

# ***The Pace Setter***

**May 2009**

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



**HMRRC Winter Marathon  
February 22, 2009**





HMRRC and Community Resource Federal Credit Union presents  
**Community Resource Father's Day 5k Run**  
Sunday June 21, 2009 | 9:30 AM Race Time | The Crossings of Colonie

**Registration, Packet Pick-up:** 7:30 Am – 9:15AM at the Crossing of Colonie, 580 Albany Shaker Rd.  
Parking on Metro Dr. off Wolf Rd. and in the park.

**Entry Fees:**

- Pre-registered HMRRC and CRFCU members, \$10.00
- All other pre-registered, \$12.00
- Day of race registration, \$15.00
- Pre-race registration deadline: June 17<sup>th</sup>.

**Course:**

Flat fast USATF Certified course through a beautiful park.  
Chip timing by Albany Running Exchange Event Production

**Race Shirts:**

Guaranteed to the first 300 pre-registered 5k runners

**Awards:**

- Top 5 Father Son and Father Daughter Teams
- Overall Male & Female and Overall Male & Female Credit Union Members
- Top 3 Males and Females in 5-year age groups

**Father/Child Teams:**

Lowest combined age graded times for Father-Son and Father-Daughter teams.

**Kid's Races:**

- Begin at 8:45 near the playground with prizes to all participants
- Peewee (50m) run recommend for children up to age 5
- Half Mile run recommend for children up to age 10
- 1 Mile race (\$1 entry fee) with awards to top male and female finishers in age groups: under 10, 10-12, and 13-15.
- Children's Races Day of Entry Only

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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

Shirt Size: S M L XL Age on Race Day: \_\_\_\_\_ Birthday: \_\_\_\_\_ Sex: M F

☐ CRFCU member ☐ HMRRC member

☐ Yes, I would like to make a contribution to this year's charity of choice, Capital District Community Gardens! \$ \_\_\_\_\_  
(visit [www.cdgc.org](http://www.cdgc.org) for more information)

☐ Father Child Team Team Members: \_\_\_\_\_

(Enter the name of the father and each child. Applications are needed for each participant and team applications must be submitted together)

I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, the town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. In addition I agree to pay \$15 for an unreturned timing chip.

Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

Make checks payable to: **HMRRC** Mail to: **Father's Day 5k, PO Box 12304, Albany, NY 12212**  
Online registration available at [www.hmrrc.com](http://www.hmrrc.com), [www.communityresource.coop](http://www.communityresource.coop) and [www.cdgc.org](http://www.cdgc.org)  
Prize raffle to benefit Capital District Community Gardens





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*Photos in this issue by Ray Lee, Paul Turner, Nancy Briskie*



## HMRRRC Mission Statement

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



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**www.hmrrc.com**



*by Mike Kelly*

I don't have any prophetic wisdom regarding running, training tips, good foods to eat for runners or frankly any other subject to share with you this month. Truth be told, with the exception of food related items, I'm completely unqualified to share any of my thoughts with you on those things. So I'm going to take this opportunity to give you a preview of a few of our club's more prominent and longest running races coming up in May.

The HMRRRC has a full calendar of racing this month beginning with the 29th Annual Mother's Day Race on Sunday, May 10. This club tradition is directed by recent Hall of Fame inductee Jim Tierney and a club past president, Nancy Briskie. The 3.5 mile race takes place in Delmar and starts from Hamagrael Elementary school. This is a special race where attention is appropriately placed on honoring the mothers in our lives. Only women and children are able to run this race and there are even special prizes for mother/daughter or mother/son teams. Day of race registration is available. So if you're not already signed up, head over to Delmar for a great way to start your Mother's Day.

The 33rd GHI Workforce Team Challenge will take place on Thursday, May 21st in front of the NYS Museum. This HMRRRC race is run by a large and dedicated group of volunteers

led by Peter Newkirk. After months of weekly meetings and endless planning and preparation, Pete's group puts on a terrific race which has become one of upstate New York's most popular races. The 3.5 mile race has become a Capital District classic which presents local businesses and state government agencies the opportunity to field teams of all sizes to compete. While the race always draws a notable list of the area's top runners and awards top finishers, the GHI WTC emphasizes and recognizes team efforts in three categories. In addition, there are awards for top male and female CEO and Governmental Agency, largest number of participant awards and even a T-shirt contest with several categories. You can't participate as an individual, so grab, coerce, trick or do whatever it takes to get three of your co-workers to join you for this great community event. There will be plenty of good food, music and camaraderie to go around! Registration is only available until May 15th, so hurry and go to [www.ghiwtc.com](http://www.ghiwtc.com) for more information.

The day after this year's Freihofer's Run for Women, the HMRRRC will be holding its 38th Annual Distinguished Service Race on Sunday, May 31, at 10:00 a.m. Mark and Angela Warner direct this 8 mile classic which takes place at SUNY Albany. This race is an opportunity to celebrate, congratulate, thank and recognize the 2009 HMRRRC Distinguished Service Award winner. Since 1972, the HMRRRC Distinguished Service Award has been presented to extraordinary club members who have given their time and dedication to the club, typically over a multi-year period. This year's winner will be selected at our April club meeting. So, although I can't tell you who it is yet, I do know that each of the candidates being considered would be a worthy recipient.

I hope that one, two or all of these races present you with an opportunity to take in some late spring racing whether it is in honor of your wife or mother, with a team of co-workers or in honor of a fellow HMRRRC member for his or her service to the club. □







# What's Happening in May

by Al Maikels

The HMRRRC has two races on its schedule for May that are 3.5 miles long. That is where the similarities end, as the races are otherwise quite different. The 29th Annual Mother's Day race leads off on Sunday, May 10 at 10 a.m. at the Hamagrael School in Delmar. This is a low key race that has between 100 to 150 participants. This race is for women and girls only and is used by many women as their "tune up" for the Freihofer's Run.

The other 3.5 mile club race in May is the largest and most name-changed race in the Capital District. The GHI Workforce Team Challenge will be held on Thursday, May 21 at 6:25 p.m. at the Empire State Plaza. This is also the 29th running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge. The Workforce Team Challenge is a 3 and one-half mile race and is run as a team competition open to employees of local businesses and government agencies. If your place of employment has a team, sign up. If there isn't a team, organize one. If all else fails, get a group of people together, or just your own self, and volunteer for the race. The GHI race is the major fundraiser for the HMRRRC, and with over 7000 runners expected, the event can always use the help.

A new addition to the May schedule for 2009 is the 38th Distinguished Service Run. This race moves from its customary June date onto the last day of May. The 8-mile run to honor a club volunteer is set for 9 a.m. on May 31 at UAlbany. At the time this article was being put together, the honoree for the race had not been chosen. If you want to find out who it is, join us on the 31st.

There are plenty of great races on the May calendar including the grand mommy of local 5K races. The 31st Freihofer's Run for Women

will be held on Saturday, May 30 at the Empire State Plaza in Albany. Local female runners can toe the line with world class athletes in this great race. Local male runners can and do volunteer to help make the race the great event that we all know and love.

29 years seems to be another common theme for May as the Bob Smith Challenge 5 Mile Run celebrates its 29th running on Sunday, May 17 at the Green Meadow Elementary School in East Greenbush.

The Capital District YMCA is having a series of 5K race/walk runs and Albany will be the site of the May event. The race will be held in Albany's Washington Park on Saturday, May 2 at 9 a.m. Another May 5k is the DA's Race for COPS, set for Saturday, May 9th at 9 a.m. at Albany's Hudson River Amphitheatre.

The best race value in the area is the Voorheesville Memorial Day races. There is a 2-mile race on the roads and a 15k that goes off the roads for 2 miles of fun in the Indian Ladder apple orchard. The races begin at 12 noon on Saturday, May 23. The post race festivities include two of the major components of the food pyramid, beer and hot dogs.

The Woodstock 5k and 15k races, held on Memorial Day, Monday, May 25 are also a personal favorite. These are also low-key races, well-organized, with friendly people and, note the common theme, a beer truck at the refreshment area. There is always a contingent of HMRRRC members at this race, and all seem to have a great time.

Race applications for all of these events should be found in the April or May *Pace Setter*.

The club business meeting for May will be Wednesday, May 6 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave Extension. □








# Home Run 5k



**4 FREE TICKETS**  
to each runner for any  
ValleyCats' Regular Season  
August Home Game!



**Saturday, June 6, 2009 | 9:00 AM Race Time | Joe Bruno Stadium**

<b>Registration, Packet Pick-up:</b>	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
<b>Entry Fees:</b>	Pre-registered HMRRRC members <b>\$10.00</b>	All other pre-registered <b>\$12.00</b>	Day of race registration <b>\$15.00</b>	Pre-race registration deadline <b>June 3, 2009</b>
<b>Course:</b>	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
<b>Running Shirts:</b>	First 200 pre-registered runners			
<b>Refreshments:</b>	Hot dogs, popcorn, peanuts, bagels, juice, fruit, water, cookies, coffee			
<b>Awards:</b>	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at <b>10:45 AM</b>	<i>No Duplicates</i>	
<b>Kids:</b>	A ½ mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at <a href="http://www.tcvalleycats.com">www.tcvalleycats.com</a> .			

-----  
Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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

Running Shirt Size: S M L XL

Age on Race Day: \_\_\_\_\_ Birthday: \_\_\_\_\_ Sex: M F

HMRRRC member: Yes No

**Please read and sign:** In consideration of HMRRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the race organizers and sponsors, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 6, 2009. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

**Make checks payable to:** HMRRRC **Mail to:** Valley Cats Home Run 5k, PO Box 12304, Albany, NY 12212

Applications available online at [www.hmrrc.com](http://www.hmrrc.com).



# Celebrate Life ... With a Half Marathon

by Jon Rocco

Sullivan County has been a popular tourist destination over the decades, with mountain climbing and the Monticello Raceway (and Racino) among its major outdoor activity draws. Its two most notable legacies to American pop culture are the resort complexes of the Borscht Belt (with their great golf courses, social events, and entertainers) and the 1969 Woodstock Festival. Some of the country's comedic greats tested their material regularly and performed at the many hotels in the resort area. For three days in August of 1969, some 500,000 people gathered in the county's town of Bethel at Yasgur's farm to hear one of the most memorable rock concerts ever held.

Flash decades ahead and Sullivan County has also become known for two quality races to be found on the March running calendars of some of our club members – Celebrate Life Half Marathon in Rock Hill and the Wurtsboro 30K. Both races prove mountain climbing is still a major draw in the area. The two events, which would be excellent Boston Marathon tune-ups, are about three weeks apart. This year, the Celebrate Life Half Marathon was scheduled one day after Runnin' of the Green and dead on the day we set our clocks ahead and lost an hour of sleep. Even so, the early two-hour commute to the county which is nestled firmly within the Catskill Mountains was certainly well worth it.

