

The Pace Setter

August 2013

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



2013 Distinguished Service Award Recipient John Haley





12th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 15, 2013 – 9:00 a.m.



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

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

Entry Fee:

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



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

***** FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**

To register or collect donations online for you or your team, please visit

www.firstgiving.com/CaringTogether

SPONSORED BY CARING TOGETHER, INC. *1996 – 2013*

Providing Ovarian Cancer Support, Education & Research Funding

Ovarian Cancer Awareness
Displays

Children's Area
Face Painting * Clowns

Refreshments &
Raffles

For important race day and parking information, please visit: www.CaringTogetherNY.org

Mail Entry Form and Check To: Teal Ribbon Run/Walk, P.O. Box 64, Delmar, NY 12054



Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Home Phone: _____ Age on Race Day: _____

Sex: ☐ Male ☐ Female

I am a: ☐ Runner ☐ Walker

Team Member? ☐ Yes ☐ No If yes, enter Team Name _____

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED

☐ No Shirt (please use all money towards research)



NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

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

Signature _____ Date: _____

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

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Joe Hein
— **Short Circuits**

Bob Kopac
— **Kopac's Korner**



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The Pace Setter

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Photos in this issue by Ray Lee, Chris Bishop, Charles Bishop, Bill Meehan

HMRRRC Mission Statement

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

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

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President's Message

by Jon Rocco

I am glad to report that the financial condition of the Hudson Mohawk Road Runners Club continues to be strong. Our net income for 2012 was \$552,179 while expenses for the year totaled \$505,530. As reported at our June business meeting, we ended 2012 with \$425,000 in total cash on hand. Roughly 84% of our 2012 income was derived from race entry fees while 13% of our income is from various sponsorships and membership dues. While these three items make up the vast majority of our total income, the majority of our expenses were gathered from putting on race events (73% of the total), producing and putting out the monthly *Pace Setter* magazine, and grants awarded.

Much of the continued success of our club is from the volunteers involved in the many facets of our organization. I want to thank all the volunteers involved at our races, events and programs, the magazine, those who lead and serve on committees, and the club officers. Our volunteers continue to shed favorable light and this was evident with the recent conclusion of our Just Run program we sponsor which capped its spring season with an end of year track meet at Union College. We had 19 schools and roughly 550 kids competing. Here are some of the comments that Just Run Albany administrator Ken Skinner and I would like to share from a few of the school team leaders.

"A big, big thank you to all the HMRRC volunteers. Our team was thrilled to participate and had a blast. In only a few short seasons, Just Run has become a mainstay in many of our students' lives."

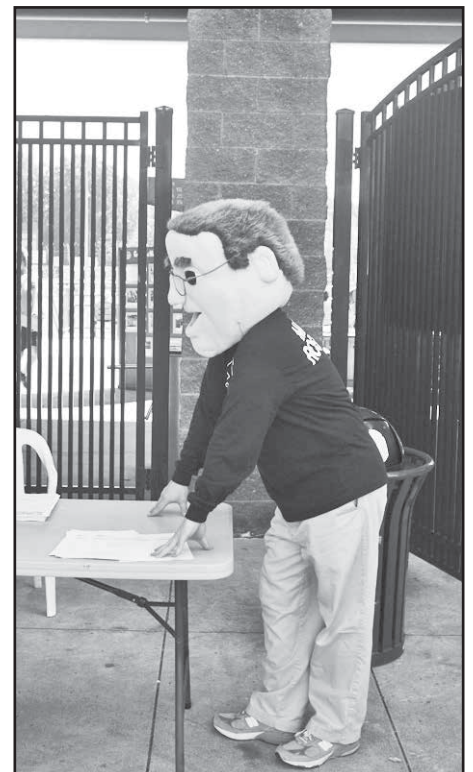
"Please extend a huge thank you to all the members of the HMRRC. We are always impressed and amazed by the number of volunteers who assist in the Just Run track meets. Each HMRRC volunteer was encouraging and positive whether they were directing/timing our new members on the track, cutting bananas, pouring drinks, slicing pizza, or taking photos." The leader also mentioned that this is their fourth year with the program and every child has thoroughly enjoyed the opportunity to be a part of it and has begun to think of themselves as a runner.

"This was a great opportunity and I thank you for allowing my school to be a part of the experience. The scholars, faculty, and families can't stop talking about the meet and what it has done for the self-esteem of our scholars."

"I think that this program is the best around in the Capital District. Mr. Skinner and his volunteers make the year and end of season track meet such a joy for all the students." The leader also mentioned that the new parents that came

into the program this year were raving about what an awesome opportunity it was to be part of this program and that it is so well run.

On behalf of HMRRC, I also want to extend thanks to Ken Skinner and all the volunteers who made this happen once again. I was at the meet on the opening day of the two day meet. The bleachers were full of encouraging and supportive parents, friends, and family members. The sight of the schools each wearing a different color shirt is perhaps the first time many of the students had the feel of what it is like to be part of a team. The excitement and anticipation of the students getting ready to run their event and compete on a track in front of the crowd was evident. The sense of accomplishment and getting a finisher ribbon was certainly memorable for them. I had the pleasure of placing gold, silver, and bronze medals around the necks of proud and smiling students. One student even expressed his competitive side to me. Just moments before awarding him his silver medal, he asked me, "Can we do a rematch now?" I assured him that if he sticks with this that there will be plenty of chances while adding this is something he can do for a very long time. The second day of the meet took place on June 5 which was National Running Day. A very fitting day of celebration it was. □





What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? Do you harbor a secret desire to run through a stream and try to make it up a slippery, muddy hill? If you answered yes, the HMRRC has races for you in August. Cross country racing returns to the hills and streams of Tawasentha Park for its August meeting. The 5k races will be held on Monday, August 12, 19 and 26. The races will start at 6:30 p.m. and the August 19 race will be a Grand Prix event. These races are challenging and are a great workout.

A good warm up for the Tawasentha series can be found at the Indian Ladder Trail Runs, set for Saturday, August 4 at Thatcher Park in the Town of New Scotland. There is a 15k race, followed by a 3.5 mile run and a 1 mile kids run with the 15k starting off at 9 a.m.

Another August highlight is the 34th Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday, August 3 and is a pursuit race with the men running first and then the women going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities.

The Colonie High track meets continue into August with the last meet on Tuesday,

August 6. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:00 p.m.

There are local road races to be found on the August schedule. The Camp Chingachgook Challenge will be held on Saturday, August 10 and features a half-marathon and a 10k race. The half starts at 8 a.m. at Lake George High School and finishes at Camp Chingachgook, the 10k starts at 9 a.m. and is out an out and back course from Camp Chingachgook. The Castleton Kiwanis host the Clove Run on Saturday, August 17, with a 10 mile run going off at 9 a.m. and a 5k set for 9:15 a.m. from the Castleton Elementary School. Fans of the 5k can choose from the Fox Creek 5k, held on Saturday August 10 at the Berne Town Park with an 8 a.m. start. Later in August, the 16th annual Altamont 5k will be held. The race is set for Saturday, August 24 at 9 a.m. at the Bozenkill Park in Altamont.

