

The Pace Setter

April 2011

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





BANDITS WILL BE ROUNDED UP AND FORCED TO WRITE AN ESSAY ABOUT THE EGG.

Don't wait too long to register for the 2011 CDPHP Workforce Team Challenge on Thursday, May 19th. This is the Capital Region's classic 3.5 mile workforce team run — and the largest annual road race between Utica and New York City. Last year was a record turnout, attracting over 8,500 runners and walkers and 445 participating companies and organizations. We invite you to assemble your team, and get in early. If not, we have reams of paper and plenty of pens.

Visit www.cdphpwtc.com for more information.

2011 Charity of choice:
ALBANY POLICE ATHLETIC LEAGUE



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Editor:

Kari Gathen (pacesetterarticles@nycap.rr.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Terri Commerford,
Mike McLean, Robin Nagengast,
Kristina DePeau Gracey

Advertising/Business Directors:

Jim Tierney (869-5597, runnerjmt@aol.com)
Bob Knouse

Photo Coordinator:

Bill Meehan

Photography Staff:

Tom Adams, Phil Borgese, Nancy Briskie,
Donna Davidson, Ray Lee, Bill Meehan,
Gerri Moore, Paul Turner

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

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Mike Becker

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Ed Gillen

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Joe Hein

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— **Kopac's Korner**



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The Pace Setter

APRIL 2011

President's Message	4
What's Happening in April	5
Short Circuits.....	7
Martha's Vineyard 20 Miler.....	9
<i>by Vince Juliano</i>	
You Are Here: Martin Van Buren Historic Site and Stuyvesant Falls, NY	9
<i>by Eva Barsoum</i>	
Been There, Done That.....	11
For Your Health: Overuse Injuries	13
WS Participant Award List 2010-2011	15
Profile of a Runner: Tammy Bydairk.....	15
50 & Fabulous.....	18
<i>by Lois Green</i>	
Profile of a Runner: Kahlil Scott, Jr.....	19
The Athlete's Kitchen: When Food Has Too Much Power Over You	21
Volunteer Recognition Points	23
On The Run (again) in North Florida Part One: Off to a Rough Start	25
<i>by Greg Rickes</i>	
New HMRRRC Members	30
Grand Prix Update.....	31

Photos in this issue by Donna Davidson, Michelle McDonald, Ray Lee, Rob Knouse and Bill Meehan and Peter Thomas at ALPENGGRAPHIK



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

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JON ROCCO
862-9279

Executive Vice President
JOHN PARISELLA
374-4190

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
PAM ZENTKO
372-8275

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
NANCY BRISKIE
355-3276

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Digital Clock & Timer
BILL MEEHAN
456-4564

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



by Jon Rocco

March 19 brought an end to winter on the calendar. Spring is finally here and April is now upon us. However, before we close the books on winter, it is time for one final look. The 2010-2011 Winter Series produced the 2nd greatest number of participants ever with 1503. Winter Series #2 (Jan 1) and #3 (Jan 9) both had record turnouts with 547 runners enjoying an almost spring like day on the first day of 2011. Although we were down 7.6% from last year's Winter Series high of 1627, we were 35% higher than the next highest year of 2008-2009. On behalf of the Club, I want to extend a big 'thank you' to this season's 61 Winter Series Survivors who participated in all five Winter Series events while volunteering at at least one.

The final chapter of winter was the 38th HMRRRC Winter Marathon which had 77 finishers and 43 relay teams putting over 200 runners and loads of hard core volunteers out on a cold, windy UAlbany and State Office Campus. What struck me in looking at the 26.2 mile results was the number of runners from outside of our region. A count I took revealed that 60% of the finishers were from outside the 518 area code, and of those, 33% were from outside the Empire State. This included runners from all 6 New England states, with the exception of Maine and Rhode Island. Additionally, we had runners from New Jersey, Pennsylvania, Arizona, California, North and South Carolina, and Canada.

April is a pretty busy month for the HMRRRC both on and off the roads. By April 1, the remaining applications from Section II high school seniors will be submitted for consideration for \$10,000 in scholarship money. A committee I am honored to be part of will pore over a competitive group of applications to decide the two boys and two girls who will each be awarded a \$2,500 Bill Shrader, Sr. Scholarship. On April 10, we will have the 23rd running of the 5 mile Delmar Dash, which last year saw a record 707 finishers. Days after, on April 13 at the monthly meeting, we will vote on the 2011 Distinguished Service Award recipient, to honor a club member who has served the HMRRRC with distinction over an extended period of time. On April 18, club members and local runners will head east for the 115th running of the Boston Marathon. On the last day of the month, runners born April 30, 1971 or before will take to a challenging Guilderland course for the 31st annual Bill Robinson Masters 10K race, which is also a Grand Prix event.

Speaking of the Masters, forty is typically a landmark age in the life of a runner. The year 2011 also marks the 40th year of the HMRRRC and we are finalizing ways to honor our two foundation club races. Both races are held at UAlbany and both are Grand Prix events.

The Distinguished Service 8M will take place on Sunday June 13. It will be the 40th running and I am confident we will break the 28 year old record of most finishers (133) that goes back to 1983. In that very race, HMRRRC Hall of Famer Dale Keenan ran 40:22, a record that still stands. On Sunday September 11, the Anniversary Run (2.8M and 5.6M) will take place. While this race will have its 37th running (it was not held from 1972-74), it was the event that began it all on September 26, 1971, forty years ago. The winner of that inaugural event drew 15 runners, with Tom Robinson being the first to cross the finish line. The still active Ed Thomas (age 33), who will go on to be HMRRRC President, Hall of Famer, and Distinguished Service Award Recipient, finishes in 10th place. Two weeks later, the HMRRRC held its second race on the same 5.64M course (two perimeter loops), but a handicap time was utilized. The race had 10 finishers and five participated in both of the first two races, including the first President and first Distinguished Service Award Recipient, Tom Osler.

So what is in store at these two events? Champions will be crowned in male, female, and age-graded categories based on the fastest combined performances for both the Distinguished Service 8 Mile and Anniversary Run (5.6M). Those three winners will be awarded plaques at a later date and will receive free entry into the November 13 Stockade-athon. However, the goal is also to make every participant a winner. If you participate (either as a signed volunteer and/or registered runner) in both the Distinguished Service 8 Mile or either Anniversary Run distance, you will receive a commemorative technical shirt. The Anniversary Run will also continue with its traditional glass stein awards. Mark your calendars and stay tuned.

Best of luck to all those heading to Boston. Remember, right on Hereford, left on Boylston, and then enjoy one of the great finishing spectacles in sports. □

NOTICE



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



What's Happening in April

by Al Maikels

The Spring racing season kicks off with the 23rd Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, it's 23 years later and the race is a solid fixture on the spring schedule, with Marcia and Tom Adams directing the race. This year's race will be held on Sunday, April 10 at 9:00 a.m. at the Bethlehem Middle School in Delmar. This year the race will have a short sleeve technical gender-specific shirt for those runners who sign up by March 18. There is no day of race registration for this race so sign up early if you plan on running.

The other club race in April is reserved for the over 40 set, which, by my calculations is approximately 70% of the club membership. The 31st Bill Robinson Master's 10K Championship will be held on Saturday, April 30 at 10:00 a.m. at the Guilderland High School. This race is held on a tough hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race and it is also

part of the USATF Grand Prix series.

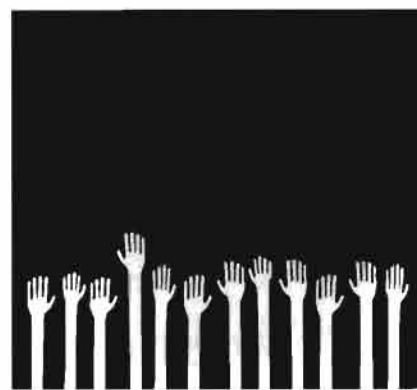
Other April races of note are as follows:

9th Dodge the Deer 5k and Mile Fun Run on Saturday, April 17 at the Schodack Island State Park, with the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

Russell Sage College will hold the Bust a Move 5k Run/Walk on Saturday, April 9 at the college's Troy location, 65 1st Street. The run/walk is set to start at 10 a.m.

The grand daddy of all marathons is also held in April. Monday, April 18 is the date for the 115th Boston Marathon. The HMRRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be held on Wednesday the 13th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □



Upcoming Races that need assistance:

Delmar Dash:

April 10

•
Bill Robinson

10K Masters

April 30

Anyone can qualify for a
volunteer.

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

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

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

NAME:

ADDRESS:

TELE. #:

EMAIL (if available):

Mail to:

Marcia Adams

HMRRRC Volunteer Coordinator

1009 Tollgate Lane

Schenectady NY 12303





33rd run for women

Join the Sisterhood.

**Register now for the 33rd Freihofer's Run for Women
on Saturday, June 4th, 2011.**

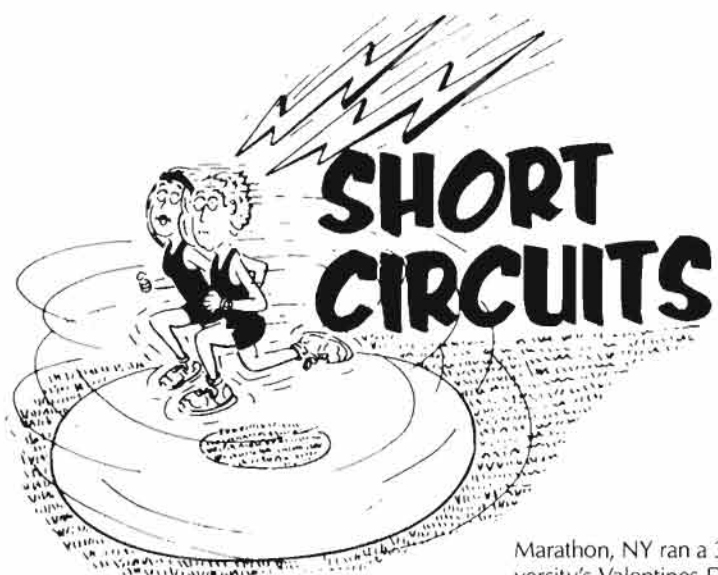
To help set the pace for another record field, we are giving away iPod nanos to three lucky registrants! For every 1000 entries we will randomly draw another winner. The earlier you register, the more chances you have to win. We are also holding a drawing for a spectacular grand prize after registrations close.

