Pavilion at the Saratoga State Park with both races set to go off at 9:30 a.m.

October is the final month for the term of club president Mark Warner. Mark's final meeting will be held on Wednesday the 13th at 7:30 p.m. at the Point of Woods clubhouse. □

In Memoriam Pat Stewart

It is with great sadness that I inform you that Pat Stewart passed away at the age of 70, on May 31, as a result of ALS disease.

Pat joined HMRRRC in its first year, and served as vice president in 1975, my first year as president. He was a wonderful human being and friend, and a huge influence on my running, race directing, as well as my writing/editing of the HMRRRC newsletter. We met in 1973 because we were finishing close to each other in many HMRRRC races, so we started having great post-race conversations. He gradually dropped out of running during the 1980's, due to knee and other injuries.

In recent years, he was a big fan of high school cross country and track, especially Holy Names and Bethlehem Central HS girls teams. He attended lots of track and cross country meets after he retired from the NYS Education Department, and continued as long as he was strong enough to watch the meets. When I visited him in the hospital several hours before he died, he had the sports section of the newspaper open to Section 2 track meet results!

Here are some excerpts of the "Profile of a Runner" in which I interviewed him in 1975:

Pat Stewart, who is 35 years old, is one of the top runners of his age group in this area. He is a business teacher at Duanesburg Central HS, where he is also the track and cross country coach – he started both programs at the school 3 years ago. The Duanesburg cross country team (class E school) won the Section 2 Class D/E title this past fall.

Here are some highlights of Pat's two running careers. At Vincentian Institute HS in Albany, he ran a 2:02.7 in the 880 on a cinder track, while running just 3 months of the year (there was no cross country or indoor track team). He ran cross country at Providence College.

From 1961 to 1969 he quit running. In his second career, his personal records are: 1 mile – 4:47.6; 2 mile – 10:27.8; 3 mile – 15:57; 6 mile – 34:16; 9 mile – 53:21.

In 1974, Pat ran about 25 miles a week – 4 to 6 miles at 6:30 to 7 minute pace. This January was his biggest month ever – 158 miles at 7 minute pace. He'd like to get in some extra distance this winter to prepare for the summer meets. During the summer months he'll do speed work about 3 times a week. His workouts don't consist of many repetitions, but they are very fast.

Pat's major goal for the summer is a 4:39 mile. He'd also like to run a 33:00 six mile in the near future. He is confident he can attain his goals, but first he'll have to get his weight down to 170 lbs (he is 6'3", 182 lbs). His self-discipline is lacking when it comes to snacks and desserts! □

Submissions for the December Issue of *The Pace Setter*

Articles:

Deadline is October 25th. Submit to: Editor, pacesetterarticles@nycap.rr.com

Advertisements:

Deadline is November 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 (pdf preferred, no compression). 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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Entry Fee: \$17 HMRRRC Members; \$20 Non Members
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Awards to top 3 male/female overall, and 10 year age group category.

\$25 Day of Race Registration includes stated above. Shirt based on availability

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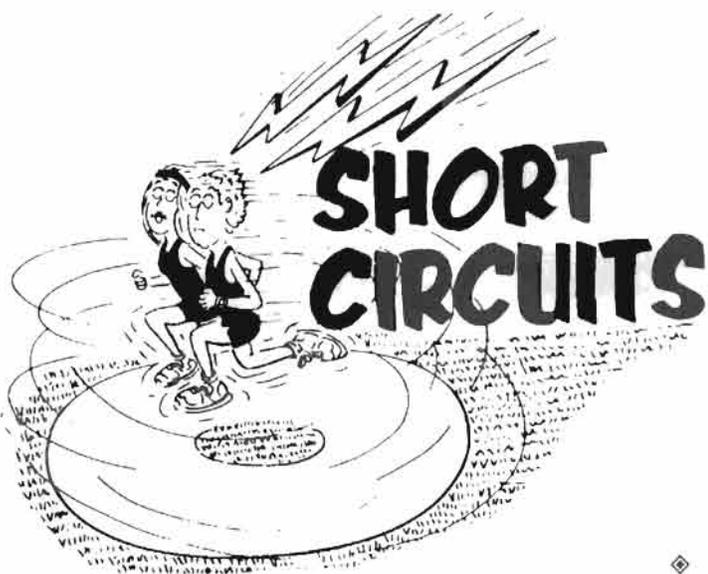
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Shirt Size: S M L XL XXL

Age: _____ Sex: _____

Waiver: In consideration my entry fee and permitting me to attend therein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may now or in the future have, against Hudson Valley Community College, and the sponsors, their representatives, agents, and assignees, for any/all losses and injuries suffered by me in association with this event.

Signature/Date _____

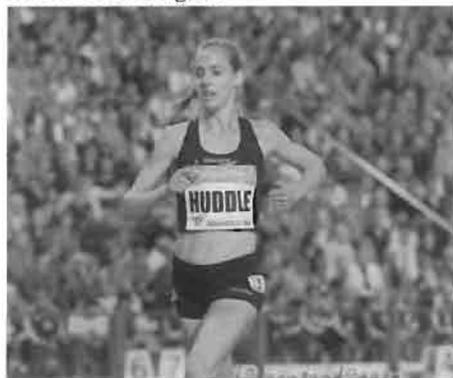


Ray Lee was running in the woods at the Tawasentha XC race in August when he heard something crashing in the trees. Moments later something fell on the trail right in front of him, almost hitting him in the head: a golf ball. Ray called out, "Where did this come from?" A nearby runner replied, "Right over there," pointing left through the woods. Ray looked and could make something out about 20 yards past the woods: a golf course. Ray's only reply, "I didn't know that was there."



Trail golf

Elmira's Molly Huddle has done it again. This time she set a new American 5K record (14:44.76) at the Brussels Diamond League Track Meet in August.



Good golly, Miss Molly!

If you are going to try to run cross-country, start with a small country.

– Jay Leno

The demise of the American runner was hastened by the success of the first running boom in the 1970s and the embrace of running as a "pastime" rather than a sport. As more people were encouraged to "just do it," racing (and training) were dumbed down for the masses. Runners were told they could do a perfectly respectable marathon on 30 miles a week, 5k road races popped up all around the country (replacing the more difficult 10k), and running culture celebrated (and elevated) the participant over the winner. Today, it is not unusual for most runners to neither know, nor care, who won the race in which they were running.



Cameron Stracher

– Cameron Stracher
Runner, author and media lawyer

I don't jog - it makes the ice jump right out of my glass.

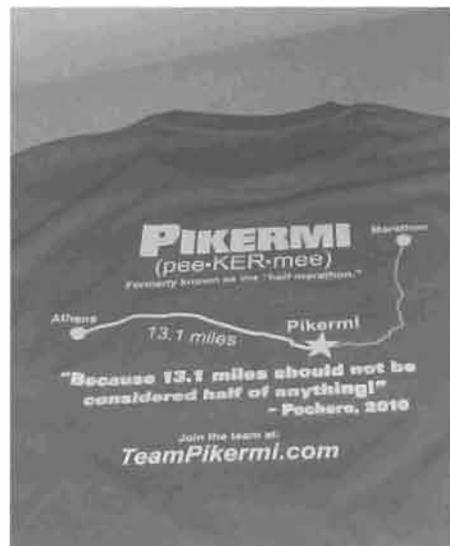
– Dean Martin

The popular half-marathon has been re-named "Pikermi" (pronounced "pee-KER-mee"). It comes with a website (www.teampikermi.com) and a slogan: "Because 13.1 miles should not be considered half of anything!"

What does pikermi mean? Pikermi is a small Greek town about 13.1 miles from Marathon on the road to Athens. What is it known for? Well, nothing really except being halfway between Marathon and Athens.

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

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



Pikermi Tee

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

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Registration: \$20.00 (postmarked by October 31);
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Day-of-race registration will be from 7:30am - 8:30am
Kids Fun Run is free—ribbons awarded to all finishers

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Signature: _____ Date: _____

Parent's Signature (if under 18): _____

Please make checks payable to: **Greenbush YMCA**, 20 Community Way, East Greenbush, NY 12061

Register Online **WWW.CDYMCA.ORG**

"BEEN THERE, DONE THAT"

by Mike Becker

October 1975...Thirty Five Years Ago

- Don Wilken is honored on the 19th with the Distinguished Service Award. He is given Nike Tiger Cortez running shoes and a nylon jacket. On a cool and rainy day, an eight-mile race is held on a course designed by Wilken three years earlier, and Chet Bieganski is the winner. Sheila Ellison is the only female finisher.

- SUNYA Junior Varsity cross country coach Pat Glover is first among 19 finishers in a five-mile cross country race on a tough course at SUNYA on the 26th. Glover's time of 27:02 sets a course record and is 1:46 faster than second place finisher Bill Robinson.

October 1980...Thirty Years Ago

- The Woodlake ten-miler is held on a very hilly Voorheesville course on the 19th. Dale Keenan runs a 55:42 and beats his closest finisher by nearly four minutes. Ann Drapeau runs an 82:35 to beat the other two females. Just 30 runners finish the race.

- The Distinguished Service eight-mile race is held on the 12th and honors David Kelley, who founded *The Pace Setter*. Dave Barsalow wins with a 41:17, and Denise Herman is top female with a 58:49 and dethrones two-time winner Diane Barone, who finishes second. Race director Paul Rosenberg attempts to run the race without warming up and injures his Achilles tendon.

October 1985...Twenty Five Years Ago

- The cover of *The Pace Setter* shows three runners gamely trying to get across the Normans Kill during a cross country race at Tawasentha Park. The water is up to their necks in what must have been near-flood conditions!