August is the month in which I celebrate my birthday. There is not enough wax to make the number of candles that my age requires and we're gonna need a bigger cake.

The club's business meeting for August is scheduled for Wednesday, August 7 at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave. extension. All club members are encouraged to attend these meetings. □

New HMRRC Members



Diane Beebe Zeccola

John Broderick

Lewis Dubuque

Richard Duprey

Suzanne Fecteau

Stacey Ferguson

James Fitzmaurice

Annemarie Garceau

Patty Griffiths

Katie Grossman

Riley Grossman

Breanne Gustafson

David C Gustafson

Jenna Gustafson

Olivia Gustafson

Pat Gustafson

Erik Hage

Gina Heid

Tom Hensel

Emily Hogan

Kelly Hogan

Nancy Hogan

Patrick Hogan

Tyler Hogan

Tom Howley

Lisa Maresca

Sean McMullin

Sandra Michael

Jacquie Mitchell

Caroline Murphy

susan naccarato

Meagan Sullivan

Mike Veeder

William George Zocco



4th 5K & 1m Kids Run



To Cure Diabetes



Fast & Flat Course
Perfect for Personal
Record or 1st 5K!



Sponsors

MVP Healthcare
Albany Metal Fabrication
Burke, Scalomiero, Mortati & Hurd, LLP
Carter, Conboy
Capital District Pediatric Dentistry
CDPHP
Martin, Harding & Mazzotti
Mazzone Hospitality
Optique Boutique/ Dr. Elisa
Perreault
Ray Ludwig
Turner Construction

September 28, 2013
The Crossings of Colonie

10am – 5K
\$25
Registration

9am – Kids Run
\$10
Registration

Day of Registration: 8:30am

Overall Male & Female Winners

Age Group Winners

Free t-shirt for 1st 300 registrants!

Run with us as we raise money
to cure, treat and prevent
Type 1 Diabetes!



Register by Mail or Online at Active.com

<http://tinyurl.com/JDRF5K>

REGISTRATION FORM

Name _____

Address _____

City, State, Zip Code _____

T-shirt size: S M L XL

Age on race day: _____

Gender: ☐ M ☐ F

Event: ☐ 5K ☐ Kids 1m Run

Payment: ☐ Check (Payable to JDRF) ☐ Credit Card

Credit Card # and Expiration Date _____

Signature _____

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release and discharge all organizers, owners, sponsors, or beneficiaries and their representatives, successors and assignees from any and all claims for damages and causes of action arising from or out of my participation in the JDRF 5k Run or 1 mile fun run. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that medical personnel will not be present at this event. I hereby grant permission to JDRF to use all information submitted in this application and any record of this race including my likeness, race results, and name for any purpose whatsoever. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby.

Mail Registration, signed release & payment to JDRF by
9/21 at: 950 New Loudon Rd, Suite 330 • Latham, NY 12110

Signature: _____

Parent/guardian if minor: _____

"BEEN THERE, DONE THAT"

by Mike Becker

August 1973...Forty Years Ago

- The Second Annual Distinguished Service Eight-Miler was held at SUNYA on the 26th, honoring Burke Adams "who does most of the work in the club" according to the Newsletter. Jim Shrader won with a 44:10 over club founders Tom Osler and Don Wilken. Adams finished in a tie for last. Jim Bowles was a DNF.

August 1978...Thirty Five Years Ago

- The club Sextathlon was held on the tenth at SUNYA and consisted of four running events (880, two-mile, one-mile, 440) and two field events (frisbee toss, long jump). Bill Robinson excelled in the runs, winning three, but Jim Ciccateri showed good form in all events, just edging Robinson for the title. Liz Ennis was the only female among the 19 participants.

- Pat Glover was profiled. His first marathon was a 2:44 in Philadelphia in 1975, and his PR through '78 was a 2:34 in Boston. He excelled at both cross country and track at Hartwick College and considers his best performance to be winning the NY State XC Championship in 1965. When asked how he feels about running: "No matter what accomplishments are made or not made, if I have run that day, I have done something special and beneficial to me."

August 1983...Thirty Years Ago

- Tawasentha Park was the setting for a 4.5-mile cross country race on the 29th and was a club Grand Prix event. Dale Keenan ran a 23:06 on the hilly and wet course to beat James Robinson and Tom Greene. Keenan's time was a course record. Donna Anderson ran a 29:30 for top female honors.

- Pat Glover won the Hour Run at Colonie HS on the 18th, running ten miles + 1180 yards. Also running more than ten miles were Frank Ripple, Paul Murray, and Dave Schroeder. Julie Wilcox and Anny Stockman ran eight+ miles.

August 1988...Twenty Five Years Ago

- Two teams set age group records in the Tenth Annual Dynamic Duo Pursuit Race in Colonie Town Park on the 13th. J.R. Gaige and Yola Strock combined for 33:45 in the 37-45 combined age group for the six miles, and Frank Myers and Denise Herman ran 34:38 in the combined 64-72 age group.

- Dan Paxson, Pace Kessenich, and Marty Kittell each ran 10+ miles in the Hour Run at SUNYA on the 18th. Anne Kuklinski ran 9.2 miles to top the females, ahead of Sandra Phibbs' 8.51 miles.

- Dan Paxson won the Capitol Marines 10K race at the State Office Campus on the 23rd with a 30:09, ahead of Vinny O'Brien and Marty Kittell. Kathleen Cleary topped the females with a 38:32, ahead of Nancy Egerton.



August 1993...Twenty Years Ago

- Jennifer Fazioli was profiled. Just 12 years old, she won the high school Sectional cross country meet under the tutelage of coach Mark Mindel at Averill Park. She had a 5K PR of 18:32, and her dad wouldn't let her race anything over five miles. She went on to lead her HS team to two Class B State XC titles and excelled at The Univ. of Colorado. She later qualified for the 2004 Olympic Marathon Trials with a 2:47 in the Mohawk Hudson Marathon in 2002, setting a female record that still stands. Currently she is an assistant XC and track coach at UAlbany.

- Vinny Reda (10:71) and Jeff Eades (10:13) joined the ten-mile club in the Hour Run at the SUNYA track on the 12th. Martha DeGrazia ran 8.05 miles to top the women, with Lori Christina right behind her with 7.83 miles. Forty-six runners participated.