So don't miss out. Register now and be part of the Capital Region's premier running event.

For more information or to register, visit www.freihofersrun.com.

The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.





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

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

ing funds to support Red Cross water relief programs in third world countries. □

Stefaan Engels of Belgium, also known as the Marathon Man, recently completed running a marathon on 365 consecutive days. He ran a total of 9,569 miles to accomplish the feat. "I don't regard my marathon year as torture. It is more like a regular job," stated the 49-year-old. His average time for the marathons was 4 hours with his best time as 2:56.



Marathon man points out a few of his marathons

Despite such extraordinary aerobic feats as running one mile in 3 minutes, 43 seconds and a marathon in 2 hours, 3 minutes, 59 seconds, humans actually do not fare well against many other animals in their ability to consume oxygen at a fast rate.

Humans' maximal rate of oxygen consumption (VO2max) is equal to that of the pig and the rat, about half that of the horse and the dog, and only one-third that of the hunting fox. While dogs, wolves, foxes, and coyotes can sustain up to 32 times their resting metabolic rates during short-term aerobic exercise, the best human endurance athletes can sustain up to about 25 times their resting metabolic rates.

– Jason Karp, Ph.D., Exercise Physiologist

Marathon, NY ran a 3:57.1 mile at Boston University's Valentines Day track meet. It was the fourth fastest mile in the U.S. this season.



Man from Marathon runs 3:57 mile



At the Mardi Gras Rock 'n Roll Half-Marathon, Australian Kim Smith ran the fastest female half-marathon ever on U.S. soil, winning in 1:07:36.



Smith goes to the front



Australian Pat Farmer recently set out to run from the North Pole to the South Pole over an 11-month period. This unusual adventure will require Pat to run the equivalent of two marathons each day – totaling 11,000 miles. Mr. Farmer trained for this by running in New York's Central Park this past winter. He is rais-



Farmer warming up in Central Park for Polar Run



SUNY Binghamton's Erik van Ingen from

ALBANY COUNTY BAR ASSOCIATION
**17TH ANNUAL LAW DAY 5K RUN/WALK
AGAINST DOMESTIC VIOLENCE**

THURSDAY, APRIL 28, 2011
Kids Run (1 mile; 1/4 mile) At 5:30 P.M.
5K Run/Walk At 6:15 P.M.

COURSE: Washington Park - Start and Finish (Near Boat House), Madison Avenue Entrance

5K RACE AWARDS: Awards will be given to the top male and female finishers, and to the first place finishers in each age division. No duplication of awards. Awards will also be given in the wheelchair division.

5 K AGE DIVISIONS: 12 - 19 years 20 - 29 years
30 - 39 years 40 - 44 years
45 - 49 years 50 - 54 years
55 - 59 years 60 + years
Wheelchair Division

KIDS RUN: All kids will receive a ribbon

RAFFLE: Raffle Tickets will be available day of.

T-SHIRT CONTEST

New this year! Put together a team and create a team t-shirt! Winning t-shirts will be selected in the following categories:

Best Use of ACBA logo Most Colorful Most Creative

Submit your t-shirt to the ACBA by April 19, 2011 for consideration. Winners will be announced on Race Day.

ENTRY FEE: \$25.00 postmarked on or before April 19, 2011. \$30.00 after and day of race.
Law Students and children (19 yrs. or under) \$15.00 postmarked on or before April 19 \$20.00 after and day of race.
\$2 for Kids Run
MUST BE POSTMARKED ON OR BEFORE APRIL 19, 2011

HEAVYWEIGHT T-SHIRTS TO THE FIRST 200 REGISTERED PARTICIPANTS!
Refreshments immediately following the Race!

DONATIONS: Bring your old cell phones and chargers to benefit the victims of domestic violence

DAY OF RACE REGISTRATION: 4:15 - 5:30 P.M.

Please make checks payable to Run Against Domestic Violence, mail to: Albany County Bar Association, The Stedman House, 1 Lodge Street, 2nd fl., Albany, NY 12207. Please contact Barbara at (518) 445 - 7691 with any questions.

----- DETACH AND SEND WITH PAYMENT -----

NAME (please print) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (day) _____ (evening) _____

AGE _____ DATE OF BIRTH _____ SEX (circle one) M F

Please ☒ your race selection: 5K Wheelchair Walker Kids Run (11 years old and under)

WAIVER: Please sign below

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against The Albany County Bar Association, City of Albany, and any and all sponsors and their representatives and any official or participant for any and all injuries I may suffer in connection with this race of the Albany County Bar Association. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Parking available in the Albany Medical Center Parking lot

Signature _____ Date _____

Parent or Guardian (if under 18) _____

I will not be able to attend, however enclosed please find my donation of \$ _____

Martha's Vineyard 20 Miler

by Vince Juliano

In February, the predominant winds are from the Northwest and often shorten the 30 minute ferry ride from Woods Hole across Vineyard Sound to Vineyard Haven, our port of call. Gone are the politicians, entertainers, and society's elite to their southern abodes, and the resort island is stripped to its bare essentials; package stores with fine selections of imported wines, earthy coffee shops, and a few inns and retail stores offering steep discounts from their typical summer fare. For a pure distance runner, it is the right time to acquaint oneself with the beauty of Martha's Vineyard.

The Martha's Vineyard 20 miler appeals as a destination race on several fronts. The event is an ideal prep race for those planning to run the Boston Marathon, or for distance runners who just enjoy a tough challenge at a rare distance. As with most top-tier events, the race course is the main attraction. The start is at the ferry terminal in Vineyard Haven where most runners arrive without a vehicle. The course connects Vineyard Haven with the beach resort of Oak Bluffs, and then follows the exposed coast for a long flat section until reaching the midpoint of the race at the small hamlet of Edgartown. Here the course turns inland, and follows a forested bike path that challenges the best distance runners with mile after mile of rolling terrain, stiff headwinds and solitude. The race organizers take pride in stripping the race to its basic New England charm; clear mile markers painted with the Martha's Vineyard grape logo, water stops, a nice post race food spread, and nominal awards. The race is limited to 500 runners, and draws a serious group of mostly seasoned distance runners from New England states and New York.

Our group consisted of five distinguished distance runners: Martha Degrazia, John Haley, Cheryl Debraccio, Mike Kelly and Emily Bryans, along with a support crew of Mike's brother Kevin and his wife Heather, John's wife Lynne, Ralph Feinstein and me and my two labs Hamlet and Ceiliah.

The 14th MV 20 road race was ushered off by the startling boom of the Falmouth Road Runner's Club cannon, as Hamlet and Ceiliah jumped 3 feet vertically in disapproval. Despite this brief annoyance, Martha's Vineyard is a Mecca for anyone traveling with their pets. We stayed at the Surfside Inn at Oak Bluffs with our pets, and visited specialty stores like Black Dog and Good Dog Goods that offer a variety of items with a canine flavor.

The race course is open to vehicles which conveniently allowed me to drive to mile marks 6, 10 and 16. Ralph sat in the passenger seat and used his GPS to ensure that we arrived at our desired destinations in time to see everyone, no easy task. We arrived at Edgartown at mile 10 just in time to see the lead woman pass in a swift 1:03:30, a pace that she would not be able to maintain in the second half. Emily and Mike ran comfortably in tandem to the mid-race split in 1:07:20. John

followed 1:11, with Martha passing in 1:20, or 8:00 minute per mile pace. Cheryl, using the race strictly for training, passed shortly thereafter. As the runners turned inland at Edgartown, Mike and Emily joined with several other men to trade off pacing duties early into a stiff headwind. This strategy paid off, as their pace quickened while most runners slowed during the difficult inland final 10 miles. Emily left the group of her domestiques a few miles later and gained on the lead women racers. Her final 10 mile negative split of 1:05:30 improved her position from 6th place to 2nd place within the women's division. Mike held tough and finished 2 minutes later with a strong even-paced effort that earned him 4th place in the deep 40-44 men's division. John

and Martha won medals for strong runner-up positions in their respective age-divisions. John recently turned 55, while Martha was days from celebrating a milestone 60th birthday. Another record was set when our five finishers joined Ralph and me, Hamlet and Ceiliah in my car for the short drive back to start. Buses normally perform this task, but rather than wait on a cold windy day for the next arrival, a yoga session broke out in the back of my Honda Element.

Our group took advantage of reasonable hotel rates to stay an extra night, which offered time for a post-race celebration at the Oak Bluffs Offshore Ale House, a scenic 5 mile easy run the next morning, a little shopping, and return ferry to the mainland with great views leaving the island.

The MV 20 is covered annually by *New England Runner* magazine in their spring issue, which will surely offer broad insight into this classic New England distance race. □

You Are Here: Suggested Places To Run

Martin Van Buren Historic Site and Stuyvesant Falls, NY

by Eva Barsoum

As I lace my sneakers up on a sunny day in December, I chose as my destination the Martin Van Buren Historic Site, trails, and beautiful Stuyvesant Falls located in Columbia County, NY, a place I discovered and fondly remember from my work with COARC. It is located in Columbia County, heading toward Hudson, just south of Kinderhook on Route 9.

This site is approximately 17 miles from Albany. Take either 9H heading north or Interstate 90 east to Exit 12 (Hudson). After exiting Interstate 90 follow Route 9 south. As you travel south on 9, it's worth the time to stop in at Period Picks, my favorite antique store. At the rotary, follow the signs for Route 9H until you see the Martin Van Buren Historic Site on the right and the trails on the left, about 5 miles from the rotary.