- The Town of New Scotland 12 and 7.1 mile races are held on the 6th. Chris Buckley wins the 12-miler with a 68:54. Kelly Hoskins runs a 77:36 for top female honors. Also turning in good times are Jim Burnes, Lee Wilcox, Tom Tift, Paul Murray, Ken Klapp, and Julie Wilcox. Mike Griffen and Pam Kimmerberg are winners of the 7.1-miler.

- The club fall marathon is held on the 20th. James Hebert leads an impressive 51 males who break 3 hours with a 2:30:44. Kelly Hoskins is top female with a 2:54:19. Sixteen of the twenty-one female finishers break four hours. *The Pace Setter* lists all 232 volunteers who helped with the marathon, quite an impressive number!

October 1990...Twenty Years Ago

- From an item in *Short Circuits*, a recent eight-year medical study conducted on 13,000 adults by the Institute for Aerobics Research concluded that staying fit can significantly lengthen your life. It found that even modest amounts of exercise can substantially reduce the risk of death from cancer, heart disease, and other causes. The mortality rates of the fit



people were three times lower than the unfit people.

- The Women's Distance Running Festival 5K is held on the 14th in East Greenbush. Nancy Nicholson wins with an 18:42, 13 seconds ahead of Amy Herold-Russum. Maureen McLeod and Mary Beth Steffen are next and run under 19:30.

- Koichi Araki wins the club fall marathon on the 28th with a 2:34:09, just 35 seconds faster than Vinny Reda. Carol Hervey is top female and 49th overall with a 3:06:27.

October 1995...Fifteen Years Ago

- Ray and Pete Newkirk run 3:28 and 3:34, respectively, in the Hartford Marathon on the 14th. Ray qualifies for Boston, but Pete does not.

- The Town of New Scotland 7.1-mile race is held on the 15th. Dieter Drake is the only finisher to go sub-40 with a 39:36. Daniele Cherniak is top female with a 46:15, good for 19th overall. Also running good times are Pat Glover, Mark Warner, and Zach Yannone.

- Ed Neiles does double duty as both club president and editor of *The Pace Setter*.

- The Halloween Masquerade Madness 30 minute run/walk is held on the 29th. Registration is reduced for participants wearing costumes. The course is a loop around the tennis courts at SUNYA and participants get a raffle ticket for each lap run, increasing their chances for raffle prizes.

October 2000...Ten Years Ago

- Emily Bryans is the top female in the 19th annual Corning Wineglass Marathon on the 1st with a personal best time of 2:59:13, which is good for 12th overall. This is her fourth marathon and breaks her previous PR by 20 minutes.

- A large field of 756 runners competes in

the second annual *Times Union* Race For Literacy 5K on the 14th. The course goes from Albany High School up Washington Ave. to the SUNY Campus. Birger Ohlsson wins with a quick 15:11, 24 seconds faster than Nick Conway. Dana Ostrander is top female with a 17:38, followed by Mary Peck.

- The Mayor's Cup 8K in Boston is held on the 22nd. Jamie Rodriguez finishes 13th in a fast field, with a 24:34, which is 4:59/mile and 68 seconds behind the winner. Other local finishers with good times include Tom Dalton, who won his age group with a 24:53, Nick Conway, Kevin Williams, Peter Flynn, and Fred Kitzrow.

October 2005...Five Years Ago

- Ben Greenberg wins the Voorheesville 7.1-mile race on the second with a 39:17, nearly three minutes ahead of Birant Awkay. Nancy Taormina is top female and 19th overall with a 49:17, three seconds ahead of Deb Springer. A total of 96 runners finish the race.

- Michel Couillard from Quebec wins the club fall marathon on the 9th with a time of 2:30:15, taking the lead in the 22nd mile. Duncan Larkin, Bob Irwin, and Chuck Terry finish 2-4 all with times under 2:40. Megan Leitzinger is top female with a 3:03:27, followed by Nancy Taormina and Sheila Mason. A total of 132 of the 354 finishers qualify for Boston, an impressive 37%.

- The Mayor's Cup Fun Run 5K is held on a flat and fast course in Cook Park in Colonie on the 16th. Joe Choiniere and Jessica Manzer are the top male and female with times of 16:35 and 17:41, respectively. Age group winners include Jon Rocco, Paul Forbes, and Bob Knouse. Jordan Johnson and Amy Becker are winners of the boys and girls one-mile fun run.

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The Tawasentha Cross-Country Series

by Jeff Hayes

The Tawasentha 5k Cross-Country races in Guilderland are aptly named. The word Tawasentha is a Mohegan word that originally named the Normans Kill, and the word, appropriately enough, means "Vale of Tears." These three races, which took place on the 2nd, 9th and 16th of August, are the only cross-country races of the year for the Hudson Mohawk Road Runners Club and are thought by many to be harder than any road 5k the club has to offer.

The Tawasentha race meanders through the woods surrounding Tawasentha Park and is feared most for its steep and numerous hills. One of these hills is aptly named "Suicide Hill" because descending it at anything besides a cautious pace could lead to serious injury. However, the most interesting part of the race is a river crossing with one mile to go. If running up a steep hill isn't hard enough on its own, try slogging up one in wet shoes. This is exactly what happens on the course, since the river is followed immediately by the steepest hill in the race (there was no running up this for most of the racers.) Though the river was reported to be a mere one foot deep on the day of the first race, it easily rose to more than that, reaching most racers' knees.

For Tawasentha #1 the winner was 25 year old Dan Haggerty, who won with an astounding time of 17:43, which gave him a 5:42 pace per mile over this very difficult course. Haggerty's time was the best on record for the current Tawasentha course, beating last year's winning time by almost a minute. In addition, He beat his closest competitor, 28 year old Josh Merlis, by 50 seconds. In third place was 30 year old Joe Hayter with a time of 18:42. Race director John Kinnicutt said he thought the times were so much faster this year because there hadn't been much rain and there wasn't the usual mud and grime that slows runners down.

On the female side, Courtney Tedeschi beat out her closest competitor by winning in a time of 22:57. Ten other male runners finished before Meghan Davey came across in a fast 23:28. In third place was Jackie Malecki with a time of 23:41.

The next two races were won by previous third place finisher Joe Hayter from Schenectady. In both cases the races, which were held on hot and humid evenings, started quickly, with Joe Comer-Leva having a ten to twenty foot lead when they entered the woods. However, he was unable to maintain the pace and was caught and passed on the back half of the course near the water station.

During Tawasentha #2 the front runners stayed together for the first 1.5 miles, at which point Joe Hayter began to open a gap. Hayter later commented that just after he crossed the stream he looked back and saw that O'Grady was just entering the crossing. It was at this point that he "saw the smiley face" and knew

he had clinched the race. Over the next mile he continued to widen the gap between himself and O'Grady and finished the course in 18:23, taking almost 20 seconds off his time from the previous week. Thomas O'Grady came in 19 seconds later in 18:42, beating his time from the previous week by 10 seconds. The next four runners all crossed the line in rapid succession.

Tawasentha #3 followed a very similar series of events. Around the water station, Hayter opened up a small gap between himself and O'Grady. By the time they came down to the water crossing he was once again in the lead by 15 to 20 meters. Times were noticeably slower for this race, however, with Hayter finishing in 18:47, O'Grady in 19:10 and Jim Sweeney in 19:18. This was because many of the runners had participated in the Indian Ladder 15k race the day before. After the race, O'Grady commented that he was particularly tired after running the Bridge of Flowers 10k Grand Prix Championship in Massachusetts on Saturday (he placed 43rd), the Indian Ladder 15k and 3.5 mile race on Sunday and then the Tawasentha race on Monday!

On the female side Ada Lauterbach of East Berne dominated the field in both Tawasentha #2 and #3. She won Tawasentha #2 in a time of 21:42, beating her next closest competitor, Meghan Davey of Amsterdam, by 1:50, and setting a course record by almost two minutes. Davey, who finished in 23:32, was followed by Nancy Briskie, who crossed the line in 23:50. Briskie not only came in third in the overall classification but also won her 50-55 age group by over 5 minutes!

The following week Ada Lauterbach did it again! She set a new course record again, finishing in a time of 21:23, and beating the next runner Lisa D'Aniello, who won the race in 2008, by over two minutes. The race for second was close with D'Aniello and Davey separated by only 3 seconds. D'Aniello finished in 23:31 and was able to outkick Davey, who crossed the line in 23:34.

However, the Tawasentha course means something quite different for most of the runners. In the first race 219 runners competed and out of these runners, more than a third (84 runners) had times above ten minutes per mile. I spent this first race running in the back of the pack, getting a sense of what drove these runners to show up and run such a difficult course. The general consensus was that the goal of the race was to finish. In many ways it seemed the same attitude of most people who run marathons: it is an accomplishment just to have done it. However, each person had a distinct reason for wanting to finish. There was a mother and daughter running together, encouraging each other. Then there were two young high school runners getting ready for their first year

of cross country. Yet, perhaps most interesting was the woman who little more than a month ago had been in a wheelchair because of a heart problem.

An important part of her recovery was exercise. However, exercise was not the only reason she was at Tawasentha. She felt that completing the Tawasentha course was significant because it proved that she could overcome anything.

For the second race a nod should go out to the volunteers and the Capital District running community as a whole. The night before the race a mass e-mail was sent out asking for volunteers for the race; John Kinnicutt was 10-12 volunteers short. The next day at the race, less than 24 hours after the e-mail had been sent, enough volunteers showed up to make the whole race possible. They helped people stay on a course that twists and turns through the woods, they picked up the flags that marked the courses path, they helped with the timing, and perhaps most importantly and they provided encouragement. One volunteer stood at the top of the first hill "encouraging" runners with a tennis racket in the first race and giant fly swatter in the second race. In addition, special thanks should go out to the water crossing volunteers, especially the man who stood in knee deep water for an hour to help runners avoid dangerous rocks (we were all told by John Kinnicutt at the 3rd race to thank him as we crossed the stream). This second race was not only a demonstration of the commitment of runners to running, but the commitment of runners to a running community.