August 1998...Fifteen Years Ago

- Judy Guzzo (18:25) and Daniel Hughes (16:13) won the Tuesday in the Park 5K in Schenectady's Central Park on the third. Among the age group winners were Rocco Serafini, Dan Cantwell, Martha DeGrazia, Gerri Moore, and 78-year old Dan Geer.

- Tom Dalton ran 11.33 miles during the club Hour Run at the Colonie HS track on the sixth, to set an event distance record that still stands. Emily Bryans ran 9.32 miles for the top female total.

- Ken Plowman and Amy Herold won the First Annual Altamont 5K on the 23rd with times of 16:25 and 17:59, respectively.

August 2003...Ten Years Ago

- Duane Crammond and Daniele Cherniak won the Race the Train 8.4-miler in North Creek on the second, with times of 49:10 and 59:11, respectively.

- Brian Mahoney and Jen Kramer had the fastest team and individual times at the 25th Annual Dynamic Duo on the second at Colonie Town Park. Their team time of 32:44 for

the six miles was the fourth fastest ever (now 25th). Wade and Anny Stockman won their division for a record tenth time.

- Jim Sweeney won the grueling club Pentathlon at Shaker HS on the seventh, joining the elite 4700-point club. Rachel Bennett was the female winner. The events are a 5K, 800M, 3200M, 400M, and 1600M.

- Lou DiNuzzo won the Bethlehem XC 5K Grand Prix race on the 18th with a 17:29 over Bob Irwin. Caitlin McTague was the female winner with an 18:38.

August 2008...Five Years Ago

- Jim Sweeney ran 57:07 to beat Tim VanOrden by one second in the Indian Ladder 15K Trail Race at Thatcher Park on the third. Rachel Clattenburg ran 73:06 for the women's win. VanOrden won the 3.5-miler with a 21:35, and Hilary Edmunds was the female winner with a 26:14.

- Josh Merlis and Mary Buck were winners of the Tawasentha 5K XC race on the 11th, part of the club Grand Prix series, on a very challenging course including crossing the Normans Kill.

- Matt Mallet and Alison Heaphy won the Crystal Lake Triathlon on the 23rd, consisting of a half-mile swim, 18-mile bike ride, and three-mile run. There were 191 participants. □





**SUNDAY, SEPTEMBER 29, 2013
CLIFTON COMMONS
CLIFTON PARK, NY**

Northway to Exit 9. West on Rte. 146.
Left on Vischer Ferry Rd. Clifton Commons on left

IN HONOR OF PARKER RAGONE!



NICK'S DASH-12:00pm 2 MILE WALK-12:45pm ZUMBA Warm-up-12:30pm 5K RUN-1:00pm

PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

Prizes given to top overall male & female finishers and first place in each of the following male & female categories:
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Parking for runners and spectators. No strollers allowed on 5k Run. Lunch/refreshments included for participants.

Crazy Hats! Wear your Crazy Hat to walk, run, or just have FUN!
NEW—PHOTO BOOTH FOR UP TO 10 FRIENDS!

For more info. contact Liz Fox at (631) 645-4801 or email nicksrun@fighttobehealed.org

2 mile Walk and 5K Run Pre-registration: Per person \$20 (\$25 day of race)

(1st 250 pre-registered walkers/5K runners guaranteed dri-fit t-shirt—size upon availability)

Nick's Dash (short dash—6 & under; 1 mile—ages 7—10): \$5 per child

(Nick's Dash participants may only register via mail or day of event)

Prizes for every Nick's Dash Participant!

Registration starts at 10:30am on day of event

Nick's Foundation supports local pediatric cancer patients and is a 501 (c) 3 organization

Register online at www.fighttobehealed.org or make check payable to: NFTBHF

Mail to:

Liz Fox

c/o NFTBHF

PO Box 217

Rexford, NY 12148

Fee must accompany application.

\$3.25 processing fee will be charged for each online registrant.



Official use only: Bib # _____

By submitting this form you have read, understood and agreed to this waiver.

WAIVER: In consideration of accepting your entry I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I might have against Nick's Fight to be Healed Foundation, the Town of Clifton Park, and any officials and promoters of this race. I attest and verify that I am physically fit and have trained for the completion of this walk/run.

Signature _____ Date _____

Parent/Guardian Signature (if entrants are under 18) _____

Please print

Entrant's Name _____ Age _____ Gender _____ Phone _____

Address _____

Email _____ DOB _____

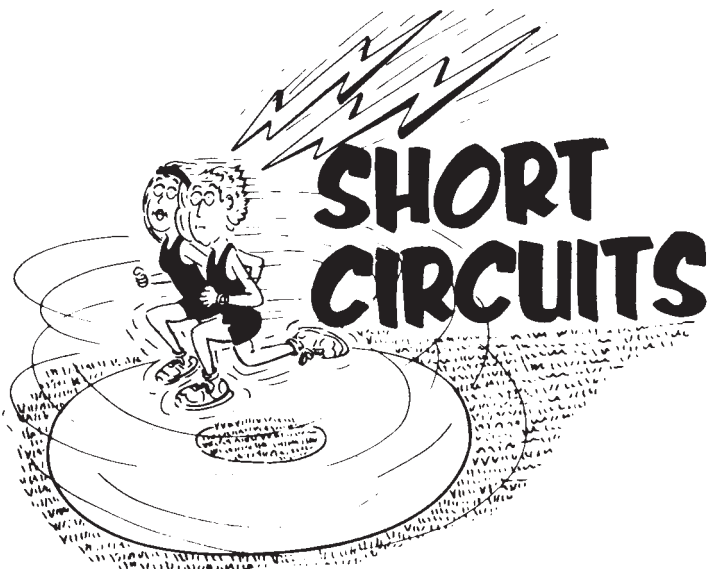
Pre-registration: Walk \$20 _____ 5K Run \$20 _____ Team Name: _____

Day of event Registration: Walk \$25 _____ 5K Run \$25 _____ Nick's Dash \$5 _____

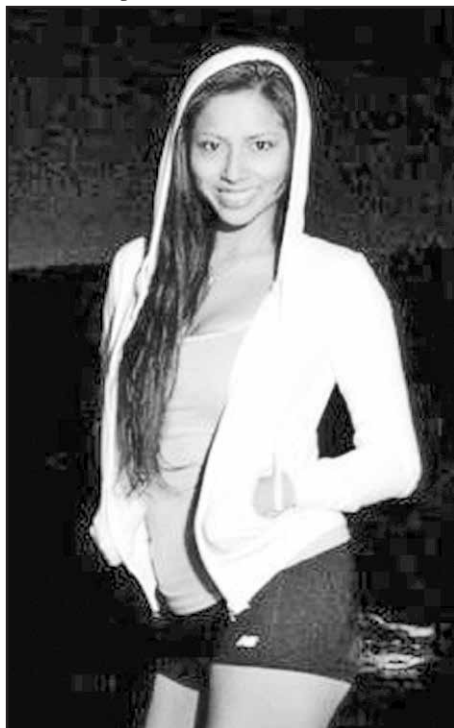
Make additional \$25 donation, receive a runner's hat with logo: \$25 _____

Make additional \$50 donation, receive a hoodie with run logo: \$50 _____ Size _____

For both hat & hoodie, donate additional \$75: _____ **Hats & hoodies given at event.**



At the San Francisco Marathon in June, 28-year-old Nadia Ruiz ran into the Guinness Book of World Records as the youngest person to run 100 marathons. "I teach at an inner city school and lots of kids think that because they come from an immigrant family or a poor family, they can't go for such goals," says Ruiz, a high-school biology teacher in Los Angeles. "I want to show them anything can be done no matter what their background." She started marathoning at 14 with a 3:15 best.