On the Martin Van Buren site is also the Lindenwald Wayside Trail. Built in 1797, this brick house and surrounding grounds were created by Judge Peter Ness. Their historic significance is in the architecture, design and authenticity from that period. The three quarter mile loop known as the Lindenwald Wayside Trail, contains visible narratives throughout.

Across the road is the Martin Van Buren trail, which consists of various walking/running trails. The gazebo at the entrance has a delineated map of the area. I enjoy the design of the trails; however, be careful of the uneven terrain and vegetation – particularly after a storm. I've been known to stumble and trip on the roots – always with a soft landing.

Finally, proceed past the Martin Van Buren Historic Site, heading south and veer to the right down a farm road for about 1/2 mile. Take the first road on the right and upon descending

a hill you will see a metal bridge, and find the elusive and breathtaking Stuyvesant waterfalls. The park is worth exploring on both sides, and worthy of a snapshot. This rare find is comparable to only a few others in this region-Ticonderoga is another (see future articles).

Enjoy your run, relish what you've been fortunate enough to experience and pick up a bushel of apples at Golden Harvest on your way back home.

My mantra: the best part of the run is when it's over!

To be continued...

www.nps.gov/mava

www.stuyvesantny.us/history.htm □





"BEEN THERE, DONE THAT"

by Mike Becker

April 1976...Thirty Five Years Ago

- Club President and newsletter editor Paul Rosenberg makes a plea for club members who would like to serve as officers to step up to the plate and volunteer.

- The newsletter contains an item about local runner Ted Bick, who has gone into the shoe business at an amateur level. He is selling "speed shoes" created by Bill Squires of Boston. He has two models available – a racer and a heavier trainer.

April 1981...Thirty Years Ago

- Nineteen local runners break three hours in the Boston Marathon held on the 20th, including Barry Brown (2:26), Pat Glover (2:38), Tom Bulger (2:38), Mike Brinkman (2:41), Lowell Montgomery, Ken Klapp, Don Wilken, Paul Murray (all 2:49), and Bill Robinson (2:58). The top local female is Grace Cialek with a 3:17, followed by Casey Ahearn with a 3:18.

- The Blue Cross & Blue Shield Classic races are held on the 26th in Slingerlands. A total of 340 runners finish the 15K and another 506 the 5.6K. Larry Frederick wins the 15K with a 49:42, and Ellen Weglarz is top female with a 61:16. John Nabozny wins the 5.6K with a 17:58, and Diane Myers is top female with a 20:19. *The Pace Setter* lists the names of all 108 volunteers.

- Club officers are: Mike Lancor – President; Tom McKenna – VP; Jane Hall – Secretary, Bob DeVoe – Treasurer; Chuck Haugh – Membership Committee Chair, Paul Rosenberg – Race Committee Chair, and David Kelley – *Pace Setter* editor.

April 1986...Twenty Five Years Ago

- Races of one, three, and six miles are held at SUNYA on the sixth. Dale Keenan (14:51) and Debbie Roberts (18:46) are winners of the three-miler, and Cal Hardie (32:16) and Chris Varley (41:15) are winners of the six-miler.

- An article in *The Pace Setter* describes how club president Diane Barone was recently handed a summons to appear in State Supreme Court to answer a lawsuit by Sony against the club. Sony was seeking damages of \$250,000 from the club for banning headphones at club events and publicizing the ban in *The Pace Setter*. Diane called an emergency meeting of the club officers, and they determined, among other things, that the club should seek dismissal of the suit, the headphones ban will remain in effect, and Panasonic (not Sony) equipment would be used to video the upcoming Price Chopperthon.

April 1991...Twenty Years Ago

- Local finishers of the Boston Marathon on the 15th include Mike Brinkman (2:42), Marty Kittell (3:01), Steve Basinait (3:08), Patricia Remmers (3:16), Ed Bown (3:18), Chet Tumidajewicz (3:21), Ray Newkirk (3:26), Ernie Paquin (3:28), Pete Newkirk (3:31), Larry Decker (3:31), Ken Skinner (3:37), and Mike Caccuitto (3:56).



- Koichi Araki is profiled. He is a 37-year old post-doctoral chemist working at SUNYA. He was coerced to run a marathon by his boss and ran a 2:53 without training! With training he was able to run a 2:34 marathon, a 1:13 half marathon, and a 15:25 5K. He also won or finished near the top of many club races. He has since returned to Japan.

- Heavy rain greets runners at the Third Annual Delmar Dash five-miler on the 21st. Grant Whitney wins with a 24:48, followed by Vinny O'Brien and Dale Keenan. Inge Aiken wins the female division with a 30:06 followed by Amy Herold-Russom and Jeryl Simpson.

April 1996...Fifteen Years Ago

- The Delmar Dash five-miler is again held in the rain on the 14th, and a then-record 364 runners finish. Linda Kimmey is top female with a 31:06, followed by Nancy Nicholson and Jeryl Simpson. Birger Ohlsson is top male with a 25:49, followed by Mark Fiorillo and Zach Yannone.

- Just 50 runners compete in the hilly Tom Robinson Memorial Masters 10K in Guilderland on the 27th. Rob Picotte wins with a 35:33 with Pete Gerardi and Jake Kearney second and third. Harriet Jacob is top female with a 40:55 with Jo-Ann Spinelli and Martha DeGrazia second and third.

- The cover of *The Pace Setter* includes a notice stating the SUNYA campus, including the Perimeter Road, will be closed to all recreational runners from July 21 – August 25 while the NY Giants are conducting their summer camp.

April 2001...Ten Years Ago

- Nick Conway and Stacy Gaynor are winners of the Salem April Fools 5K on the seventh, with times of 16:18 and 19:49, respectively. Peter Flynn and Emily Bryans take the 10K with

times of 34:08 and 37:45, respectively, with Emily's time good for fourth overall.

- Peter Flynn and Conni Grace are winners of the Rabbit Ramble four-miler in Kingston on the 14th.

- Kim Milton and Ken Plowman are female and male winners of the Law Day Run 5K in Washington Park on the 27th with times of 19:23 and 16:21, respectively. Age group winners include Chris Varley, Derrick Staley, Paul Bennett, Jo-Ann Spinelli, Martha DeGrazia, Bob Knouse, and Eiko Bogue.

- New Masters runners Carl Urrey and Russ Hoyer finish one-two in the Master's 10K in Guilderland on the 28th with times of 35:17 and 35:25. Beth Gottung-Stalker is top female with a 39:50.

April 2006...Five Years Ago

- Jamie Rodriguez wins the 18th Annual Delmar Dash 5-miler on the second with a 25:07, with Chuck Terry taking second. Eileen Combs is top female with a 29:46, with Dana Peterson taking second. Age group winners include Aaron Knobloch, Bob Irwin, Derrick Staley, Mary Buck, Lee Pollock, and Anny Stockman.

- Josh Merlis and Kim Miseno-Bowles are winners of the 12th Annual Rabbit Ramble four-miler in Guilderland on the 15th with times of 21:55 and 25:50, respectively.

- Bob Irwin is the top local finisher in the Boston Marathon on the 16th. He runs a 2:38, good for 121st overall. Nancy Taormina runs a 3:11 for top local female honors.

- Tom Dalton and Anne Benson are winners of the Bill Robinson Master's 10K on the 22nd with times of 34:26 and 40:46, respectively. It was Dalton's third consecutive win and Benson's first of three consecutive.

- Chuck Terry and Meghan Davey are winners of the 12th Annual Law Day Run Against Domestic Violence on the 28th in Washington Park. Chuck runs a 15:55 on the fast 5K course, and Meghan runs a 20:17. □





2010 Rotary Run



Sponsored by the Rotary Club of So. Rensselaer County

.....Andola

Sunday May 22nd



Be Speedy!

**At Green Meadow
Elementary School
Routes 9 & 20
Opposite Schodack
Plaza**

**Supporting Rotary
Sponsored
Scholarships and
Community Programs**

31st Annual BOB SMITH Challenge

Adult 5 Mile Run - Starts at 8:30 - \$17

**Special Needs Race - On Parking Lot - Starts at 8:30
Immediately after 5 Mile Run Start - \$14**

COACHES CHALLENGE - 5K Run- Starts approx. at 10:00 - \$17

CHILDRENS' 1 Mile Run - Starts approx. at 10:45 - \$14

ONE LAP WONDER Event - Starts approx. at 11:00 - \$14

T-shirt included with entry fee - while supplies last. Register by May 20th to guarantee T-shirt.

Name _____ Age _____ Sex _____

Race: _____ Special Needs Race (\$14) _____ 5 Mile (\$17) _____ 5K Run (\$17) _____ 1 Mile Run (\$14) _____ 1 Lap Wonder (\$14)

T-Shirt Size: **ADULT:** _____ Small _____ Medium _____ Large _____ X-Large **CHILD:** _____ Medium _____ Large

In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in the event. I am physically fit to participate in the race event(s) indicated. (Parent signs for entrant less than 18 years of age). Children may only run in one event, either 5K, one mile, or one lap wonder.

Signature _____ Date _____

Please Detach and
Mail with Check Payable to:

So. Rensselaer County Rotary, c/o Peter Brown
18 Clove Road
Castleton on the Hudson, N.Y 12033

PBrown34@nycap.rr.com

For More Information Call 518-732-7178

Overuse Injuries

Distance runners frequently have overuse injuries. The repetitive stress of running tends to overuse certain areas of the body. To avoid this, other activities and exercises need to be utilized by distance runners. There are basically two types of injuries: acute injuries and overuse injuries. Acute injuries are usually the result of a single, traumatic event (macro-trauma). For runners the most common are ankle sprains and hamstring injuries. Overuse injuries are subtler and usually occur over time. They are the result of repetitive micro-trauma to the tendons, bones and joints. Runner's knee, jumper's knee (infrapatellar tendinitis), Achilles tendinitis and shin splints are the most common in runners.