This year, 2009, marked the 6th running of the Celebrate Life Half Marathon. The race annually raises funds through CROC (Citizens Reunited to Overcome Cancer) to assist cancer patients in their financial needs. Their needs could involve anything from financial help for transportation or meeting a medical deductible to paying pharmacy bills or buying prosthetics. The money might even help pay a patient's rent or electric bill if he or she is struggling. The inaugural race in 2004 raised \$5,600 and attracted just over 200 people. Last year, with 267 finishers, approximately \$15,000 was raised. 100% of the proceeds are directed to patients in treatment in Sullivan and Orange Counties with no overhead or administrative expenses. Its dual mission is to support mechanism aimed at the treatment and eradication of cancer and to improve the quality of life for cancer survivors.

The 13.1 mile scenic course is a loop course comprised of moderate, but seemingly never ending rolling hills around Wolf Lake, Emerald Green, and Lake Louise Marie. The elevation levels go from 1400 feet to 1631 feet. The course begins with its most significant rise just a ½ mile into the race which continues to



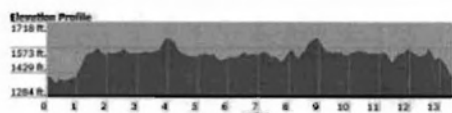
almost the 2 mile mark. However, as is said, what goes up must eventually come down. The course ends with a forgiving downhill finish. The attached elevation profile shows the multitude of its peaks and valleys, with its greatest climbs leading up to miles 4, 9, and 12. While the hills were quite challenging and frequent to say the least, one can only think the pain and fatigue we felt running this course paled in comparison to those we were running to help benefit.

This year's race had a record 506 runners and 27 walkers covering the course on a superb day under sunny skies with the temperature in the low 50's. More importantly, once again an impressive figure was raised for the worthy cause. Co-Race Director Myriam Loor noted that despite the economic downturns, preliminary figures showed more than \$15,000 was raised. She credits the record participants along with the 50-plus volunteers and countless local sponsors and donors who came together to help support those who suffer from our nation's #2 cause of death.

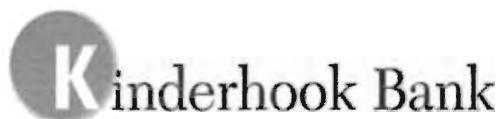
The race was recently featured in the March '09 edition of *Runners World* for having the "Best Schwag." With the \$28-\$32 entry fee, all pre-registered runners received a pull-over wind jacket with embroidered race logo

and date along with a goody bag. There were numerous raffles wherein the winning name was posted next to each mile marker. These included restaurant and sporting goods certificates along with hotel stays. Baby sitting services were offered, as well as an earlier start for those expecting to finish in 2:30+ hours and an even earlier start for walkers. Water and Gatorade, as well as gels were plentiful on the course which had splits at each mile. The post-race party was held in a spacious banquet room of the sponsoring hotel – Lodge at Rock Hill – which offered room discounts. The post-race party boasted food from Outback Steakhouse, featuring grilled chicken or steak, sausage patties, penne pasta, pizza, rice, rolls, and the all important carbohydrate to wash it all down – cold beer. The top 3 overall and top 3 age group winners received a fine bottle of Cabernet Sauvignon from Argentina along with other merchandise and apparel. There were also awards for cancer survivors.

Next year's 7th annual race will be held on the 2nd Sunday in March on the 14th. It will again coincide with the start of Daylight Savings Time. I know others and myself will be going back in 2010 and hope you will consider checking it out as well. ([www.celebratelifehalfmarathon.com](http://www.celebratelifehalfmarathon.com)) □







# 11th Annual Kinderhook Bank OK 5k Saturday — June 6, 2009 — 9:00 AM

<b>USATF Certified 5K Flat –Fast</b>	<b>Kinderhook Village Square (Route 9). Race passes through the historic district and rural areas with orchards. Finishes in Village. Walkers welcome.</b>
<b>Online Registration</b>	<b>Web</b> <a href="http://www.kinderhookrunners.org">http://www.kinderhookrunners.org</a> <b>E-mail:</b> <a href="mailto:ok5krace@hotmail.com">ok5krace@hotmail.com</a>
<b>Entry Fee (5K Race)</b>	\$15.00 on or before May 29, 2009 \$12.00 Students on or before May 29, 2009 \$20.00 for All after May 29, 2009 and day of race
<b>Packet Pickup</b>	Friday, June 5, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 6 – Village Square -7:00 – 8:30. <b>No Race Day registration after 8:30 AM</b>
<b>Awards</b>	<b>Age Groups and 3 Member Teams - No Race Day Registrations for Teams.</b> See Website for Award Details and past Record Information.
<b>OK 1 Mile Run</b>	<b>Sponsored by: FairPoint Communications</b>
<b>Ages: 6 -13 8:30 AM</b>	Finishing Medals for All. Prizes to first-place boy and first-place girl runners in each age. Starts in Village Square. Fee: <b>\$2.00.</b>
	<b>Reading Ramble</b>
<b>Ages: Under 6 8:45 AM</b>	Free 50 and 100 Yard Dash for Kids. Meet in front of Kinderhook Memorial Library for same day sign up.
<b>Proceeds</b>	Race Proceeds donated directly to local community and youth-oriented organizations.
<b>Food Donations</b>	Please bring a non-perishable food item and drop it in our Collection Bin before or after the race. All items will replenish the local Food Pantry serving Northern Columbia County.

## RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each team member separately - fill out )

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

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

### FOR TEAM MEMBERS ONLY:

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

### 5K REGISTRANTS, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

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

Street \_\_\_\_\_

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

Phone \_\_\_\_\_ Male ☐ Female ☐ Age on Race Day \_\_\_\_\_

E-mail \_\_\_\_\_

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

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

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



# Gate River Getaway

by Greg Rickes

As soon as I saw the first snowflakes falling, mid-March in Florida seemed like a good idea. Jacksonville would be the destination. Besides sun, sand, and surf, the added attraction would be the Gate River Run, billed as the largest 15k race in the United States. (Gate, by the way, is the name of the race sponsor, not the body of water.)

It pays to read the fine print. While perusing the entry form, I came across a paragraph that described "preferred starting"; the first 2000 runners who submitted times within a qualifying range for each age group would be starting in the first wave. For my category (male 55-59), the 5k time was 24 minutes, which I'd done on several occasions. So besides saving some money by getting my entry in early, I also had a chance to be within sight of the starting line. My confirmation as entry number 368 was cause for celebration. A nice added touch for all pre-entered runners was having your name appear above the number on the bib.

I arrived in Florida a couple of days before the race to be greeted by sunny skies and temperatures in the 70s, but my foul weather mojo seems to be flourishing. In January, I'd gone to Texas to run a half-marathon relay; arrival was in pleasant temperatures, but the day before the race, it was down to 46, and on race morning, it was more like Albany than Austin at 35 degrees. In Jacksonville, the winds shifted around to come directly from the east, right off the ocean. There was no need for sunglasses as the fog settled in with a ceiling of less than a hundred feet. The tops of bridges, buildings, and signposts simply vanished; the air was damp and upper 50s. Sunscreen was no longer a concern.

It was more than a little intimidating to move into the starting area and realize there would be over ten thousand runners lining up behind me, many of whom would be faster right out of the gate. Above all, I didn't want this to turn into a scene like the running of the bulls in Pamplona. All thoughts of carefully pacing myself went by the wayside and for the first quarter mile, I did my best just to keep up with the surge of humanity.

In a city far from home, with so many runners moving at different rates it was hard to pace off of anyone else, and I tried to get comfortable in my own little world. So I was startled to spy what looked like a familiar silhouette up ahead. Soon I was exchanging pleasantries with Mary Signorelli. I don't know who was more surprised.

After a few more strides came the first crossing of the St. John's River, via the Main Street Bridge. Ginny Mosher had emailed an alert about this obstacle; the steel grate surface could not only be slippery, the footing always felt awkward. The advice was passed along the line "don't look down". This was an encounter of short duration, and it led into a series of neighborhoods that offered frequent wa-



ter stops as well as musical accompaniment. There were enthusiastic crowds and thoughtful local touches like sprinkler hoses offering a cool-down, a group of young girls handing out freeze pops, and a Catholic church that had their clergy out in force with the message "Bless The Feet". What would have been a scenic section along the river's edge wore a foggy shroud.

Things went well for me through mile 7, but about the time we exited the neighborhoods and headed back on the main line I could feel the struggle within. I couldn't get a good focus on my stride, or my breathing, and the daunting visage of the "The Green Monster", the Hart Bridge, started to take form.

While the net elevation change of the race was zero, the Hart is 186 feet up to its crest, then back down to the stretch run to the finish. I'd been confident that my hill training from back home would serve me well, but in the moment of truth reaching the crest with diminishing stride was all I could muster in the face of Hart-break.

I crossed the finish line in 1601th place, 40th in my age group. On chip time, I was all done in 1:15:51. The splits showed that I'd done the first 5k at 7:53 pace, through 10k, I was 8 minutes even, and then the last third was at 8:14/mile, and it felt every bit of that.

Those are just numbers, though. While I wouldn't be wearing a sun-bronzed glow for the trip home, my Gate River Run was a great experience just to be there in the moment. It also fortified me for the day's second challenge, the massive St. Patrick's Day celebration in Savannah. □

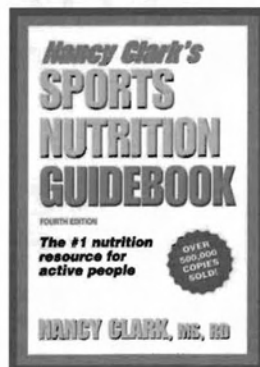


## WANT ENERGY?

*Don't just  
eat ... eat  
better!*

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**SATURDAY  
JUNE 6  
2009**

Community is Key



**CAPITAL DISTRICT**

Gay & Lesbian Community Council, Inc.

KeyBank  
Run for Pride  
5K Run  
and  
Rainbow  
FunRun

Join us for the first-ever "Run for Pride" 5K and Rainbow Fun Run during Capital Pride 2009!

Show your Pride while supporting the Capital District Gay & Lesbian Community Council!

Sponsored by KeyBank and the City of Albany, as part of Capital Pride 2009

Capital Pride 2009 is produced by the Capital District Gay & Lesbian Community Council

### **Race Information:**

**Saturday June 6, 2009**

**8am** Registration, **9am** 5K Race (3.1 miles), **10:00am** Rainbow Fun Run 1K (.6 miles)

Start and Finish site: Washington Park Lakehouse, Albany

Course Description: Within Washington Park

Awards: Top 3 Male and Female Overall, Top 3 in each age group, not including winners:

0-20, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

The "Best Use of Rainbow" Award for Fun Run participants, along with other prizes

Awards Ceremony: following the Rainbow Fun Run at the Lakehouse

### **Registration Information: PLEASE COMPLETE ONE REGISTRATION PER PERSON**

Registration is available at Active.com (Fees Apply) or complete the information below and mail to

CDGLCC at the address at the bottom of the form. **REGISTRATION DUE MONDAY MAY 26, 2009 AT 5PM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Sex: \_\_\_\_\_

T-shirt Size: All pre-registered participants will receive a t-shirt:      S    M    L    XL    XXL

Registration Fee: (non-refundable) DUE TUESDAY MAY 26 AT 5PM

\_\_\_ \$15      \_\_\_ \$20 day of race

\_\_\_ Check enclosed: please make payable to: Capital District Gay & Lesbian Community Council

\_\_\_ M/C-Visa Card Number \_\_\_\_\_ Expiration: \_\_\_\_\_

\_\_\_ Signature \_\_\_\_\_

### **WAIVER AND RELEASE STATEMENT: Please read and sign**

In consideration of this entry, being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the Capital District Gay & Lesbian Community Council or any of the sponsors involved in the Run for Pride and Rainbow Fun Run. I certify that I am physically able to participate in this event.