The third race was the largest race so far and had 224 participants. There also seemed to be much more diversity, with many more high school runners using the race as training and some very interesting families running together. There were several father-daughter and father-son duos running the race, and the jovial atmosphere from the Indian Ladder race on Sunday had clearly carried over to Tawasentha Park on Monday.

The Tawasentha race has gone through many changes throughout its history and has taken many different forms. It started out as just a high school course, then became a three-race series, had its course changed, was discontinued for a few years, and has finally returned to its old form as a three-race series. When I first ran the race in high school I remember being stunned when crossing the finish line. My time of 23:00 was five minutes slower than my 5k PR. I realized then, just as those who run it now, that this course is something different. People do not run Tawasentha because they want to set PR's, they run it to see what they are capable of enduring. What is more, the Tawasentha race series is held by our running community to see what kind of runners we have among us, to test our mettle, and to see if we can overcome what the Mohegans appropriately called, "The Vale of Tears." □





Book Review:

Don McGrath: *50 Athletes Over 50 Teach Us to Live a Strong, Healthy Life*

This is a book that, despite its title, is good for athletes of any age to read. Don McGrath, the author, was a competitive runner for Scotia High School and Rochester Institute of Technology. Don was also a fine road racer, competing in such events as the Troy Turkey Trot. In the 1982 Troy Turkey Trot, which in the opinion of many local runners was the fastest, most competitive race this area has ever seen, Don ran 32:00 for 20th place.

Don now is an avid rock climber. He also earned a Ph.D. from R.P.I. in electrical engineering, and is currently director of engineering at LSI Corporation in Colorado. He has been active in creating the 50k-Active/Athlete Challenge, which is a program designed to recruit 50,000 people to participate in five healthy habits modeled by the athletes featured in his book.

As Don says about his book, its purpose was this. "I set out to hear from a cross-section of older athletes how I could continue to enjoy good health and a high quality of life throughout my life. In studying their histories, I have learned what can help and what can hinder my fitness journey." (p. 212). By extension, any reader who wishes to keep active despite the encroachments of age or wishes to cultivate a healthy lifestyle in later years will also find lots of good advice on how to enhance one's personal fitness journey.

Given Don's own interests in running and rock climbing, it is not surprising that many of the interviews conducted here are with runners and climbers. The first interview is with Jane Welzel, whom long-time runners will recall from running in the Chopperthon and in the women's Olympic Marathon trials. Another familiar name is Sid Howard, the well-known middle distance masters competitor.

But variety being the spice of life, the author has also included an impressive array of athletes in other sports: triathletes, skiers, surfers, cyclists. He has also extended the boundaries of athletes to include a dancer (Gene GeBauer), a mountain unicyclist (Terry Peterson), and a barefoot water skier ("Banana" George Blair). Each athlete is asked a series of questions that vary from person to person, with some questions (e.g., "What was the best advice you were ever given?", "Where do you draw your inspiration from?", "What are the key aspects of your training?") being answered from a number of perspectives.

The advantage of this interview strategy is that it enables each athlete to give specific recommendations for the sport in question, as well as allows them ample opportunity to give anecdotal comments about their success. I could summarize the advice given by all these athletes, but that would not do justice to the book. Besides, one of the joys in reading a book like this is to see how the advice has been embodied by the athlete giving it.

If this was the only strategy in the book, it would run the risk of being a collection of old war stories told by aging athletes awash in nostalgia. Don has nicely avoided this pitfall by including two chapters devoted to the scientific research by two experts who study aging athletes, Dr. Nikola Medic and Dr. Vonda Wright. Medic's chapter concentrates on the psychology of older athletes, while Wright's chapter deals with the physiological facts of aging athletic performance. Each chapter adds important insights about aging athletes.

In addition, Don adds commentary of his own, including a valuable chapter entitled "The Performance-to-Lifestyle Transition." This chapter describes the importance of accepting the deterioration of performance as time passes in order to embrace the joys of an active life, whether it is pursuing the sport that one starts out with, or a healthier substitute (a surrogate activity).

There are few things sadder than seeing athletes who cannot accept their loss of center stage performances. I recently read a biography of Ty Cobb, *The Life and Times of the Meanest Man Who Ever Played Baseball*, by Al Stump. In this book, it discussed how Cobb had difficulty adjusting to his loss of physical ability as he grew older. In this book, there's a story that when Cobb was in the twilight of his career, sportswriters and fans chanted this song:

The curtain's going to drop, old chap
For time has taken toll.
You might go on and play and play,
But why go on for folks to say
There's old Ty Cobb, still on the job
But not the Cobb of yesterday.

Perhaps if Ty Cobb had the benefit of the wisdom offered by the athletes in this book, he would not have ended his life as a broken down athlete. I would recommend this book to everyone who wishes to continue an active lifestyle into the so-called "golden years." □

Motivation

by Mike Naylor

What a powerful word. Just saying it gets me going. I don't know why, but when I hear it, or read it, I need to be doing something, somewhere, and I need to be doing it now. And that is what most of us need when the going gets sluggish or non-existent. We need someone to jump up in our face, yell and scream, and tell us to get going. How often in our lives do we need that little nudge to get us going? To get us back on track. To get us a little bit closer to our goal. And how often in our lives it wasn't there.

This is where I come in. Or, guys like me. Guys who wear stop watches, sunglasses and t-shirts, with some sort of race or benefit written across their chest. Spouting out reams of instructions, followed by, "Do you hear what I'm saying?" And, "Do you understand what I mean?"

Oh, yeah! And, they always seem to be leaving something out. But you stand there, because you know this person in front of you will, sooner or later, begin listening to what you are saying and hopefully, they will digest it and turn it into a masterful plan that will help them to reach their goals.

There have been several things in my life that have motivated me to do my best. Whether it was having the pressure of teaching a grandmother how to putt a shot, or training a Kenyan athlete to be the best in the world. In both instances, the major motivation for me was to not embarrass myself, not to fail, and not to have my athletes fail in front of their peers and family. The family members and peers would soon forget me, but at every Thanksgiving and Christmas dinner, Uncle Harry or Aunt Sue would somehow work it into the conversation, how last summer ... remember when we all came out to Buffalo to see you compete and remember how funny it was when you dropped the shot on your foot and had to go to the hospital, and, remember when you were picked to win a big race and finished way back? (Oops! that really happened, talk about that some other time.)

Now, let me motivate you, let me get you going. Let me make you want to stop reading this column and to go out the door. How? One word, *motivation*. Just say it to yourself. And, you will slowly have a picture appear in your mind, and that picture will be of you staring at the back of that guy or girl who always seems to finish in front of you. Am I right? Doesn't that motivate you? Don't you want beat that person? Don't you want to turn around and wait for them? Then get off your butt, kick off your fluffy slippers and strap on those wonderful running shoes that you purchased a week ago, but have yet to wear them. Break them in. Take them to a park and run around till you are sweating and pumping your arms and driving your legs and imagine what it's going to be like when it's you going across the finish line first.

P.S. Throw out your watch, too. Talk more about that later.

Have fun, and see you out there!
Coach □

Y RACE SERIES

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TROY YMCA MONSTER MADNESS 5K

Start/Finish: Troy Family YMCA
Contact: 518.869.3500 x2240, Chris Bins - Race Director
Date & Time: Saturday, October 30, 2010
5K Run / 3K Walk 9:00 a.m.
Kids Fun Run 8:30 a.m.

Registration: \$20.00 (postmarked by October 23);
\$30.00 (after October 23)
Day-of-race registration will be from 7:30am - 8:30am
Kids Fun Run is free—ribbons awarded to all finishers.

Official race shirts while supplies last

Awards: Overall male and female 1st, 2nd, and 3rd place finishers will receive awards. In addition 1st, 2nd, and 3rd place awards will be given to the top male and female finishers in the following age groups. There will be no duplication of awards.

Age Groups: Under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

Course Description: A beautiful fall course leads participants through historic Frear park.



Please circle event you are registering for: 5K Run 3K Walk Kids Fun Run

Last Name _____ First Name _____ Date of Birth _____

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Phone # _____ Email _____ Gender M or F

Shirt Size S M L XL XXL (Shirt sizes can not be guaranteed)

Are you a YMCA member? YES or NO If YES, what branch? _____

I hereby release the Capital District YMCA and all municipal agencies whose property and /or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2010 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below

Signature: _____ Date: _____

Parent's Signature (if under 18): _____

Please make checks payable to: **Troy Family YMCA, 2500 21st St, Troy, NY, 12180**

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The Hamstrings

Most runners or performance-based athletes could identify the hamstring muscles and accurately tell you the function of the muscles that make up the posterior thigh. But in spite of some pedestrian knowledge about these muscles, there is a disconnect when it comes to developing strength to the hamstrings or maintaining the health of this muscle group critical for forward movement.

The hamstrings are actually a group of three muscles whose primary role is to extend the hip and secondarily flex the knee. Moving from the inside out are the semimembranosus, semitendinosus and the biceps femoris (Figure 1). Unbeknownst to most people is that the largest adductor muscle, adductor magnus found on the medial thigh also functions secondarily as a powerful hip extensor. This fact has major implications for strength, force application and injury occurrence as often times the "groin pull" suffered by many football players is a strain of the undertrained adductor magnus.

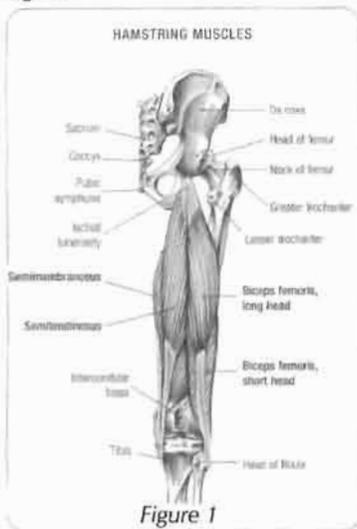


Figure 1

The hamstrings are considered to be the fastest muscles in the body. Consider this – a top end sprinter takes about 4.5 strides per second. That means each leg must travel from the thigh being parallel to the ground to an extended hip (Figure 2) 2.25 times per second. By itself that fact might not raise any eyebrows.