Why do most over use injuries occur?

The human body has a tremendous capacity to adapt to physical stress. In fact, many positive changes occur as a result of this. With exercise and activity bones, muscles, tendons, and ligaments get stronger and more functional. This happens because of an internal process called remodeling. The remodeling process involves both the breakdown and buildup of tissue. There is a fine balance between the two and if breakdown occurs more rapidly than buildup, injury occurs. This usually happens when a person tries to do too much too soon. Remember the 10 percent rule. Never add more than 10 percent to your mileage, and every 3 weeks back off about 20 percent to give yourself time to adapt and recover.

As a beginning runner, you may have incorrect shoes or previous imbalances from other activities you have done throughout your life. With overuse injuries, it often takes detective work to understand why the injury occurred. Some people are more prone to overuse injuries, and this is usually related to anatomic or biomechanical factors. Imbalances between strength and flexibility around certain joints predispose them to injury. Body alignment, like knock-knees, bowlegs, unequal leg lengths and flat or high arched feet, is also important. Many people have weak links due to old injuries, incompletely rehabilitated injuries or other anatomic factors. Other factors include equipment, like the type of running shoe or walking shoe, and terrain, hard versus soft surface, in aerobic dance or running.

How are overuse injuries diagnosed?

The diagnosis can usually be made after a thorough history and physical and biomechanical examination. This is best done by a sports medicine specialist with specific interest and knowledge of your sport or activity. In some instances, X-rays are needed or additional tests like a bone scan or MRI.

What are good treatment options?

Treatment depends on the specific diagnosis. In general, for minor symptoms, cutting back the intensity, duration or frequency of the offending activity brings relief. Adopting a hard/easy workout schedule and cross-training with other activities allows you to maintain overall fitness levels while your injury recovers. It is very important to treat the early symptoms of overuse injuries. Working with a coach or teacher or taking lessons can assure proper training and technique. Paying particular attention to proper warm-up before ac-

tivity and using ice after activity will also help. Aspirin or other over the counter anti-inflammatory medications can also be taken to relieve symptoms.

Can overuse injuries be prevented?

Most overuse injuries can be prevented with proper training and common sense. Learn to listen to your body. Remember that "no pain, no gain" does not apply here. Seek the advice of a sports medicine specialist when beginning an exercise program or sport to prevent chronic or recurrent problems. It is important to find out what your structural imbalances are so you can work to correct them. Your program can also be modified to maintain overall fitness levels in a safe manner while you recover from your injury.

Dr. Robert Irwin can be reached at BoBdc99@Yahoo.com or Family Health & Sports Chiropractic, 2563 Western Ave. Altamont N.Y. 12009, 518-456-8805 ☐



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**

Submissions for the June Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

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

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



**13th Annual Kinderhook Bank
OK 5k
Saturday — June 11, 2011 — 9:00 AM
2011 USATF Adirondack Grand Prix Road Race**

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.
Registration	Web www.OK5krace.org or form below, email: ok5krace@hotmail.com
Entry Fee (5K Race)	\$15.00 before June 3rd. \$20 June 3 rd and after \$13.00 KRC Members before June 3rd. \$20 June 3 rd and after \$12.00 Students on or before June 3rd. \$20 June 3 rd and after
Packet Pickup	Friday, June 10, 5:00-7:00 PM, Kinderhook Bank Lawn -Village Square Saturday, June 11 – Village Square -7– 8:30 AM. No Race Day registration after 8:30
Awards	Age Groups and 3 Member Teams - New - 70-74, 75-79 and 80 and greater age groups added. No Race Day Registrations for Teams.
USATF	Membership # required for USATF Scoring. Go to www.usatfdir.org or 518-273-5552
OK 1 Mile Run Ages: 4 to 12	Sponsored by: FairPoint Communications New Time - 8:15 AM – Finishers' Medals for all. Starts in Village Square. Fee \$2.00 - Medal to winner in each 1 year age group
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.
Food Pantry	Please bring a non-perishable food item to help replenish the local Food Pantry.

RACE APPLICATION FORM

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

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

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY. INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____/____/____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ KRC Member Circle One: Y N USATF # _____

Email address _____

FOR TEAM MEMBERS ONLY:

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

I agree that running a road race is a potentially hazardous activity. I intend to enter and run where I am medically able and properly trained. I agree to release by my presence at a race official release to my ability to safely complete the race. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all with full knowledge and approval by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, the signer and anyone joining to act on my behalf, waive and release the liability of Kinderhook, Kinderhook Runners, Inc., the organizers of this race and all sponsors, their representatives and representatives from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Signature of Parent (if under 18) _____ Date _____

WS Participant Award List 2010-2011

Marcia Adams
Tom Adams
Dora Anderson
Chuck Batzhen
Mike Becker
Joe Benny
Charles Bishop
Doug Bowden
Ed Bown
Liz Chauhan
Ravi Chauhan
Donna Choiniere
Lisa Ciancetta
Vitus Chow
Maureen Cox
Paul Cox
Brian DeBraccio
Cheryl DeBraccio
Daniel Doak
Will Dixon
Art Dott
Karin Dott
Sally Drake
Ahmed Elasser
Diane Fisher
Ed Gillen
Leighann Gilson
Tim Glavin
Jonathan Golden
Linda Houlihan
TJ Karl
Stacey Kelley
Ken Klemp
Aaron Knobloch
Sabrina Krouse
Ray Lee
Patrick Lynskey
Al Maikels
Jill Mehan
Josh Merlis
Sue Motler
Rob Moore
Ed Neiles
David Newman
Chris Mulford
Gretchen Oliver
Jon Rocco
Martin Patrick
Dana Peterson
Ginny Pezzula
Jim Russo
Zach Russo
Ronnie Senez
Ken Skinner
Steven Sweeny
Joseph Sullivan
Jim Tierney
Kathy VanValen
Katie Vitello
Vincent Winger
Susan Wong

For those who might be interested, our president Jon Rocco has compiled some data on the last six years' Winter Series Participant Awards. Here is a summary:
First, here are the number of awards by year:
2005/06: (37)

2006/07: (30)
2007/08: (29)
2008/09: (40)
2009/10: (67)
2010/11: (61)

Next, the people who have qualified for an award each year for the last three years (2008/09-2010/11):

Marcia Adams
Tom Adams
Mike Becker
Donna Choiniere
Karen Dott
Sally Drake

Ray Lee
Jill Meehan
Martin Patrick
Ginny Pezzula
Jon Rocco
Susan Wong

And, finally, the people who have qualified each year for the last six years (2005/06-2010/11):

Tom Adams
Donna Choiniere
Ray Lee
Jill Meehan
Jon Rocco

Congratulations to all!! ☐

Profile of a Runner

TAMMY BYDAIRK

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

I work in sales and I enjoy running in my spare time. I am looking to train for my first half marathon in September of 2010. But first I will challenge the Boilermaker in July this summer.

When and how did you get started running?

I always enjoyed running in my early 30s, but I somehow got away from it with my busy lifestyle. I eventually got back into running. Not only does it keep me fit, but I am inspired by my boyfriend, who also loves to run. He ran his first NYC Marathon in November 2008 at age 46. We keep each other motivated and continue to sign up for races as often as we can.

Do you have a favorite race or races?

My very first race was the 5K Silks and Satins that takes place in Saratoga around the race track. Not only is it for a great cause but I loved the course. It was flat and fast and also in my home town.

What are your most memorable races?

I would say my first race which was the Silks and Satins; you can never forget your first 5K and the excitement of it all.

How do you train? Do you have training partners?

I have my boyfriend, who is a bit more advanced with his running. His best friend Rich from St. Petersburg, Florida has run many marathons and has many training schedules that they share with each other. So there is always good advice and incentive to stay motivated. I also belong to the Y and have worked with the machines and cardio for years. This has also helped to strengthen my legs for longer runs.

What are your current goals?

My current goal is to run the 15K Boilermaker in Utica this July 2010. Then if all goes



well, I will continue to train for my half marathon in September 2010 that will take place in Saratoga. This may be a challenge, but I have a great coach to help me.

Do you have any future running goals?

Who knows, if the half marathon goes well and I finish, I may actually consider the NYC Marathon.

Do you have a philosophy of running?

My philosophy is take one step at a time, and just keep your legs moving. You will soon cross over that line and feel great!

Any funny stories?

Well I will say I was finishing a 5K race and about to cross over the finish line, when I actually proceeded to run too far to the left and had to backtrack to run over the line. I only lost a few seconds but have learned to try to keep my head up from now on. ☐



AND NO SIGN OF SLOWING DOWN.

With a solid decade behind us, we're just getting warmed up. Our 10th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,500 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it!

Register today at www.seansrun.com.

SUNDAY, MAY 1 / CHATHAM HIGH SCHOOL
5K - 1:00PM / MEGHAN'S MILE - 12:30PM



2011 Sponsors



CHATHAM-COURIER
Register-Star





The 8th Annual St. John's/St. Ann's Spring RUN-OFF

To Benefit St. John's/St. Ann's Outreach Center

Co-sponsored by the City of Albany, Mayor Jerry Jennings

Date: **Saturday, April 30th 2011**
Location: **Albany's Hudson River Way Amphitheatre**
Time: **10K 8:30 am**
5K and Family Fun Walk (1 mile) 10:00 am

Application Available At
www.springrunoff.com
or
www.active.com

Course
Albany's Hudson River Way
Corning Preserve Bike Path

Race Day Registration
Begins at 7:30 am.

T-Shirts
Free to the first 300 registered entrants.

Prizes
Prizes will be awarded to the top three male & female finishers in the 5K & 10K race as well as winners in each age division.

Benefits
St. John's/St. Ann's Outreach Center.