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

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

Please send completed and signed form to:

**Capital District Gay & Lesbian Community Council 332 Hudson Ave Albany, NY 12210**

Questions? Call the CDGLCC at 518.462.6138 / Fax: 518.462.2101



# The Evolution of Running: An Update

by Charles A. Bishop

In the February 2005 issue of *The Pace Setter*, I maintained that between 1.5 and 2 million years ago, our human ancestor (*Homo erectus*) was a capable endurance runner and that this ability was an important survival strategy. In making my case, I referred to the research of Harvard University anthropologist Daniel Lieberman, himself a runner, and University of Utah biologist Dennis Bramble, who had identified a set of traits in modern humans that explain why we are good long distance runners. Unbeknownst to me at the time, they had reached similar conclusions regarding the timing for the emergence of endurance running and for its causes through an examination of the fossil and archeological evidence. An article entitled "Born to Run" by Ingfei Chen discussed Lieberman and Bramble's work in the May 2006 issue of *Discover* magazine. It is the best popular source available for interested runners, and it is worthwhile for reviewing the traits that allow us to run long distances.

The trait that most distinguishes humans from other mammals is bipedalism, meaning that we regularly move about on two feet. Not only are humans good walkers, but we are also excellent runners - or can be if we train! What is of most interest is that many of the anatomical features associated with modern bipedalism are designed specifically for running and play little or no role in walking. Because running is energetically more costly than walking, the selective benefits of these traits must have outweighed costs, otherwise we wouldn't possess them. Beginning with the neck and moving down, the distinguishing traits required for running are:

1. Compared to our nearest biological relatives, chimpanzees and gorillas, humans have long necks and can move their shoulders independently of their heads;
2. A nuchal ligament connects the spine to the base of the skull to steady it, producing a ridge on the base of the human skull at the point of attachment. Many *Homo erectus* skulls possess this ridge;
3. Humans have relatively larger lungs that can process more oxygen in less time than can apes. Larger lungs give a barrel shaped appearance to our upper torso;
4. Of great importance to running, but not to walking, is our very large gluteus maximus (rear end). Apes, in contrast, have small buns. Our gluteus maximus prevents the body from falling forward when running just before the front foot strikes the ground;
5. We have long legs relative to overall body stature and large knee joints designed to take a heavy force when a running foot hits the ground;
6. A large Achilles tendon connects the calf muscles to the heel and acts as a spring when running but not when walking;
7. Humans have an arched foot where only

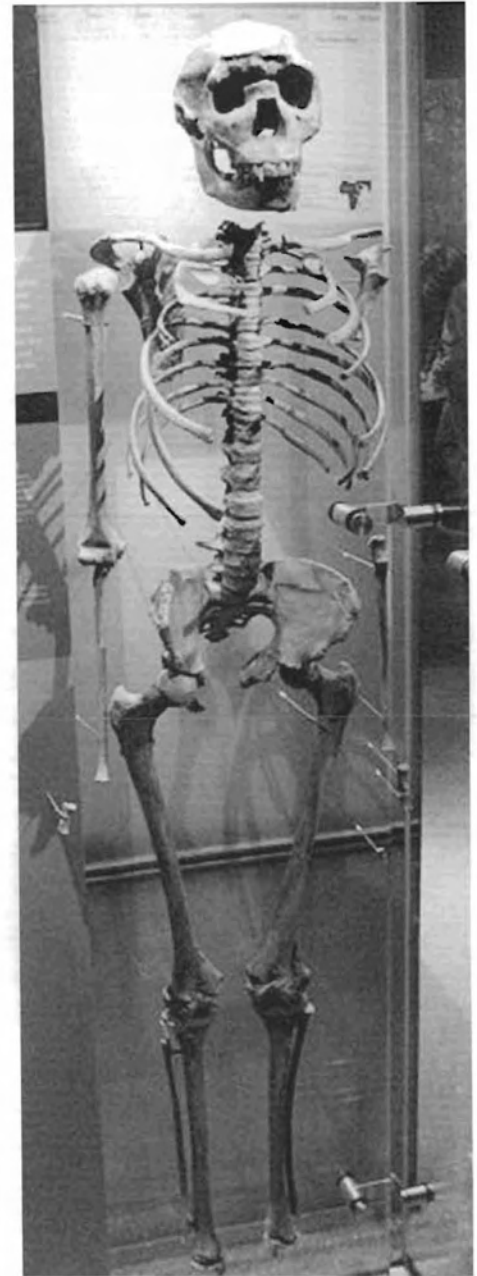
the heel and the ball of the foot touch the ground - unless the arch has collapsed. In contrast, the whole length of a chimpanzee's foot rests on the ground. As in the case of the Achilles tendon, the tendons and ligaments of the arch function as springs when we run. The human foot has been called our most distinctive adaptation and its form and function are directly related to our running capability;

8. Unlike other primates, modern humans lack body hair;

9. Humans possess approximately 1.5 million sweat glands, or nearly five times more than a chimpanzee. The absence of body hair and a large number of sweat glands function to cool the body during exertion. Consequently, humans can run for miles in hot weather-provided that body fluids are replenished. In contrast, other mammals who run must stop after a short time or they will overheat and possibly die.

Most anthropologists believe that it was a gradual shift to terrestrial foraging and travel by our ancient ancestors that led to the separation of the human and ape line between six and seven millions years ago. Our fossil ancestors that predate more than two million years were not good runners although they were bipeds. The forty percent complete fossil of "Lucy" (*Australopithecus afarensis*) from Hadar, Ethiopia, dating to 3.1 million years shows that she was a small, short-legged, long-trunked biped with long, curved foot bones which were as much designed for climbing as walking. Nevertheless, the famous footprints from Laetoli, Tanzania, dating 3.75 million years ago, clearly demonstrates that members of Lucy's species, or closely related ones, were bipeds. Our ancestors, however, didn't become good runners until about two million years later.

The major biological and behavioral changes leading to a fully modern form of bipedalism probably developed after 2.6 million years ago when stone tools and scavenging first appear in the archeological record. These primitive tools were employed to remove meat and bone marrow from carcasses left by carnivores, such as lions. Because this was an extremely dangerous activity and because it was necessary to reach fresh kills before vultures and hyenas could strip the bones, speed in getting to and from kill sites could mean the difference between life and death. Cooperation and signaling among hominin scavengers and sharing of the spoils with other group members who hadn't participated, also would have improved survival chances. Over time as skills improved, the hunting of swift animals came to replace or supplement scavenging, while dietary changes and new more egalitarian social relations developed. Pair bonding between male and female based upon a simple division of labor by sex and cooperative sharing probably also emerged at this time. Our ancient



An ancient runner? The skeleton of a *Homo erectus* youth dating to 1.6 million years from Nariokotome, Kenya

ancestors were now behaving in ways that were recognizably human. Selective pressures favoring improved intelligence related to social and economic changes explain the doubling of brain size between three and two million years possibly allowing for a proto language to develop. By about 1.8 million years ago, our ancestors, while still possessing somewhat primitive skulls, has become proficient runners. How do we know?

When in 2005, I made a case that a modern form of endurance running could be dated to between 1.5 and 2 million years ago, my



main supporting fossil evidence was a relatively complete skeleton of a twelve year old youth found in 1984 at a place called Nariokotome on the west side of Lake Turkana, Kenya. Dating to 1.6 million years, the remains are very complete, and also very modern, at least from the neck down. The brain case is about two-thirds the size of that of a modern human of the same age and stature. What is important is that many of the above listed traits for running are clearly present in this skeleton. Unfortunately, no foot bones were found with this individual to provide additional evidence. Although portions of ancestral human foot bones have been found at Olduvai Gorge in Tanzania by Louis Leakey dating to between 1 and 1.75 million years, they are too fragmentary to make a sound case that these feet were designed for running.

Fortunately, there is new evidence that supports this. Bennett et al. in the February 27, 2009 issue of *Science* magazine reports that ancient human foot prints were recently found at Ileret on the east side of Lake Turkana, Kenya, in two stratigraphically separated geological layers. The upper surface dating to 1.51 million years contains "three hominin foot-print trails", while the lower surface dating to 1.53 million years contains one trail (Bennett et al., p. 1197). Laser scanners and software were used to reconstruct the surfaces where the prints were made to provide accuracy and quantitative comparison. Bennett et al. concluded that "the Ileret footprints show the earliest evidence of a relatively modern human-like foot with an adducted hallux [big toe], a medial longitudinal arch, and medial weight transfer before push-off" (p.1201). They say that these modern human characteristics and large size of the prints "are most consistent with the large size and tall stature" of the Nariokotome *Homo erectus* skeleton, that is, my hypothetical runner.

The capacity for long distance running played a critical role in human evolution. Long distance running enabled our ancestors to develop new survival skills permitting them to exploit and occupy diverse environments. By 1.8 million years ago, our ancestors had spread from Africa to Indonesia in the east and eastern Europe in the west. They had turned the corner in the race to modernity and we runners are both their legacy and beneficiaries.

#### References:

Bennet et al., M.R., Harris, J.W.K., Richmond, B.G., Braun, D.R., Mbua, E., Kiura, P., Olago, D., Kibunjia, M., Omuombo, C., Behrensmeier, A.K., Huddart, D., and Gonzalez, S. (February 27, 2009). Early hominin foot morphology based on 1.5 million-year-old footprints from Ileret, Kenya. *Science* 323. pp. 1197-1201.

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

### Articles:

Deadline is May 25th. Submit to: Editor, [pacesetterarticles@verizon.net](mailto:pacesetterarticles@verizon.net)

### Advertisements:

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

### Ads should be sent to:

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

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



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SCHENECTADY, NY | THURSDAY, JUNE 4, 2009

## **r a c e   t i m e s**

Register 5:30 pm - 6:15 pm | start 6:30 pm

## **r e g i s t e r   n o w**

For more information and to register with  
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## **c o u r s e**

This year's race course will be contained  
entirely within Vale park and Vale Cemetery.

## **d i r e c t i o n s**

Vale Park is located in downtown Schenectady,  
off Nott Terrace between State and Liberty Streets -  
across from Stewart's.





# "BEEN THERE, DONE THAT"

by Ed Thomas

## May 1974 - Thirty Five Years Ago

Bill Shrader Jr. takes over as Club President and immediately announces that he is going to institute some new policies. "Check with me prior to scheduling a race. I want no conflict of interest in the Adirondack area" ... "We may have permanent numbers for all members to wear at all races." ... "Entry fee 50 cents for members, additional 50 cents for non-members, no exceptions" ... "Certain races will be closed to all but HMRRRC members; these will be designated ahead of time. Others may run but unofficially only." And, finally, "I hope I don't scare too many. I want to make running a pleasant experience for all concerned."