What one must remember is that the moment the thigh is parallel to the ground it is motionless for a fraction of a second. The same is true when the hip is in the extended position. What makes this point amazing is that during this cycle of knee-up to thigh back the leg has reached a velocity of 55 miles per hour. The leg has been sped up to 55 mph and slowed down from 55 mph. Our muscles and nervous system control both these actions.

Remember that each leg is moving zero mph to 55 mph to zero mph 2.25 times per second. Complicating this act is that the body

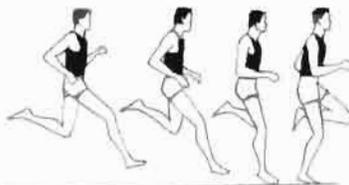


Figure 2

must remain dynamically balanced while the legs drive the body forward. Additionally the legs must absorb the shock of each step that can be 7-10 times body weight with maximal sprint efforts.

If there is a slight muscular imbalance, asymmetrical motion or in-coordination within the system, there can be big problems. Understanding this, one can appreciate how and why a sprinter can be running full bore and almost instantly, sometimes within one step, crash and burn.

Sprinting and fast running are actions that call for "triple extension" of the leg. What this means is that the hip, knee and ankle push to an extended position to propel the body forward. It could be argued that the great toe also extends (or plantar flexes) but that is generally not given much consideration.

This triple extension is an important point to understand. Were one to poll a random group of runners on how to strengthen the hamstring, most would say by doing a hamstring curl on the machine at the local gym. The problem with using a hamstring curl machine is that it makes the muscle strong as a knee flexor, particularly the lower 1/3 of the muscle and the short head of the biceps femoris. Remember sprinting is triple extension, hip extension using the upper 1/3 of the muscle. There is a foundational concept in coaching called specificity of training – you train muscles as you'll use them. Training the hamstring as a knee flexor is a flagrant violation of this principle.

A related controversy is the quad to hamstring strength ratio. Most any physical education student will tell you the correct ratio between the quad and the hamstring should be 3:2. If one can lift 60 pounds with a leg extension (quad muscles) one should train with 40 pounds for the hamstring curl. While this is technically correct, it ignores the context in which the hamstring is used in running.

The 3:2 ratio is correct if one is talking about knee rehabilitation, after meniscus or ACL surgery. If we are talking about triple extension the correct ratio becomes 1:1 for knee extension to hip extension.

The adductors also play a critical role in hamstring functionality. Try this simple experiment. From a stand try to touch your toes. Make a mental note of how close you come. Now do a "groin stretch," side to side to stretch out the adductors. Gently go 3-4 times each side. Now try to touch your toes again. No doubt

you'll have a 3-4 inch increase in the range of motion of the hip and the hamstrings were not even addressed. One should always do a groin stretch before stretching the hamstrings.

A second experiment illustrates the lack of coordination most runners have between the hamstring and adductors. Lie on your back. Spread your knees apart, and for 10-15 seconds bring the knees in and out. Note how jerky and uncoordinated this action is. It begs the question – if this action cannot be performed smoothly in an essentially non-weight-bearing situation, how will the muscle function in a top end sprint effort?

Strengthening the hamstrings for the demands of fast running can be done several ways. The traditional squat exercise is an excellent start (Figure 3). Place the feet slightly wider than the shoulders and drop down until the thigh is parallel with the ground. Take care not to lean forward. The kneecap should not move ahead of the toes. This can be done with or without weights and will tone not only the hamstrings but the gluts as well.



Figure 3

A second exercise is the lunge step. With the hands on the hips step forward and drop the back knee down to the ground. You can rise up and repeat on the same leg or alternate legs moving down the track or field. It is easy to overdo this exercise so start conservatively with 10 steps and build from there. As fitness improves weights can be added.

A third exercise is a standing hip extension. One needs a "hip extension" machine for this. Keeping the knee straight with the resistance against the posterior thigh sweep the leg backward, extending the hip. This isolates the upper 1/3 of the hamstring and also tones the gluts.

A hip extension machine also allows one to tone the adductors. By changing body position with the resistance against the inner thigh one can isolate the adductors. Again the goal here is tone as opposed to development. Start conservatively with a light weight and higher rep count.

Hamstring injuries are a common problem for performance sport athletes. Oftentimes they are the result of a faulty training plan. Attention must be given to training the muscle for the exceptional demands it will meet from both a speed and strength perspective. Attention should also be given to the adductor group that works synergistically with the hamstrings. To ignore this reality invites injury as any subtle in-coordination can become readily apparent with red-line efforts. A deeper understanding of the hamstring is a key to justifying greater preparatory work, which will hopefully lead to safer superlative efforts.

Russ Ebbets, DC is editor of *Track Coach Magazine*, the technical journal for USATF. He lectures nationally on sport and health related issues. He is author of *Supernova*, a novel on the famed running program at Villanova University. Copies are available from PO Box 229, Union Springs, NY 13160 for 10.95 plus \$2.00 for S&H. He can be reached at spinedoctor229@hotmail.com ☐



The 34th Running of the Adirondack Distance Run

by Terra Stone



When I used to think about the Adirondack Distance Run, I'd cringe. It brought up images of debilitating humidity, scorching sunlight and breath-taking, never-ending hills. Why I decided to end a two-year hiatus from racing by signing up for the 34th running of it is not rationally explainable, but I did. Now it might just be my new favorite.

Non-runners think running in of itself is a crazy thing to do (unless, they always say, "You are running from the police or to the bathroom."). I think they may have a point. I am sure a bit of insanity was involved when I signed up for the Adirondack Distance Run on June 27, 2010. After all, the furthest I had run for months beforehand was six miles and I had not run any hills. Yet I stood at the starting line "happy as a clam in high water" (a phrase which is apparently, as I have just learned, from the early 19th century and which means that you feel a "special safety or security. Things are well with the world and danger is, for the moment, at a safe distance"). And that is exactly how I felt ... happy and safe ... but danger, I was sure, was just a hill or two away.

When the gun sounded, I was shocked out of my happy, safe clamshell. I either had missed the announcements or perhaps there were none but either way I was set in motion unexpectedly. Four years ago when I ran this same race I actually had my back to the start when the gun went off, which provided for a very awkward few first steps. But this time, I only suffered what felt like a mild heart attack at the sound of the gun and then I was running, swept along with the crowd, like we thought the starter might actually aim the gun at us next. Let me backtrack a moment here to say that I was a little disoriented at the start of this race (but really "happy as a clam" to be there) because finding it had been a bit of a challenge. Like I said, I had gone two years without any racing at all, but it had been at least four years since I had run this particular race. Due to this, I took for granted that the start was still on the main street out in front of the Lake George High School. When I arrived at the doors to the high school and found them locked, I panicked. Let this be my attempt at

being informative like some of the other *Pace Setter* articles can be and let me tell you, dear reader, that this race now starts on a side street. Despite the difficulties this change put into my own plans, I must say that whoever made this change in the course deserves to be congratulated because now, when you get to Bolton Landing, the finish comes sooner (you no longer have to run through the entire town) and gives the illusion that the course is actually shorter ... which, by the way, it is not.

With the start successfully found and conquered, I focused on keeping my anxiety about the rest of the race at bay. That's when I found Dan. In the week before this race, my friend Dan had asked if I wanted to run it with him. Due to my lack of adequate training, I had thought "impossible" and politely declined,



muttering something about how I still hadn't lost the pregnancy weight and how my training was slower now due to the fact that most of it involved pushing a jogging stroller in front of me. Despite all my excuses, by the end of the first mile I found myself stride for stride with him. "I think I may have went out too fast" I told him and was a little concerned when he said "Me too!" (Since originally I had estimated that I would run at least one minute per mile slower than him). "We can slow up if you want" and we sincerely tried but mile two was actually faster than the first. That is how I knew this was a miraculous day! I made the decision to push as much as possible and comforted myself by

thinking "Dan can always send my father back to pick me up if I bust". Dan stayed beside me for the first three miles and then dropped back slightly. It was at this point I focused on complete strangers to help me through. As luck would have it, a husband and wife team was running about my pace and so I focused on staying with them (feeling a bit like a third wheel in the process). Even though we never spoke, I felt camaraderie with this couple and it seemed like we complemented each other well (I pushed them to go faster up the uphill and they pulled me faster down the downhill). We worked together up and down the waves of hills that are the Adirondack Distance Run. Somehow, I made it through these waves without a collapsed lung or exploded quadriceps or seasickness. At mile six I noted that I had just run that distance ten minutes faster than I had in the past six months. By mile seven, the husband of the team I was running with ditched us. By mile eight I ditched the wife because Dan was back. I latched onto him like a drowning swimmer. He would not let me fade. He said, "let's go over the finish line holding hands" and we literally did just that.