Packet Pick-up & Pasta Dinner
Friday, April 29 from 5-7pm — Pick up your race packet and T-shirt, and join us for a free pre-race pasta dinner (sponsored by D'Raymonds Restaurant) on the night before the race. Each registered runner can reserve 2 spots by checking the appropriate boxes on the entry form.

St. John's/St. Ann's Center
88 Fourth Avenue, Albany, NY.

Information 518-472-9091

5K & 10K: \$17/person, per race (if received by April 20, 2011)

All Walk-in Registration Fees: \$20/person
(if received after April 20, 2011)

Family Fun Walk (1 Mile): \$10/Adult, \$5/Child

PHANTOM RUNNER: Interested in supporting the Outreach Center, but unable to make it on race day? **Register as a phantom runner.**

Mail Entry Form with Enclosed Fee To:
Spring RUN-OFF
St. John's/St. Ann's Church
88 Fourth Avenue, Albany, NY 12202-1945

Race results will be posted at
www.springrunoff.com

----- ONE ENTRY FORM PER RUNNER -----

Name _____ Age _____ ☐ Male ☐ Female
Address _____ City _____ State _____ Zip _____
Phone _____ Event ☐ 10K ☐ 5K ☐ Family Fun Walk
Phantom Runner _____ Circle Shirt Size: **Adult S M L XL**
Attending Friday Night Packet Pick-up Pasta Party? Email Address _____
☐ Yes ☐ No ☐ Bringing a guest Amount Enclosed _____

Make Checks Payable To: St. John's/St. Ann's

I hereby, for myself, my heir, executors and administrators, waive and release any rights and claims for damages I may have against the organizers and sponsors and the agents for any injuries suffered by me from or out of my participation. I also confirm that I am physically fit and that my condition has been verified by a physician. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby. I understand that no dogs, skates or bikes are allowed during any of these events. I also understand photos taken at the race may be used in any promotional materials, posters, pamphlets or on the official Spring Run-Off website.

SIGNATURE _____ PARENT SIGNATURE (if under 18): _____

50 & Fabulous

by Lois Green

2010 was a great year!! In March, a teammate from TEAM In Training suggested that I submit "my story" to the CIGNA Falmouth Road Race National Essay contest for a runner who has overcome a life altering experience. I did and I won the all expenses paid 4-day weekend for my family and friend.

At a chance encounter at a HMRRRC race, Jim Tierney asked if I would be willing to share my story in an article for *The Pace Setter*. I am honored to do so. Here is my story as I presented it to CIGNA. The event press release offered generous exposure for CIGNA and TEAM In Training.

CIGNA Falmouth Winning Essay 2010

My story takes me back to the summer of 2006. I was training for the local marathon with Gilda's Club, never knowing I would become a mentor for cancer survivors. I had run the NYC Marathon and the Disney Marathon. All of my training runs indicated I was in ideal shape to qualify for the Boston Marathon. In addition to running, my 19-year-old daughter, Tara, and I were training for our first triathlon, only one week away.

On July 14, a date that will never be forgotten, I was in my mom's hospital room with my family. Mom was about to have surgery for breast cancer. Mom was 64 years young with an active life, still running her own business. Tara reminded me of my doctor's appointment that same morning. I left with the promise to be back by the time mom was in recovery. I had had a chronic cough for 13 years and was being treated for asthma. My appointment was with a new pulmonologist who had been recommended to me "to increase my lung capacity and become a faster runner." Two hours later I left the doctor's office with a prescription for a PET scan, a surgeon and a harsh dose of reality. I had been diagnosed with lung cancer. I had never smoked and, until this summer, there had been no history of cancer in our family. I decided that, for the time being, I would share my news with no one.

I returned to the hospital where mom was in recovery. They had removed the cancer, but not the fear of "did they get it all?" As we would learn later, Mom's surgery was a success. That afternoon, I delivered my CAT scans to the hospital lab. When my family asked how I made out at my appointment, I simply replied, fine, they're just going to do one more test. The triathlon was in a few days. To say my mental stability was challenged is an understatement. The good part of not sharing my news was that everything and everyone around me remained normal. I just wanted everything to be normal. However, reality was dark and I didn't know if I could still participate in the triathlon. But I did. Tara and I completed our first triathlon. She beat me out of the water. She beat me again on the bike. Then we finished the 5K together.

The following week I went for the PET scan and additional tests. I finally broke the news
18 - The Pace Setter



Lois Green - 50 and fabulous

to my family. Mom went to the surgeon with me. Physically, I felt great and had completed an 18-miler the week before my scheduled August 31 surgery. A thoracotomy was performed, removing half of my left lung. I, too, was blessed with early detection. No radiation or chemo was required. Minimum recovery time was 12 weeks. Seven weeks after surgery I ran my come-back 5K race. While my time was significantly slower, I crossed the finish line in 30 minutes.

During the first weeks of recovery I found myself asking why did all this happen to me? The answer revealed itself almost immediately when I began receiving phone calls from friends and neighbors asking if I would speak to someone they knew who was about to have the same surgery I just did. The time following my surgery would become the best year of my life. I had been bestowed a GIFT.

Eager to return to the sport of running I wanted to commit to more than just the test of strength and endurance. I committed to the Leukemia & Lymphoma Society's TEAM In Training. I would run the San Diego Rock 'N Roll Marathon 9 months after my surgery with a fundraising commitment of \$4,000. I purchased breast cancer postage stamps for my letters and return envelopes address to family, friends and colleagues. The next day I received a phone call from a colleague expressing his emotions when he read my letter. He gave me my first donation, a check for \$100. I knew I hit a home run! Mom called me the next evening. Mom gets our mail because we share a

mailbox, living next door to one another. The first one she opened contained a check for \$250. Mom read the note enclosed that concluded with the words "Let me know if you need more." In a few weeks we surpassed our \$4,000 commitment. I witnessed the JOY and healing mom experienced with every letter and donation received. Every day became a race to the mailbox. I let her win.

Both daughters were away at college. Tara surprised me with an early birthday present - a stack of envelopes from classmates totaling \$550. Tara's second surprise was that she signed herself up for the marathon and would be running every mile by my side. Her roommate called to let her know envelopes were still appearing under her door. Meagan, our older daughter, brought home \$1,200 in donations. I continued mailing letters while training with TNT. I had gained celebrity status on the team because I now surpassed \$10,000. I put my story in our local paper and strangers would respond sharing personal stories of cancer in their families and included a generous donation. The letter that affected me most profoundly came from a lady I hardly knew. I reached the mailbox before mom that day and found her envelope. It was thick and piqued my curiosity. Something told me this was sacred. I was quiet when I opened this one to "Dear Lois, We can certainly relate to your circumstances. We lost our 4 year old little girl Karen to leukemia and we are better people today for having given her to the Lord." I broke down in tears from the power of God's grace in this woman. To this day, I cannot read her words with a dry eye. The envelope was thick because she continued her letter about her other now grown and very successful children. I was invited to contact them for their support in my fundraising.

The fundraising continued strong. It had united our family and friends who reached out in generous proportions with their time and efforts spent providing luncheons and bake sales. The mission became to reach the TOP TEN list of TNT fundraisers across the United States and we did! Before we left for California, we reached \$20,000 and I was recognized in the TOP TEN among thousands of team members. I was never more proud to be a TNT member among the sea of purple being corralled to the START. Just 9 months after my surgery, Tara and I finished the marathon in 4:55.

Soon thereafter, I volunteered to speak at a TNT recruitment meeting. I was greeted with hugs and tears from new team members and alumni. Later, our campaign director, Robyn, asked me to become a mentor for new team members, which I accepted with honor and enthusiasm. My experiences as a mentor has given me new and lasting friendships with wonderful people. Just last season I mentored a very young mom, Ayisha, who lost her 4 year old baby, Alivia, to leukemia. This mom signed up with TNT only a week after losing the battle. I received the email from Robyn: "Lois, this is a very special assignment and that's why we are giving her to you." I accepted graciously. Ayisha was an incredibly strong young lady and also a very strong runner. The only way I would keep up with her was on my bike. On

the day of her event, a friend and I found Ayisha on the path and together we paced her to the finish, where she exceeded her expectations. Ayisha and Alivia have left a mark on all of our hearts.

Tara and I did another TNT event, the Marine Corps Marathon, in 2008. I reached TOP TEN status again, raising \$11,000 in memory of a friend's daughter. In addition to mentoring, I have been the spokesperson for TNT campaign events and have served on the organizing committee for a major TNT fundraiser. The quote I think of often: "You are as good as the company you keep" reminds me how lucky I am to be among the finest of individuals who give selflessly and generously of their time and their hearts. I recognize and I am reminded that my cancer was truly a gift when I continue to receive phone calls from friends who ask if they can send someone dear to them to me for support. My best friend of 35 years says I am a better person today for it.

To inspire someone is truly the greatest gift.

Back to 2010 and the Falmouth Road Race ...

The weekend included The Race Director's luncheon with Olympians Bill Rodgers, Frank Shorter, Meb Keflezighi, Joan Benoit-Samuelson and more. I ran the beautiful, scenic 7 mile race with my two daughters – Meagan and Tara – and dear friend Maureen McLeod.

The Chicago marathon on 10-10-10 was my 10th marathon.

But the story continues. I have recently been offered the platform with an organization in Washington, DC this May to continue to spread this message of HOPE. Please visit CIGNA – Lois Green for the 4 minute YouTube video.

Thank you, Jim Tierney, for this opportunity to share my story. My personal experiences with cancer led me to TNT with purpose and conviction. We cancer survivors are the "company" you want to keep. As Tara has told me, "Mom, winners hang with winners." ☐



Profile of a Runner

KAHLIL SCOTT, JR.

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

My name is Kahlil Scott Jr., but I also go by Kye. I am twenty years old and I have two jobs. I do the night shift at Price Chopper, right before the graveyard shift at FedEx, unloading trucks. My mornings are occupied with school, usually 18-22 credits a semester. My only hobby is writing; running helps me perfect it. Other sports outside of running are triathlons and boxing. Weight lifting is a significant part of my training.