## May 1979 - Thirty Years Ago

The May Newsletter reports on a race called the Freihofers Women's Run for Life. Actually held in April, it is a national 10K championship and attracts a field of 234, including many top nationally ranked competitors. Among locals, Danielle Cherniak finishes 25th, Cathy Shrader 30th, Diane Barone 71st and Kathy Keenan 81st. The Stockmans, Anny and Inge, finish 95th and 19th, respectively. This race turns out to have legs.

## May 1984 - Twenty Five Years Ago

The Pace Setter cover features an exhausted Mike Bartholomew being helped away from the finish line of the Chopperthon 30K. He is draped over the shoulders of wife, Edith, and another young lady and it looks like he is recovering rapidly.

Much discussion at the May meeting is devoted to the problem of keeping the Club financially solvent. One problem is that *The Pace Setter* costs seem to be eating up all the Club's capital. [Actually there was another problem as well. If you are curious, you may ask Club members who were "in the know" at that time.]

## May 1989 - Twenty Years Ago

The Tom Robinson Club Masters 10K race is held May 6 on the hilly Guilderland course. In his article, Ed Nieves calls it "a racer's race, not a PR course" and "the best low key race in the area." On a rough day, Bill Robinson leads the field with a gritty 35:20. Bill says that he thought about quitting a couple of times, "but how do you quit when you're leading?" Pat Glover is second and Don Wilken takes the 50+ age group. Maureen McLeod runs a fine 41:34 to take the women's title, followed by Teresa Wuerdeman.

## May 1994 - Fifteen Years Ago

Adverse conditions meet the participants in the Chemical Bank Corporate Challenge on the 26th. Just as the race begins, the skies open up with rain, high winds, lightning and potential hail. To top it off, a road crew foreman, who has apparently been left out of the

loop, tells race director Al Maikels that the runners cannot run on Swan Street and will have to stay on the sidewalk! Al is able to convince the guy otherwise. However, he can do nothing about the weather conditions.

## May 1999 - Ten Years Ago

The Pace Setter cover has a nice picture of Vince Juliano presenting an award to Danielle Cherniak at the Club Marathon in February, honoring her for achievements as an international ultra-distance competitor. Appropriately, while this issue of *The Pace Setter* is at the printer, Danielle finishes seventh in the World 100K Challenge in Chavages-en-Pailles, France with a time of 7:56:18. [Attention math nerds: what was her pace in minutes per mile?]

## May 2004 - Five Years Ago

On May 9th, Judy Guzzo wins the 3.5 Mile Mother's Day Race in 22:17, followed by Nancy Nicholson and Helen Shekerjian. The number of finishers by age group: 1-19, ten; 20-29, eight; 30-39, twenty one; 40-49, thirty one; 50-59, sixteen, 60-69, six and 70+, one. The race was run in a steady drizzle. According to *The Pace Setter*, one local who was out walking his dog declared, "We oughta have more of these wet T-shirt contests in Delmar." □





# Profile of a Runner

## ALYSSA LOTMORE

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

I am a 23-year-old recent graduate of the University at Albany, where I was a student-athlete throughout my undergraduate years. Currently, I am a social worker employed at an Albany school. Aside from running and cross-training, I enjoy traveling and doing crafts.

### When and how did you get started running?

I started running at the end of my freshman year in high school. I was on the basketball team and my coach noticed that I had good endurance. He suggested that I run track and cross country. After my first season, I realized I loved it and stayed with it!

### Do you have a favorite race or races?

I don't really have a favorite race. I like to try new races at new distances so it's hard to pick a favorite when I keep adding new ones! Since I was always more of a track runner, the flat course races always tend to be the ones I like more!

### What are your most memorable races?

My most memorable races were usually the ones where I knew I gave it my all. My most memorable race would have to be an indoor track 5k at the Reggie Lewis Center in Boston. I ran my personal best of 16:46. I was hitting all my splits and I was so happy when I was able to hang on and break my own school record.

### How do you train? Do you have training partners?

Since I graduated, my training has decreased in mileage and intensity; however, I still get workouts in. Unlike college where I would do about 3 track workouts a week, I try to do one interval workout a week, a tempo run, and a long run with easy run days or cross-training in between. I like to train with the women on the Willow Street team.

### What are your current goals?

Since I ran mostly the 5k in college, my goals are directed at the longer distances that I never really had the opportunity to do. I ran the HMRRRC half marathon last year and really enjoyed it. I would love to improve my time in the half.

### Do you have any future running goals?

My future goal is just to do what I need to do to keep enjoying running. Running is not a job or something that you have to do. I always want to be able to listen to my body, know when I need a break, and keep running as something fun.

### Do you have a philosophy of running?

My philosophy changes as the circum-



stances in my life change. Right now, my philosophy is to have fun with running!

### Any funny stories?

I remember my first time running at Van Cortlandt Park in NYC. For those who do not know, the back hills on the course are quite big and there are a lot of them. Anyway, I arrived late because of traffic and missed the course walk-through. I only saw the first mile, which is as flat as a pancake. Well, as I'm sure you could have guessed, I started out fast and then hit these never-ending steep hills. My relatives thought I got lost on the course because I ended up being so far behind. Eventually, the course ended up being my favorite, though the first time on it I would still like to forget! □





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# The Runnin' of the Green Sets a Fast Season Opener Pace

by Justin Bishop



The Runnin' of the Green only means one thing: winter is over! Or at least every runner would hope so. Not that we don't all have fun strapping on an extra 8 pounds of clothing to stay warm running the HMRRRC Winter Series races at Albany's wind tunnel (also known as the State Office Campus), but it's safe to say that Green Island is the official start of the spring racing season.

Saturday's race couldn't have been more perfect. It was near 50 degrees at the start with just a brisk breeze. This was a great contrast to the HMRRRC's Winter Marathon just a few weeks prior which was 31 degrees with flurries. It was definitely a day to finally break out your singlet and shorts, because conditions this perfect can only lead to a bevy of PR's and fast times.

I was looking forward to this race all winter. It gives me a chance to see how well all of those miles in sub-freezing temperatures have paid off. Well, they did. I ran a new PR of 20:23 which is about 2 and a half minutes faster than my time from the 2008 ROTG. But that's nothing. While, I'm running the fastest race I've probably ever run, I'm staring in awe at Andy Allstadt and Chuck Terry.



Andy and Chuck were in my line of sight for basically the entire race, and they were making it look easy. It looked as if they were running in slow motion; completely effortless. Later, come to find out, Andy and Chuck respectively ran the 2nd and 4th fastest times ever in the 10 year history on that course. Some may argue that Andy may have beaten the course record based on a now infamous photo that was taken at the finish line. I'm sure if you asked Andy, we won't be sweating it. It's not really a question of "if" he breaks that course record, but by "how much?"

No doubt that the race was fast overall. I knew after the first mile marker when the leaders (Andy, Chuck, and Pat Cullen) crossed the mark in 4:34 with me in 4:39. Just the thought of "wow" crossed my mind. But there were other speedy accomplishments being achieved apart from the leaders. Tom Dalton broke the Veteran Men's age group (50-59) record with a time of 21:56. Also, Susan Wong shattered the Senior Women's age group (60-69) record with a time of 29:31. Susan broke Anny Stockman's old record by 3 minutes and 36 seconds set back in 2002. And Lori Kingsley came all the way from Pennsylvania to land in the 6th spot on the Open Women's all-time list with a time of 23:34.

With the Delmar Dash 5 miler coming up just 4 weeks after ROTG, nice weather, another flat course, and a fast field at a similar distance, could lead to more records being broken in just a few short weeks. □







## Runnin' of the Green





**20<sup>th</sup> Annual**  
**RUN IF YOU D.A.R.E.**  
**5K Road Race and 1 Mile Fun Walk**  
**Wednesday, May 27, 2009 – 6:30 p.m.**  
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Location: 40 North Central Avenue, Mechanicville

Entry Fee: T-Shirt to first 300 entrants and refreshments.  
\$20 individual FAMILY : \$15 per person  
Make check payable to: “Run If You D.A.R.E.”.  
**Entries Must be Received by Tuesday May 26, 2009.**

Race Packet

PickUp: Tuesday, May 26; Wednesday, May 27 from 9a.m. to 5:30p.m. at  
The Connors Agency, 40 Central Avenue, Mechanicville, N.Y. 12118

Course: Flat, residential area, paved, mile markers, water stations, TAC Sanctioned.  
Course map included with Race Packet.

Categories: 11 and under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus Open  
and (Road Race Only) Wheelchair.

Awards: Trophies to first M/F finishers of road race, and to first M/F of each category.  
Silver Medals to second place M/F of each category.  
Bronze medals to third place M/F of each category.

Group

Challenge: Open to members of any group, business, corporation, or organization with the  
most participants in the walk/run.  
Plaques for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.

Course Records: Mark McKenzie 14:57:68 Amy Herold-Russom 16:35:43

Ceremony: Awards ceremony at the finish line immediately following the race.

SEND ENTRIES TO: The Connors Agency, P.O. Box 71, 40 No. Central Avenue, Mechanicville NY 12118.

**OFFICIAL ENTRY BLANK**

Group: \_\_\_\_\_

Name: \_\_\_\_\_

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

Sex: (M) (F) Age on Race Day \_\_\_\_\_

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

Phone: \_\_\_\_\_

Circle for T-Shirt size: (Adult) SM MED LG XL Circle as applies: RUNNER WALKER

I waive any rights and claims for damages I may have or may incur against “RUN IF YOU D.A.R.E.”,

City of Mechanicville, and any of the sponsors or volunteers.

Signed: \_\_\_\_\_ Guardian Signature: \_\_\_\_\_ (if Under 18)





## Profile of a Runner

# DANNY ARNOLD

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

I started a company in 2002 called Vitalized Consulting Solutions. We are now over 250 employees providing healthcare information technology solutions to healthcare organizations across the US and Canada. I am 51 and have just committed to the 2010 Ironman in Lake Placid. I am married with two boys and live in Clifton Park.

### When and how did you get started running?

It was a New Year's resolution in 2007. I had never run more than 2 (consecutive) miles in my life. I signed up with Team in Training from the Leukemia and Lymphoma Society and have been running and marathoning for 2 years now.

### Do you have a favorite race or races?

I think that my favorite race at this point is the San Diego Rock 'n Roll Marathon since I have run that one twice in 2007 and 2008 and I am considering running it again in 2009.

### What are your most memorable races?

Of course my first marathon, the San Diego Rock 'n Roll Marathon in 2007. You just can't replace that first time feeling of finishing your first marathon. It's exhilarating!

### How do you train? Do you have training partners?

I train every week with the team from Team in Training at the LLS Society. These are the most wonderful people that I know and I have become a better athlete because of all the coaching and mentoring that I have received from this team. Team in Training is the best and



I could not have done it without them!

### What are your current goals?

I would like to run Dublin Marathon in Ireland in 2009. I have just committed to start training for the Ironman in Lake Placid for 2010.

