

# The Pace Setter

July 2010

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



DAVID RICHARDS —  
COBLESKILL-RICHMONDVILLE HS

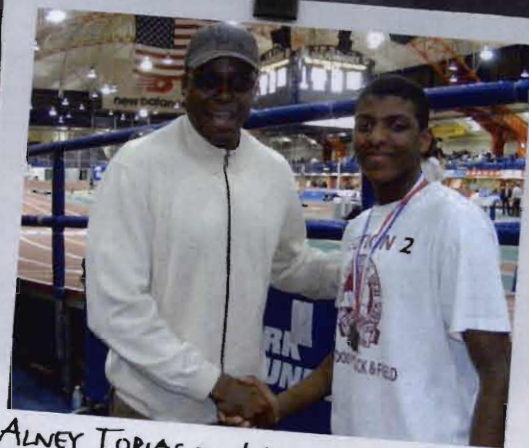


CHELSEA TRANT — NISKAYUNA HS

## 2010 SHRADER SCHOLARSHIP WINNERS



REBECCA MARTIN — BALLSTON SPA HS



ALNEY TOBIAS — LANSINGBURGH HS

32<sup>ND</sup> ANNUAL

# “DYNAMIC DUO” ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

**SATURDAY, AUGUST 7, 2010 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON**

PURSUIT RACE — WOMEN RUN FIRST, HAND OFF TO MEN —  
TOTAL TIME DETERMINES PLACES (Men run first in 2011)

- ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.  
**(CAN ENTER BETWEEN 6:45-8:00)**
- PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 10 age groups.  
Total prizes = \$160 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)
- AFTER RACE: WE DO NOT HAVE THE POOL THIS YEAR - TOO EXPENSIVE

**MAIL ENTRY FORM TO:**

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

**MAKE CHECKS PAYABLE TO:** Hudson-Mohawk Road Runners Club

Town Park is located 3 miles north of Latham Circle on Rt. 9 or 1 mile south of Crescent Bridge on Rt. 9  
or 1 mile south of Crescent Bridge on Rt. 9

## **2010 WINNERS**

### **-36**

DEMETRI GOUTOS	15:06	32:29
LIZZIE PREDMORE	17:23	

### **37-45**

SETH DUBOIS	14:38	32:23
RACHEL SWEET	17:45	

### **46-54**

JUSTIN BISHOP	15:17	34:56
EMILY FINNEGAN	19:39	

### **55-63**

AARON KNOBLOCH	16:40	38:04
DIANE RODRIGUZ-TOBON	19:39	

### **64-72**

SEAN PEZZULO	15:59	36:42
ELLEN PREDMORE	20:43	

### **73-81**

SHAUN ZEPF	18:43	42:18
KAREN HACKENBERG	23:35	

### **82-90**

BEN GREENBERG	16:04	33:17
EMILY BRYANS	17:13	

### **91-99**

FRED HANCE	19:33	41:53
THERESA HANCE	22:20	

### **100-108**

FRANK BOSCOE	18:09	40:11
SUSAN WONG	22:02	

### **109+**

HOWARD JONES	22:56	47:33
ADELE PAGE	24:37	

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## **ENTRY FORM**

NAMES

AGES

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**CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER**

-36    37-45    46-54    55-63    64-72    73-81    82-90    91-99    100-108    109+

Publication of Hudson-Mohawk  
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Vol. 31 No. 7

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— **Profile of a Runner**

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— **Short Circuits**

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— **Kopac's Korner**

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— **Let's Talk About It**



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

# The Pace Setter

JULY 2010

President's Message .....	4
What's Happening in July .....	5
The Running Doctor: Fixing The Health Care System .....	7
Short Circuits.....	9
Been There, Done That.....	11
Registration 101 .....	13
<i>by Marcia Adams</i>	
2010 Bill Shrader Sr. Memorial Scholarship.....	14
<i>by Jon Rocco</i>	
Emily Bryans Sets Masters 10K Record .....	15
<i>by Chuck Terry Sr.</i>	
The Athlete's Kitchen: Chocolate: Is It a "Health Food"? .....	17
New HMRRRC Members .....	21
Do Not Let Fear Affect Your Running .....	23
<i>by Stan Popovich</i>	
Meeting Minutes of the HMRRRC General Meeting: May 12 .....	25

*Photos in this issue by Ray Lee, Gerri Moore*

## HMRRRC Mission Statement

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

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

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**www.hmrrc.com**



*by Mark Warner*

The Workforce Team Challenge, now sponsored by CDPHP, is always a highlight of the year for the HMRRRC and this year was no exception. Under the superb direction of Pete Newkirk for the past five years, this race has become much more than a road race; it is a community event with over 8600 participants. It is now the biggest annual race between New York City and Utica. No other event demonstrates HMRRRC's ongoing contributions to the good health and community spirit of the Capital Region than the CDPHP Workforce Team Challenge.

The race itself continues to be a highly competitive event at the front of the pack. Chuck Terry, running for New Visions of Albany, won for the third time with Eamon Dempsey (CT Male Associates, PC) and Justin Bishop (Times Union) not far behind. On the women's side, Emily McCabe of the NYS Assembly won for the first time, finishing ahead of Tonya Dodge of Skidmore College and Eileen Combs of National Grid. General Electric won the Co-ed title for the fourteenth time and the Women's title for the eleventh time. On the Men's side, there was a first time winner as Albany Running Exchange Event Productions won with over a four minute gap over the runner-up team.

More important than the competitive aspects of the race is what it brings to the local community and area businesses. With over 8600 participants and thousands more watching, there are few other events that bring as many people to downtown Albany on a week-night. With over 450 corporations, government agencies and organizations participating, the CDPHP Workforce Team Challenge is a great opportunity for co-workers to participate together in a healthy endeavor outside of the workplace. After the race, many of the participants, along with family, friends and co-workers, visited downtown restaurants and bars.

Another feature of this race is the support it provides to local charities. This year's charity was the Boys & Girls Club of Albany, to which participants could make a donation as part of their registration. In addition to the donations the organization receives as the charity of choice, it provides great visibility and publicity for the organization. Recent charities that benefited from this relationship with the Workforce Team Challenge have been Trinity Institution (2009), Living Resources (2008) and Homeless and Travelers Aid Society (2007).

The financial success of the Workforce

Team Challenge has enabled the HMRRRC to return a significant amount of money to the community through grants and scholarships. For example, four high school seniors were recently awarded the \$2500 Bill Shrader Scholarship. The 2010 recipients are Alney Tobias from Lansingburgh High School, David Richards from Cobleskill-Richmondville High School, Chelsea Trant from Niskayuna High School and Rebecca Martin from Ballston Spa High School. In 2010, the club has allocated up to \$30,000 in grants for running related activities and youth running programs. In addition, \$24,500 was set aside for a pilot implementation of the Just Run Program, a youth program that assists schools and other youth organizations to promote fitness and healthy lifestyles. The pilot was implemented at Trinity Institute and Sand Creek Middle School.

What started in 1980 as a relatively small team oriented race has turned into a large community event that helps bring downtown Albany alive one evening each May. There is no other event put on by the HMRRRC that better demonstrates how it gives back to the community. □

## ***Pace Setter Writer and Reporter Group Now Forming***

The Pace Setter staff is seeking to organize groups of reporters and writers among individuals interested in participating in the development of articles covering HMRRRC. The role of the reporters, who would be present at the race as either a participant/spectator/ or volunteer, would be to organize their race observations, interviews of race participants/ overall and age group winners/race director, into short paragraphs. The reporters' contributions would then be organized by a writer into an article for *The Pace Setter*. This approach will allow for individuals who may have an interest in writing an article, but who are otherwise unable to attend a race, to work with the reporters' contributions to complete an article for publication. The goal is for all HMRRRC races to receive coverage while also increasing opportunities for interested individuals to contribute to *The Pace Setter* but not necessarily covering an entire event alone. If an individual is interested in covering the whole race, then that approach is also still welcome.

Each writer or reporter will receive 10 volunteer points for their contribution and each individual will receive byline recognition. The volunteer registration link now has a link for writers/reporters interested in working with *The Pace Setter* to register and this list will be used to organize coverage for upcoming races. Direct inquiries can also be sent to [pacesetter-articles@nycap.rr.com](mailto:pacesetter-articles@nycap.rr.com). There is a request that registered volunteers commit to covering one HMRRRC race per year as this will enable better coverage for the races. Everyone is encouraged to register and participate! □





# What's Happening in June

by Al Maikels

The HMRRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 6th at 6:15 p.m. at the Colonie High School track. This is also the shortest Grand Prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:15 p.m.

Keeping the track theme going, the other three club races for July will also be held on the Colonie High track. The two-person relay is set for Wednesday July 14, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with faster runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time. The

37th HMRRRC Hour Run is set for July 22 with a 6:15 p.m. start at the Guilderland High School track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 35th HMRRRC Pentathlon will be held on Wednesday, July 30 at the Guilderland High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 p.m. and go till dusk.