Nadia hits century mark



The death of a runner at a Mudder event in West Virginia has been ruled an accidental drowning. The runner drowned at the event's Walk the Plank obstacle—a 15-foot-

high wooden scaffold from which participants jump into a 12-foot deep pool of cold, muddy water. Witnesses said the effort to rescue the runner from the murky pond was pathetically slow.



An aspiring half-marathon runner in Minnesota attributed her unbearable back pain to a training run. Trish Staine, 33, ran for about two hours on a Sunday morning in prepara-



Trish Staine with miracle baby



New running phenomenon: Competitive Jogging. Use popular 3 mile course during high-use time. Objective: Do not let anyone pass you. During non-passing time you can do relaxed pace. Point scored every time runner passes you. Points totaled at end of run. Like golf, the lowest score wins. Perfect score is ZERO. Can play solo or with friends.



Kenyans have dominated distance running for over 25 years. A new study shows that Kenyan youths spend 2 hours and 40 minutes each day doing moderate to vigorous physical activity. Surprisingly, the study shows that U.S. youths age nine spend 3 hours in moderate to vigorous activity. However, US youths' activity declines significantly to 35 minutes at age 15 while Kenyans remain active throughout their teen years. □

Two Wheel Drive vs. Four Wheel Drive



Max speed 30 mph



Max speed 60 mph



**THE 4TH ANNUAL
MALTA BUSINESS &
PROFESSIONAL ASSOCIATION 5K**

Saturday September 7, 2013

Pre-registration - \$25 : Day of event registration - \$30
Registration opens 7:30AM : Race starts at 8:30AM

register online: www.maltabpa.com/malta5k
HVCC - TEC SMART 345 Hermes Road, Malta, NY

Participant Registration Form

First Name _____ Last Name _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E Mail _____ Phone _____

Male ☐ Female ☐ Age on Race Day _____ Birthday: ____ / ____ / ____

Shirt Size: S ☐ M ☐ L ☐ XL ☐

PARTICIPATION WAIVER

I the undersigned hereby waive and release any and all rights I may have against Malta Business & Professional Association, ARE Event Productions, The Luther Forest Technology Campus, NYSERDA, Hudson Valley Community College, The Town of Malta, and all representatives, employees and volunteers and all sponsors for damages, which I may have arising out of the said event, both present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activity, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

I attest and verify that I will participate in this event as a foot race entrant and that I have sufficiently trained and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other records of this event for any purpose whatsoever.

If signed by a parent, the parent agrees to release and hold the above named organization and persons harmless of any claims, which may be asserted by or on behalf of the entrant.

SIGNATURE _____ DATE _____

**To register by mail: Make checks payable to MBPA
Mail to: MBPA 5k, c/o AREEP, PO Box 38195, Albany, NY 12203**

Questions or Comments: maltabpa5k@gmail.com or visit us at: www.maltabpa.com/malta5k.com

Fueling the Ultra-Distance Runner

If you are an endurance athlete who is training for an Ironman triathlon or an ultrarun, you need a food plan. Don't be the fool who comments, "My training program is good, but my eating is bad." Performance starts with fueling, not training! This article provides nutrition tips for ultra-endurance runners—as well as ordinary runners who want ultra-energy.

Tip #1. Acknowledge the power of being well fueled. I counsel many already-lean runners who are convinced they will perform better if they lose just a few more pounds. They fail to realize they will perform better by eating, not dieting, and by being properly fueled. Despite popular belief, the lightest runner may not be the best runner. The best runner tends to be well fueled, well trained, and genetically gifted.

If your hours of exercise have not resulted in loss of those last few pounds, listen to what your training buddies and loved ones are saying about your body. If they agree you have fat to lose, perhaps you do. But if your mother or spouse complains you are too thin, listen up! It's time to stop dieting and focus more on fueling better to perform better.

Tip #2. Optimize your daily training diet. Your goals are to constantly be fueling up before workouts and then re-fueling afterwards by eating on a regular schedule carbohydrate-based meals and snacks (that also include some protein). By feeding your body evenly throughout the day (as opposed to skimping on wholesome breakfasts and lunches, then overindulging in "junk" at night), you'll have steady energy all day with no lags. The trick is to make your breakfast and morning snacks bigger and your evening food intake smaller.

When I counsel athletes, I sketch out sample meals that fulfill their energy needs. One ultrarunner needed at least 4,000 calories a day to fuel his 15-mile daily runs. I divided his calories into four 1,000-calorie meals/food buckets. The first bucket (6:00-10:00 a.m.) was to fuel up and refuel from his morning run; the second bucket (10:00-2:00 p.m.) was for an early hearty lunch; the third bucket (2:00-6:00 p.m.) was for a second smaller lunch plus an energy bar and sports drinks to energize his 5:00 p.m. workout; and the fourth bucket (6:00-10:00 p.m.) refueled his muscles after the second workout of the day. Knowing his calorie goals for each 4-hour block of time helped him maintain high energy so he could train hard yet still enjoy the training sessions.

As a hungry endurance athlete, you need to develop a similar eating strategy to fit your training schedule. One triathlete devised this routine: he drank 16 ounces of juice (i.e., carbs) before his morning swim, refueled afterwards while driving to work with breakfast (big bagel with peanut butter, a banana, milk

in a travel mug). He ate a hot dinner-type meal at lunchtime (from the worksite cafeteria). He also bought at lunchtime a yogurt to add to his second lunch (granola and raisins, stocked in his desk drawer) and his evening meal (turkey sub, chocolate milk). He kept those items in the office refrigerator. This program ensured healthful food would be conveniently waiting for him and prevented him from overeating fatty take-out food at night.

Tip #3. Create a feeding plan for during long runs. Knowing your hourly calorie targets can help you maintain high energy during exercise. A sports nutritionist can help you estimate your energy needs per hour. You should try to replace at least one-third or more of the calories burned during the ultra-distance event. A good target is about 240 to 360 calories of carbohydrate per hour (60-90 g carb/h). For example, during an extended 4-hour run, you could stay well fueled by consuming 1 quart sports drink (200 cal/50 g carb) + 3 fig newtons (165 cal/33 g carb) per hour, or a Clif Bar (240 cal; 45 g carb) + a gel (100 cal, 25 g carb) + water. The goals are to maintain a normal blood glucose; if you feel dizzy or light-headed, you are failing to consume enough calories!