### Do you have any future running goals?

My future goals are to run an ultra marathon in 2009/2010.

### Do you have a philosophy of running?

My philosophy of running is more of a social nature. Running for me is to ensure that I am enjoying the experience of the event and the people around me.

### Any funny stories?

Yes, the last marathon I ran someone said, "How can you have this much energy at mile 25?" ☐



## On the Web!

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# Engineered Sports Foods: Convenience or Necessity?

To look at all the ads for sports drinks, energy bars, electrolyte replacers, and sports candies, you'd think these engineered products are a necessary part of a sports diet, particularly if you are doing endurance exercise such as training for a marathon or a triathlon. When runners ask for advice about how to use these products, I first assess their daily sports diet to determine if they can get—or are getting—what they want from standard foods (carbs, sodium). In most cases, they can get their needs met with a wisely chosen sports diet.

While there is a time and a place for engineered sports foods (particularly among runners who train at a high intensity), many runners needlessly waste a lot of money misusing them. The purpose of this article is to help you become an informed consumer, so you can wisely spend your hard-earned money.

## Pre-exercise energy bars

While fueling with a pre-run PowerBar and Gatorade (\$2-\$3) is one way to energize your workout, you could less expensively consume 300 calories of banana+yogurt+water (\$1) or pretzels+raisins+water (50¢). Any of these choices are carbohydrate-rich and will offer the fuel your muscles need for a stellar workout.

The best pre-exercise snacks digest easily, settle well in your stomach, and do not talk back to you. Standard supermarket foods can do that as well as engineered foods. Experiment to determine what settles best in your body.

## Energy Drinks

There's little doubt that Red Bull and other energy drinks are popular, particularly among runners who use them for alcohol mixers. The 110 calories of sugar "helps the medicine go down" (for those who don't enjoy the taste of certain alcoholic beverages). The resulting problem is wide-awake drunks who think they can drive themselves home—but then get into accidents.

For runners, energy drinks are the source of enough sugar and caffeine to give you a quick energy boost. The problem is, one quick fix will not compensate for missed meals. That is, if you sleep through breakfast and barely eat lunch, having a Red Bull for a pre-workout energizer will unlikely compensate for the previous inadequate food intake. If you can make the time to train, you can also make the time to fuel appropriately, rather than rely on a quick fix.

## Caffeine

A known "ergogenic aid", caffeine enhances performance by making the effort seem easier. A pre-run caffeine-fix—especially

if accompanied by carbs—can energize your workout. Here's how the options compare:

Option	Caffeine (mg)	Cost
Coca-Cola, 20 oz	60	\$1.59
Red Bull, 8-oz	80	\$2.19
No-doz, 1 tablet	200	\$0.33
Starbuck's, 16 oz	300	\$1.94

## Sports Drinks

Many runners believe the sodium in sports drinks is essential to replace the sodium lost in sweat. Wrong. Sports drinks are actually relatively low in sodium compared to what you consume in your meals. Sodium enhances fluid retention and helps keep you hydrated, as opposed to plain water that goes in one end, out the other.

If you are sweat heavily, you might lose about 1,000 to 3,000 mg sodium in an hour of hard exercise. Here are options for replacing these sodium losses:

Replacements	Sodium (mg)
Endurolytes, 1 capsule	40
PowerBar Electrolytes, 8 oz.	65
Gatorade, 8 oz.	110
Gatorade Endurance, 8 oz.	200
Cheese stick, 1 oz	200
Pizza, 1 slice	500
Salt, 1/4 teaspoon	600
Soup, 1 can Campbell's	2,200

As you can see, there is no need for anyone to drink a sports drink with their lunch, because the soup or cheese sandwich have far more sodium than the small amount of sodium in the sports drink. By consuming some salty food such as 8 ounces of chicken broth before exercising in the heat, you can get a hefty dose of sodium into your body before you even start to exercise. This has been shown to enhance endurance. (1)

## Electrolytes

One triathlete reported using electrolyte replacers throughout the day. He then admitted he didn't even know what electrolytes are. I explained they are electrically charged particles, more commonly known as sodium, calcium, magnesium, and potassium. Standard foods abound with electrolytes, more so than engineered sports foods.

	Sodium	Calcium	Magnesium	Potassium
Endurolytes (1 capsule)	40	50	25	25
Nuun, 1 tab	360	12	25	100
PBJ & milk	600	300	130	750
Pizza, 1 slice	650	200	30	220

## Vitamin Water and vitamin-enriched sports foods.

Many engineered foods tout they are enriched with B-vitamins "for energy". Yes, B-vitamins are needed to convert food into en-

ergy, but they are not sources of energy. Few runners realize the body has a supply of vitamins stored in the liver, so you are unlikely to become deficient during exercise.

Runners, who eat far more food—hence more vitamins—than sedentary folks, have the opportunity to consume abundant vitamins. A big bowl of Wheaties offers 100% of the Daily Value (DV) for B-vitamins. (Most cereals, breads, pastas and other grain foods are enriched with B-vitamins—unless they are "all natural".) Eight ounces of orange juice offers 100% of the DV for Vitamin C. In contrast, 8 ounces of Energy Tropical Citrus Vitamin Water offers only 40% of the DV for C.

## Sports Candy:

I groaned when one runner told me she ate Sports Beans (\$1/100-calorie packet) for her afternoon snack. Like sports drinks, sports beans are designed to be taken during exercise. Regular jellybeans would be a far less expensive snack! She unlikely even needed extra sodium, given she ran for only an hour. Raisins, dried pineapple, or grapes would make a healthier snack option.

## Conclusion

Not everyone uses sports foods to enhance their performance. Research on a simulated 3-day adventure race suggests otherwise (2). When the racers were given a buffet of fueling options during this event, 86% of their calories came from supermarket foods (candy, pizza, sandwiches, soft drinks, coffee, bananas, etc.) as opposed to only 14% from engineered sports foods (sports drinks, gels, energy bars, protein bars). They reported standard foods tasted better and were more palatable. As an educated consumer, do you want to do the same?

Nancy Clark, MS RD CSSD (Certified Specialist in Sports Dietetics) counsels active people in her practice at Healthworks, the premier fitness center in Chestnut Hill MA. Her Sports Nutrition Guidebook, and food guides for new runners, marathoners, and cyclists are available on [www.nancyclarkrd.com](http://www.nancyclarkrd.com) or [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com).

## References

1. Sims, ST, van Vliet L, Cotter J, Rehrer N. 2007. Sodium loading aids fluid balance and reduces physiological strain of trained men exercising in the heat. *Med Sci Sports Exerc* 39(1):123-130.
2. Zimberg, IZ, Crispim, CA, Juzwiak, CR, Antunes, HKM, Edwards, B, Waterhaus, J, Tufik, S., deMello, MT, 2008. Nutritional intake during a simulated adventure race. *Int J Sport Nutr Exerc Metab* 18(2):152-68 □





# 34th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACE

PLUS

Children's Races - Fun Walk

## MEMORIAL DAY CELEBRATION SATURDAY, MAY 23, 2009

**Schedule:**  
10 A.M. Memorial Day Parade  
11 A.M. Children's Races  
12:00 P.M. 15 KM (9.3 mile) Race  
12:10 P.M. 3.2 KM (2 mile) Race & Fun Walk

**15 KM Course:** Accurately measured; mostly flat; 2 miles of race in an apple orchard; loop course; starts at the Voorheesville American Legion.

**Registration:** 9:30 A.M. – 11:00 A.M. Voorheesville Ambulance Area.  
Dressing facilities not available.

**Awards:**  
15 & 3.2 KM Races - Trophy for 1st 3 places in each division  
1st 125 finishers in each race receive a souvenir  
Children's races (50 -100 yards according to age & sex) - no entry fees.

**Entry Fee:** For 15KM & 3.2KM: \$5.00 by mail before May 16th; \$6.00 on race day.  
Send Entries to: Herbert W. Reilly, Jr.  
22 Voorheesville Avenue  
Voorheesville, NY 12186

*Refreshments for all distance runners at the Voorheesville American Legion*

### Official Entry Form

**Name:** \_\_\_\_\_ **Age (as of 5/23/09):** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

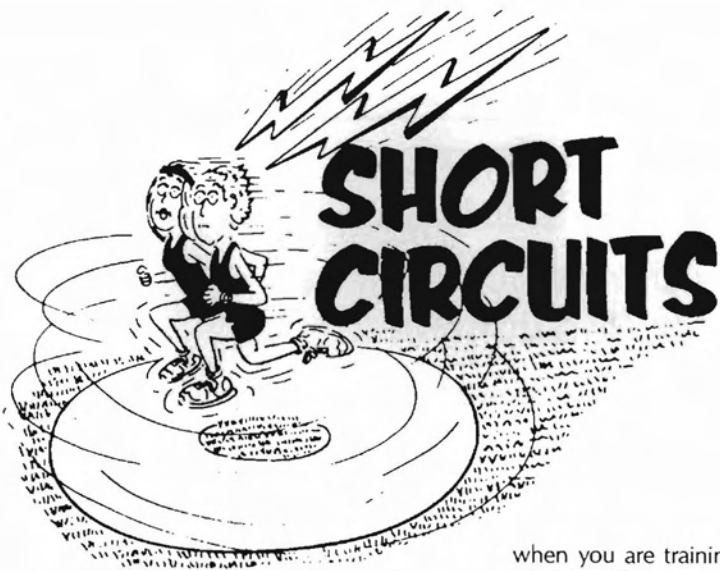
**15 KM Race : Men's Divisions :** \_\_\_\_\_ Open \_\_\_\_\_ High School \_\_\_\_\_ Sub Master  
\_\_\_\_\_ Masters \_\_\_\_\_ Seniors \_\_\_\_\_ 60+  
**Women's Divisions :** \_\_\_\_\_ Under 40 \_\_\_\_\_ 40 and Over

**3.2 KM Race: Boy's Divisions:** \_\_\_\_\_ Grade 1-5 \_\_\_\_\_ Grades 6 - 8 \_\_\_\_\_ Grades 9-12  
**Men's Divisions:** \_\_\_\_\_ 18-29 \_\_\_\_\_ 30-39 \_\_\_\_\_ 40 & Over  
**Girl's Divisions:** \_\_\_\_\_ Grade 1 - 5 \_\_\_\_\_ Grades 6 - 8 \_\_\_\_\_ Grades 9-12  
**Women's Divisions:** \_\_\_\_\_ 18-29 \_\_\_\_\_ 30-39 \_\_\_\_\_ 40 & Over

*In consideration of acceptance by the sponsors of my application to participate in the Voorheesville 15 KM race or the 3.2 KM race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit.*

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Parent's Signature:** \_\_\_\_\_  
(If entrant is under 18 years of age)





In a recent *Runner's World* article New York's Governor David Paterson identifies the songs he hums to himself when he runs, "... usually old disco tunes, or inspirational songs like "I Will Survive" and the "Rocky" theme, or some old TV themes like "Hawaii Five-0" or "Secret Agent Man."



Secret Agent Man



According to Dr. Costas Karageorghis of Brunel University, listening to the right songs before exercise will not simply reduce feelings of tiredness, it will increase performance levels by up to 20 percent.