Since the club's July races feature a track setting one must look elsewhere for road races. July has some of the premier road races, including the Boilermaker 15k on Sunday, July 11 in Utica. This race closes out fast so if you did not make the cut you might consider the Firecracker 4 mile race on July 4th in Saratoga Springs. If you need your trail fix the ARE is holding their summer trail running camp in July and will be holding the Froggy 5 mile run on Sunday, July 18 at the Dippkill Wilderness Preserve in Warrensburg. □



**Help Wanted:  
NO  
EXPERIENCE  
NECESSARY**

***Volunteers needed  
at the  
following  
races:***

Indian Ladder  
August 1

HMRRRC Picnic  
August 1

Tawasentha XC 5 K Series:  
August 2, 9, and 16

SEFCU 5K  
September 6

*If interested, contact  
Marcia Adams,  
Volunteer Coordinator,  
At 356-2551 or  
madams01@nycap.rr.com*

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





# Race The Train



Lodging available at:

**Saturday, August 7, 2010**

## 8.4 Mile Run from Riparius to North Creek, NY To Benefit Johnsbury Dollars for Scholars An Official Adirondack Runners Grand Prix Event

Black Mountain Restaurant and Lodge  
(518)-251-2800

Garnet Hill [www.garnet-hill.com](http://www.garnet-hill.com)

Alpine Lodge  
[www.adirondackalpinelodge.com](http://www.adirondackalpinelodge.com)

Copperfield Inn [www.copperfieldinn.com](http://www.copperfieldinn.com)  
(518) 251-2300

- TIME:** 8:00 a.m. the Train departs North Creek Depot, bringing racers and spectators to Riverside Station in Riparius for the **9:00 am start.**
- CHECK-IN:** 5:00 to 7:30 p.m. Friday, August 6, or 7:00-7:45 a.m. Saturday, August 7.
- LOCATION:** North Creek Depot, 3 Railway Place, North Creek, NY (North end of Main Street)
- COURSE:** The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside Station. It continues west and turns right onto the wooded rolling hills of River Road, a seasonal-use dirt road running parallel to the Upper Hudson River Railroad and the Hudson River. The finish line is in the village of North Creek at the North Creek Depot.
- ENTRY FEE:** \$25.00 adults / \$20.00 for ages 19 and under -
- T-SHIRTS:** Custom, high quality short sleeve T-shirt (guaranteed to first 250 registered.)
- FACILITIES:** Restrooms available at both train stations;

**AWARDS:** Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd. Overall winners also receive rafting gift certificates. Finisher Medals to all who complete the course.

**INFORMATION:** Gary Wilson at (518) 494-2266 or ([riparius@frontiernet.net](mailto:riparius@frontiernet.net))  
Jill Pederson at (518) 792-6837 or ([pederson6000@roadrunner.com](mailto:pederson6000@roadrunner.com))  
Ann Arsenault at (518) 251-2602  
\*Registration is also available on line @ [active.com](http://active.com)

### AWARDS REFRESHMENTS RAFFLE PRIZES

### All registered runners ride FREE on the Upper Hudson River Railroad!!!!

Family, friends and spectators may ride to the start with the runners and ride the train back to North Creek. The train will stop at viewpoints along the way, allowing spectators to cheer for their favorite runners!

Spectator tickets can be purchased at the North Creek Depot on race day.

For ticket pricing go to [uhrr.com](http://uhrr.com)

### One Mile Family Fun Run

All ages welcome.  
Finishers 14 and under receive special awards! It will begin immediately following the finish of Race the Train. (approximately 11.00 a.m.)  
Entry Fee \$5.00  
(Does not include T-shirt)

Last Name			First	MI	M F Sex	Age Race Day	/ / Date of Birth
Address							
City		State/Province		Zip			
( )							
Area code	Phone Number		Shirt Size	Sm.	Med.	Lg.	XLg.
Are you a JCS student, graduate, employee, or tax district resident ? Yes No							

Entry Fee	\$	
Would you like to add a \$1.00 For Books for Tots?	\$	
Additional Donation	\$	
For Dollars for Scholars	\$	
Total	\$	

In consideration of the opportunity to participate in this race, I hereby release and forever discharge the sponsoring organization, their members and any other person staffing this race, for any demands as a result of my participation. I also certify that I am in good physical condition and have trained for this race.

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

Signature of Parent (If under 18) \_\_\_\_\_  
Make checks payable to: Johnsbury Dollars for Scholars  
Check here if this is a Fun Run Application \_\_\_\_\_

Mail Entries To  
Gary Wilson  
PO Box 125  
Riparius, NY 12862

FOR OFFICIAL USE ONLY  
\_\_\_\_\_  
Date Rec'd  
\_\_\_\_\_  
Check #  
\_\_\_\_\_  
Race Bib #

# Fixing The Health Care System

I was recently on a flight, and next to me sat a 40 some year old fellow. I usually avoid conversation with people who sit next to me, as I hate to sit with my head turned for long periods of time participating in conversations I'd rather not be in.

"So, where you heading?" he asks.

"I'm off to a seminar in Omaha" I tell him.

"Really, what's it on?"

"Sports biomechanics."

His eyes light up. People love talking about themselves.

He's a tennis player, and about 2 months ago, he pulled a calf muscle. He's been to multiple docs and therapists, and he's still injured, and doesn't know how to fix it, or who to go to. Well, not only do I know how to fix it, but I also know that I must be the leading authority in the country on calf pulls, not because I'm smart, but because I had an 8 year period in my life where I couldn't run beyond 3 miles without pulling a calf. I estimate I pulled my calf muscles 60-70 times over that period. Ultimately (after figuring out the answer), I made it back to marathoning, a mere 14 years after my last previous marathon. So I was intimately aware of the emotionally frustrating journey this poor guy was on.

But, the clincher was this, and even he was upset over it; his primary care physician took his blood pressure as part of the exam on his calf (I guess you always revert back to what you know), and found his blood pressure was a tad high. The guy tells me it's high because he's gained 15 pounds in the past 2 months since he can't exercise. So, the primary writes a prescription for high blood pressure medication and sends him on his way. Not wanting to waste any more of my valuable word allotment for this article, I'll assume you see the problem here.

## Other Broken Industries

The auto industry collapsed. New laws have been created to demand better gas mileage and less pollution. The energy crisis continues to look for more efficient, alternative, reusable energy sources. The healthcare system, which is leading all the crises in this country, is seeking alternative payment responsibility, without any effort to fix this incredibly broken system.

If you think about it, the laws for good health have never, ever changed. We know what it takes to stay healthy. So why on earth are we in any kind of crisis? Well, the most obvious reason is that we have become a totally "reactive" system. We do nothing until we break, then we go through unlimited tests, we're referred to many specialists, and in the end, never learn how to "fix" our problem. We get a prescription to block our body's warning

signals (some call them symptoms), or ultimately have surgery to remove such a troublesome organ, gland or joint. And we ask, "Why didn't anyone ever teach me how to keep my gall bladder healthy?". We're not a healthcare industry that *teaches and educates*, we're a healthcare *business* that profits from society's illnesses and maladies. And, reacting produces higher profits than acting. It's called managed care.

## The Fix

We know the obvious ways to stay healthier; eat better, exercise more, have a good spirit towards ourselves and others, get a good night's sleep, and do whatever is necessary to have good energy (like running). But, that's too easy. To get out of this crisis, here is my prescription;

It all falls under the word "MOTION". As in, moving. If all of us were in training for a marathon, the healthcare debt would go down. Motion, or daily exercise, keeps your weight down, your anxieties down, your blood pressure down, your cholesterol down, as well as the need to continue buying bigger clothes. All runners have learned this.

But, many people will respond, "Yes, but every time I try to exercise, my hip/back/knee/ or whatever goes out, and I'm injured. It's just too frustrating. And, I don't know how to get over that hump."

In response to that issue, I'll once again say, it's all about "MOTION." But, in this case, we're talking, motion of the joints. When you have joints that have full mobility, particularly in the spine and pelvis, there is an increased tolerance to stress, as compared to a joint that has lost mobility. As we age, we lose mobility. When we're injured, we lose mobility. As we gain weight, we lose mobility. So, how do we keep mobility, or get back mobility in all of our joints? See your chiropractor on a regular basis. Or, your osteopath, if they will adjust you that frequently. Every American should be adjusted (have joints mobilized) head to toe at least once a week throughout their lifetime in an effort to allow their body to tolerate the stresses of motion/exercise/life in order to keep their structures as healthy as possible. This will allow people to move, which is the key. Maybe then, you won't need to see your primary who thinks the answer is a high blood pressure prescription.

Have a great month.

Dr. Maggs can be heard on his live internet radio show, The Structural Management® Hour at his website, [www.StructuralManagement.com](http://www.StructuralManagement.com) on Thursdays 3-4 pm EST. He can also be contacted at [RunningDr@aol.com](mailto:RunningDr@aol.com). □



## Volunteer Opening at *The Pace Setter* Magazine:

Assistant Managing  
Editor

Looking for a conscientious, organized person with an interest in the running community that would like to contribute their time and creativity to the magazine. If that might be you, contact Robin at [pseditor123@gmail.com](mailto:pseditor123@gmail.com) for details.

**CASTLETON KIWANIS**  
**CLOVE RUN**  
**15 Mile, 5K, AND 1 Mile**  
**FAMILY FUN RUN**

Hosted By The  
**CASTLETON ROAD RACING COMMISSION**

For The Benefit Of The Anchor  
(Local Food Pantry)

Race participants are encouraged to bring canned/non-perishable food items for donation to The Anchor.

**8:30 A.M. Saturday August. 21, 2010**

Family Fun Run promptly at 8:30 AM  
15 Mile at 9:00 AM    5 K at 9:15 AM

All race activities (start, finish, awards, refreshments, entertainment) will take place at Castleton Elementary School at 78 Scott Avenue, Castleton, NY 12033.

**DIRECTIONS:** Take I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer. Go through 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. In Castleton, turn left at the flashing light at Steward's onto Scott Avenue (Rt. 150). The Castleton Elementary School is located on Scott Avenue about 1 mile from Rt. 9J on the right. Persons traveling from other areas should use MapQuest to obtain directions to the Elementary School.

**RACE APPLICATION:**

Complete application and mail to CRRC, P.O. Box 42, Castleton, NY 12033. Be sure to include a check for the appropriate amount made payable to CRRC.

Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Race: 5 K \_\_\_\_\_ 15 Mile \_\_\_\_\_ Fun Run \_\_\_\_\_

Address \_\_\_\_\_

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

Emergency  
Contact \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**PARKING:** Parking is available at the Castleton Elementary School and the surrounding streets.