As I alluded to in the opening paragraph, this race changed my thinking about the Adirondack Distance Run. Dan and the unknown husband and wife team helped tremendously in forming my new opinion. So did the weather. It was overcast and cool (it was in the 70's, which may not seem cool to some but if you've run this race before you know that this is as cool as it gets). It was also humidity-free which is unheard of in June in Lake George and made me think, for a moment, that the world was either coming to an end very soon or this was truly more of a miraculous day than I originally thought. Yet even more than all these factors, what really made this race a positive experience was the good-natured, supportive volunteers and spectators scattered all about the course either riding bikes or handing out water or sitting on the sidelines clapping. As I raced by, I silently thanked them all... Silently because the hills had taken my ability to talk





away ... In fact, now that I think about it, the only regret I have about this race is that I was not a spectator myself and therefore I was unable to witness the spectacular performances of the winners (Thomas Williams and Emily Bryans). To see their stellar performances would have made even a sad clam smile. (I'm not really sure if clams can be sad, but I'm just assuming that they can because they can apparently be happy, as was already mentioned in this article.) □



20 - The Pace Setter

Pick Your Feet Up, Stupid

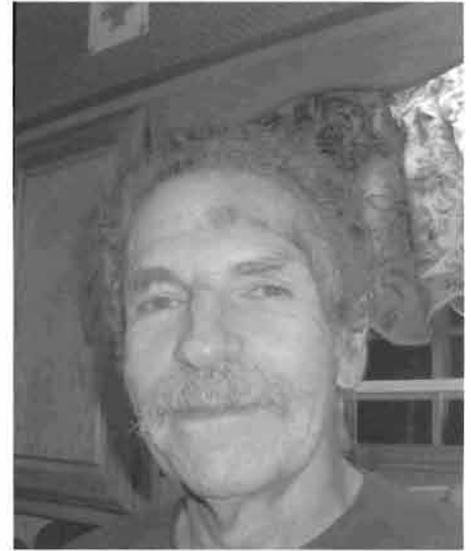
by Joe Yavonditte

Anybody who has done a trail run has probably said that to themselves at some point. And if you forget that mantra, you will probably look just like me in the adjacent picture. Nine months ago, my idea of a trail was the Niskyuna/Colonie Bike Trail, 6 -8 feet of asphalt. My wife had enjoyed doing the Pine Bush trails near our home, but I always figured that would be torture on my weak ankles. She bought snowshoes and signed up for a few snowshoe races. She got me to try it at ARE's Brave the Blizzard. I had a great time even with the little snow we had. [Not a good enough time to buy my own snowshoes.]

March brought ARE's Dodge the Deer. She convinced me again to get off the pavement. Again, I had a good time, and a good (5K) time. But, at Schodack Island State Park you don't have to worry too much about tripping, the trails are in good shape. So what's next, of course, signing up for ARE's Trail Running Camp. My ankles could feel the pain as we signed up online. After that we were back on pavement until the start of ARE's Summer Trail Running Series (STRS) in May. During the first run, I only tripped on roots twice, no damages. To keep this short, of the 12 Thursdays, 4 days of trail camp, three Tawasentha Trail Runs and the Indian Ladder Run, I tripped on a root during all but two runs. I even tripped on a root 3 seconds after Josh Merlis reminded me of the 'mantra' during the first day of Trail Camp. However, the closest I came to getting hurt during any of these runs was when I tripped and went face first into a tree.

So, we come to the final night of the ARE STRS on August 26th without any sprained ankles or a single drop of blood. I never expected trail running to be so good, no root trips on the last two Thursdays or on the first loop on the 26th. On the second loop, I see someone going the other way stumble on a root, but I miss it on the way out. On the way back, however, at (I believe) that same spot, I'm now cruising to the end of the season without a mark until that root. I think I actually caught both feet on the root, which prevented me from turning to avoid hitting my face. My big Irish/Italian nose hits first followed by the forehead. I rolled over, checked the nose - seemed OK, looked for blood on the knees - none, slowly got up (swearing, of course) and moved up to the pair who had been running in front of me. "You look like you just came out of a war zone." Not an inspiring comment. "Oh, there's also a little blood on your forehead." But, I actually felt OK and finished the last 0.6 mile of the run.

Now, the really nice part of the running community. Right after I finished, I had a wet towel to wipe off the dirt. A nurse, and EMT and then an MD, all of whom had done the trail run, came over to check me out and tell me I was OK. But, none of them said - "You forgot, pick up your feet, Stupid" I, however, kept repeating that all the way home. □



As Stupid

Hudson Valley Rail Trail 5K Race and Walk Scheduled

The Hudson Valley Rail Trail 5K Race and Walk is being held in celebration of the Hudson Valley Rail Trail's connection to Walkway Over the Hudson State Historic Park and will begin on the Hudson Valley Rail Trail at 75 Haviland Road, Highland on Saturday, October 16 at 9 o'clock in the morning with registration beginning at 7:30 a.m.

The eastward expansion of the Hudson Valley Rail Trail currently under construction extends from Commercial Avenue in Highland to the connection to the Walkway Over the Hudson State Historic Park, with construction scheduled to be complete early October.

The expansion is a bold endeavor that will cost approximately \$2,400,000, most of which is made possible from the Federal stimulus under the American Recovery and Reinvestment Act (ARRA).

The 5K Race and Walk will start and finish at the newly constructed parking lot at 75 Haviland Road and will be an out and back course on the new rail trail connection. Cost of the event is \$20.00 for pre-registered and \$25.00 day of race entry, which includes a t-shirt for the first 250 registered. The event will be chip scored if the entries exceed 300 runners.

For an application or for more information, contact the Race Director at VVeltre@Townofloyd.com. □

The 32nd Running of the Dynamic Duo

by Jeffrey Hayes

The cliché saying “The loneliness of the long distance runner” didn’t hold any weight on August 7th at Colonie Town Park, where the 32nd annual Dynamic Duo Relay race was held. Not only was the field 174 runners strong, but the most popular aspect of the event, the combined-time relay, featured some of the top local high school runners and the same energetic and jovial atmosphere you might expect at a high school dance.

Teams for the Dynamic Duo Relay Race were made up of one male and one female each. The women started first, and when they crossed the finish line their male teammate would begin. The times were combined at the end of the event and the quickest combined time won the race. Thus, the majority of the runners, who were from Shaker or Shenendehowa High School, aptly named the event the “Section II Summer Prom”. They explained that the guys had to make sure to get a good date early on or else all the good girls would be taken. However, many of the high schoolers also commented that the race was used as a training run for the upcoming cross country season and a way to have fun and see friends. Those who were not from a local high school were either returning college freshmen, families of the students, or local runners.

The race, a 3 mile loop course around Colonie Town Park, closely followed the Shaker High School cross country course. At starting time, 8:30 a.m., it felt like a warm fall morning, close to perfect for running. The race started out fast and entered the woods to the north of the park for the first mile. At the end of the first mile was the only hill on the course, which caused a shakeup in the field, allowing six runners to pull ahead. However, the rest of the field was no more than 10-15 meters behind. After this the runners ran along the bike path for an additional two miles. When they came off the bike path there was a sprint for the finish and Lizzie Predmore opened up a gap of ten seconds between her and the next two runners. Predmore finished the course in a time of 17:18 while the next two runners, Kristen Anderson and Sam Roecker, fought for second place. Though Anderson outlunged Roecker at the line, they were both given the time of 17:28.

The men’s race was obviously more strung out since their starting times depended on when their partners crossed the finish line. Alex Leuchanka ran a phenomenal race, making up 52 seconds on Dan Fernandez, winning the men’s race in 14:35, just 12 seconds off the course record, and beating his next closest opponent, Dan Groves, by 24 seconds. Demetri Goutos came in third with a hard finish, completing the course in 15:05, just 2 seconds ahead of Otis Ubriaco.

However, it was Otis Ubriaco and Sam

Roecker who took the day with the best combined time of 32:35, 30 seconds ahead of Demetri Goutos and Cassie Goutos, who had a combined time of 33:06. The win of the Ubriaco-Roecker team does a wonderful job of illustrating the more interesting side of combined time relays. You don’t have to come in first to win the race; Ubriaco came in fourth in the male division and Roecker came in third in the female division. After the race Ubriaco, who will be a senior at Burt Hills High

School this coming year and is being scouted by such big name colleges as Georgetown, commented on how happy he was with the outcome of the race, but seemed more interested in the fun he was having with his team mates and friends.

The race ended happily with all participants getting the same prize, a t-shirt. Age groups were determined by combining the ages of members of a team and the winning teams of each age group were able to pick their t-shirts first. A big thanks to all the volunteers, and especially the race director Frank Meyers, who did a wonderful job of creating a fun event and keeping runners, times and places organized in a potentially very confusing race situation. Be sure to start thinking now about who you want your dancing partner to be next year for the 33rd Dynamic Duo Relay Race. □

Profile of a Runner

GAIL HEIN



Gail Hein on left, Deb Batcher, center, Donna Charlebois on right, ARE masters women and very good friends at the Delmar Dash

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

I am now retired after various menial jobs and boring careers, most of which required sitting for hours at a desk. Before retiring, I went to SUNY Cobleskill to earn a certificate in Floral Design which I sometimes do at various florists during holidays. I also became a Master Gardener for Cornell Cooperative Extension last year. My interests are all about the outdoors, kayaking, hiking, gardening, photography, and of course running. I also failed two golf classes.

When and how did you get started running?

When Joe Hein and I met, through a personal ad (mine, now you all know) many years ago, he took me out on the second date and bought me a pair of running shoes. He’s my best coach and critic and entered me in my first 5K race in Hudson Falls in 1988, which I finished in 30:02. He made a nice plaque for me to commemorate this historic event. He also took me to the golf course to play for the first time in December 2009; however, no plaque is forthcoming.

Do you have a favorite race or races?

My favorite is the Race for the Cure in Manchester, Vermont. However, I love every X-C

race, especially the Froggy 5.

What are your most memorable races?

I like to enter races when I go on a vacation so that I get to meet runners from different states and experience different locations. So my travelling races are always memorable, San Francisco along the bay, the Matanzas 5K in the streets of historic St. Augustine, the women’s distance festival in Pocohantas Park, Richmond, and the Stock Show Stampede in San Antonio stand out.

How do you train? Do you have training partners?

I run by myself whenever I feel the urge and sometimes take a dog with me. I love running with my Albany Running Exchange friends at the Monday nights at Tawasentha Park, the ARE Thursday Summer Trail Running Series where I have the good attendance award for two years, and any race that involves wearing a creative costume...or food.