The relationship between heart rate and music preference is key to maximizing the psychological benefits of music. The research results show that fast tempo music is preferred at high exercise intensities of around 75 percent max heart rate, with slower music preferred during recovery and stretching periods, during which heart rate is lower.

In particular, Dr. Karageorghis shows that

when you are training at 75 percent of your maximum heart rate, music reduces the perception of effort by 10 percent. The other thing found is that it was previously thought music only influenced mood up until 75 percent of your max, but if you carefully select the music it can enhance you right up to exhaustion. So although it won't impact on how fatigued you feel at a high intensity – it colors your interpretation of fatigue. It makes fatigue more pleasurable.

Examples of songs that can be used effectively at different exercise intensities are:

55% Max. Heart Rate – "The Best" by Tina Turner

65% Max. Heart Rate - "Keep on Runnin'" by The Spencer Davis Group

75% Max. Heart Rate - "Born to be Wild" by Steppenwolf

85% Max. Heart Rate - "The Heat Is On" by Glenn Frey



Conventional wisdom holds that the pounding from years of running leads to excessive wear and tear on the body as we age, resulting in joint injuries, knee replacements or arthritis. But a study out of Stanford University that looked at healthy aging runners found that running did not damage joints or leave runners less able to exercise. Researchers discovered that if you're healthy and generally free of injury, there are few reasons to put away your running shoes, even into your 70s and 80s. Moderate running, three to five miles at a time, three times a week will actually help your joints to be more resilient and function a little bit better," says Dr. Amadeus Mason at Emory Sports Medicine Center in Atlanta, Georgia. But he stresses that keeping the joints healthy in the first place may be the key to running longevity.



Albany County recently signed a contract for the purchase of the Albany County Rail Trail from Canadian Pacific Railway. The proposed rail-trail project will convert a nine-mile

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

stretch of the old D&H Railroad between the Port of Albany and Voorheesville to a public recreational trail. Once completed, the Rail Trail would link municipalities along a safe and accessible running and bicycle route. There is a 300-day due diligence period during which environmental assessments will be conducted as well as inspections and evaluation of the eight bridges along the trail. These inspections are currently underway. Albany County has been partnering with Scenic Hudson, a non-profit conservation organization, to acquire the rail bed.

Albany County currently maintains a portion of the Mohawk Hudson Bike Hike Trail. County officials will assess the feasibility of linking the Albany County Rail Trail with the Mohawk Hudson Bike Hike Trail.



Roger Bannister, a pioneering neurologist, famed sports administrator, the Greatest Living Englishman, and running's most famous miler, recently celebrated his 80th birthday. And this year is quite special for Sir Roger because he can run again. In 1975, he broke his ankle in a car accident and had been unable to run since. That was until he discovered a Kenyan running shoe made of old tire treads. The shoe creates a rolling action which minimizes impact forces and Roger now runs pain free. Roger's recipe for a healthy body and a razor sharp mind at 80? Weights, running and walking for a strong back, a new hip for greater mobility, a book club to stimulate intellectual debate, and 14 grandchildren to keep him young."



Sir Roger, then and now



Continued on page 32



# THE RUN FOR HELP

## In Memory of Liza Ellen Warner

(May 17, 1975 – October 1, 2004)

### A 5K Race/Walk Against Domestic Violence And For Healthy Family Relationships

All Proceeds from the Race to Benefit  
Unity House

Youth mile and a Kids 50 yard dash  
(Kids races-day of registration only and no charge)

Secure babysitting for moms who want to run

**Sunday, June 7, 2009**  
**9:30 Youth Events - 10:00 a.m. 5K**

Application fee: \$17.00 (pre-registration received by June 4<sup>th</sup> or \$20.00 on race day)

**Day of race registration:** 8:00 a.m. at Goff Middle School cafeteria, Gilligan Road, East Greenbush, NY  
(from route 4 take left at routes 9 & 20 to first right onto Gilligan Road)

The course is flat and travels along country roads starting at Goff Middle School to a halfway point and loops back to Goff Middle School.

Awards will be given to the overall top three male and female runners as well as the top male and female runner in each 10 year age group. T-shirts to the first 250 entries. Plenty of parking, restrooms and refreshments.

**For further information visit:** [www.unityhouseny.org](http://www.unityhouseny.org) (or via) e-mail at [therunforhelp@yahoo.com](mailto:therunforhelp@yahoo.com)

**Sign up on-line at: [www.active.com](http://www.active.com)**

#### Application for The Run For Help

Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

Age on day of race: \_\_\_\_\_ e-mail: \_\_\_\_\_

☐ Female ☐ Male ☐ Runner ☐ Walker **T-shirt:** ☐ S ☐ M ☐ L ☐ XL ☐ XXL

**Make checks payable to:** The Run For Help

**Mail application and check to:** P.O. Box 4027, Clifton Park, NY 12065

**I cannot attend but would like to make a donation:** ☐ \$17.00 ☐ Other: \_\_\_\_\_

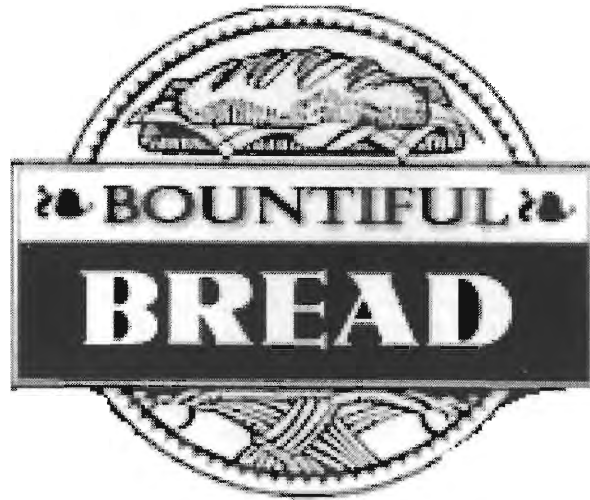
In consideration and acceptance by the sponsors of my application to participate in the Run For Help, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. No pets, motorized vehicles, scooters, bicycles, or roller blades.

Signature of participant

Parent/Guardian signature (if under 18 years)



*Enjoy Warmth & Comfort with*



Homemade Soups  
Sandwiches & Wraps  
Sweets & Fresh Baked Breads  
Catering  
Private Parties  
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# Foot Splay

Much of the success one has in life is the result of the questions one strives to answer. It doesn't seem to matter if the questions are of a personal or general nature. The important thing is that the questions cause introspection which in turn gives direction to any action.

Having been involved in the performance aspect of sport my whole adult life has frequently led me on a personal quest to discover why certain things are done or ask why certain things happen. Early on I realized it is often the overlooked, misunderstood or ignored "little things" that can make a significant difference in one's performance.

As examples, I have long championed the foot drills as a critical, most basic developmental area for any speed based activity. With regards to shoulder stability I have long taught the critical role the serratus anterior muscle plays in stabilizing the shoulder blade, facilitating acceleration and control of the hand in gross and fine movements. Of late I have championed the importance of the medial and lateral pelvic stabilizers in sprinting and running. My latest kick is foot splay.

One of the questions that always intrigued me when coaching is what makes one athlete better than another? It is a simple question with no simple answers. Age may play a factor. Training history, the coach's understanding of periodization, the athlete's intelligence, personal habits or dedication all can make a significant contribution to an athlete's success or failure.

But even within these larger factors I always looked for the small, often overlooked factors that may prove to give an edge, especially at the championship level where success or failure can be measured in fractions of a second or fractions of an inch.

It has long been taught that a picture is worth 1000 words. *Track and Field News*, appropriately named the "Bible of the Sport," is a great publication for track stats and photojournalism regarding the sport. Initially it may be



Fig 1. - Foot splay at world class level -  
#328 a sub-3:50 miler

28 - The Pace Setter

difficult to get the full flavor of the final yards of a race from a static picture. Even a short video is more useful in detailing the signs of struggle, form breakdown and faltering strides.

But good photojournalism does give any number of clues - the facial grimace, the set of the eyes and frequently the splayed foot (Fig. 1). I admit it took me several years until I finally pieced together the puzzle of the splayed foot. There were certain national, even world-class athletes who routinely made the photo spreads who consistently exhibited a splayed foot. I wondered how these individuals could have enjoyed the success they had when their leg placement was biomechanically at fault, even dangerous. How did they not get hurt? They ran like a duck.

The thing I discovered was that they only "ran like a duck" when they got tired and exhausted, not the whole race. When did they tire? In the final stages of the race, when the stretch drive happened and the camera recorded the win or loss. And when "rigor mortis" set in.

Then I started to ask - what got tired? Any reader who has run a track race knows that when "rigor mortis" sets in, in the final 15-20 seconds of a race everything is tired and one's thought is seldom clear enough to pinpoint one problem.

This is where I started to put several points together. There is a gait-related concept called dynamic stabilization (DS). We use dynamic stabilization every time we walk. DS allows us to walk and run in a straight line. If we lose our DS one may exhibit a staggering, weaving type gait, as evident in a drunken state or the final rigor mortis stages of a race.

In running or walking, the dynamic stabilizers are the muscles of the inner thigh (adductor group) and the rear end (glut medius in particular). These muscles contract to allow the powerful glut maximus and hamstrings to drive us forward in a linear manner. Any weakness, imbalance or fatigue of the dynamic stabilizers creates a situation where a staggering type gait is evident.

Of special note is the glut medius muscle. The function of the glut medius is to prevent lateral sway of the hips when one is in single support (standing on one leg). If there is a weakness or paralysis of this muscle, the support hip sways laterally

and the non-support hip drops towards the ground (fig 2). In fact a weak glut medius produces a commonly used

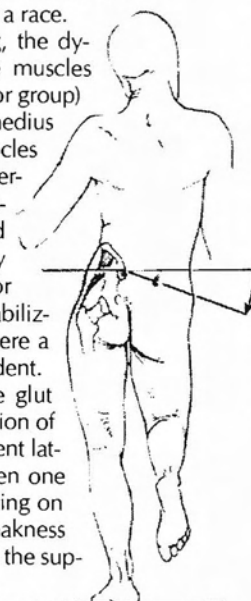


Fig. 2 Trendelenburg Sign showing a weak glut medius of the left hip, note how support side hip "kicks out" laterally

orthopedic sign called the Trendelenburg Sign.

The glut medius has two major functions. If one were to lift the leg to the side (abduction) the glut medius is firing. The glut medius is also a critical dynamic stabilizer of the pelvis in running, jumping or walking. Of particular interest is the fact that the muscle can be further divided into anterior and posterior fibers. When the anterior and posterior fibers balance each other out, one walks or runs with the toes pointed forward. The summation of force application is off the big toe. But what if there is an imbalance?

The function of the anterior fibers of the glut medius is to inwardly rotate the thigh. The role of the posterior fibers is to externally rotate the thigh. The anterior fibers can be seen as primary movers, muscles that are the first line of offense to help drive us forward. When the primary movers become exhausted, in the last 15-20 seconds of a race, with rigor mortis, when the heart rate exceeds 175 beats per minute or the body's lactic acid concentration reaches 3.0 millimoles, the primary movers lose their function and the secondary movers attempt to take over.