**ENTRY FEES:**

15 Mile and 5K

- Pre – race registration: \$17.00
  - Received after Aug. 13/Day of Race: \$23.00
- 1 Mile Family Fun Run – 10 and under
- \$5.00/person or \$15/family

T – Shirts for first 200 registered runners

**ONLINE REGISTRATION:**

Registration for the Clove Run can be done Online at Active.com. See Clove Run Web Site for more information.

**AWARDS:**

15 Mile and 5K

- Top 3 male and female runners
- Top 3 runners in each age group division

1 Mile Family Fun Run

- Medals will be awarded to all finishers

**PACKET PICKUP & AWARDS CEREMONY:**

- Packet pickup will be in the cafeteria of the Castleton Elementary School, all other activities will be outside on the grounds of the school
- No Duplication of Awards

**MORE INFORMATION:**

Call 732-2940 or go to Clove Run Web Site at [http://www.vanrensselaerdivision.org/Clove\\_Run/](http://www.vanrensselaerdivision.org/Clove_Run/)

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

T - Shirt Size

Sm. \_\_\_\_\_ med. \_\_\_\_\_ lg. \_\_\_\_\_ xl. \_\_\_\_\_

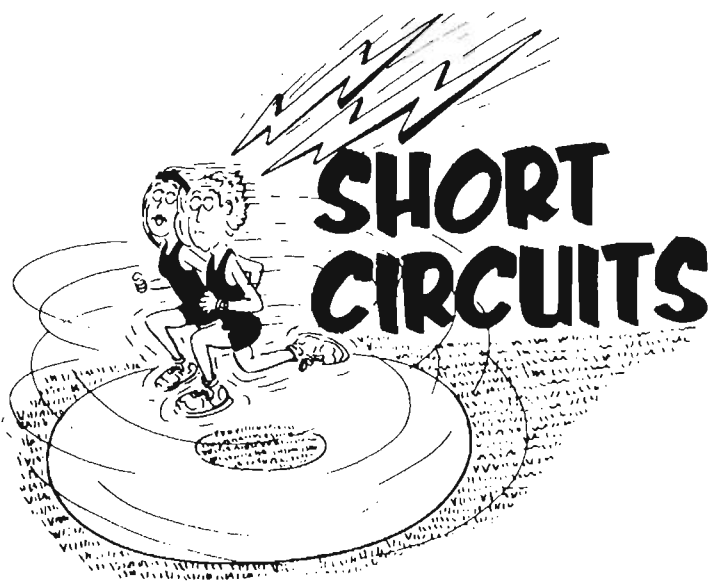
**Please Read and Sign:** In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor and its affiliates from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in this event. I am physically fit to participate in the race event(s) indicated. Children may only run in one event, either the 5 K or the 1 Mile Kids Fun Run. I also allow any photographs taken of myself during the event to be used for publicity purposes.

Signature \_\_\_\_\_

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

Date \_\_\_\_\_





Congratulations to Leah Thorvilson of the Albany Running Exchange. She won the Fargo Marathon in May with a time of 2:41:52. This broke the course record and qualified Leah for the Olympic Trials. "It was definitely a big monkey off my back," said Thorvilson. "I missed qualifying by 17 seconds last fall, and by much larger margins at Little Rock this year and in Pittsburgh 3 weeks ago. I had a real mental block with being able to hit the mark but everything just finally came together."



Victory at Fargo



Did you ever notice that the Roman Numerals for forty (40) are "XL"?



Many bib timing chips used in the Vermont City Marathon in May did not function properly and as a result many finishers results were

not recorded. Several area runners were victims of this timing fiasco.



Minimalist running (barefoot or just about) is becoming very popular. Most everyone who has read Christopher McDougall's *Born to Run* tries to run barefoot. An epidemic of running injuries has resulted. "I see one injury over and over in the barefoot runners who come to me," says Darwin Fogt, P.T.: "plantar fasciitis."



Walking out the door is often the toughest part of a run.



Jack Berkery (aka Sumo Runner) relaxes after a tough race. (Four ladies were escorted out of the tub before the photo was taken.)

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

All Short Circuits must be e-mailed to [jheinlaw@earthlink.net](mailto:jheinlaw@earthlink.net), subject: Short Circuits.



# Y RACE SERIES

We build strong kids, strong families, strong communities.

## GREATER GLENVILLE/SCHENECTADY 5K

**Start/Finish:** Freedom Park, Scotia, NY  
**Contact:** 518.399.8118, Nancy Gildersleeve - Race Director  
**Date & Time:** July 17, 2010  
5K Run / 3K Walk 8:30 a.m.  
Kids Fun Run 8:00 a.m.  
**Registration:** \$20.00 (postmarked by July 10);  
\$30.00 (after July 10)  
Day-of-race registration will be from 7:00am-8:00am  
Kids Fun Run is free—ribbons awarded to all finishers

*Official race shirts while supplies last*

**Awards:** Overall male and female 1st, 2nd, and 3rd place finishers will receive awards. In addition 1st, 2nd, and 3rd place awards will be given to the top male and female finishers in the following age groups.

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

**Course Description:** Freedom Park to Sunnyside and back



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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age (at time of race) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_ Gender M or F

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

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

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

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

Parent's Signature (if under 18): \_\_\_\_\_

Please make checks payable to: Greater Glenville YMCA, 127 Droms Rd, Scotia, NY 12302

**Register Online**

**WWW.CDYMCA.ORG**

# "BEEN THERE, DONE THAT"

by Mike Becker



## July 1975...Thirty Five Years Ago

- The club holds its first Estimated Time of Arrival Races on the 6th at SUNYA. Each runner predicted what time he/she would run, and the runner whose actual time was closest to the estimate was the winner. Judy Allen is the winner in the one-mile race on the track, just four seconds off her estimate. Tim Tolson wins the 3-miler on the Perimeter Road, ten seconds from his estimate.

- Paul Rosenberg succeeds Al Pastore as club President.

- The Eighth Annual Tri-City Long Distance Jamboree is held on the 20th at SUNYA. Races of a half-mile and 2.5 miles are held for the kids, 3.5 miles for the Masters, and 5 and 10 miles for the Open runners. A total of 76 runners participate.

## July 1980...Thirty Years Ago

- The two-person, six-mile relay is held on a hot and humid evening at the SUNYA track on the 10th. The fastest runner is paired with the slowest, the next fastest is paired with the next slowest, etc, and the slower team member runs the leadoff mile. The winning team is Gerow Carlson and Jim Ciccateri, with a combined time of 34:14, 39 seconds ahead of Ray Newkirk and David Smith. A total of ten pairs participate.

- The Fifth Annual Sextathlon is held on the SUNYA track on the 31st. The Sextathlon features six events including the 2-mile, 1-mile, quarter mile, long jump, frisbee toss, and softball throw, which replaced the half mile. Participants are given points based on their place in each event, with the fewest points winning. Frisbee tosses ranged from 47 feet to 172 feet, and softball throws ranged from 83 feet to 211 feet. Dick Skeels tops the 24 males with just 31 points and is named "best all-around athlete in the HMRRC." Also participating are Bill Robinson, Hank Steadman, Chet Tumidajewicz, and Paul Rosenberg. Only two women participate, and Sally Mason is the winner.

## July 1985...Twenty Five Years Ago

- The first Annual Bijou Mile is held on the 12th in Saratoga Springs and directed by Russ Ebbets. The course goes from near the entrance of Skidmore College down Broadway and finishes in front of the Bijou, which was a bar/nightclub. The cool, dry, windless weather and a generally downhill course all contribute to outstanding times. Merrick Jones almost breaks four minutes with a blistering 4:00.5, with the top ten men going 4:13 and under and the top three women going under 5:00.

- Ed Neiles is profiled. He states he was a 2+ pack-a-day smoker before taking up running in 1979. His most memorable races are the 1981 NYC Marathon and 1985 Boston Marathon. His best performance is the 1985 Chopperthon 30K, which he ran in 1:51:37. He trains very consistently, averaging about

55 miles per week year-round, and avoids the track. His PRs include 54:40 in the 15K and a 2:49:19 marathon.

- Races of 2.5 and 5 miles are held in East Greenbush as part of the Women's Distance Festival on the 20th. George Regan said "the Women's Distance Festival is great. It affords women all over the country a non-competitive arena to run in. The accent here is not on competition but on camaraderie." Apparently not all of the women hear about the "non-competitive" part as Carolyn Nacy wins the 2.5-miler with an impressive 15:24, more than two minutes ahead of Mary Beth Schenz. Denise Herman (31:27) wins the 5-miler with Julie Wilcox and Anny Stockman taking 2nd and 3rd. Even in the early morning, the heat was intense for the 81 women who participated.

## July 1990...Twenty Years Ago

- The Boilermaker 15K is held on the 8th in Utica and includes many Capital District runners with good times. Top local runners are Bill McGovern and Dale Keenan, both finishing in 48:50 (24th overall). Other local runners finishing in less than an hour include Koichi Araki, Rich Cummings, and Mark Warner. Top local female is Nancy Egerton with a 60:06. Other local females with good times are Beth Gottung, Jeryl Simpson, Sandy Phibbs, Anny Stockman, and Linda Weibel-Kimmey.

- The Whitehall Festival 5K is held on the 13th in Whitehall, NY. Eighty-four runners participate, and Scott Falkner wins with a 16:23. Amy Herold-Russom is top female with a course record 18:34. Lee Wilcox set a course record for M 50-59 with an 18:34.

## July 1995...Fifteen Years Ago

- The now-defunct Tuesday in the Park 5K is held in Central Park in Schenectady on the 31st. Kenyan Paul Mbugua runs a blistering 15:11 (4:53 pace) to beat Sean Lynch by a

minute. Linda Stadtlander is top female (29th overall) with a 19:52.

- Mary Beth Steffen is profiled. She lists Mark Mindel and Frank Myers as coaches early in her running career. Her PRs at the time include a 19:23 5K, a 90:07 half, and a 3:22:08 marathon. She is often seen as a starter at the summer track meets at Colonie HS.