Tip #4. Practice your event-day fueling. An essential part of your training is to train your intestinal tract so you can minimize undesired pit stops. During long training sessions, you want to determine which food and fluids you prefer for fuel during exercise. That is, you need to know which settles better: Gatorade or PowerAde? energy bars or gels? liquids or solids? By developing a list of several tried-and-true foods, you need not worry about making the wrong food choice on race day.

Also think about "taste-bud burn-out." That is, how many gels per hour can you endure in a triathlon? When training, how many days in a row will you enjoy oatmeal for breakfast? Will you get "sugared-out" on sports drink during the marathon? Plan to have a variety of options available.

Tip #5. Good nutrition starts in the grocery store. All too often, in the midst of juggling work, family, friends, sleep plus training, endurance runners have little time left to plan, shop for, and prepare balanced sports meals. By having the right foods ready and waiting for you, you'll eat better.

Tip #6. Plan rest days. Because ultra-distance runners commonly feel overwhelmed by their impending task, they tend to fill every possible minute with exercise. Bad idea. Rest days are essential to reduce the risk of injury and provide muscles with time to refuel. (Re-

member: The bad things happen when you train; the good things happen when you rest.) Rest days also allow time for you to—tah dah—food shop!!!

Tip #7. Drink enough fluids. Ideally, you should learn your sweat rate by weighing yourself naked before and after an hour of race-pace exercise with no fluid intake. One pound lost = 16 ounces of sweat. You can then target the right amount to drink/hour so you don't get into a hole.

On a daily basis, monitor your urine. You should be voiding a light-colored urine every 2 to 4 hours. Morning urine that is dark and smelly signals dehydration. Drink more!

Tip #8. Be flexible. Although you will have a well-planned fueling program that ensures adequate calorie and fluid intake, you also need to be flexible. Tastes change during extended exercise! Your initial approach to consume "healthy foods" may deteriorate into gummy bears and Pepsi. Worry more about survival than good nutrition during events. Any fuel is better than none, and sugar can help delay fatigue.

Eat wisely, run well, and have fun!

Nancy Clark, MS, RD offers personal consultations to athletes of all abilities at her office in Newton MA (617-795-1875). Her *Sports Nutrition Guidebook* is filled with great tips. See www.nancyclark.com for more info. Also see sportsnutritionworkshop.com for online education.

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

The 2013 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2013 for the HMRRC Hall of Fame.

Selection Criteria for Induction:

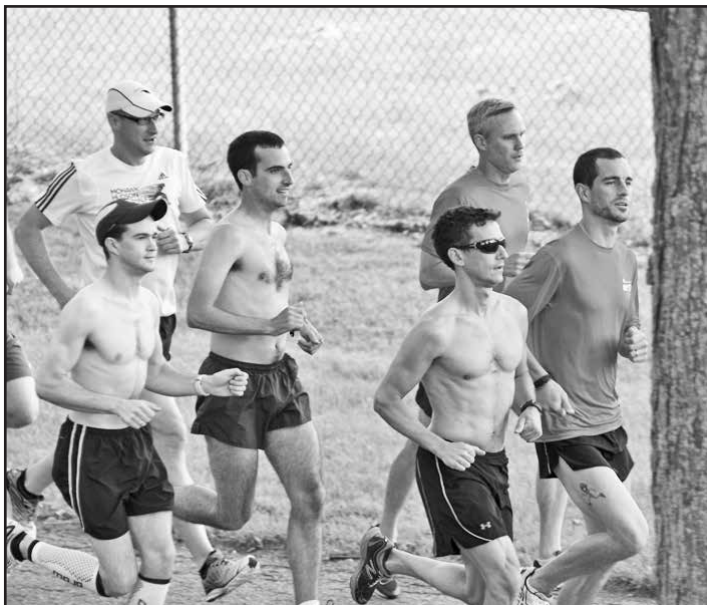
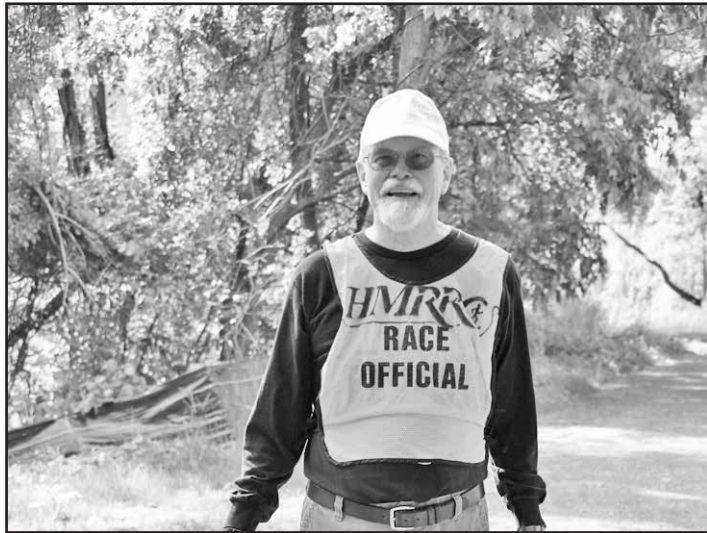
The HMRRC Hall of Fame honors individuals who have earned extraordinary distinction as a member of the HMRRC. A candidate for the Hall of Fame should have been, or continue to be, an active member of the HMRRC. The candidate should be a recognized leader of the local running community in performance and/or service.

The guidelines used to select a candidate include (but are not limited) to the following:

1. historical significance to the HMRRC.
2. performance as a competitive runner in **club** races.
3. noteworthy performance as a competitive runner at the local, regional, national, or international level.
4. service to the club as an elected officer.
5. service to the club as a staff member or writer for *The Pace Setter* over a period of time.
6. service to the club or the larger running community as a race director.
7. service, over an extended period of years, to multiple club functions as a volunteer.
8. service, over an extended period of years, to local running functions.
9. service to the club or larger running community as a mentor, coach, or educator of local runners.
10. service to the larger running community as an officer of local, regional, national, or international running organizations.

If you would like to recommend someone, send the candidate's name and appropriate supporting information to the HOF Committee by August 15, 2013.