In theory this should not be a problem. The secondary movers take up the slack and one continues. But the reality is very different. Form breaks down, rigor mortis sets in as the system is choked with lactic acid and fast running becomes difficult, even painful. Another thing that happens with the exhaustion of the anterior fibers is the reality that the posterior fibers function virtually unopposed. The function of the posterior fibers is to externally rotate the leg. The combination of exhausted anterior fibers and the unopposed posterior fibers is evidenced by foot splay (fig. 3).

Why is all of this important? One of the



Fig. 3 Foot splay in nationally ranked high school girls

markers of a stellar athlete is their ground reaction time (GRT), the time it takes an athlete to get their foot off the ground with each foot strike. This can be recorded with high-speed photography and measured in 1/100ths or even 1/1000ths of a second. In an absolute sense the less one's GRT the faster one will be.

Any action that is biomechanically inef-



A third, possibly more graphic representation of the negative consequences of poor biomechanics as evidenced by foot splay is to perform a simple experiment. Place your right hand fingertips at the top of this page. Now pivot the hand 45 degrees to the right. Note how far the fingertips are from the top of the page – probably about one inch. This represents the loss of about one-inch of stride length per step. Now multiply that inch by 20, 30 or 40 steps and we have a significant loss of distance, roughly three feet.

In truth I must add that there is a congenital anomaly called hip retroversion where the malposition of the hip causes the foot to splay out. I have serious doubts that anyone could ascend to world class levels of sprinting or running with this congenital malformation. The biomechanics that result from hip retroversion would preclude one from either running fast or running far and fast for any length of time without causing injuries to the hip, knee or ankle and the supporting muscles.

What do I mean by general conditioning? If you take a moment to honestly evaluate your training career, how much of a warm-up do you really do? For many it is a walk down the driveway and boom – you are running. The last team I coached would spend 20-30 minutes each day on warm-up alone. Some may find this inconceivable but this was time spent on speed actions, foot placement drills and arm and leg biomechanics drills. This was done on a daily basis and addressed the five biomotor skills written about in a recent column. At the end of practice another 10-15 minutes was spent on circuit training that was ideally meant to address other areas of running related fitness. That totals between 30-45 minutes on general fitness. Believe me, with planning one can do a great deal of work in 30-45 minutes.

The first exercise is what is called the "Swing Low." If you ever saw the "Rocky" movie, Burgess Meredith suggests this drill to Rocky. He sets a string at shoulder height and Rocky bobs his head under the string right to left, left to right. It helps to develop a boxer's ability to "bob and weave" by developing the glut medius. This can be done 25-50x to start, working up to 100x.

A second exercise can be done over a hurdle or other stationary object that is the height of one's groin. The lead leg is brought up one side and over the hurdle and down the other to the ground. The action is repeated back and forth 15-20x. This exercise isolates the anterior hip flexors and the anterior fibers of the gluteus medius.

A final method is to use the hip machines one finds at most gyms. Side leg raises isolate the glut medius, allowing for specific strengthening rehabilitation of that muscle (fig. 4)

[illegible]

vestigation and evaluation of the clues generates a line of questioning that creates direction. Weakness of the pelvic dynamic stabilizers can be evidenced with the splayed foot that negatively affects one's biomechanics, which in turn translates into a decrease in force production, a loss of stride length, and an increase in ground reaction time, ultimately producing a poorer performance. Focused attention to this area for all of three minutes a day will produce the general strength and conditioning necessary to correct this problem, allowing one to more closely attain one's true potential.

## New HMRRC Members

The Pace Setter – 29



# **SUMMER TRACK**

**Colonie Recreation Dept.'s**

## **TUESDAY NIGHT**

### **SUMMER TRACK PROGRAM**

—42nd Season—

**JUNE 16, 23, 30**

**JULY 7, 14, 21, 28**

**AUGUST 4 (Ribbon Night), 11**

**• FREE OF CHARGE •**

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

#### **- ORDER OF EVENTS -**

- HURDLES
- ONE MILE RUN
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS

For further information, contact Don Myers at the  
Colonie Recreation Department Office, 783-2760,  
between 8:30 and 4:00

**\*\* A Reminder - The Dynamic Duo is August 1st \*\***



# Meeting Minutes of the HMRRC General Meeting - March 19, 2009

## Attendance

Call to Order (M. Kelly): 7:35pm  
Reading and approval of minutes (B. Light): Need to change the date to February 11, 2009. Marcia Adams made motion to approve minutes second by Rob Moore. Motion passed.

## Reports of Officers

2.1 President (M. Kelly): Next month's meeting will be held on Wednesday, May 6th at the Point of Woods.

Hiring of Accountant – Mike received two general quotes from accounting firms. After having Chuck Terry review the quotes they decided to go with Alexander W. Cruden & Co. It will cost between \$2000 and \$3000 to do a mid-level "review."

Barbara Light will be developing an email list for those members who wish to receive the minutes via email. If you are interested in receiving the minutes by email please let Barbara know by contacting her at [blight@rfpeck.com](mailto:blight@rfpeck.com)

Ragnar Relay – Woodstock to NY – 175 miles; 12 person relay; May 15-16; you can visit [www.ragnar.com](http://www.ragnar.com) for more information.

HMRRC table at GHI event – HMRRC will be having a tent this year. Ed Gillen is the lead person in overseeing the tent. We will need volunteers for the HMRRC tent and to help with the race. If you are able to volunteer for this event, please contact Marcia Adams.

Skidmore students are working on a thesis to determine how to improve running performance. They are looking for male runners above 18 years who would be interested in participating. Contact Mike Kelly for more information.

2.2 Executive Vice President (M. Warner): We have received 3 nominations for the Distinguished Service Award. We will be voting on the nominees at next month's meeting on April 8th. Nominees are: Nancy Briskie, Tom & Marcia Adams and Cathy Sliwinski. Any club member can attend the meeting and is eligible to vote. The Distinguished Service Race is Sunday, May 31st at SUNY.

We are receiving applications for the Schrader Scholarship. Nominations close April 1st and the scholarship committee will review and make the announcement of the

winners on May 1st.

2.3 Executive Vice President – Finance (C. Terry): Report of income and expenses comparing 2008 to 2007. He also noted that back in November we registered with New York State to collect and pay sales tax on our clothing sales. We file and pay on a quarterly basis. Our first quarter was 12/1/08 to 2/28/09 and Chuck filed the New York State sales tax form ST-100 and reported our sales for the quarter of \$631.00 and included payment of 4% sales tax, \$25.24.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): No report.

## Reports of Committees

Membership (E. Gillen): Ed reported that since the last meeting there have been 43 new members and 105 renewals. The total number of members in the database is 3135 with 1956 being active. Ed feels this is an accurate number of our membership. Family counts each member as a member. Percentages of over 50% renewals going out are coming back in. There are currently 820 people on our mailing list. It is a great way to reach out to members, and race directors can use it to send out emails to remind them of upcoming events. Mike thanked Ed for all the work he has put in overseeing the membership.

Volunteers (M. Adams): Things are going well, but we need more volunteers for Delmar Dash, Masters Race, Mother's Day & GHI. If you are able to volunteer for any of these races, please contact Marcia. She is still handing out awards to people for the volunteer recognition program. Marcia thanked Ed for his work on the Delmar Dash application. The online application is going well and she recommends it for other directors to use. After Delmar Dash & GHI she will be putting together another volunteer party.

Public Relations (R. Moore): Rob sent out information on the Delmar Dash to all newspapers and news stations. March 5th we had a booth at the Cystic Fibrosis stair climb. All Calendars and Pace Setters were given out and there was a very good attendance.

We will have a booth at the Adirondack Sport & Fitness expo which will be held at the Saratoga

City Center on April 4th & 5th. Mike & Rob will work on April 4th and if any one can help out at the booth for Sunday please let Mike know. The *Spotlight* newspaper reached out to Mike Kelly about putting in an ad to accompany their new column. The ad would be \$250 and will include information on our club and dates of our races. There will be a shoe collection at the Freihofer's Run for Women. Cathy Sliwinski will look into getting booth for the Freihofer expo.

Race Committee (N. Briskie): There were two races since our last meeting – the Winter Marathon and Runnin' of the Green. The marathon had 95 entrants with 75 finishers, and 39 relay teams. Runnin' of the Green had 469 finishers and 13 teams. Next up is the Delmar Dash on April 5th and Bill Robinson Masters Race on April 25th.

Race Committee Treasurer (P. Zentko): See attached reports.

*The Pace Setter* (R. Nagengast/M. Adams): The new content editor of *The Pace Setter* is Kari Gathen. You can send articles for Kari to [pacesetterarticles@verizon.net](mailto:pacesetterarticles@verizon.net) that you would like to submit for *The Pace Setter*.

Conflicts Committee (C. Terry): no report

Safety (V. Juliano): no report

## Unfinished Business

Insurance issue- Lee Pollock reported that USATF volunteers are

covered even if they are not USATF members.

Doug made a motion to untable the motion from last month about recyclable registration bags to be used for races and for promotional purposes. Marcia seconded. Motion approved. Discussion continued on the motion for HMRRC to spend up to \$4000 to purchase recyclable bags instead of having money come out of the race accounts. We would be able to get up to 3000 bags, blue in color with white lettering, all with the HMRRC logo, what HMRRC means, and a list of all races without dates. A motion to spend \$4000 to purchase bags was approved.

New Business: None.

Announcements: April refreshments will be provided by Robert Moore, May refreshments by Tom & Marcia Adams. There was a very good turnout at the Adirondack indoor track & field meet. Schenectady farmers market in Proctor's arcade is open 10-3 on Sundays. Please visit.

Adjourn: 8:30 p.m. Motion to adjourn was made by Marcia Adams, seconded by Mark Warner. Motion approved.

Respectfully Submitted,  
Barb Light, Secretary ☐





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

Anyone can qualify to be a volunteer.

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

*We pay with smiles and thank yous and the occasional T-shirt!*

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

Name:

Address:

Tele. #:

Email:

Job Interested in (check all that apply):

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

Physical limitations (if any):

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



## Short Circuits

*continued from page 25*

A recent study in the *Journal of the American College of Radiology* asked two radiologists to read more than 750 CT scans while walking 1 mph on a treadmill. The same researchers had read the same scans a year or more earlier while sitting at their desks. The time that passed and the large number of scans was enough to pretty well ensure that the readers didn't actually recall any of the scans.