## July 2000...Ten Years Ago

- The 24th Annual Adirondack Distance Run is held on the 2nd. The rolling, hilly course runs from Lake George Village to Bolton Landing. Zach Yannone wins with a time of 53:44, which is a 5:22 pace. Eighteen-year old Mary Anne Peck is top female (30th overall) with a 63:05. A total of 542 runners finish the race.

- The Silks & Satins 5K is held on the 29th in Saratoga Springs. This race always has a large field, this year 1161 runners, and has a very fast course. Nick Conway runs a 14:47 to beat Ahmed Haji by two seconds. Saratoga high-schooler Hannah Davidson is top female with a 16:58. Sixteen males finish in under 16 minutes, and eleven females finish in under 19 minutes.

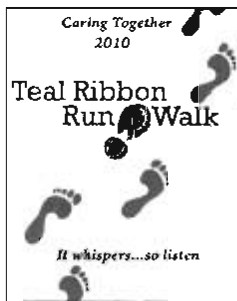
## July 2005...Five Years Ago

- The Colonie Mile is held on the 12th on the Colonie HS track on a typically humid evening. The event brings out 217 runners that compete in five heats. Ninety-eight runners record their times for the club Grand Prix competition. Lou DiNuzzo wins with a 4:20, two seconds ahead of Chuck Terry and six seconds ahead of 16-year old Brian Rhodes-Devey. Then-club President Bob Irwin finishes fourth with a 4:29. Lisa D'Aniello is top female with a 5:07, 13 seconds ahead of Emily Bryans. A total of ten men break five minutes, and ten women break six minutes.

- Trail runs of 3.5 miles and 15K are held at Thacher Park on a very warm and humid morning on the 17th. Seamus Nally runs a quick 59:50 and beats 2nd place runner Josh Merlis by just over two minutes. Lori Hewig is top female with a 68:51 (16th overall). Brian Rhodes-Devey wins the 3.5-miler with a 20:59, 12 seconds ahead of Seamus Nally. Mary Town is top female in 31:19. The races are held back-to-back so people can run both if they choose. The club picnic is held after the two races.

- Just six pairs of runners show up for the two-person relay on the 21st at Shaker HS. Sarah Conboy and Mike Kelly are first with a 38:45, 20 seconds ahead of Chad Davey and Beth Clement.

- Doug Bowden directs 36 participants in the club Hour Run at the Shaker HS track on the 28th. Chad Davey runs the longest (9.83 miles) for a 6:06 pace, with David Fiore in second with 9.47 miles. Megan Leitzinger and Kari Gathen are the fastest females and tied for sixth with 8.70 miles each. □



# 9<sup>th</sup> Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 12, 2010 – 9:00 a.m.



**Course:** Both the 5K run and 1 mile walk start and finish at the Washington Park Lake House on the west (Madison Avenue) side of the park. Paved roads throughout.

**Awards:** Awards will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards. Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.  
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

**Entry Fee:** **Individuals:** \$15 Pre-registration before September 1 only; Register onsite for \$20 after September 1  
**Team Members:** \$12 Pre-registration before September 1 only; Register onsite \$20 after September 1  
**Children:** \$5 ages 10 and under

Registration on the day of Run & Walk begins at 7:45 a.m. at the Washington Park Lake House



**\*\*\* FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS \*\*\*PRE-REGISTER TO GET A T-SHIRT**  
**To collect donations online for you or your team, please visit**  
**[www.firstgiving.com/CaringTogether](http://www.firstgiving.com/CaringTogether)**

**SPONSORED BY CARING TOGETHER, INC. \*1996 – 2010\***  
*Providing Ovarian Cancer Support, Education & Research Funding*

Ovarian Cancer Awareness  
Displays

Children's Area  
Face Painting \* Clowns

Refreshments &  
Raffles

For important race day and parking information, please visit: [www.CaringTogetherNY.org](http://www.CaringTogetherNY.org)

*Mail Entry Form and Check To:*

*Caring Together, Inc., PO Box 12383, Albany, NY 12212-2383*



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex: ☐ Male ☐ Female **I am a:** ☐ Runner ☐ Walker Shirt Size (circle one): Adult - SM MED LG XL XXL  
Child - SM MED

☐ No Shirt (please use all money towards research)

Team Member? ☐ Yes ☐ No If yes, enter Team Name \_\_\_\_\_

**NO STROLLERS OR DOGS ON RUN COURSE PLEASE.**

*WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.*

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

Signature of Parent or Guardian (required if participant is under age 18): \_\_\_\_\_

# Registration 101

by Marcia Adams

Sometimes even the simplest things can be confusing. Take race registration for one. Seems simple enough – you either register on-line or on a mail-in application. However, for the person doing the data inputting, this simple process can become frustrating. Thus, the name of my article – Registration 101. I thought I would take a few moments to review a few basics. Where I can, I will supply reasons or information that might help you understand why you should pay attention to these forms and enter information as requested.

**1. Please print legibly.** Everyone doing data input wants to type your name and information correctly the FIRST time. And when your application looks like your cat completed it for you, it makes it difficult. Poor handwriting is not an excuse. Go back to block lettering and TRY to be clear with each letter. It may take you a moment or two longer but isn't that easier than having to stand in line to give someone a correction to your name for the results?

**2. Do not use all upper case or lower case lettering** when registering on line. Some programs format capital letters differently than lower case for data sorts. And doesn't it just look better in the results – John Smith instead of john smith. It really doesn't take that much longer and it makes the job at the registration end that much easier.

**3. Do not use nicknames and be consistent with the name you do use.** Nicknames may seem like fun. Fast Fat Freddy may be a hoot among your buddies but when it comes to race registration, please be consistent in the name you use. Why? It is easier to add data when necessary.

I recently had the dubious honor of having to look up USATF numbers for the entrants to the Delmar Dash – all 808 of them! And Big Red Jonesy can be anybody named Jones. I had at least 10 entries that I had to get a date of birth and address on to verify if they were or were not a member. And since money is on the line (USATF Grand Prix), I certainly did not want to make a mistake. Think for a moment of Jim Moore and scoring HMRRC's Grand Prix when abbreviations and/or nicknames are used.

Even funnier was the lady at the Running of the Green who couldn't remember if she had registered under her maiden name or her married name. The line of runners waited as we looked through two different piles of bibs. Luckily there was plenty of time to the start or it would not have been so funny. All kidding aside, consistency is always the name of the game in running – you need to be consistent in your training – you need to be consistent in your race – be consistent in your race registration as well.

**4. Complete the data in the format requested and with the options offered.** Take a moment to LOOK at what the application is requesting and in what format. If it asks for the date to be entered as mm/dd/yyyy, do not put yy/mm/dd or mm/dd/yy – you should enter it as REQUESTED. Again, these are fields that are often sorted on or used for scoring – it is important that their data be consistent. And, by the way, just because the on-line system might allow you to do so, do not add extra comments in the date fields or decide to enter your age as 46.5. Someone has to manually make the changes and this can be a tedious, frustrating job. Also if the t-shirt sizes given are S, M, L, XL, do not request a different size such as XXL or S – child's size. If these sizes were available, trust me – the race director would have put it on the application.

**5. Check your data.** I have lost count of the number of runners who are less than a year old running our races. Instead of entering their year of birth, they enter 2010 – making them VERY young for sneakers! Some weren't even born yet when they completed the application! On most applications, a date of birth is requested as well as your age on race day. Please complete both of these. We do a quick double check since these are used for scoring age group winners. If you leave one or the other out, scoring errors can result.

**6. Watch the fees.** If you mail it after the deadline for early bird registration, pay the correct fee. Otherwise, when you go to pick up your bib on race day, it may be flagged and you may face a delay. Not a problem if you arrive early for your races but not so good if you are one of those runners who tend to streak up to registration at the last minute.

**7. Watch the deadlines.** Race directors put deadlines on registrations for a reason and it is usually so they can get the information to their timing team and/or registration team for packet/bib preparation. Again, using the Delmar Dash as an example, once we closed registration, we assigned bib numbers, reviewed the entrants for USATF #s, printed labels for the bibs and envelopes, packaged in alphabetical order all the pre-registered runners for easy retrieval on race day – the equivalent of at least 20-30 hours more work. It's done so runners will have a more pleasant race experience. Fielding questions and/or answering emails regarding registration AFTER the deadline only adds to that work load.

**8. Have your credit card ready.** If you are going to register on-line, have your credit card handy. Some computer programs "time out" if you take too long to complete the transaction. So, if you have entered your race information, then decide to go downstairs to get your wallet

to retrieve your credit card, don't be surprised if the computer program quits before you get back. What that means is you are NOT registered because you did not pay. You need to re-register and re-enter your data. The registration system that HMRRC uses does show the race director or the person handling the race registration these "pending" transactions. If it happens, you will most likely get an email advising you of the problem. If you have already re-registered, just respond that you have; if not, follow the instructions in the email sent.

If it seems that I am being picky or stating the obvious, that is not my intent. We want to have quality data so when our races are scored, they are accurate. Hopefully this article will help you see why consistency and accuracy on your part makes a better race for all of us. ☐



## On the Web!

The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
  - Grand Prix Update
  - Race Applications
  - Race Results in a flash
- [www.hmrrc.com](http://www.hmrrc.com)**



# 2010 Bill Shrader Sr. Memorial Scholarship

by Jon Rocco

The 2010 Bill Shrader Sr. Memorial Scholarship winners have recently been selected. The scholarship program, which is sponsored by the Hudson Mohawk Road Runners Club, awarded a total of \$10,000 in scholarships to four recipients. The purpose of the program is to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. The scholarship is in memory of Bill Shrader Sr., one of the founders of the HMRRC, the club's first Vice President, and an accomplished runner. Bill was also a race director, the 1974 winner of the Distinguished Service Award, and an initial member of the HMRRC Hall of Fame, elected in 1991.