When and how did you get started running?

I used to box, and running was key to conditioning. All the boxers would go on runs together as the last portion of each day's training, and I would always make it back first. I eventually left one day due to the lack of my coach's support. Months passed, and one day I felt indescribable, as if the weight of the world was on my shoulders. I was stressed and upset and didn't know what to do. So I ran. I don't remember too much of that day, but I remember running. I remember never having athletic gear; I was wearing jeans, a belt and basketball sneakers. I grabbed an iPod and just ran.

Do you have a favorite race or races?

My favorite races are the Doug Ellett 5k for Melanoma and the Buffalo Marathon. The Buffalo Marathon was my first race; running was recreational to me back then. Running a marathon was on my "bucket list." It wasn't until my first 5k three months later that I made it my lifestyle. The Doug Ellett was my first 5k, back when I started in September of 2009. It was my first 5k and my very first "First Place" with a 17:26.

What are your most memorable races?

My most memorable race was the the Cohoes Turkey Trot of 2010. I trained for 365 days waiting for my opportunity to take it. Dreamt about it, thought about it, almost obsessed about it. My day came and I won it, for my father, for me and for my town.

But the Watervliet Arsenal City 5k was something I'll remember forever. Everytime I run from Cohoes to Albany, I jog along the route and reminisce about that day. It was a beautiful day, and to think I almost didn't go.

How do you train? Do you have training partners?

We train year round. Even when the races slow down or cease. I train 21 times a week. It mainly centers around cross training. I don't go 24 hours without weight lifting. I average 35-45 miles a week. For special races I'll hit 70 miles. With double shifts and a heavy school schedule, I rarely sleep. Somehow it makes me faster. The lactic acid never has a chance to build up.



What are your current goals?

I'm working towards my Associates degree in Business. I plan on working towards my Masters at Sage or UAlbany. One day I plan on writing a book, and getting it published is a pretty big dream. My last goal is to be able to make it to the military after my degree, with knees healthy enough to continue.

Do you have any future running goals?

5k – 15:59

Marathon – 2:59:59

Win a race with 1000+ registered runners

Become an Iron Man

... and to just be remembered.

Do you have a philosophy of running?

The sky's the limit.

Any funny stories?

No, sir. ☐



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healthylife

When Food Has Too Much Power Over You

"I think about food all the time. I finish one meal and start thinking about the next."

"I don't keep cookies in the house; I end up eating them all."

"I'm afraid if I start eating, I won't be able to stop..."

If any of those thoughts sound familiar, you are among a large group of runners who struggle with food. I routinely counsel food-obsessed joggers and marathoners alike who fear food as being the fattening enemy. They think about food all day, stay away from social events involving food, give themselves permission to eat only if they have exercised hard, and white-knuckle themselves to one meager portion at dinner.

If you (or someone you know) struggles with food, keep reading. This article can help food-obsessed athletes take a step towards transforming their food fears into peaceful fueling patterns and better quality of life. Much of the information is from Glenn Waller's book *Beating Your Eating Disorder*, an excellent self-help book for adults at war with food and their bodies.

Food Is Not the Problem

Food is not the problem. Food is fuel. Food is health. Food is an inanimate object, just like a desk, rug, or book. It has no inherent power over you. But if you feel as though a food (let's say, bread) has power over you, bread is the symptom, not the problem. That is, the urge to over-eat bread can stem from:

1. getting too hungry and, as a result, craving carbs. The solution is to prevent hunger, so you don't start craving carbs in the first place.

2. denying yourself permission to eat bread because it is a "bad" food. The solution is to learn to routinely enjoy bread and other carbs, which are the foundation of a quality sports diet.

Living by rigid, restrictive "food rules" can be a symptom that something has gone awry. Food rules serve a purpose; they can be a coping strategy to block out emotions and distract you from feeling your feelings. That is, if you are spending 99% of your waking hours debating whether or not to eat bread, you are not thinking about how angry you are with your boy friend, how scared you are to go away to college, or how sad and lonely you've been since your dog died.

Being able to abide by strict food rules also gives you a (sick) sense of superiority that you can say "no thank you" to pizza, sandwiches, and even birthday cake with your friends. You can then take pride in being able to sustain yourself on lettuce leaves and Diet Coke. Why would you want to change this menu when

you are so in control, have such a perfect diet, and are running seemingly well? Why? Because your quality of life stinks and you are losing your friends.

Some of my clients can revise their restrictive eating patterns with simple nutrition education. I teach them how much is OK to eat, how to fit bread (or whatever) into their sports diet, and how to enjoy food as one of life's pleasures. For example, one client believed eating an English muffin plus an egg and a yogurt at breakfast sounded "piggy." After one English muffin, she would stop eating because she "thought she should," but then would succumb to the hungry horrors by 9:30 a.m.. When she added the egg and the yogurt into her breakfast, she felt satisfied all morning, with no nagging food thoughts until she was appropriately hungry at lunchtime.

In comparison, another client refused to eat more breakfast. She was convinced that eating an additional packet of oatmeal would result in immediate weight gain. "I couldn't eat more breakfast. I'd get fat!!!" She believed her body was different from everyone else's and would instantly blow up.

I reminded her that hunger is simply the body's request for fuel. The body is saying, "I have burned off what you fed me. May I please have some more food?" Her response was "NO! Food is fattening." She lived her days feeling hungry all the time, lagging energy, enduring cold hands and feet, obsessing about food, feeling anxious she'd succumb to sweets, and avoiding social situations that involved food. Her food rules undermined her quality of life.

Time for a change?

How can you break away from your restrictive food rules and start anew? One strategy is to understand that a few minutes of control (such as eating only one English muffin) can turn into a lifetime of misery. But a few minutes of anxiety (eating the English Muffin plus egg and a yogurt) can contribute to a peaceful future of enjoyable meals. You have to learn to sit through the anxiety and see that nothing bad happens when you eat an appropriate amount of food.

While you may believe that eating more breakfast will make you instantly fat, try this experiment:

- Weigh yourself (first thing in the morning) on Day 1 of the experiment.
- Make one dietary change that you are sure will make you get fat (such as eating an egg and a yogurt along with the English muffin).
- Maintain this one change for 7 days (without making any other food or exercise changes), and then weigh yourself again.
- Repeat this experiment for another 7 days



and average the weights. (Weight fluctuates due to shifts in water.)

Have you gotten fat? Doubtful. But take note: if the scale has gone up a tiny bit, the gain is likely due to replenishment of depleted muscle glycogen (carb) stores. For each one ounce of carbs stored in your muscles as glycogen, your muscles also store about three ounces of water. Hence, do not obsess about a number on the scale. Rather, observe how much better you feel during the day and also during your workout.

Easier said than done?

While food experiments sound like a good idea, the reality is they can be very anxiety provoking and hard work. (If changing were simple, you would have been able to resolve your food issues ages ago, right?) Eating more calories is hard because you are giving up a coping mechanism without being sure you will feel better in the long run.

To get rid of your eating disorder, you need to learn how to cope differently. This will involve feeling your feelings, instead of starving them. A counselor might be able to help, as well as reading *Beating Your Eating Disorder* and other self-help books (visit www.gurze.com). Just imagine how nice life will be for you and your loved ones when you can wake up without food fears and rigid food rules?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes find peace with food. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners and soccer players offer additional information. The books are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com. □

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On The Run (again) in North Florida

Part One: Off to a Rough Start

by Greg Rickes

A year ago my winter getaway took me to Fernandina Beach, Florida's northernmost Atlantic outpost. Last year I visited for two weeks, and squeezed in four races. While Fernandina isn't the warmest spot in the Sunshine State, there was the assurance that there wouldn't be any snow, and that was good enough for me. For seven weeks from the beginning of February to mid-March I lined up seven races, ranging from 5 to 15k.

My aspiration had been to be in good running form upon arrival, but that plan fell off the tracks before I even left snow country. A couple of slips on the ice bequeathed me an achy knee, and every time it seemed to start to feel better I'd slip again. Then with January's incessant snow I was up on a ladder trying to clear snow and ice off the roof and somehow contrived to strain my right calf muscle. While I'm not a front-runner, I do have some self-set standards I try to meet, but all of this put me off my game both mentally and physically.

Come what may, my entries had all been mailed, so it was time to adapt and adjust.

First race on the schedule, on Saturday Feb. 5, was the Amelia Island Runners Pirates on the Run. AIR is my "away" running club, so this was a must-do event. Pirates is a mix of road and trail running; this year I chose the shorter 5k option. A new course for this year saw us running along one of the main streets in Fernandina, with some rolling terrain that passes for hills in these flatlands, an excursion to the Egan's Creek Greenway trails, then back onto Atlantic Avenue and a straight line mile or so back to the finish. The first race of my snowbird series would see fog instead of sun, but with the temperature in the mid-60s there were no complaints. My performance was hardly noteworthy, but the associated aches and pains were soothed by a wonderful post-run pancake breakfast.

The next day I set off for Jacksonville's winter beach run. The sun was nowhere to be seen, and with temperatures now in the mid-50s and a breeze off the ocean, I almost like a real Floridian grouching about the cold. Back home similar conditions at this time of year would be celebrated as a heat wave. Once again I didn't feel like I got off to an especially good start, though running on the hard-packed sand has a way of lifting my spirits. On this occasion that feeling was short-lived; by mile four my right calf was aching so badly I gave up the pace and started walking, the first time I've ever done that in a race. Whether it was pride or stubbornness I tried to hobble into a jog for the finish, but this was easily classified as the worst race I've ever run. I was chagrined to find I'd finished second in my age group; I'd have gladly traded that award for a dose of speed and euphoria. This was not going according to plan :-(-

After a couple of days rest, it seemed I could



run, off-pace, after a fashion, but over time the calf would tighten up. I set off for the Amelia Island Runners' mid-week track workout in a fragile frame of mind. Fortunately among the benefits of AIR is access to some expert coaching, including former University of Florida and NIKE mentor Roy Benson. In talking with Roy for just a few minutes he pinpointed the genesis of my problem -- "you were up on your toes on that ladder, weren't you, and reaching while you tried to move the snow." Spot on. Roy showed me some stretches that started me back on a road to recovery, but my pace was more plodding than prancing.