HMRRC Hall of Fame Committee
c/o Debbie Beach
112 Jay Street, Scotia, NY 12302-1504
or email: dbeach21@verizon.net



The 42nd Distinguished Service Race – June 9, 2013

by Mark Warner

The 2013 Distinguished Service Race, held on June 9th, was a rousing success. The morning began with Club President Jon Rocco presenting the Distinguished Service Award to John Haley for his many years of outstanding service to the Hudson-Mohawk Road Runners Club. John has served as the co-race director for the Tri-City Valley Cats Home Run 5K for several years and has been a key coordinator for the Stockade-athon and SEFCU Labor Day 5K. John is also a frequent volunteer at other club events, including the CDPHP Workforce Team Challenge, Distinguished Service Race and the Indian Ladder Trail Run. John has twice been honored with the Extra Mile Award and the President's Outstanding Service Award. John's efforts are greatly appreciated by the club, as demonstrated by his selection as the 2013 HMRRRC Distinguished Service Award winner.

This year's course on the SUNY Albany campus included the scenic lake loop for the first time in several years. Race day was warm and sunny but not overly humid, making times a bit slower than a year ago. There were 117 finishers, the sixth most in race history. Mike Roda, fully recovered from a strong race at the Boston Marathon, easily won with a time of 45:28. Richard Messineo moved up from third in each of the previous two years to finish second in 48:00, followed by Clay Lodovice, who moved up from fifth in 2012, finishing in 48:43. On the women's side, Kristina Gracey, who also had a strong effort at Boston, repeated her win for the third year in a row with a time of 51:22. Meghan Mortensen finished second in 54:14, followed in third by Irene Somerville in 57:40.

There were several excellent performances among the women's age group winners. Most notable were several repeat age-group winners from last year. Anny Stockman won the 80-99 year old division again with a time of 1:37:28. Eiko Bogue repeated her victory in the 75-79 year old age group with a time of 1:51:26. Sally Drake won the 40-44 year old age group with a time of 59:04 after winning the 35-39 year old age group the last several years. Liz Chauhan was the fourth woman overall in winning the 25-29 year old age group in 57:49. The most competitive age group may have been 55-59, where Cathy Sliwinski won in 1:10:46, just 16 seconds ahead of Susan Burns, 29 seconds ahead of Joan Celentano and 47 seconds ahead of Karen Gerstenberger. The 60-64 and the 65-69 age group, were won by perennial winners Martha DeGrazia (69:41) and Susan Wong (72:34), respectively. Other age group winners included Laurel Abowd in the 19 and under division running 73:07, Valerie Belding in the 20-24 year old division running 61:34, Kelly Komara in the 30-34 year old division in 76:05, Deanne Webster in the 35-39 year old group in 66:05, Connie Smith in the 45-49 year

old division in 64:39 and Nancy Taormina in the 50-54 year old group winning with a time of 62:34.

The men's competition had a number of outstanding age-group performances. The most impressive was Lee Pollock's seventh place overall finish at 60 years old in 52:30, the fastest age-graded performance of the day. The second fastest age-graded performance was by 61 year old Carl Matuszek, who finished in 55:06. Also like the women's race, a Stockman repeated victory in his age-group, with Wade winning the 75-79 year old group in a time of 1:13:35. Another repeat winner from last year was Jon Rocco, finishing fourth overall and winning the competitive 45-49 year old age group in 51:08, just in front of Mark Stephenson, who ran 52:15, and Brian DeBraccio, finishing in 52:35. Other repeat winners were Norm Dovberg winning the 65-69 year old group in 67:04 and Ed Bown winning the 70-74 year old group in 64:11. 83 year old Ed Doucette was the oldest finisher in winning the 80 and over age group in 1:34:28. In the closest race on the men's side, David Tromp won the 35-39 year old age group in 52:45, just fifteen seconds ahead of Chris Mulford.

Three 19-year olds battled it out in the 19 and under division, with Max Scheibly winning in 52:10, just 31 seconds ahead of Michael Donovan and 49 seconds ahead of Paul Cox. Other age group winners included Marcus Deberg (25-29) in 53:18, Eamon Dempsey (30-34) in 52:59, Jeff Loukmas (40-44) in 54:32, Christian Lietzau (50-54) in 53:03 and David Roy (55-59) in 55:20.

A number of past Distinguished Service Award winners joined John Haley in participating in the race as either a volunteer or racer. John, Cathy Sliwinski ('11), Vince Juliano ('06) and Pete Newkirk ('09) ran the race. Volunteers included Ed Thomas ('03), Ken Skinner ('00), Jim Tierney ('99), Al Maikels ('93), Charlie Matlock ('92), Ed Neiles ('91) and Bill Meehan ('85). Also in attendance to recognize John were Nancy Briskie ('09) and Ray Newkirk ('84).

This 42nd Distinguished Service race was successful because of the many competitive runners who participated, but even more so because of the great help of the volunteers, many of whom come back to volunteer year after year. Each volunteer makes a difference.

Let's give John one final thanks for his years of dedication to the Hudson-Mohawk Road Runners Club. THANKS JOHN! ☐



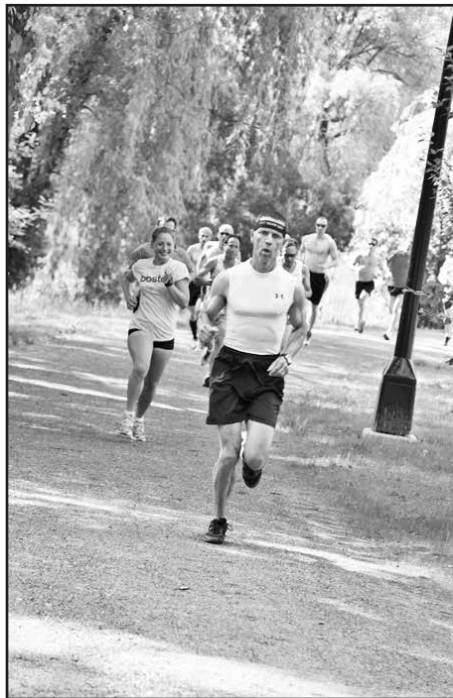
4 Reasons to Volunteer

1. Positive Attitude. Ever listen to the conversations going on before and after a race? Have you noticed that there are very few nay say-ers in the group (despite the horsing around – sorry, couldn't resist). Each runner is encouraging the next. Who wouldn't want to be around that?
2. Watching people "grow." It is so inspiring – no matter your age or your own level of expertise – to watch the growth, physically and mentally, of various runners.
3. Getting to know people you may never had met. At a running event, we are all literally walking around in our shorts and no one knows who does what in their non-running life: doctors, lawyers, nurses, may be even an Indian chief – who knows? Each of us are on the same plane, sharing a common interest and treating each with respect and consideration.
4. Enjoying the opportunity to do something different. Admit it – there are days that it seems that the only difference between today and yesterday is 24 hours. I mean the routine is the same; the job is the same; the people are the same.

Hope to see you on the course! It's not just about the running ...