The scholarship program began in 2000. In 2008, the Club increased from two scholarships to four and in 2010, the Club increased the total award from \$6,000 to \$10,000. This year there were 24 student-athletes nominated (15 female and 9 male) from across Section II. The candidates were evaluated and scored on four criteria: running experience, extra-curricular activities, an essay on the "importance of running," and letters of reference. In addition to me, Joan Celentano, Chris Rush, and Ken Skinner comprised the Committee. Once again, the caliber of outstanding candidates made it a difficult task to select the two males and two females.

The two female winners were Rebecca Martin from Ballston Spa High School and Chelsea Trant from Niskayuna High School. The two male winners were David Richards from Cobleskill-Richmondville High School and Alney Tobias from Lansingburgh High School. Each of the four recipients received \$2,500 along with a plaque. They join a special group of 25 prior recipients representing 18 different schools.

Rebecca Martin, who comes from a family of avid runners, became the 1st winner from Ballston Spa High School. She will be attending the University at Buffalo to major in pre-pharmacy and is also planning on running cross country as well as indoor and outdoor track. Rebecca ran cross country, indoor and outdoor track in all four years of high school while ranking in the top of her class. She holds two indoor track school records as well as records on two indoor and one outdoor relay teams. Rebecca is a member of the Guiding Eyes for the Blind Program where she trains Seeing Eye Dogs. In doing so, she trains puppies from 8 weeks to 18 months and attends class bi-monthly. She is a member and officer of the National Honor Society, Vice President of the Physics Club, and Varsity Club Secretary. Additionally, during her summers she acted as a counselor for the Ballston Spa Area Recreation Commission to teach kids the basics of track and field. She was a member of



the Suburban Council All-Star Cross Country Team in her junior and senior years and was a member of the scholar athlete teams for all three running sports in her four years. Rebecca wrote that running has aided in her realization of the importance of perseverance, and above all individual self-worth.

Chelsea Trant, who achieved her high school goal to run at the Penn Relays, became the 3rd winner from Niskayuna High School. Chelsea has decided to attend St. John's University where she will compete in the Big East with plans for a 6 year program to complete her PharmD. By attending college in Queens, Chelsea notes this will give her the chance to compete at two of her favorite venues – cross country at Van Cortlandt Park and the NY Armory for indoor track – while also competing in outdoor track. Chelsea competed in varsity cross country for five years, with an injury keeping her from competing in her senior year. She was a Section II All Star and a member of the NYS All Star Team. She ran varsity indoor and outdoor track for four and six years respectively, and she holds several school records. She is a member of the National Honor Society, and has been active in Girl Scouts since 1997 where she has received several awards. She is an officer of several school clubs and a received Gold Presidential Service Award in all four years of high school for contributing over 250 hours of community service each year. In her essay, Chelsea noted that running has taught her that once a goal is reached, there will always be another to pursue.

David Richards, class valedictorian, became the 2nd winner from the Cobleskill-Richmondville High School. David will be attending Houghton College, a Christian college in southwestern New York to study nuclear physics. He plans to run cross country, indoor, and outdoor track. David is a member of the National Honor Society, where he served as president in his senior year, and was also

a Boy's State Representative. He is also quite heavily involved in the school's music program with band, orchestra, stage band, All-County Band, and All-County Orchestra. David consistently achieved Academic MVP (highest scholastic average on the boys' team) throughout his school years in all the running seasons. In cross country, he was a two-time Colonial Council All-Star. He broke his own school record at Saratoga State Park four times during his senior season. In indoor track, he holds the school records in the 1600, 3200, and 5000 meter distances. For his church, he advanced to the state level in a Bible study program and on the national level for a talent program. In his essay David noted when it comes to racing he relishes the adrenaline rush at the start and the ecstatic exhaustion at the finish.

Alney Tobias, set to graduate with an Advanced Regents Diploma, became the 2nd winner from Lansingburgh High School. He will be heading to the Big 12 and the Nebraska Cornhuskers to study civil engineering while competing in indoor and outdoor track, with the possibility of cross country. Alney represented Section II at the state level for cross country three times as well as three times for indoor track, and once for outdoor track. He is a member of the National Honor Society, has achieved high honor roll throughout his four years, and received the Lansingburgh "L" award, presented to those who have excelled academically. He holds individual school records in seven events, four as part of relay teams, and at two distances in cross country. He was voted team captain for all three of the running seasons in his junior and senior years. He has been a class officer since his sophomore year, has been involved in student government, and as a Varsity Club officer. Additionally he has participated in Jazz Band and Wind Ensemble all four years, and is an active volunteer in his community. Alney noted that since 8th grade, running has been one of his top priorities behind his faith, family, and education.

We wish the best of luck and success to Rebecca, Chelsea, David, and Alney along with the other applicants as they move on in their academic and running careers. □



# Emily Bryans Sets Masters 10K Record

by Chuck Terry, Sr.

The gun went off at the new starting time of 9:00 a.m. on April 24, 2010 to start the 30th Bill Robinson Masters 10k Championship and Adirondack USATF 10k Championship.

A record number of 141 runners started the race held on a cool morning starting at Guilderland HS on the rolling hills of the out and back course.

37 minutes and 53 seconds later Emily Bryans, making her first appearance in the race, smashed the women's record of 38:55 held by Marilyn Martin since 1984. Emily was followed by Willow Street AC teammates Anne Benson at 40:32 and Beth Stalker at 41:30 for second and third place for the women.

On the men's side, Mike Slinskey of Hopewell Junction, NY was the first place finisher with a time of 33:58, the third fastest time in the history of the race. Ben Greenberg, making his masters debut, finished second with a time of 35:06 and Allan Serrano finished third at 35:41.

The women had the same overall finishing order in the USATF 10k Championship, of Bryans, Benson and Stalker. The men's overall finishers in the USATF Championship were Ben Greenberg in first place followed by Allan Serrano, and Derrick Staley with a time of 36:13.

In the USATF Team Championships on the women's side, the Willow Street AC team of Emily Bryans, Anne Benson, Beth Stalker, Judy Guzzo and Mary Buck took first place in the 40+ division with a top three time of 1:59:55. Team Utopia took first place in the 50+ division with their team of Judy Phelps, Susan Burns, Joan Celentano and Mary Collins-Finn with a time of 2:30:26.

On the men's side the Adirondack Athletic Club took top honors in all three age divisions. In the 40+ division the team of Ahmed Elasser, Tom Dalton, Tim Hoff, Tom Kracker and Rich-

ard Cummings won with a five runner total of 3:07:29. In the 50+ division the team of Dale Keenan, L.D. Davidson, Fred Kitzrow, Rob Picotte, Ken Schwartz and Rob Colborn won with their top five times total of 3:20:55. In the 60+ division the three man team of Pat Glover, Tom Yannone and Ernie Paquin won the division with a combined time of 2:10:08.

Bill Robinson, who won the race in 1987 and 1989, was unable to attend the race due to health reasons. Bill did request that we pass his best wishes to all the runners and that was done by race director Jim Tierney. Bill also did say he was looking forward to attending next year's race.

Don Wilken, who tied for first place with Lee Wilcox in the inaugural race in 1981 with a time of 35:50, finished the 30th Masters 10k with a time of 57:46. Some other notable times were run by Dale Keenan age 59 who ran 38:44, Pat Glover age 63 who ran 42:41, Ken Klapp age 60 who ran 43:17 after running the Boston Marathon in 3:14:20, Judy Phelps age 59 who ran 46:20, Martha DeGrazia age 60 who ran 47:25 after running the Boston Marathon in 3:28:51, John Pelton age 70 who ran 47:32, Jim Moore age 70 who ran 52:28, Wade Stockman age 75 who ran 53:26, Anny Stockman age 77 who ran 1:04:58 and Ed Ducette age 80 who ran 1:07:27.

Jim Tierney did his usual great job of directing the event and received some positive feedback on the earlier starting time for the race. Jim expressed his thanks to all of the volunteers who helped to make this year's race another successful event.

The Masters 10k is also an HMRRRC Grand Prix event and a USATF Grand Prix event with men's, women's and age graded results. The full results can be found at [www.hmrrc.com](http://www.hmrrc.com) and [www.usatfadir.org](http://www.usatfadir.org). □



2<sup>ND</sup> ANNUAL



# CAMP CHINGACHGOOK CHALLENGE HALF-MARATHON & 10K RACE

AND FAMILY FUN DAY



## SATURDAY, AUGUST 7, 2010

HALF-MARATHON START: 8AM 10K START: 9AM

- Course:** **Half-Marathon:** This surprisingly fast course starts at the Lake George Elementary School and runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook  
**10k:** Is an out and back course, starting and finishing at Camp Chingachgook
- Transportation:** Free transportation will be provided from Camp Chingachgook to the start before the race, as well as back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 9, 2010, \$40 after July 9 or day of race  
**10k** – \$20 if received by July 9, \$30 after July 9 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 9, 2010
- Awards:** Prizes for Top 3 male and female overall finishers  
1<sup>st</sup> place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+  
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to [www.AREEP.com](http://www.AREEP.com)  
Or, return application, with a check made out to AREEP, to:  
AREEP, PO Box 38195, Albany, NY 12203  
For more information: visit [AREEP.com](http://AREEP.com) or email [info@areep.com](mailto:info@areep.com)

CHIP TIMING BY



**Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all**

### 2009 Champions and course records:

<b>Half Marathon:</b> Shaun Evans 1:12:17	<b>10k:</b> Tijs Van Maasackers 38:29
Kari Gathan 1:27:00	Katherine Cimonitti 40:53

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone #: \_\_\_\_\_ Shirt Size: ☐ S ☐ M ☐ L ☐ XL  
Event: ☐ ½ Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (18 or under)

# Chocolate: Is It a "Health Food"?

"Chocolate! I try to stay away from it!!!" commented my client, a runner who described herself as having a rampant sweet tooth. For her, chocolate fits into the categories of junk food, guilty pleasure and ruiner of good intentions to lose weight. Yet, she also recognized there is potentially a happier side of the story. Ads for (dark) chocolate suggest chocolate is good for us. Chocolate comes from plants and contains the same health-protective compounds that are found in fruits and vegetables.