What are your current goals?

For the first time in my life, I have a goal. I have never run a half-marathon and have registered for the Diva Half in Long Island in October. I was promised boa feathers, tiaras, and buff firefighters at the finish, is there any more motivation?

Do you have any future running goals?

I’d like to stay healthy to keep running into my 80’s and continue to have fun with my friends.

Do you have a philosophy of running?

Running should not be taken so seriously, it should be done because we are so lucky to have the health and ability to do it when so many others cannot. I never take this for granted.

Any funny stories?

Not a single one. □

Fueling For Training: What to Eat Before, During and After You Exercise

Runners of all ages and abilities commonly ask me what they should eat before, during and after a competitive event:

When should I eat before the 10K: 2, 3 or 4 hours beforehand?

How many gels should I take during a half-marathon?

What's best to eat for recovery after a marathon?

The same runners who worry about event-day fueling often neglect their day to day training diet. Hence, the real question should be: "What should I eat before, during and after I train?" After all, you can only compete at your best if you can train at your best.

The goal of this article is to remind you to train your intestinal tract as well as your heart, lungs and muscles. To get the most out of each workout, you need to practice your fueling as well as your running skills. Then, come day of the competition, you know exactly what, when and how much to eat so you can compete with optimal energy and without fear of bonking nor intestinal distress. Here are some sports nutrition tips to help you run faster, stronger, longer.

When and what should I eat before I train?

Each runner has a different tolerance with pre-exercise food. I often talk with runners who report they don't eat before they run because they're afraid the food might cause intestinal problems. Then, they needlessly suffer through major energy problems during their workouts and events. That's why they need to practice not only what they eat but also when and how much to eat before they run. From day 1, I recommend you start training your intestinal tract by nibbling on a pretzel, a cracker or other fuel that will enhance stamina, endurance, and enjoyment of exercise.

You don't need to wait around for your pre-run snack to digest. You can grab a small snack just five minutes pre-exercise and the food will get put to good use—as long as you are exercising at a pace that you can maintain for more than half an hour. That is, you might not want to eat much five minutes before a hard track workout, but you could likely enjoy a banana before you put on your jogging shoes. Research suggests you can eat an energy bar either 15 or 60 minutes before moderate exercise and gain a similar energy boost. (1)

In general, most runners prefer to wait two to four hours after having eaten a full meal before they head to the gym or prepare for a hard run. The meal will have plenty of time to digest and empty from the stomach, particularly if you don't stuff themselves with high fat foods

(cheeseburgers and fries) that take longer to digest than a carb-based pasta-type meal. The rule of thumb is to consume (2):

Time pre-exercise	Grams carb/lb	Calories/150 lb runner
5-60 minutes	0.5 g/lb	300 calories
2 hours	1.0	600 calories
4 hours	2.0	1,200 calories

For a 150-lb runner, 300 pre-exercise calories translates into:

- two packets oatmeal or a Dunkin Donuts-size (4 oz.) bagel within the hour before your morning run
- 4 Fig Newtons and a banana at 4:30 in the afternoon when you plan to go to the gym after work at 5:30 p.m.

If you will be meeting your triathlon buddies for a 50-mile bike ride at 10:00 a.m., you'll want 600 calories by 8:00 a.m.. That's a bowl of granola with a banana and milk, or several pancakes. It's more than many triathletes tend to eat!

When and what should I eat during a long run?

If you plan to run for longer than 90 minutes, you should plan to consume not only a pre-run snack (to fuel the first 60 to 90 minutes of your workout) but also additional carbs to maintain a normal blood sugar. Your brain relies on the sugar (glucose) in your blood for fuel. If your blood sugar drops, you'll bonk—lose focus, lag on energy, yearn for the workout to end, fail to get the most from your effort. Many a coach has learned that encouraging sports drinks pays off in terms of happier athletes and enhanced ability to train harder at the end of a 2+ hour team practice.

While athletes in running sports that jostle the stomach may prefer to drink primarily liquid carbs (i.e., sports drink), cyclists and skiers might prefer a granola bar, dried fruit or a chunk of bagel plus water. The goal is:

- 30-60 g carb (120-240 calories)/hour exercise that lasts 2-3 hours

(Note: the pre-exercise snack will fuel the first hour.)

- 60-90 grams carb (240-360 calories)/hour extended exercise

(Examples: all-day trail run, Ironman triathlon, ultra-marathon)

Some athletes choose the convenience of engineered sports foods (i.e, Sports Beans, Clif Chomps, PowerGels). Others save money by choosing "real" foods (raisins, gummy candy, animal crackers) that cost less and often taste better. Both are equally effective.

When and what should I eat after a long workout?



Rapid refueling is most important for people who do repeated bouts of intense, depleting exercise. You want to rapidly refuel if you are, let's say, a triathlete who does double workouts and will be exercising within the next six hours. Your muscles are most receptive to refueling within an hour after a hard workout, so the sooner you refuel, the sooner you'll be ready to roll again.

If you have a full day to recover before your next training run or if you are a fitness exerciser who has done an easy jog and have lower recovery needs, you need not get obsessed with refueling immediately after your workout. Yet, I encourage all runners to get into the habit of refueling soon after their workout. You will not only feel better and have more energy but also will curb your appetite. If you are trying to lose weight, a post-exercise meal can ward off the Cookie Monster...

To avoid over-indulging in recovery-calories, plan to back your training into a meal. For example, enjoy breakfast soon after your morning run instead of waiting to eat at the office. Plan to eat dinner right after your 5:00 p.m. workout. Remember: You haven't finished your training until you've refueled!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For fueling help, read her *Sports Nutrition Guidebook* and food guides for new runners and marathoners. See www.nancyclarkrd.com and also sportsnutritionworkshop.com.

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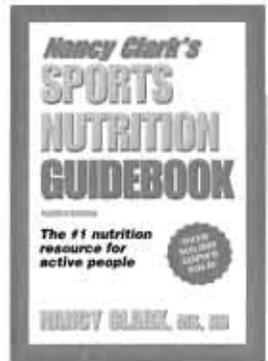
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Meeting Minutes of the HMRRRC General Meeting - August 11, 2010

Attendance: Barb Light, Tom Adams, Marcia Adams, Mark Warner, Jon Rocco, Cathy Sliwinski, Tom Ryan, Ken Skinner, Pete Newkirk, Doug Bowden, Diane Fisher, John Parisella, Chuck Terry, Ray Newkirk, Scott Ferguson, Ken Skinner

Call to Order (M. Warner): motion made to begin meeting made by Marcia Adams seconded by Cathy Sliwinski.

1. Reading and approval of July 14, 2010 minutes (B. Light). Motion made by Marcia Adams to approve seconded by John Parisella. Motion approved.

2. Reports of Officers

2.1 President (M. Warner): Message from Gary Geiger-thank you for continuing the summer track series. We received a notice about a program Preventing Sports Injuries in Young Athletes to be held September 15th at the Johnstown Holiday Inn, 308 North Comrie Ave., Johnstown, NY. It is a free program. Registration starts at 6PM to 6:30PM and the program will go until 8:15PM. Limited seating so call 518-773-5533 or email Stopsportinjuries@nlh.org to register.

2.2 Executive Vice President (J. Rocco): No report

2.3 Executive Vice President – Finance (C. Terry): No report

2.4 Secretary (B. Light): No Report

2.5 Treasurer (J. Kinnicut): No report.

3. Reports of Committees

3.1. Membership (D. Fisher): 87 new members currently at 2252.

3.2. Volunteers (M. Adams): No report. Did get minor dents fixed on truck that were there when van was purchased.

3.3. Public Relations (R. Moore): Things going well, press releases sent out for the track series, Dynamic Duo, Tawasentha Races. We have been invited to attend the Adirondack Sports Runners Expo I Schroon Lake Saturday, September 18th. It is part of the Adirondack Marathon Runners weekend. Also received an email about having a booth at the CSEA Wellness Fair at the Empire State Plaza October 18th.

3.4. Race Committee (N. Briskie): Need to get schedule going for 2011, Mark Warner will contact Nancy Briskie to get that started. Messages received on the summer Colonie track series are that we had

a great turnout with all the kids and a great turnout with other runners; too. There was an issue with Tawasentha series that the Race Director offered free entry to HMRRRC & ARE Members. Race Directors were notified and only HMRRRC members were offered free entry fee. Race committee needs to set up guidelines for Race Directors to follow for free entries. We need to be more specific on what can and can't be done. Mark recommended that this issue to be discussed further with the Race Committee. Doug also agreed that it should be discussed at the race committee meeting.

3.5. Race Committee Treasurer (P. Zentko): see attached reports-WS#5 still need receipts; Mother's Day, CDPHP Valley Cat Race still outstanding.

3.6. Pace Setter (R. Nagengast/K. Gathen): No report.

3.7. Conflicts Committee (C. Terry): No report.

3.8 Safety Committee (V. Julia): No report.

3.9 Grants Committee (R. Newkirk): No report.

3.10 Long Range Planning Committee (C. Sliwinski): Last year we decided to shrink wrap the pavilion in Central Park in Schenectady. The city liked it so much they hired an engineer to do it again. The City does not have the funds to continue the project so the Long Range Planning committee discussed this option and feel that since the club utilizes the park for many races, we propose the club to give a grant up to \$10,000.00 to purchase the wrap to finish the project. It will benefit the club, the community, and the City. All the proposals are less than \$10,000.00 and the City would be responsible for the labor. It will be a permanent fixture and roll up and down. Proposal was seconded by Marcia Adams. Discussion followed. Tom asked that a plaque should be put up to honor HMRRRC for our donation. Cathy noted that it won't be done before the Fall races because it has to be measured and special ordered. Tom Adams made the suggestion that we make up an agreement with the City to make sure that the money is used for what was for intended. Ken Skinner noted that Chris Rush a HMRRRC member is also member of the Schenectady planning council and he could oversee the project on our behalf. Ken noted that this would be a great opportunity for public relations for

the club so that the public is aware of what the club does. Motion was voted on and passed. Cathy will contact the City and begin work on an agreement. Ray noted that this is a budgeted item so that we don't have to carry it over for a month and can be voted on tonight.