Marcia Adams
Volunteer
Coordinator



YNN 24 Hour News Anchor JoDee Kenney

You may be used to waking up and watching the morning news with YNN 24 Hour News Anchor JoDee Kenney on Time Warner Cable, but did you know she recently became a runner? The married mom of three active children says her road to running was winding and not always easy, but the rewards have been bountiful. Here's her story.

It's always the first 7 minutes of running that make me want to quit. My face flushes in an instant. My legs feel thick and heavy. The pounding on the pavement kind of hurts my feet, no matter how softly I land. My breath is shallow and hard to catch. My heart feels like it's going to jump out of my chest. Today is no different. I'm heading out full steam down a big hill. I'm going to do a tempo run. I feel strong and plan to push the pace today. Maybe today will be the day I run an 8 minute mile. After all the spring rain I'm just so thankful to run in the sun. It's finally shining and there's a warm, slight breeze. This is perfect weather in my mind. If I can just get past these first 7 minutes of stress, I will feel great.

Just when I think I'm going to take my usual route I make a last second decision to go in a new direction. It's sort of fun not really knowing where you're going. It reminds me of when I was a carefree kid exploring my neighborhood. Every corner poses a new opportunity to see something exciting. On this run I'm thrilled to see some big, rolling hills that go as far as the eye can see. They are spotted with bright yellow bushes. Oh, wait ... what's that? I inhale deeply and am pleasantly rewarded with the sweet smell of honeysuckle. I like this new route already.

7 minutes of stress, tempo runs and the surprising scent honeysuckle are all new factors in my life I had never expected to even consider. However, in 2008 the seed was planted. I saw an article about mega star J-Lo completing her first triathlon 7 months after having twins. I had a baby a year before her and was still sitting on the couch eating chips. In that picture of her crossing the finish line I saw a pride that money, celebrity status and personal chefs couldn't buy. It was her strong body that carried her across that finish line. I wanted to have a strong body. I wanted to feel that self satisfaction. I looked at that picture and said out loud "Well, if she could do that I can do a 5k."

My husband was there and tried to goad me into committing right then and there, but I was scared. I was so scared I got mad at him every time he tried to encourage me to take on the challenge. Fear took hold. I did nothing for four long years. January of last year I started working out, increasing my lackluster endurance, losing weight and learning to embrace sweat. I secretly signed up for a Couch to 5k program where I would learn how to run.

Two days before my class started I told my



husband "you need to be around to take care of the kids on Saturday mornings because I'm taking a running class." He looked at me with what I thought was skepticism and amusement. That sealed the deal for me. I was going to run that 5k if it killed me!

I showed up to my first class with a ton of trepidation. The question "can I really do this?" weighed heavy on my mind. My instructor was clearly a naturally thin, young lady and born to run. I am a curvy, sleep deprived mommy of 3, oh yeah, and a news anchor who gets up in the middle of the night to go to work. I was tired all the time. We came from two different worlds and I questioned whether her training schedule would fit in with my crazy life. She told me don't worry, trust the process and start running. I did. It was as simple as that. I survived that workout, and the next and the next. I was like Forest Gump "From that day on, if I was ever going somewhere, I was running!"

Along the journey a little confidence seeped into my body. I wasn't quite ready to call myself a runner, but I was willing to tell a few of my "runner" friends that I was learning how to run. Feeling sheepish I began to tell them I aspired to be considered one of them, a runner. Pleasant rewards came my way through their supportive words and welcoming advice. One friend gave me a running magazine. Another told me where I could get proper shoes. Several offered advice on how to deal with I-T band syndrome which hit me like a ton of bricks. They had my back and told me I could do it. I got stronger. I ran longer. I ran farther.

Race day arrived. I was an emotional wreck. Every move I made was symbolic of saying goodbye to 4 years of fearing, 10 weeks of training and the old JoDee. The new JoDee

was just a 5k away. I didn't know who she was, but I was excited to meet her. The horn went off and my heart jumped out of my chest. I had not prepared for the adrenaline rush. That first 7 minutes came and went and I couldn't catch my breath because my emotions were running too high. I was so proud to become a runner. I was proud to feel so healthy. I was proud to set such a good example for my children. My family followed me along the route with signs and a cow bell. I cried every time I saw them. Their support meant the world to me, plus you can never have too much cow bell.

I broke out in a sprint as soon as the finish line came in sight. That's really hard to do when you are bawling like a baby, but somehow that was the predicament I found myself in. I raced across the finish line, arms raised, and tears running down my cheek. I collapsed into my family's arms. My husband's smile was full of pride. In that moment I realized that he actually believed in me way before I believed in myself. I held him tight. My children were worried, not understanding these were tears of joy. They asked over and over again if I was happy. I was beyond happy. My family was there every step of the way and for them to be there on that amazing day meant the world to me. It took forever to compose myself because I was elated to meet the new me.

Running taught me many lessons and helped to redefine who I am. I believe in myself. The words of naysayers now fuel me, not hurt me. I now know that a workout can be hard- but I will not only get through it, I will also grow because of it. I learned there will be setbacks, but I will come through them. I may not always run fast, but that's not the point. I learned I am stronger – mentally and physically – than I ever thought I could be. That first race was transformational.

Back out on my run today. I take another slow, deep inhale of the sweet scent of honeysuckle wafting through the air. I really want to savor the scent ... and then ... it happens. I hit the magical number 7. Instantly my face cools off, my legs feel light as a feather and the little beads of sweat that are forming at the nape of my neck serve as my own personal cooler. As my heart slows and lungs billow up to accept more air, I reflect back on that day and the more than dozen races I've run since.

I still get the adrenaline rush. The 7 minute calm still eludes me when I'm in a race, but I've learned to just slow down and pace myself.

With every step I make today, I feel even more grateful for all running has brought to my life. I have found a new way to support some wonderful charities. I've met some wonderful, supportive people. From my trainer who believed in me to my classmates, experienced running friends and complete strangers who volunteer for races- I have truly felt supported. My health has taken on a new priority and running has helped me to be a more energetic and patient parent.

Not every day do I achieve the rock star status that I aim for today is one of them. As I make my way down the beaten path smelling the flowers my first mile clocks in at 12:14.

That's a far cry from the 8 minute mile I was aiming for. As I look at the road ahead I take another deep breath, smile and take it all in stride. There will be another mile, another day, and another race to try and reach that goal because I plan to keep on running. I am a runner.

You can see JoDee Kenney anchoring the morning news weekdays, exclusively on Time Warner Cable's YNN - Your News Now in upstate New York. She would love to connect with you. Please check out her blog JoDeeKenney.blogspot.com or follow her on Twitter@JoDeeKenney. □



Freihofer's Ultimate Legacy ... Attracting New Women to the Sport

by Vince Juliano

The Freihofer's Run for Women celebrated a noteworthy anniversary this year with a record turnout on the first warm weekend of an otherwise very wet and cool early summer. Massive new colorful anniversary banners were displayed on the Empire Plaza arch bridge over the Madison Ave. start weeks prior to the event, in anticipation of the 35th rendition of this iconic women's only event.