So what is the whole story on chocolate? Is it little more than an alluring form of refined sugar, saturated fat and empty calories? Or does chocolate (in moderation, of course) have positive qualities that might be beneficial for runners?

Here are some nuggets of information about chocolate. I'll let you decide whether or not the health benefits of eating chocolate are greater than the health costs—and if you personally want to define chocolate as a "health food" within the context of your own sports diet.

## The "Bad"

The bad news is chocolate consists primarily of saturated fat and sugar. A Hershey's Chocolate Bar (43 g) contains 210 calories, 24 grams sugar (46% of calories), 13 g total fat (55% of calories) and 8 g saturated fat, equivalent to a tablespoon of butter. Boo hoo. (But here's how you can rationalize including this popular treat in your overall well-balanced sports diet: The fat in chocolate does not raise bad cholesterol levels and the sugar (carb) in chocolate fuels your muscles ...)

- Like most people, runners commonly eat chocolate in bursts—a lot in a day, such as on holidays or pre-menstrually—or none. The question arises: Would enjoying some chocolate every day help reduce a runner's urge to binge-eat the whole bag of, let's say, M&Ms in a moment of weakness? That's a good question and one that needs to be researched. We do know that deprivation and denial of food contributes to overeating. You know the syndrome: "I'm starting my diet Monday morning, so Sunday is my last chance to eat chocolate..." and there goes the whole bag of M&Ms!

I invite my clients to try taking the "power" away from chocolate by enjoying a little bit every day, such as for dessert after lunch. Ideally, daily chocolate could reduce it to being simply a commonplace plant food, just like bran cereal, an apple or carrot sticks. Give it a try!

## The "Ugly"

Some runners claim they are "addicted" to chocolate. Perhaps "chocolate addicts" grew up in a household where the parents banned chocolate? Now, as grown-ups, maybe they

rebel by eating Reese's Pieces by the bagful? Or are they "super tasters"—and the flavor of chocolate is just irresistible? Perhaps they have a genetic difference that makes chocolate highly attractive? Some day, genetic testing may help us find the answer to that question.

## The "Good"

Chocolate is made from cocoa. Cocoa comes from a plant. It is a rich source of health-protective phytochemicals, just like you'd get from fruits, vegetables and whole grains. Two tablespoons of natural cocoa power (the kind used in baking) offers the same antioxidant power as 3/4 cup of blueberries or 1.5 glasses of red wine.

- Of all the types of chocolate, dark chocolate is the richest source of phytonutrients. Unfortunately, dark chocolate has a slightly bitter taste and most runners prefer the sweeter milk chocolate. Maybe we should raise today's children on dark chocolate, so they will they learn to prefer it...?

- One phytochemical in cocoa is nitrate. Nitrate gets converted into nitric oxide, a chemical known to increase blood flow. Nitric oxide lowers blood pressure, a good thing for masters runners who want to stay youthful and invest in their health. (1)

- Another group of phytochemicals is called flavonoids. They are in many plant foods, including tea, apples and onions. Epidemiological surveys of large groups of people indicate those who regularly consume chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. In the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47%. (2)

- Cocoa increases blood flow to the brain. If this means you can process information better and faster—like calculate your split times or help your kids with their math homework—wouldn't that be a great excuse to enjoy chocolate?!

- Many parents keep chocolate away from their children, thinking chocolate makes them hyper. No research to date supports that claim. The party or special event that surrounds the chocolate likely triggers the hyperactivity. (3)

- Chocolate is yummy! Most runners love chocolate. Chocolate lovers don't want sugar-free or fat-free chocolate. They want the 100% real stuff! That's because consumers buy benefits, not products. Being yummy is a huge benefit!

During the recession in 2009, sales of Hershey's chocolates increased. Is that because worried people bought a moment of yummy, cheer-me-up chocolate? Or, did they simply settle for a bag of less expensive Hershey's

Kisses instead of a box of pricey Godiva Chocolates? Regardless, chocolate seems to fit every mood, be it happy, sad, tired or celebratory.

- Flavanol-rich cocoa may help reduce muscle soreness. Studies with athletes who performed muscle-damaging downhill running and then consumed a cocoa-based carbohydrate and protein beverage experienced less muscle damage and felt less muscle soreness. (4)

- Although the chocolate used in flavoring milk lacks the health protectors found in dark chocolate, the yummy flavor makes chocolate milk a popular recovery drink. The sweetened chocolate offers carbs to refuel muscles; the milk offers protein to build and repair muscle. Plus, milk boosts intake of calcium and vitamin D, needed for strong bones.

## Conclusion

Despite all this good news about chocolate, it is still just a candy and not a life-sustaining food. Yet, it does provide pleasure—and pleasure is certainly part of a health and wellness program, right?

The trick is to enjoy dark chocolate as part of the 100 to 150 "discretionary" sugar calories that can be part of your daily sports diet. As for me, I'll enjoy my dark chocolate during a long hike, run or bike ride. Tastes better than most engineered sports foods and nicely fuels both my body and my mind!

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

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You and your family are cordially invited to the  
**HMRRC 2010 SUMMER PICNIC**

Held in Conjunction with



When: Sunday, August 15, 2010 11:30 a.m. (lunch served until 1 .p.m.)  
Where: Hailes Cave Picnic Area, John Boyd Thacher State Park, Voorheesville, NY  
Menu: ½ Chicken, baked potato, cole slaw, rolls, dessert and beverage OR  
Hot Dog, Hamburger or Veggie Burger, chips, dessert and beverage  
Cost: \$8 Adults; \$4 kids under 10 (hot dog or hamburger meal only)

**Picnic lunch can be ordered below or online at [www.hmrrc.com](http://www.hmrrc.com)**

**HMRRC 2010 SUMMER PICNIC**

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Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Chicken Dinners      How Many? \_\_\_\_\_      X \$8 = \_\_\_\_\_

Veggie Burger      How Many? \_\_\_\_\_      X \$8 = \_\_\_\_\_

Hamburger      How Many? \_\_\_\_\_ Adult \_\_\_\_\_      X \$8 = \_\_\_\_\_

                                 Children under 10 \_\_\_\_\_      X \$4 = \_\_\_\_\_

Hot Dog      How Many? \_\_\_\_\_ Adult \_\_\_\_\_      X \$8 = \_\_\_\_\_

                                 Children under 10 \_\_\_\_\_      X \$4 = \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

Make check payable to: HMRRC

Mail order to: Summer Picnic, c/o HMRRC, PO Box 12304, Albany, NY 12212

Orders must be received by Friday, August 6th.

Tickets can be picked up at the picnic on August 15, 2010.

Questions? Contact Lisa Ciacetta at [ljcnyc61@nycap.rr.com](mailto:ljcnyc61@nycap.rr.com)





# Indian Ladder Trail Runs-2010



## 15K and 3.5 Mile Trail Races

### John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

**Sunday – August 15, 2010**

### Start Times

9:00 am – 15K

11:00 am – 3.5 mile

### Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

### HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

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WWW.HMRRC.COM***

Questions? Email [mjkhomes@verizon.net](mailto:mjkhomes@verizon.net)

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 (Thacher Park Rd)

Altamont: Route 156 (up the hill); left at Route 157-- Follow signs to Thacher Park.

**What you pay ...**

Pre-Registration [postmark by July 31]: \$17 – Member, \$20 – Nonmember/Guest  
August 1 to Day-of-Race: \$20 – All

**What you get ...**

Race entry; Shirts to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; ½ BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

**Course Descriptions** ...maps available at [www.hmrcc.com](http://www.hmrcc.com). Start and finish in front of Haile's Cave Picnic Area Marked course with water/laid stations on course  
15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional  
3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills– recommended for HS/College XC runners & novice trail runners of all ages

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15K & 3.5M races

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Age-groups Winners: (2 deep)

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Address (Street/P.O. Box)			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB mm dd yy	Age as of 8/15/10	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 31 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
August 1 to Day of Race <input type="checkbox"/> \$20.00 All				
Read the following <u>walver carefully</u> : In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.				
Signature of applicant required [parent or guardian must sign for applicant under 18]				

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 Mary Berry  
 Benjamin Bober  
 Ronald Boisvert, Jr.  
 Christine Bolton  
 Karthick Chandraseker  
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 Wendy Cullings  
 Michael Curry  
 Janice Curry-Everts  
 Rachel DeTeso-Mathis  
 Kim Didrich  
 Selina Dobbs  
 Eileen Earle  
 Hampston Emma  
 Daniel Esper  
 Theodore Everts, Jr.  
 Michael Facchiano  
 Joanne & Robert Fitzgerald  
 Geoffrey Flynn  
 Nancy Gibbs  
 Anna Hampston  
 Jennifer Hampston  
 Katie Hampston  
 Kristin Hansen  
 Audrey Hendricks  
 Gage Hotchkiss  
 Willie Janeway  
 Dove Karn  
 Stephen Kraz  
 Angela Kuehn  
 Corey Lamica  
 Matthew Landy  
 Dave Lange  
 Marissa Lavazzo  
 Timothy O'Neill  
 Michele Ovitt  
 Thomas Petros  
 Nancy Preston  
 Olya Prevo  
 Bob Radliff  
 Sarah Reed-Esper  
 Laura Salinas  
 Dylan Sanderson  
 Erin Sanderson  
 Leslie Sanderson  
 Maria Schoellkopf  
 Chris Shawn  
 Shannon Talback  
 Kathleen Trombley  
 Linda Vara  
 Chuck Wager  
 Michael Welsh  
 Vincent Wenger  
 David Wilber, Jr.  
 Joy Wilson  
 Mary Wojtyk  
 Catherine & Edward WRonski  
 Christine Yager  
 Laura Yerou  
 Harry Young  
 Amanda Zenner

## Mother's Day Race

by Susan Burns

"The lady said to enjoy the flowers along the course, so I did," said my daughter, Jackie, after finishing the 30th annual 3.5 mile HMRRRC Mother's Day race in Delmar.