3.11 Just Run Program (K. Skinner/R. Newkirk): Ray and Ken would like to look into a package of incentives for the kids. Giving them shirts, shoes, and some extras from other races had the kids respond well to these. Ray will look into buying things in bulk and put \$500 in the packet and go out to schools to see if he can get any interest in other schools participating. He would like to start this in the Fall- start a 10 week program which would get them to Thanksgiving and encourage the kids to run the Turkey Raffle run. Trinity group did not use the Just Run program that much because they didn't access it right away. We also want to focus more on the Just Deeds program; if programs give raffle tickets for shoes they can earn tickets by achieving goals and they can accumulate as many as they want then at the end have a chance of getting shoes with their tickets. Another aspect is to provide a volunteer in the program to help administer with the kids. Budget items need to be presented by November. Any suggestions on who Ken or Ray can contact about getting schools involved in the program, please let them know. Ken is also contacting Berne Knox Westerlo school. See the attached report.

3.12 Election Committee (M. Adams) We have received two votes and the slate has been voted in as proposed.

4. Unfinished Business:

• CDPHP Workforce Team Challenge (P. Newkirk) – Motion made last month was made and Marcia Adams made a motion to open up seconded by Ken Skinner-Mark asked about the status of the Albany Boys and Girls club as we know it is in rough shape. Pete talked to one of the board members and the \$30000 from the Charley Muller is restricted on use to do building improvements; may have to sell the building and move somewhere else. Trying to keep open until September; may be putting money down a black hole and we need to decide to proceed. If we donate money to them and make

it public that may push other people to donate and help the cause. Mark asked if we know how they would use the money or will it go to a general fund; our fund is unrestricted and can be used as they see fit. Discussion followed on whether we should donate the money to the Boys and Girls Club; initial discussion also noted that financial needs weren't to be considered to receive the donation. Doug called to vote; seconded by Ken Skinner; motion passed. Mark suggested that we need to get some good PR out of this donation. Pete will do this through CDPHP. All organizations will benefit from the PR of this, too.

5. New Business: Ken Skinner Hall of Fame meeting the third week in August.

6. Announcements:

• September Refreshments – Tom & Marcia Adams

7. Adjourn: motion made to adjourn made by Marcia Adams seconded by Pete Newkirk. Meeting adjourned at 8:40PM. □

NOTICE



All HMRRRC members are invited to attend monthly club meetings, held the second Wednesday of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.

Grand Prix Update

Race #8 Tawasentha 5K XC, August 9, 2010

Men

Male Open

- 12 Tom O'Grady
- 10 Josh Merlis
- 8 Chris Senez
- 7 Jim Sweeney
- 6 Richard Messineo
- 5 Jonathon DiCesare
- 4 Seaton Drebitko

Male 30-39

- 12 Joe Hayter
- 10 Eamon Dempsey
- 8 Chad Davey
- 7 David Tromp
- 6 Bob Irwin
- 5 Neil Sergott
- 4 David Newman

Male 40-49

- 12 Tim Hoff
- 10 Jon Rocco
- 8 Christain Lietzau
- 7 Geoff Flynn
- 6 John Kinnicutt
- 5 Kevin Creagan
- 4 Bill Sherman

Male 60-69

- 12 John Stockwell
- 10 Seamus Hodgkinson
- 8 Joe Yavonditte
- 7 Greg Rickes
- 6 Frank Klose
- 5 Ray Lee

Male 70+

- 12 Wade Stockman

Women

Female Open

- 12 Ada Lauterbach
- 10 Meghan Davey
- 8 Heidi Nark
- 7 Sarah Jones
- 6 Erin Rightmyer
- 5 Rita Ramos
- 4 Amanda Terzian

Female 30-39

- 12 Erin McMahon
- 10 Stephanie Wille
- 8 Sally Drake
- 7 Kim Didrich
- 6 Kari Deer
- 5 Susan Bright
- 4 Diana Steenburg

Female 40-49

- 12 Chris Varley
- 10 Heather Machabee
- 8 Diane Hanson
- 7 Tamie Jones
- 6 Sharon Fellner
- 5 Mary Signorelli
- 4 Joanne Nolette

Female 50-59

- 12 Nancy Briskie
- 10 Martha DeGrazia
- 8 Debra-Jane Batcher
- 7 Susan Burns
- 6 Joan Celantano
- 5 Barbara Sorrell
- 4 Deb McCarthy

Female 60-69

- 12 Susan Wong
- 10 Ginny Mosher

Female 70-79

- 12 Anny Stockman

Age Graded

Runner	Age	Gr
12 Joe Hayter	30	M
10 Tom O'Grady	25	M
8 Rick Munson	53	M
7 Eamon Dempsey	30	M
6 Jonathon DiCesare	13	M
5 Tim Hoff	44	M
4 Christian Lietzau	47	M

Totals after 8 Races

Men

Male Open

- 60 Chuck Terry
- 58 Tom O'Grady
- 49 Andy Allstadt
- 29 Justin Bishop
- 21 Richard Messineo
- 19 Jim Sweeney
- 15 Brad Lewis
- 15 Josh Merlis
- 15 Chris Senez
- 13 Andrew McCarthy
- 13 Dave Vona
- 9 Kahill Scott
- 8 Michael Donovan
- 8 Daniel Jordy
- 8 Louis Serafini
- 7 Kevin Treadwell
- 5 Jonathon DiCesare
- 5 Zach Russo
- 5 Mike Ryan
- 4 Seaton Drebitko
- 4 Brien Maney
- 4 Tim Ryan

Male 30-39

- 58 Eamon Dempsey
- 48 Aaron Knobloch
- 37 David Tromp
- 23 Matthew Nark
- 19 Jonathon Bright
- 19 Chad Davey
- 19 Brian Northan
- 17 Chris Mulford
- 16 Michael Roda
- 13 Neil Sergott
- 12 Joe Hayter
- 11 Parker Morse
- 10 Anthony Giuliano
- 8 Jonathon Catlett
- 8 Bob Irwin
- 7 Jeff Loukmas
- 7 Matthew Purdy
- 7 Andrew Rickert
- 6 Matthew Fryer
- 6 Patrick Lynskey
- 6 Patrick Sorsby
- 5 Jeff Andrews
- 5 Dallas DeVries
- 4 Mike Kelly
- 4 Andrew Loux
- 4 David Newman

Male 40-49

- 58 Ahmed Elasser
- 54 Jon Rocco
- 46 Tim Hoff
- 23 Tom Kracker
- 20 Craig DuBois
- 16 Dan Cantwell
- 16 Christain Lietzau
- 15 Steve Becker
- 14 Norris Pearson
- 12 Rob Paley
- 12 Joseph Sullivan
- 11 Ken Evans
- 11 Todd Mesick
- 10 Bob Wither
- 7 Richard Cummings
- 7 Brian DeBraccio
- 7 Geoff Flynn
- 6 Frank Boscoe
- 6 Kevin Creagan
- 6 John Kinnicutt
- 5 Jim Foley
- 5 Ed Hampston
- 5 Russ Hoyer
- 4 Mike Becker
- 4 Bill Sherman

Male 50-59

- 64 Rick Munson
- 34 Derrick Staley
- 24 Richard Clark
- 22 Tom Dalton
- 21 L.D. Davidson
- 21 John Parisella
- 18 Paul Forbes
- 16 Dale Keenan
- 16 Chris Murphy

- 15 Alar Elken
- 14 Mark Warner
- 13 Patrick Culligan
- 13 Steve Vnuk
- 12 Kevin Dollard
- 8 Pete Cure
- 8 Jim Maney
- 7 Rob Colborn
- 7 Ken Klapp
- 7 Tom Messer
- 6 Steve Dickenson
- 6 Bill Herkenham
- 5 John Haley
- 5 Martin Patrick
- 4 Dale Broomhead
- 4 Fred Kitzrow
- 4 Tom Tift

Male 60-69

- 61 Ernie Paquin
- 45 John Stockwell
- 30 Jim Bowles
- 26 Tom Yannone
- 25 Juergen Reher
- 23 Bob Ellison
- 23 George Jackson
- 16 Joe Yavonditte
- 12 Tom Adams
- 12 Bob Giambalvo
- 12 Pat Glover
- 11 Jim Fiore
- 10 Seamus Hodgkinson
- 10 Ken Klapp
- 9 Frank Klose
- 7 Ed Bown
- 7 Frank Myers
- 7 Greg Rickes
- 7 John Silk
- 6 Ray Lee
- 5 Ed Litts
- 4 Jack Berkery
- 4 Leo DiPierro

Male 70+

- 60 Wade Stockman
- 40 Jim Moore
- 34 Bob Husted
- 13 Don Wilken
- 12 John Pelton
- 12 Chris Rush
- 10 Ken Skinner
- 7 Ed Doucette
- 7 Joseph Richardson
- 6 George Freeman
- 5 Denis Burns
- 5 Joe Kelly
- 4 Joe Corrigan
- 4 Richard Eckhardt

Women

Female Open

- 49 Meghan Davey
- 43 Karen Bertasso
- 36 Ada Lauterbach

34 Roxanne Wegman
 33 Heidi Nark
 27 Diana Tobon-Knobloch
 22 Erin Rightmyer
 18 Katie Jones
 14 Carolyn Herkenham
 12 Brina Seguin
 8 Amy Becker
 8 Erin McDonald
 7 Kristina Gracey
 7 Kathleen Hermann
 7 Sarah Jones
 7 Sara O'Grady
 7 Katie Vitello
 6 Alicia Bousa
 6 Shannon Finnegan
 6 Melissa Patrick
 5 Rita Ramos
 5 Jennifer Senez
 4 Ashley Brown
 4 Christina Jordy
 4 Jessica Sherry
 4 Amanda Terzian