The results of this study showed that the radiologists read the scans more accurately while walking on the treadmill than they had in their previous sitting-down review. It has been known that sitting has a negative effect on mortality and health (cardiovascular disease, type 2 diabetes, metabolic syndrome risk factors, and obesity). It now appears it may have a similar effect on our mental faculties. □



*New workstation*



38th ANNUAL

# **DISTINGUISHED SERVICE AWARD**

**8 MILE ROAD RACE**

**Sunday, May 31, 2009, at 9:00 a.m.**

Honoring

★ **NANCY BRISKIE** ★

## **PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:**

JIM GILMER ('08)	RICH BROWN ('89)
DEBBIE BEACH ('07)	BERT SOLTYSIAK ('88)
VINCE JULIANO ('06)	KATHY CARRIGAN ('87)
EMILY HUMPHREY ('05)	JOE HEIN ('86)
PETE NEWKIRK ('04)	DIANE BARONE, BILL MEEHAN, CARTER
ED THOMAS ('03)	ANDERSSON-WINTLE ('85)
LORI ANN CHRISTINA ('02)	RAY NEWKIRK ('84)
ART TETRAULT ('01)	TOM MILLER, PAUL MURRAY ('83)
KEN SKINNER ('00)	CHUCK HAUGH ('82)
JIM TIERNEY ('99)	MICHAEL LANCOR ('81)
DOUG BOWDEN ('98)	DAVID KELLEY ('80)
JIM BURNES & SHARON BOEHLKE ('97)	CONNIE FILM ('79)
DON FIALKA ('96)	JOHN ARONSON ('78)
CINDY KELLY, JULIE LEEPER ('95)	DON & LINDA BOURGEOIS ('77)
STEVE BASINAIT, HANK STEADMAN ('94)	PAUL ROSENBERG ('76)
AL MAIKELS ('93)	DON WILKEN ('75)
CHARLES MATLOCK, CARL POOLE ('92)	BILL SHRADER, SR. ('74)
ED NEILES, JUDY DE CHIRO ('91)	BURKE ADAMS ('73)
CHRIS RUSH ('90)	TOM OSLER ('72)

Starts & Finishes near Tennis Courts West of the Physical Education Building at The University at Albany  
Registration: 8:00-8:45 a.m. near Start/Finish area

**DAY OF RACE  
REGISTRATION ONLY!**

### **ENTRY FEE:**

FREE for HMRRRC Members, \$6.00 for Non-Members

### **AWARDS:**

Top Three Overall Male & Female & Age Group Winners (5-year age groups)

*For Info or to Volunteer:  
Call Mark & Angela  
464-5698 or e-mail:  
mwarner1@nycap.rr.com*





Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
<b>Insport Tights</b> , black, Male, S,M,L; Female S,M,L	\$19	_____
<b>Club Jacket</b> , royal blue and black, Unisex S,M,L	\$47	_____
<b>Warm-Ups</b> , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
<b>Long Sleeve Coolmax Shirts:</b>		
<b>Lightweight</b> , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
<b>Heavyweight</b> , mock turtleneck, club logo on chest, Unisex black M,L,XL; blue XL	\$24	_____
<b>Coolmax Singlets:</b>		
<b>White with royal blue side panels</b> , Female S,M,L	\$16	_____
<b>White with royal blue side panels</b> , Male S,M,L,XL	\$21	_____
<b>White with royal blue band</b> , snaps for bib, Female L	\$ 6	_____
<b>Short Sleeve Coolmax Shirts:</b>		
<b>Royal blue</b> , Unisex, S,L,XL	\$13	_____
<b>Hind with reflective stripes</b> , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
<b>Shorts with white club logo</b>		
<b>Female Asics</b> , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL	\$21	_____
<b>Female Adidas</b> , black with blue trim, XL	\$22	_____
<b>Female Race Ready Shorts, royal blue</b>		
<b>Split-cut</b> , 1" inseam, S,M,L	\$17	_____
<b>Split-cut Long Distance</b> , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
<b>V-Notch</b> , 3" inseam, S,L,XL	\$17	_____
<b>V-Notch Long Distance</b> , 1" inseam, back mesh pockets, M,L	\$22	_____
<b>Easy</b> , 4" inseam, S,M,L	\$18	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
<b>Male Race Ready Shorts</b> , all are royal blue except Sixers		
<b>Split-cut</b> , 1" inseam, S,M,L,XL	\$18	_____
<b>V-Notch</b> , 3" inseam, S,M,L,XL	\$18	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, S,M,L, XL	\$22	_____
<b>Easy</b> , 4" inseam, S,M,L,XL	\$19	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL	\$23	_____
<b>Sixers</b> , black, 6" inseam, back mesh pockets, S,M,L,XL	\$25	_____
<b>DeFeet Coolmax Socks</b> , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
<b>Smart ID tag</b> , snaps onto shoe, neon yellow, neon orange, neon green, purple \$2.25 ea. or 3/\$6		_____

*If ordering only this item, postage is \$.42*

**All prices include sales tax**

**TOTAL DUE:** \_\_\_\_\_

Postage \$5.05

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

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

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



# Local Event Schedule

(club events in blue type)

Date	Time	Event	Location	Contact(s)	Email
5/10/09	10:00 AM	<b>29th Mother's Day 3.5 Miler</b>	<b>Hamagrael School Delmar</b>	<b>Nancy Briskie Jim Tierney</b>	<a href="mailto:nbriskie@aol.com">nbriskie@aol.com</a>
5/15/09	6:00 PM	Vascular Birthmarks Foundation 5K Run - 1 Mile Walk	Crossings at Colonie	Barbara Rothaupt	<a href="mailto:BRothaupt@nycap.rr.com">BRothaupt@nycap.rr.com</a>
5/16/09	9:30 AM	SMH Heart-Smart 5K	St Marys Hosp Amsterdam	Bob O'Neil	<a href="mailto:ptab3@yahoo.com">ptab3@yahoo.com</a>
5/16/09	9:00 AM	3rd Annual Mother Teresa Academy River Run	Krause's	Lisa Dillon	<a href="mailto:tsassociates@nycap.rr.com">tsassociates@nycap.rr.com</a>
5/17/09	8:00 AM	Safe Harbors of the Hudson Off Broadway Run	City of Newburgh Historic District	June Henley	<a href="mailto:jhenley@safe-harbors.org">jhenley@safe-harbors.org</a>
5/17/09	8:30 AM	Dutchess ARC Laurel Run - 10-mile & 5k - kids races	Freedom Park	Lindsay Roth	<a href="mailto:lroth@dutchess-arc.org">lroth@dutchess-arc.org</a>
5/17/09	10:00 AM	Coaches Challenge 5K Race	Green Meadow Elementary School	Rick Hannmann	<a href="mailto:rhannmann@nycap.rr.com">rhannmann@nycap.rr.com</a>
5/17/09	10:00 AM	Five Kelly's 5K	The Crossing	Joanne Kelly	<a href="mailto:mrsk614@yahoo.com">mrsk614@yahoo.com</a>
5/17/09	8:00 AM	National Distance Running Hall of Fame 1/2 Marathon & 5K	Utica	Mary MacEnroe	<a href="mailto:macenroe@dreamscape.com">macenroe@dreamscape.com</a>
5/17/09	8:30 AM	Bob Smith Challenge Five Mile	Green Meadow Elementary School	Rick Hannmann	<a href="mailto:rhannmann@nycap.rr.com">rhannmann@nycap.rr.com</a>
5/21/09	6:25 PM	<b>33rd GHI Workforce Team Challenge 3.5 Mile</b>	<b>Empire State Plaza Albany</b>	<b>Pete Newkirk</b>	<a href="mailto:pnewkirk@newkirk.com">pnewkirk@newkirk.com</a>
5/25/09	7:20 AM	Los Angeles Marathon	6th & Figueroa St	Stacy Embretson Megan Cavan	<a href="mailto:info@lamarathon.com">info@lamarathon.com</a>
5/27/09	6:30 PM	Run If You Dare 5K	Mechanicville	Kevin Connors	<a href="mailto:kconnors@connorsgroup.com">kconnors@connorsgroup.com</a>
5/30/09	7:45 AM	USA Open & Junior 10km Race Walk Championships	Empire State Plaza	USATF Adirondack	<a href="mailto:runninginfo@freihoferstrun.com">runninginfo@freihoferstrun.com</a>
5/30/09	10:00 AM	22nd Annual Freihofer's Kids' Run	Madison Ave - Albany	USATF Adirondack	<a href="mailto:runninginfo@freihoferstrun.com">runninginfo@freihoferstrun.com</a>
5/30/09	11:00 AM	Greenfield Dragon 5K Run/Walk	Greenfield Elementary	Stephanie Vetter	<a href="mailto:svetter@delawareengineering.com">svetter@delawareengineering.com</a>
5/30/09	9:00 AM	Freihofer's Run for Women 5k	Madison Ave - Albany	USATF Adirondack	<a href="mailto:eventinfo@usatfadir.org">eventinfo@usatfadir.org</a>
5/31/09	9:00 AM	<b>38th Distinguished Service Race 8 Mile [GP]</b>	<b>UA Albany</b>	<b>Mark &amp; Angela Warner</b>	<a href="mailto:mwarner1@nycap.rr.com">mwarner1@nycap.rr.com</a>
6/6/09	9:00 AM	<b>Valley Cats Home Run 5K</b>	<b>HVCC Campus Joe Bruno Stadium</b>	<b>John Haley Megan Leitzinger</b>	<a href="mailto:j.haley36@yahoo.com">j.haley36@yahoo.com</a>
6/6/09	10:00 AM	Charlton 5k	Charlton	Bill Herkenham	<a href="mailto:bherk@nycap.rr.com">bherk@nycap.rr.com</a>
6/6/09	10:00 AM	JoAnn & Nancy Memorial 5K Run for Ovarian Cancer	Pinhead Susan's Schenectady	Billy McDonald	<a href="mailto:billymac3434@yahoo.com">billymac3434@yahoo.com</a>
6/6/09	9:00 AM	Kinderhook 0K 5k	Kinderhook Village Square	Ed Hamilton	<a href="mailto:ok5krace@hotmail.com">ok5krace@hotmail.com</a>
6/13/09	9:00 AM	Run with the Trojans 2 and 4 mile	Colleen Road Troy	Brad Lewis	<a href="mailto:brad110286@hotmail.com">brad110286@hotmail.com</a>
6/13/09	6:30 PM	Rotary Ramble 10K & 2 Mile	Fort Plain	John Geesler	<a href="mailto:kgeese@telenet.net">kgeese@telenet.net</a>
6/21/09	9:00 AM	<b>Community Resource Father's Day 5K Run</b>	<b>The Crossings Colonie</b>	<b>David Newman</b>	<a href="mailto:newman.david@gmail.com">newman.david@gmail.com</a>
6/28/09	7:30 AM	Adirondack Distance Run	Lake George	Marcy Dreimiller	<a href="mailto:madone1@roadrunner.com">madone1@roadrunner.com</a>
7/4/09	8:30 AM	Firecracker 4 mile road race	Saratoga Springs	Mary Vanderminde	<a href="mailto:maryd@telescopecasual.com">maryd@telescopecasual.com</a>
7/7/09	6:15 PM	<b>The Colonie Mile [GP]</b>	<b>Colonie HS Track</b>	<b>Ken Skinner</b>	<a href="mailto:kennyskin@earthlink.net">kennyskin@earthlink.net</a>
7/12/09	8:00 AM	Utica Boilermaker 15K	Utica	Jim Stasaitis	<a href="mailto:jstasaitis@boilermaker.com">jstasaitis@boilermaker.com</a>



**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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

**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!