My daughter enjoyed the transcendental experience, I enjoyed the competitive experience. A mother-daughter team at its best!

This Mother's Day, May 9, my daughter and I were finally able to again run one of the most relaxing and pleasant races sponsored by HMRRRC. We ran as a team along with 34 other mother-daughter and mother-son duos. The last time we ran this race together was in 2003 when our combined time was about 15 minutes faster and won us an award. Seven years ago if I recall, my daughter, the college athlete, was more driven and mom, well, just had younger legs.?

Sunday turned out to be a very windy, cool and a partly sunny morning with a smattering of drizzle - almost perfect running weather for the 138 participants. Race Director, Sharon Boehlke, started the race at 10 a.m. at Hamagrael School with a Bethlehem Police Department car leading the way through the lovely and winding neighborhood course.

At the start, the field of runners included not only past first-place finishers and age group winners, Judy Guzzo, Roxanne Wegman, Nancy Nicholson, Martha Degrazia and Katherine Ambrosio, but former top team finishers, Cady and Jen Kuzmich.

The first mile, driving into the wind, was a bit problematic for the front runners, but mile two and even three with all of the twists and turns, was the spot to settle in on pace. The last half-mile is always a bit tricky since most runners are used to running a 3.1 mile course. The kick starts here for most.

Top finisher, Shelly Binsfeld, 30, from Schenectady, kicked in and won in 21:53, two seconds faster than Judy Guzzo, 42, from Niskayuna and five seconds ahead of Roxanne Wegman, 22, Albany.

Top mother-daughter teams and combined totals were: Cady and Jen Kuzmich, 50:49; Katie and Nancy Hodge, 53:04 and Heather and Holly Machabee, 54:47.

Top mother-son teams and combined totals were: Brian and Bernadette Loughlin, 54:45; Sean and Susan Klim, 1:02:51 and Liam and Martha Gohl Spollen, 1:03:58.

Awards for the top finishers were beautiful assorted trays of home baked goodies. Lucky runners won raffle prizes including massages, dinner for two.

Two kids runs followed the 3.5 mile race, with toddlers and elementary school youngsters smiling from start to finish as they dashed around the quarter and half-mile loops. They all received prizes for their efforts.

Thanks to the Race Directors, Sharon Boehlke and Jim Tierney, organized an outstanding event with special, thoughtful awards, prizes and refreshments and a cadre of dedicated volunteers.

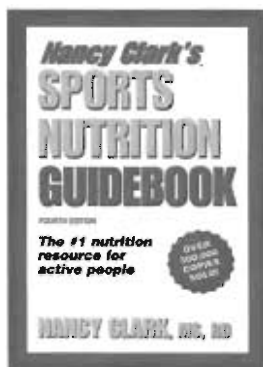


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## Submissions for the September Issue of *The Pace Setter*

### Articles:

Deadline is July 25th. Submit to: Editor, [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com)

### 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 (pdf preferred, no compression). No files from MS Word, MS Publisher or Word Perfect. Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at [callen@gscallen.com](mailto:callen@gscallen.com) for further info.*

## HMRRC Nominations and Elections

Elections for the HMRRC officers for the coming year will be held in September. A nominating committee has been formed to select candidates. Vacancies exist for the position of President, Executive Vice-President, Treasurer and Secretary. Additional nominations can be made by petition. Any Club member can be placed on the ballot if nominated by one percent (1%) of the total membership of the Club as reported at a Club meeting no later than June 30 or at least ten (10) members, whichever number is greater. Signatures must be of members in good standing as of June 30th of that year. Nominating petitions will be accepted and verified by the Election Committee at a Club meeting no later than July 31st. Send petitions to HMRRC, P.O. Box 12304, Albany, NY 12212.

# Do Not Let Fear Affect Your Running

by Stan Popovich

Sometimes, fear and anxiety can get the best of us in running. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a runner can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to run in an upcoming event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in the championship event in front of a large group of people in the next few days. Before the big day comes, imagine yourself performing the event. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your running.

## BIOGRAPHY:

Stan Popovich is the author of *A Layman's Guide to Managing Fear Using Psychology*,

*Christianity and Non Resistant Methods* – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>







## Chocolate Lush

This low fat brownie pudding forms its own sauce during baking. It's a tasty treat for when you are hankering for a chocolate-fix and a yummy way to add a little dark chocolate to your sports diet. This recipe is one of many in my *Sports Nutrition Guidebook* ([www.nancyclarkrd.com](http://www.nancyclarkrd.com)).

1 cup flour, preferably half white, half whole wheat  
 3/4 cup sugar  
 2 tablespoons unsweetened dry cocoa  
 2 teaspoons baking powder  
 1 teaspoon salt  
 1/2 cup milk  
 2 tablespoons oil, preferably canola  
 2 teaspoons vanilla  
 3/4 cup brown sugar  
 1/4 cup unsweetened dry cocoa  
 1-3/4 cups hot water

Optional: 1/2 cup chopped nuts.

1. Preheat the oven to 350°.
2. In a medium bowl, stir together the flour, white sugar, 2 tablespoons cocoa, baking powder, and salt; add the milk, oil, and vanilla. Mix until smooth. (Add nuts.)
3. Pour into an 8x8" square pan that is non-stick, lightly oiled, or treated with cooking spray.
4. Combine the brown sugar, 1/4 cup cocoa, and hot water. Gently pour this mixture on top of the batter in the pan.
5. Bake at 350° for 40 minutes, or until lightly browned and bubbly.

Yield: 9 servings  
 Total calories: 2,100  
 Calories per serving: 230  
 Nutrients % Grams  
 Carbohydrate: 46 grams  
 Protein: 3 grams  
 Fat: 4 grams



# Meeting Minutes of the HMRRRC General Meeting - May 12, 2010

Attendance: Barb Light, Chuck Terry, Mark Warner, Jon Rocco, Cathy Sliwinski, Ken Orner, Doug Bowden, Will Dixon, Wade Stockman, Anny Stockman, Rob Moore, Tom & Marcia Adams, Tom Ryan, Ray Lee, John Parisella, Scott Ferguson, Diane Fisher, Ken Skinner, Vince Juliano, Gretchen Oliver, Frank Myers, Josh Merlis

Call to Order (M. Warner): Marcia Adams made motion to call meeting to order at 7:30PM, seconded by Rob Moore.

1. Reading and approval of April 14, 2010 minutes (B. Light). Motion to approve minutes made by Marcia Adams, seconded by Rob Moore, motion approved.

## 2. Reports of Officers

2.1 President (M. Warner): Delmar Emergency Squad thanked us for the Donation we made from Delmar Dash.

2.2 Executive Vice President (J. Rocco): Schrader Scholarship awarded-we received applications from 15 girls and 9 boys; winners were Rebecca Martin, from Ballston Spa HS, Chelsea Trant, Niskayuna HS, David Richards, Cobleskill Richmondville HS, Alney Tobias, Lansingburgh HS. All winners were notified and within the next few weeks will be awarding the awards at the schools. Colonie is scheduled for May 21 and the others are in June. Jon suggested that next year it would be nice to send out send out preprinted post cards about the Scholarship giving schools a heads up about the scholarship and the deadlines to encourage more participants. Scholarships are \$2500.

2.3 Executive Vice President – Finance (C. Terry): Received a notice from NYS sales tax that because we are below certain level with tax payments we don't have to pay quarterly, we can pay annually March 1-Feb 28, 2011. Chuck sent financial information to the accounting firm of Alex Cruden Co., CPA and they are working on the 990 tax return due May 15th. Chuck will file it as soon as it is done.

2.4 Secretary (B. Light): 33 people have signed up for the Chi Running workshop on May 22nd.

2.5 Treasurer (J. Kinnicutt): Mark Warner printed out account from url website-Mark went over report-looking pretty standard, nothing out of line. Still doesn't show the race balances brought over on this report.

## 3. Reports of Committees

3.1. Membership (D. Fisher): Current membership is at 2015 no net change from the last meeting we have received 40 new members; 28 from marathon training program.

3.2. Volunteers (M. Adams): Booth at Workforce Team Challenge-need volunteers; have sent out email blast recruiting people; Rob Moore will be there to man the booth. Inventory taken of the race truck and it was sent to Nancy Briskie for all Race Directors.

3.3. Public Relations (R. Moore): Booth at Adirondack Sports Summer Expo 4/26-27 well attended. His thanks to the volunteers of Larry Seward, Lori Stevens, Julie Byrne, Virginia Greene, Susan Paris, and Sam Kimmey who helped at the expo. Rob will staff Freihofer's booth on Friday; Saturday Rob has other volunteers lined up.

- Booth at Friehofer's -will also have booth for t-shirt and sneaker recycling; need volunteers to help Cathy on June 4 and 5th. If you have any ideas for charities who might be interested in the shirts or shoes-please let Cathy Sliwinski know.

3.4. Race Committee (N. Briskie): Jim Tierney had a record turnout with 140 finishers for the 30th Annual Bill Robinson Master's Championship held on April 24th. This year the race started an hour earlier than previous years and once again, Jim did a phenomenal job. This was a Grand Prix Master's Championship. Jim reported that there was a profit of \$140 on the race and a course record was set by Emily Bryans with a time of 37:53. Old record set way back in 1984 by Marilyn Martin with a time of 38:55 making Emily's time 1 minute 2 seconds faster. Also set a record of 140 finishers with the old record of 113 in 2006. Also noted that Don Wilkens won this race in 1981 and ran it this year as well. On May 9th the 30th Annual Mother's Day 3 1/2 mile Race was held. Despite the weather, we had over 138 finishers. The females are listed on the results, but there were also some Mother/Son teams so when including the sons most likely closer to 150 finishers. Sharon Boehlke also did an incredible job getting this race to run smoothly. Did not make a record turnout but came very close to it. Upcoming races include the 34th Annual CDPHP Workforce Team Challenge, once again directed by Peter Newkirk; and on Sunday, June 13th Mark Warner will be directing the 39th Annual Distinguished Service 8 mile race-this year honoring Tom and Marcia Adams.