Female 30-39

48 Sally Drake
 38 Gretchen Oliver
 35 Kimberly Miseno-Bowles
 28 Stephanie Wille
 24 Eileen Combs
 22 Karen Dolge
 19 Susan Bright
 18 Shelly Binsfeld
 17 Christina Ardito
 12 Julie Gold
 12 Erin McMahon
 11 Stacey Kelly
 10 Allison Bradley
 10 Deanne Webster
 7 Tammy Carroll
 7 Kim Didrich
 6 Kari Deer
 5 Samara Anderson
 5 Jen Hebner
 4 Shanley Alber
 4 Regina McGarvey
 4 Diana Steenburg
 4 Terra Stone

Female 40-49

44 Emily Bryans
 43 Chris Varley
 20 Anne Benson
 20 Cheryl DeBraccio
 15 Mary Buck
 15 Judy Guzzo
 13 Mary Fenton
 13 Megan Leitzinger
 12 Michelle Costa
 12 Lauren Herbs
 12 Kathy VanValen
 11 Nancy Nicholson
 10 Melissa Frenyea
 10 Heather Machabee
 10 Connie Smith
 9 Patty Greene
 8 Kay Byrne
 8 Diane Hanson
 8 Barb Light
 7 Tamie Jones
 7 Lori Vink

6 Pamela DelSignore
 6 Sharon Fellner
 6 Kari Gathen
 6 Rachel Schabot
 5 Miriam Hardin
 5 Denise Iannizzitto
 5 Mary Signorelli
 4 Marcia Harrison
 4 Mary McNair
 4 Joanne Nolette
 4 Pam Zentko

Female 50-59

60 Nancy Briskie
 55 Martha DeGrazia
 38 Cathy Sliwinski
 34 Susan Burns
 22 Joan Celantano
 21 Peggy McKeown
 20 Judy Phelps
 15 Katherine Ambrosio
 15 Jane Mastaitis
 13 Debra-Jane Batcher
 12 Beth Stalker
 10 Donna Charlebois
 10 Erika Oesterle
 9 Cynthia Southard
 8 Nancy Taormina
 7 Elizabeth Herkenham
 7 Jenny Lee
 6 Barbara Sorrell
 5 Karen Gerstenberger
 5 Joyce Reynolds
 4 Karen Dott
 4 Deb McCarthy
 4 Pia Sanda

Female 60-69

72 Susan Wong
 22 Mary Collins-Finn
 18 Ginny Mosher
 18 Ginny Pezzulo
 10 Coral Crossman
 10 Cecily Dexter
 7 Noreen Buff
 6 Liz Milo
 5 Susan Caccuitto
 4 Harriet Kang

Female 70-79

60 Anny Stockman
 18 Joan Corrigan
 10 Eiko Bogue

Age Graded

	Runner	Age	G
39	Susan Wong	62	F
37	Nancy Briskie	52/53	F
35	Chuck Terry	27/28M	
32	Tom O'Grady	24/25M	
26	Ahmed Elasser	47	M
26	Derrick Staley	51	M
24	Emily Bryans	42	F
23	Andy Allstadt	27	M
20	Martha DeGrazia	58/59	F
21	Rick Munson	52/53M	
18	Dale Keenan	59	M
17	Judy Phelps	59	F

12	Joe Hayter	30	M	6	Jonathon DiCesare	13	M
11	Eamon Dempsey	30	M	6	David Vona	27	M
10	Bob Giambalvo	60	M	5	Eileen Combs	32	F
9	Christian Lietzau	47	M	5	Tom Dalton	51	M
8	Justin Bishop	29	M	5	Josh Merlis	28	M
8	Tom Dalton	51	M	5	Beth Stalker	50	F
8	Tim Hoff	44	M	4	Kevin Dollard	54	M
7	L.D. Davidson	53	M	4	Daniel Jordy	26	M
7	Anny Stockman	78	F	4	Jon Rocco	43	M

New HMRRC Members

Richard Ahl	Arina Lasserre
Victor M. Alicea	Ken Lein
Chris Berninger	Mark Lewis
Amie Bortnick	Christopher Liberati-Conant
Valerie Bousa	Benjamin Looby
Amy Brossard	Alison Lynch
Jamie Brough	Maggie McNally
Sharon Buck	Joan Meyer
Valerie Burgos	Paul Munn
Marcia Casimo	Matthew J. Murnane
Robert M. Cawley	Chris Orapello
Vitus Chow	Patricia Paone
Sharon Close	Patricia E. Piniasek
Ian Coan	Kenneth Polinskier
Lenny Collins	Joanne Popovics
Garrett Cowser	Debra Rappazzo
Chalice Crawford	Lisa Reddy
Dominick DeLorio, Jr.	Ryan Risdon
Jessica Dombrosky	William Romito
Robert Domenici	Kerry Ryan
Patrick Doody	Michael Snide
Janet Dragone	Nicholas Solomos
Denise Esslie	Bernice St. Aimee-Ives
William Gard	Mark W. Sullivan
Marjorie Gill	Mark Swyer
Joe Girard	John Todorovic
Gary Grace	Jim White
Sharee L. Gritsavage	Jessica Whiting
Dave Gustafson	Richard Zahnleuter
Melissa Hasan	
Michelle Hayes	
Eileen Heim	
Patty Hladik	
Christopher Hogan	
Shengxin Jin	
George Kansas	
Beth Karhan	
T.J. Karl	
David Kimble	
William Koons	
Matthew Landy	
Alex Lasserre	



Event Schedule

Date	Time	Event	Location	Contact	Email
10/9	10:00 AM	UAlbany Homecoming Fall festival 5K	Ualbany Science Library	Bruce Gaynor	jaad1967@yahoo.com
10/9	10:00 AM	4th Annual Falling Leaves 5k	William S Keiley Park	Heather Leggieri	dhlegg@msn.com
10/9	9:00 AM	Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School Burnt Hills	Paul Lewandowski	ssalmonlew@aol.com
4/15	9:30 AM	3rd Annual Go	Camp Russell	Ann Wildgoose	annwildgoose@hotmail.com
10/10	8:00 AM	Dannemora Jailbreak Marathon and Half Marathon	Dannemora	Jay 518-562-2297 or John 518-562-9331	jschau12180@yahoo.com
10/10	8:30 AM	28th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski	cslwin@nycap.rr.com
10/10	8:30 AM	9th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Rob Sliwinski	cslwin@nycap.rr.com
10/10	10:00 AM	Harvest Half Marathon and 5K	Red Hook Rec Park	Lisa Glick	Runsing9@yahoo.com
10/10	9:30 AM	Bread for Schools Run-1 mile fun run	Fabius	Larry Carr	lcarr216@gmail.com
10/10	10:00 AM	Apple Harvest Festival 5K	Cairo	Rebecca Maroney	becscinco@yahoo.com
10/17	10:00 AM	Saratoga National Bank Cross Country Classic	Saratoga Spa State Park	Jeffrey Allen	jallen3@nycap.rr.com
10/17	9:00 AM	5K Challenge to Benefit the Lance Armstrong Foundation	Saratoga State Park	Jessica Mitchell powerhouseathleticsny.com	jessica@powerhouseathleticsny.com
10/23	4:00 PM	Dutchmen Harvest Festival & Fall Fun Run	Tawasentha Park	David Kosier	kosierd@guilderlandschools.org
10/23	10:00AM	2nd Annual Race Away Stigma 5K Race & Fun Walk	Hudson Valley Community College	Larry Ellis	l.ellis@hvcc.edu
10/23	9:30 AM	Anne's Quest 5K	Shaker High School	Erin Sullivan	administration@annesquest.org
10/23	9:30 AM	Saratoga Bridges Great Pumpkin Challenge 5K & 10K	Saratoga Spa Park	Heather Varney	hvarney@saratogabridges.org
10/23	10:15 a.m	D.P.S. 5k Run for Kids and the Pumpkin of Secrets	Columbia High School	Jamie Holtz	Holtzia@egcsd.org
10/24	9:30 a.m.	Taconic Hills Trail Races 5K	Greenwich	Jen Kuzmich	jenkuz@yahoo.com
10/30	10:30 a.m	11th Annual Great Sacandaga 10K Road Race	Sport Island Pub 108 Riverside Blvd Northville	Dave Gifford	dygiff@frontiernet.net
10/30	9:30 AM	Monster Madness Dash 5k Run / Walk	Troy Family YMCA	Chris Bins	cbins@cdymca.org
10/31	9:30 AM	Hairy Gorilla Half Marathon and Squirrely Six Mile	Thacher State Park	ARE Event Productions	info@areep.com
11/7	9:00 AM	5k run	Greenbush Area YMCA	Kendra Evans	kevans@cdymca.org
11/7	9:00 AM	35th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/7	1:00 PM	6th Mike Purcell 5K run	Washingtonville High School	Ruth Purcell	purcell4@hvc.rr.com
11/14	11:00 AM	After the Leaves/ Josh Feldt Mem 20k	Lake Minnewaska State Park Gardiner	Steve Schallenkamp	ssrun54@aol.com
11/21	10:00 AM	HMRRC Turkey Raffle Run 1 Hour	The Crossings -- Colonie	Al Maikels	atmcpa1040@yahoo.com
11/25	9:00am	OUR TOWNE Bethlehem 5K Turkey Trot	Bethlehem Town Hall	John Guastella	jguastella1@nycap.rr.com
11/27	10:00 AM	3rd Annual Run Off That Turkey - Trot 5K	St. Lucy's Parish Hall	Phil Carducci	holidayclassic@nycap.rr.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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

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!