It was imperative to meet my next commitment. The Run for Donna festival, to benefit breast cancer research and treatment, has grown into a major-league event in Jacksonville. In addition to the marathon and half-marathon formats there's a marathon relay, and I didn't want to let my new-found teammates down, especially after I'd encouraged AIR to field an entry. Unofficially I was the thorn among my roses: Vanessa, Stacey, Heather and Amy. The first four legs would be five miles each and Amy would run the final 6.2 mile segment.

The logistics related to this event are daunting. We had to be up at 3:45 to meet our teammates an hour later for the drive from Fernandina to Jacksonville. There's no on-site parking so we had to go to a remote lot, then be bussed to the starting area. All of this occurred well before sunrise, on a morning when temperatures hovered right around the freezing mark. Once we'd made it to the runners' village, the relay runners had to take another bus ride to get to our various relay transfer points. The good news was that once the sun came up it started to get warmer, but even so it would be a couple of hours between the time I arrived at my relay point and when I'd actually run. Thankfully, the transition zones had both refreshments and bathrooms, plus we had a ringside seat to watch the pack of Kenyans racing for the marathon's lead.

The baton transfer went according to plan and I set off through the shoreline communities of Atlantic Beach, Neptune Beach, and Jacksonville Beach. There was great crowd support all along the way, the scenery was varied, from glimpses of the boardwalk, sand, and

ocean to the funky beach bar neighborhoods, all under glorious sunny skies. My form over the five miles was good, but not great, though I did manage a bit of a kick into the transition zone. With the baton handed off to Amy for the final leg, I went in search of transport back to the finish area. If getting the relay runners out the transition zones is tricky, at least they're all transported at the same time. On the way back in they arrive at random across a wide spectrum of time. Trying to fit that into an orderly process is probably nigh onto impossible. The organizers encourage relay teams to form up to finish as a unit, and though we only got 3/5 of the squad together it was an honor to run those last few meters. Our team would acquit itself quite well, placing 22nd out of more than 200.

Next up was the most unique event of the tour, the Lanier Bridge 5k in Brunswick, Georgia. This impressive structure spans the Brunswick River and marshlands, rising 200 vertical feet within 3/4 of a mile, a grade of slightly greater than 6%. The spans total length is 7780 feet, so the 5k trek would be over and back, run up, run down, run up, run down. There aren't any hills in coastal Georgia, but this more than makes up for it.

Runners would have only one side of the four lane bridge, so the start chute was essentially one lane wide, fanning out after crossing the timing mat. With over 400 runners, the start was going to be slow for most of us. Immediately facing an incline made it hard to find a pace, so more than a few runners rocketed by me, only to slow to a walk just yards ahead. If I couldn't quite get comfortable early in the run at least I could enjoy the view, which was spectacular. Driving across the bridge your eyes are on the road, but at a running pace you can take the time to really look around, see the channels through the marshes, feel the breeze, soak up the sun. Cresting the bridge for the first time, I tried to stretch my stride as the surface pitched down, with gravity helping me along. The course leveled out only long enough to make a U-turn and start the return climb. I found the second uphill segment easier to run than the initial climb, with my strides and breathing coming with better rhythm. Soon enough I was at the crest again and now hurtling for home. So far so good both mentally and physically, and nice to at least get a glimpse of being "in the zone" again. All things considered, fourth in my age group out of sixteen was a bonus.

Bolstered by this performance, I tried to gear up my training, but it was one step forward, two steps back. I could run for pace, or distance, but not both. Two days in a row when I tried to pick up speed my calf muscle tightened up, not right away but consistently right around the 30 minute mark. I'm trying massage, stretching, more fluid and greater potassium intake. It's going to be an interesting puzzle with the marquee event of my snowbird series, the Gate River Run 15K, three weeks away. □





31st Annual **HMRRC**

Mother's Day 5k Race

FOR WOMEN & THEIR CHILDREN

SUNDAY, MAY 8, 2011 at 10:00 a.m.

Hamagrael School, McGuffey Lane, Delmar

Directions: Take Rt. 32 South (Delmar Bypass), right onto Murray Avenue,
take immediate right onto Parkwyn Drive, bear right at fork, staying on
Parkwyn Drive for ½ mile. School is on right.

ENTRY FEE – \$12.00 HMRRRC members; \$15.00 non-members if postmarked by April 30th
\$20.00 after April 30th & Day of Race 8:30 to 9:45 a.m.

KIDS RACE – \$2.00 at 11:00 a.m., Distances: ½ Mile & ¼ Mile (sign-up day of race)

ENTRY FEE FOR 3.1 MILE RACE INCLUDES –

- Awards to the top three finishers and awards for top three finishers in each 10-year age group category (no repeat winners)
- Mother-daughter/Mother-son team awards for top team in each category. A mother can compete as part of up to two teams. (Teams need to pre-register in order to be eligible for team awards.)

Name: _____ Age Day of Race: _____ Phone: _____

Address: _____ City, State, Zip: _____

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See participation limited to 18 and under

I am a member of a mother-daughter team

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☐

with a combined age of 41 to 60.

☐

with a combined age of over 60.

I am a member of a mother-son team

☐

with a combined age of 40 or less.

☐

with a combined age of 41 to 60.

☐

with a combined age of over 60.

Name of second team member is: _____

(Submit separate entry form for each entrant and enclose BOTH entries in same envelope)

Please send application and entry fee, payable to HMRRRC, to
MDR, c/o Marcia Adams, 1009 Tollgate Lane, Schenectady NY 12303.
Visit www.hmrrc.com for more information
or contact Dave Williams at 641-2167 or email dwilliamx4@yahoo.com



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

Signature: _____ Signature of parent/guardian if under 18: _____

WINTER SERIES # 5





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	_____
Inspirt Tights , black, Male, S; Female S,L	\$20	_____
Knit Hat , navy, black, light blue	\$ 8	_____
Thermax Gloves , black	\$ 8	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	_____
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE		
Split-cut , 1" inseam, M,L - CLEARANCE	\$15	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
Sixers , black, 6" inseam, back mesh pockets, S	\$27	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		_____
Smart ID tag , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		_____

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

All prices include 8% sales tax

TOTAL DUE: _____

Postage \$5.15

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

Gift Certificates available for any amount. Just add \$.44

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Leslie Bennett

66 Steers Avenue

Schenectady, NY 12304

Email: lilyot25@gmail.com

Name _____

Phone _____

Email _____

Half Marathon Series
USRAHM.com



GET YOUR RUN ON.

LAKEGEORGE HALF MARATHON

Lake George, NY
April 23rd, 2011
LakeGeorgeHalf.com

Pittsburgh, PA
April 17th, 2011
ButlerHalf.com



Butler County
Half Marathon



Worcester, MA
June 5th, 2011
WorcesterHM.com

ALSO, CHECK OUT THESE RACES:



PORTLAND HALF MARATHON

Freeport, ME
August 14, 2011
PortlandHalf.com



SPRINGFIELD HALF MARATHON

Springfield, MA
August 28, 2011
SpringfieldMAHalf.com



AMISH COUNTRY HALF MARATHON

Lancaster, PA
November 5, 2011
AmishHalf.com

USRAHM.COM



vitalfusion

Red Star

active.com

SPRINT

END RESULT

PHOTOGRAPHY

ASIPHOTO

New HMRRC Members

Sertu Allen
 Terri Artese
 Matthew Bancroft & Family
 Matt Belsky
 Eric Bryant
 Tim Butler
 Eileen Catlin & Family
 Bridgette & Gil Chorbajian
 Richard Ciulla & Family
 Mary Anne Davis & Family
 Gene Demczar & Family
 MaryPat Devine
 Brian Dollard
 James Ebersold & Family
 Julie Eckholm
 Timothy Egan Sr & Family
 Timothy Elliott & Family
 Lindsey Etringer
 Timothy Fecura
 Gil Fitz
 Andrew Fleck & Family
 Jean Foti
 Jenn Franklin
 Carlos Gamarra
 Laurie A. Gendron & Family
 Leah Giordano & Family
 Crystal Gipp
 Ann Glackin
 Cathryn Glanton
 Joyce Goodrich
 Michelle Hernandez
 Patrick Jarvis
 Steve Johnston & Family
 Krystle Kilmer
 Elizabeth King
 Kristin Knauf
 Nancy Kolakowski
 Kristen Kuhn
 Mindy Lam
 Matthew Landy

Kerry-Ann Lawrence & Family
 Sean M. Maguire
 Ann McAvoy & Family
 Todd Mesick & Family
 Michael Miller
 Kimberly & Ian Morrison
 Matthew Mullin
 Michael F. Muzio, Sr. & Family
 Lisa Nieradka
 Kevin Noonan
 Alex Paley
 Johna Palmer
 Cindy Pitts
 Irene Przymlycki
 Greg Rashford
 Gail Rawson
 Art Reilly
 Jennifer & Andrew Rickert
 David Roy
 Leah & Ambrose Schaffer
 Laura Schoenholt
 Tom Scudder & Family
 Kathleen Sellnow & Family
 Karen Seward & Family
 Benjamin Shanks
 Leslie Shove
 Michael & Cheryl Smith
 Rhonda Smith
 Megan Svoboda & Family
 William Tesch
 Theodore Todorov
 Renee Tolan
 Ronald & Sandra Tomlinson
 Karen Toth
 Catherine Tremblay
 Ryan Walter & Family
 Kim Watson
 Michael Weaver
 Eric Zordan



CCRC 5K Run/Walk/BBQ and 1K Kids' Run Saturday, May 7, 2011 • 3:00 p.m.