3.5. Race Committee Treasurer (P. Zentko): See attached reports. Noted we made \$2500 more this year for marathon/half marathon.

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

3.7. Conflicts Committee (C. Ter-

ry): no report

3.8 Safety Committee (V. Juliano): no report

3.9 Grants Committee (R. Newkirk): no report-just a reminder that the next grant deadline is June 1st.

3.10 Long Range Planning Committee (C. Sliwinski): no report

3.11 Just Run Program (K. Skinner): So far the program has been running well; Trinity program started later-due to coverage factors; have had 4 sessions so far; Ken will talk to the coordinator about the ending date; that program has a variety of kids and they all do the workouts in the gym. Do have money in budget that when weather is better if we can spend money to take them to a track to work out. Ken ordered 60 singlets with Just Run Albany, NY and 60 t-shirts for all the kids participating; Gretchen Oliver who is in charge of the Sand Creek school program gave presentation for that program; it has been a great opportunity for the character education component for the kids at the school and Gretchen is working it and will expand next year. Also will be incorporating nutrition into the program as well. Some kids left in April for track so they are hoping to get them back towards the end. June 7th will be their end of year event; fun run first led by Just Run kids wearing singlets; after run have car wash in effort to raise funds for next year and a local charity; kids will get pledges and accept donations; Hoffman's Car Wash will get them coupons to give away or sell; Hanaford will contribute healthy food for expo; HH Ranch will be one of the charities. Would like HMRRRC to be part of event-help promote races and let kids know that they can continue on during the summer; Next year they will have a school prevention program called RUNNING BULLYING OUT OF TOWN- they aim to get every student and adult to run or walk a mile. It will be a year long program-starting in the Fall and finishing at the end of the year. Goal for next year is 5&6th grade in the program to help carry through to 7th grade and will start in September. What's nice about this program is that it teaches kids about nutrition, have them do good deeds, and creates camaraderie, which builds self esteem. This program is also filling a void with the budget cuts that schools are faced with. Also trying to get the programs to do a culmination event at the Father's Day race. At the end of the school year Ken will sit down with Ray Newkirk and Cathy Sliwinski to go over just the Just Run program to see how it can be improved

for next year; what worked what the weaknesses were and how to expand to other centers. The key is to find the right people who can put in the time to help make it work if we don't have them then it doesn't work well.

## 4. Unfinished Business:

- Summer Track Series: Previously had a proposal for Frank to go back to Colonie to see if we could use track for summer runs and we would provide insurance for nine track meets; Frank got the OK from the Athletic Director at the school. It will cost \$675 for the club to pay for the insurance for 9 track meets. Ken noted that the district may charge a rental fee for Tuesday meets and other meets. Cathy stated that we are paying for insurance and that this will be a HMRRRC event. Club is taking on 9 more races this year. Tom asked if we would be responsible for volunteers-Frank/Ken stated no. Frank estimated that 100 people attend meets. Marcia asked why we didn't just provide financial assistance for insurance instead of adopting the races. Vince noted that a lot of coordination is needed because there are a lot of events and need to move them along before it gets dark. Doug moved that the club spend up to \$675 and get insurance for the Colonie track series for 2010. Marcia seconded motion all in favor were 16; opposed 3; 2 abstained; motion passed. Will need to get ad straightened out for Pace-setter and put on the race calendar. Vince asked what would the event be called-it will be called Tuesday Night Summer Track Program sponsored by HMRRRC.

- Dynamic Duo – Town of Colonie reserved for August 7th; discussion continued about expenses. Decided not to use the pool; will have the restrooms available. Frank will direct the race and it will be a HMRRRC event. Noted that two events conflict-a 5K and a 10K and a half marathon in Lake George. Doug made motion that HMRRRC sponsor the Dynamic Duo as a club race; provide insurance rental cost; directed by Frank Myers; seconded by Ken Skinner –voted on motion- 18 for; 2 against; no abstentions; motion passed.

5. New Business: Rob Moore noted that weekends during the summer the Empire State Liberty Tour track meets throughout the Capital District.

6. Announcements: Sunday August 8th The No Kids Allowed 5K for people 60 or over directed by Chuck Batcher at The Crossings.

- June refreshments – Ken Orner

7. Adjourn: Motion made to adjourn by Will Dixon seconded by Rob Moore adjourned at 8:45PM. □



Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
<b>NEW! Dryline Zip Shirt</b> , black, Male S,M,L, XXL; Female XS,S,M,L,XL	\$35	_____
<b>Insport Tights</b> , black, Male, S,M,L; Female S,L	\$19	_____
<b>Club Jacket</b> , royal blue and black, Unisex S,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>Mock Turtleneck</b> , club logo on chest, Unisex black S,M,L,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>Short Sleeve Coolmax Shirts:</b>		
<b>Royal blue</b> , Unisex, XL	\$13	_____
<b>Hind with reflective stripes</b> , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
<b>New! Female V-neck</b> , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
<b>Shorts with white club logo</b>		
<b>Female Asics</b> , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE	\$15	_____
<b>Female Adidas</b> , black with blue trim, XL - CLEARANCE	\$15	_____
<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,XL	\$17	_____
<b>V-Notch Long Distance</b> , 3" 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 where noted		
<b>Split-cut</b> , 1" inseam, S,M,XL royal; L black	\$18	_____
<b>V-Notch</b> , 3" inseam, S,M,XL royal; L black	\$18	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, M,L, XL	\$23	_____
<b>Easy</b> , 4" inseam, S,M,L,XL	\$20	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
<b>Sixers</b> , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
<b>Running Cap</b> , embroidered logo, white, white/royal	\$11	_____
<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 orange, neon green, purple \$2.25 ea. or 3/\$6		_____
<i>If ordering only this item, postage is \$.44</i>		

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

**All prices include sales tax**

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

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Judy Lynch

56 Schuurman Rd., Castleton, NY 12033  
Email: judlynch@nycap.rr.com for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

# Event Schedule

Club events are in blue font.

Date	Time	Event	Location	Contact	Email
7/8	6:00 PM	Sand Lake Summer Runs various 1/4 m- 5m	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/13	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/14	6:15 PM	<b>HMRRC Two Person Relay 6 X 1 Mile</b>	Colonie HS Track	<b>Pete Newkirk</b>	<b>pnewkirk@newkirk.com</b>
7/15	6:00 PM	Sand Lake Summer Runs various 1/4 m- 5m	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/17	8:30 AM	Schenectady YMCA 3rd Annual 5k Race	Freedom Park	Nancy Gildersleeve	ngildersleeve@cdymca.org
7/18	9:00 AM	Dippikill Froggy Five Mile	Dippikill Wilderness Preserve	Albany Running Exchange	info@areep.com
7/20	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/21	6:15 PM	<b>37th HMRRC Hour Run</b>	<b>Colonie HS Track</b>	<b>Doug Bowden</b>	<b>bowden@nycap.rr.com</b>
7/22	6:00 PM	Sand Lake Summer Runs various 1/4 m- 5m	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/24	9:00 AM	Fox Creek 5K Run/3K Walk	Berne	Michelle Furlong	FoxCreekRace@gmail.com
7/27	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/28	6:15 PM	<b>35th HMRRC Pentathlon</b>	Colonie HS Track	<b>Todd Mesick</b>	<b>toddmesick@yahoo.com</b>
7/29	6:00 PM	Sand Lake Summer Runs various 1/4 m- 5m	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/31	10:00 AM	Eighth Annual Davenport Fire Dept 5K Run	Charlotte Valley Central School Rte 23 Davenport	Gary Gundlach	ggundlach@hughes.net
8/2	6:30 PM	<b>Tawasentha XC 5K #1</b>	<b>Tawasentha Park Guiderland -- Day of Race only!</b>	<b>John Kinnicutt</b>	<b>jkinnicutt@gmail.com</b>
8/3	6:00 PM	Colonie Summer Track (Ribbon Night)	Colonie High School	Frank Myers	FLYINGBB45@aol.com
8/7	8:30 AM	<b>The 32nd Dynamic Duo Pursuit Race</b>	<b>Colonie Town Park</b>	<b>Frank Myers</b>	<b>FLYINGBB45@aol.com</b>
8/7	8:00 AM	Camp Chingachgook Challenge 1/2 marathon and 10k	Lake George Elementary School	John Kinnicutt	jkinnicutt@gmail.com
8/9	6:30 PM	<b>Tawasentha XC 5K [GP] #2</b>	<b>Tawasentha Park Guiderland -- Day of Race Only!</b>	<b>John Kinnicutt</b>	<b>jkinnicutt@gmail.com</b>
8/15	9:00 AM	16th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
8/15	Noon	HMRRC Club Picnic	J.B. Thacher State Park	Lisa Ciancetta	ljcny61@nycap.rr.com
8/16	6:30 PM	<b>Tawasentha XC 5K #3</b>	<b>Tawasentha Park Guiderland -- Day of Race only!</b>	<b>John Kinnicutt</b>	<b>jkinnicutt@gmail.com</b>
8/17	6:30 PM	5k Run/Walk	Clifton Park	Michael Stallings	mstallings@cdymca.org
8/21	8:30 AM	Castleton Clove Run 10 Mi	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com
8/21	10:00 AM	New Visions of Albany 5k Run and Mile Walk	The Crossings of Colonie 580 Albany Shaker Road	ChuckTerry	cterry@newvisionsofalbany.org



**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

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**NEW MEMBERS**  
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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, travelling 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!