Christ Community Reformed Church
 1010 Route 146, Clifton Park, NY 12065

Prizes to first two overall males and females in 5k

All entrants are eligible for a host of other prizes through a drawing

All Kids' 1k Run finishers receive an award

BBQ included in each entry or can be purchased separately

T-shirts to the first 100 entrants

For information and to enter visit: www.ccrcc-spn.org

or email: office@ccrc-spn.org

Call the office at 371-7654 or Pat Glover at 877-0654

Come join us for an afternoon of family fun and fitness!

Grand Prix Update

Race #2 - Winter Series #5 10 Miles, Feb. 6, 2010

Men

12 Tom O'Grady
10 Jim Sweeney
8 Andrew McCarthy
7 Zach Russo
6 Paul Cox
5 Paul Mueller
4 Michael McClure

Male 30-39

12 Chris Mulford
10 Eamon Dempsey
8 Brian Northan
7 Jon Catlett
6 David Tromp
5 Matthew Nark
4 David Newman

Male 40-49

12 Ahmed Elasser
10 Larry Poitras
8 Russ Lauer
7 Brian DeBraccio
6 Jonathon Bright
5 Mike Kelly
4 Rob Paley

Male 50-59

12 John Noonan
10 Rick Munson
8 John Haley
7 Richard Clark
6 Steve Conant
5 Bob Somerville
4 Steve Vnuk

Male 60-69

12 Paul Forbes
10 John Stockwell
8 Bob Ellison
7 Ed Bown
6 Terry Smith
5 Leo DiPierro

Male 70+

12 Wade Stockman
10 James McGuinness

Women

Female Open

12 Roxanne Wegman
10 Kristina Gracey
8 Meghan Davey
7 Crystal Perno
6 Katie Vitello
5 Erin Rightmyer
4 Erin Ring

Female 30-39

12 Shelly Binsfeld

10 Gretchen Oliver
8 Sally Drake
7 Stephanie Wille
6 Stacey Kelley
5 Angela Squadere
4 Allison Lynch

Female 40-49

12 Emily Bryans
10 Anne Benson
8 Mary Buck
7 Cheryl Debraccio
6 Megan Leitzinger
5 Connie Smith
4 Kimberly Miseno-Bowles

Female 50-59

12 Martha DeGrazia
10 Peggy McKeown
8 Joan Celentano
7 Cynthia Southard
6 Jenny Lee
5 Deb McCarthy
4 Lois Green

Female 60-69

12 Susan Wong
10 Ginny Pezzula

Age Graded

Runner	Age	G
12 John Noonan	51	M
10 Ahmed Elasser	48	M
8 Susan Wong	63	F
7 Paul Forbes	60	M
6 Martha DeGrazia	59	F
5 Tom O'Grady	25	M
4 Rick Munson	54	M
3 Roxanne Wegman	23	F
2 Larry Poitras	45	M
1 Kristina Gracey	28	F

Totals After 2 Races:

Men

Male Open

22 Tom O'Grady
16 Jim Sweeney
12 Pat Cullen
11 Andrew McCarthy
8 Brad Lewis
7 Paul Cox
7 Josh Merlis
7 Zach Russo
5 Andrew Coy
5 Paul Mueller
4 Michael McClure
4 Richard Messineo

Male 30-39

24 Chris Mulford

18 Brian Northan
12 David Tromp
10 Eamon Dempsey
9 Matthew Nark
8 Aaron Knobloch
7 Jon Catlett
7 Matt Mallet
7 David Newman
5 Todd Smith

Male 40-49

24 Ahmed Elasser
10 Larry Poitras
10 Jon Rocco
8 Craig Dubois
8 Russ Lauer
7 Kevin Creagan
7 Brian DeBraccio
6 Jonathon Bright
6 Ed Hampston
6 Robert Paley
5 Ken Evans
5 Mike Kelly
4 Bruce Beesley

Male 50-59

22 Rick Munson
14 Richard Clark
12 John Noonan
10 Patrick Culligan
8 John Haley
8 Jim Newlove
6 Steve Conant
6 Peter Gerardi
6 Steve Vnuk
5 Bob Somerville
5 Robert Wither
4 Alar Elkin

Male 60-69

24 Paul Forbes
18 Bob Ellison
17 John Stockwell
12 Ed Bown
8 Juergen Reher
6 Terry Smith
6 Jim Thomas
5 Leo DiPierro
4 Ken Klapp

Male 70+

24 Wade Stockman
10 James McGuinness
10 Jim Moore

Women

Female Open

24 Roxanne Wegman
16 Meghan Davey
14 Crystal Perno
11 Katie Vitello
10 Karen Bertasso
10 Kristina Gracey
8 Erin Rightmyer

6 Liz Chauhan
6 Erin Ring
4 Kate Thomas

Female 30-39

24 Shelly Binsfeld
18 Gretchen Oliver
14 Sally Drake
12 Stephanie Wille
10 Christine Ardito
7 Martha Snyder
6 Stacey Kelley
5 Angela Squadere
4 Allison Lynch
4 Deanne Webster

Female 40-49

20 Anne Benson
13 Cheryl Debraccio
13 Megan Leitzinger
12 Emily Bryans
12 Kari Gathen
9 Kimberly Miseno-Bowles
8 Mary Buck
8 Melissa Frenyea
8 Connie Smith
4 Regina McGarvey
4 Chris Varley

Female 50-59

24 Martha DeGrazia
20 Peggy McKeown
14 Joan Celentano
10 Jenny Lee
8 Debra-Jane Batchter
7 Cathy Sliwinski
7 Cynthia Southard
5 Kathleen Goldberg
5 Deb McCarthy
4 Lois Green

Female 60-69

24 Susan Wong
20 Ginny Pezzula
8 Anna Dickerson
7 Katherine Ambrosio
6 Mary Collins Finn
5 Judy Lynch

Female 70+

12 Anny Stockman

Age Graded

Runner	Age	G
18 Martha DeGrazia	59	F
18 Susan Wong	63	F
16 Ahmed Elasser	48	M
12 Paul Forbes	60	M
12 John Noonan	51	M
9 Tom O'Grady	25	M
8 Anny Stockman	78	F
7 Pat Cullen	24	M
4 Rick Munson	54	M

31st ANNUAL HMRRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

HMRRRC Grand Prix Race
Adirondack USATF Masters Championship
Adirondack USATF Grand Prix Series Race

10 KILOMETERS Certified (NY98008AM)

SATURDAY, APRIL 30, 2011 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Registered Female and Male teams in ten year age groups.

For entry forms, contact Adirondack Association USATF office.

To join USATF go to usatfadir.org or contact the office at 518-273-5552

(USATF ADK membership # is required for USATF Grand Prix and Championship scoring)

TECHNICAL SHIRTS TO FIRST 75 REGISTERED RUNNERS

- NO HEADSETS, IPODS, ETC. ARE ALLOWED IN THE RACE •

REPORT TO:

GUILDERLAND HIGH SCHOOL (off Rt. 146, County Rt. 202 - Meadowdale Rd.), Guilderland Center

ENTRY FEE: \$12.00 (HMRRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MAIL ENTRY TO:

HMRRRC, P.O. Box 12304, Albany, NY 12212
(Make checks payable to HMRRRC)

MASTERS
ONLY!

MASTERS
ONLY!

Questions or additional information: Jim Tierney, 518-869-5597, or e-mail <runnerjmt@aol.com>

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Age (as of 4/30/11) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female USATF # _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools and the Hudson-Mohawk Road Runners Club for any and all injuries suffered by me in said event. The USATF shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____

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Event Schedule

Date	Time	Event	Location	Contact	Email
4/30	9:00 AM	31st Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/30	9:00 AM	Great Mom's 5K Fun Run/Walk	Starts at Maple Ridge Park - Selkirk	Jessica West	jwest679@hotmail.com
4/30	9:00 AM	St. John's/St. Ann's Center Spring Run-Off 5k/10k	Albany's Corning Preserve	Mary George	mgeorge7@nycap.rr.com
4/30	9:00 AM	Make a Wish 5K Run for Wishes	MacArthur Park	Susan Cain	suestevepat@yahoo.com
4/30	9:00 AM	Albany YMCA 5k Run/Walk & Kids Run	Albany's Washington park	Ben Luke	Bluke@cdymca.org
4/30	TBD	Brink 5K (4th Annual David C. Brinkerhoff Run/Walk)	University at Albany	Sean Maguire	smaguire@gmail.com
5/1	10:00 AM	5K Literacy Run/Walk 2011	Atrium	Barbara Wyman	BarbaraWyman1035@aol.com
5/7	3:00 PM	CCRC 5K Run/Walk/BBQ	1010 Rte 146	Pat Glover	pjglove@aol.com
5/7	5:30 PM	23rd Annual Towpath Trail Run 10K & 2 Mile	St.Johnsville	John Geesler	kgeese@telenet.net
5/7	9:00 AM	Jog For Jugs Half Marathon and 5K	Duanesburg Town Park	Jessica Mitchell	jessica@powerhouseathleticsny.com
5/8	10:00 AM	31st Mother's Day 3.5 Miler	Hamagrael School Delmar	Dave Williams	dwilliamsx4@yahoo.com
5/13	8:00 AM	Ragnar Relay	Woodstock to Westchester	Meghan Reynolds	meghan@ragnarrelay.com
5/14	10:00 AM	MTA 5K Race	Halfmoon Town Park	Mary Guarnieri	mta5krace@gmail.com
5/15	9:00 AM	Shires of Verrmont Marathon	Bennington - Manchester	David Durfee	info@shiresofvermontmarathon.com
5/15	10:00 AM	Spring MAY-hem 5K (road/trail race)	Columbia-Greene Community College	Phil Carducci	springmayhem5k@yahoo.com
5/19	6:25 PM	35th CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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Albany, NY

Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE OR FAMILY (\$15) ☐ Names _____NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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