The Freihofer Baking Company, the race's founding sponsor, also celebrated its 100 year anniversary. As the story is told, the original Pennsylvania bakery made a spontaneous decision to move to Troy when a family member traveled through the city on route to Montreal. Later, a factory was added in Schenectady and horse-drawn home deliveries of baked goods became the norm for capital region communities for decades to come.

The American 5K road race championships are distant memories at FRW, as are the 7 national titles won by Olympic medalist Lynn Jennings, who used her track-honed speed to confidently outkick talented rivals and deep American fields beginning 25 years ago. The current competitive field consists mostly of world-class African runners, primarily from Kenya and Ethiopia, with a few developing American runners who cling to slim hopes of cracking the top 10. The field also draws an impressive field of masters runners, lead by the incomparable Joan Benoit Samuelson, a rare champion who continues to excel at a world-class level in her mid 50's while giving back to the sport with positive heartfelt words of encouragement to women, who take up the sport each year in greater numbers.

The race commenced with a mass start of over 4000 women under sunny skies and 82F temperatures. At the 1-mile mark in Washington Park, where tulips wilted in the summer heat, 10 African distance runners glided over the pavement showing no adverse affects after an uphill mile in 5:05. A few American women followed shortly thereafter, including established talent Michelle Frey, who finished 6th at FRW last year, and two up and comers – Amy Van Alstine and Saratoga Springs local standout Megan Hogan, both 25.

The first meaningful race tactics took place on the internal park roadway south of the pond, as the Kenyan trio of Emily Chebet, Esther Chemtai, and Isabella Ochichi shifted into second gear and quickly separated from the lead pack. The trio passed the 2 mile mark in 10:12, but for fans of American talent, Amy Van Alstine (former Atlantic 10 5K champion) distinguished herself with an impressive mid-race surge, passing nearly 10 runners to move

up to 4th place, albeit still a long way back of the Kenyan trio.

The 3rd mile saw the decisive winning move, as Emily Chebet, coming off a victory in the World Cross Country championships, shifted into still another gear to open up a measured lead that left little doubt as to who would win, as she raced down Madison Avenue Hill. The boisterous spectator crowd was treated to a suspenseful finish for the final podium spots as Megan Hogan kicked clear of Michelle Frey by one second to take 10th, one second behind another Kenyan, Alice Kimutai, who finished 9th.

America's best masters marathoner, Sheri Piers, took the runner-up spot for the second straight year, behind speedster Dorota Gruca who hopes to make Poland's World Championship open team later this year. Delanson's Emily Bryans, 45, finished 4th in the masters field, joining Hogan as local athletes who competed well on the national stage.

Top-tier upstate NY women racers were highlighted this year, as the FRW hosted the USATF Adirondack 5K Championship. Megan Hogan, who briefly ran as a professional runner for Team USA Minnesota before returning home to join the Albany Fleet Feet Racing Team, easily won this competition. The battle was tight for the remaining podium slots, as Plattsburgh's Sara Dunham edged Saratoga's Mesha Brewer, with Albany's Kristina Gracey and Clifton Park's Morgan Roach close behind. The strength of the local association talent was evident, as all these women finished in the top 30 overall. Another noteworthy performance was turned in by former Stockade-athon champion Jodie Robertson, who finished 20th overall and 8th American.

Another highlight was the media attention given to 5 local women who have participated in all 35 editions of the FRW, known as the FAB 5. Each woman has her own personal story of grit and determination with promise to extend their improbable streak next year.

Long after World Cross Country and FRW champion Emily Chebet returned home on a direct flight to Nairobi, the lasting importance of the FRW will endure. The race draws many new women to the sport each year, attracted by fun sister/sister competition, mother/daughter competition, training programs, and media attention that is rare for a local running event. Women running with women, encouraging each other as they finish in relentless waves of color and determination; this is the true and lasting value of the FRW, an iconic community event, steeped in the rich history of a memorable past. □



25TH ANNUAL LABOR DAY 5k



Monday, September 2, 2013
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

This year's 5k is **PRE-REGISTRATION ONLY**; participants **MAY NOT** register the day of the event.

Location:

Race/walk starts and finishes at SEFCU Headquarters,
700 Patroon Creek Blvd., Albany

HMRRC Entry Fee for 5k Race/Walk*:

- ☐ \$12 for HMRRC members and SEFCU members
☐ \$15 for all others
☐ \$25 for HMRRC fee and a donation to the non-profit recipient
of the race funds

Applications must be received by Friday, August 30, 2013.

HMRRC Entry Fee for Kids*:

\$1 per child; 1 mile; approximate 10 a.m. start
Event day registration only

Separate application for team competition is available at sefcu.com

Race Prize Structure:

Medals to the first three male and female finishers in each of the following age groups:
11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over.
Trophies will be awarded to the first three male and female overall finishers. Trophies will
also be awarded to the first three male and female overall finishers who are SEFCU
members. No duplication of prizes.

Shirts:

Commemorative SEFCU 5k T-shirts will be given to all participants.

Refreshments:

Complimentary fruit, drinks, etc. available at end of event.

Results:

Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

For More Info:

Call 518-464-5243, or visit www.sefcu.com.

I will participate in: 5k Run ☐ 5k Walk ☐

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex Male ☐ Female ☐ Phone _____

SEFCU Member ☐ HMRRC Member ☐ Where did you hear about this event? _____

*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ _____.

Signature

Parent/Guardian (if under 18)

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, 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, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, 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. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.

Directed by





Second Annual Mario Zeolla '97 5K Walk/Run

September 28, 2013 / 9am–3pm

ACPHS Campus / 106 New Scotland Avenue / Albany

presented by MVP Health Care and Albany College of Pharmacy and Health Sciences

SECOND ANNUAL MARIO ZEOLLA '97 5K WALK/RUN RACE INFORMATION

Location: Albany College of Pharmacy and Health Sciences Track and Field
106 New Scotland Avenue
Albany, NY

Entry Fee: \$20 registration for 5K Walk/Run before September 28
\$25 registration for 5K Walk/Run day of event

Sponsorships: \$25 Patron, \$50 Bronze, \$75 Silver, \$100 Gold OR \$200 T-Shirt Sponsor

Online Registration: www.acphs.edu/healthexpo

T-shirts: All registered 5K Walk/Run participants will receive a free t-shirt

Time: 8:15 am day of registration and pre-registered packet pickup
9:00 am race begins

Awards: Awards will be given to the overall top three male and female runners in a variety of age brackets

Albany College of Pharmacy and Health Sciences and MVP Health Care are teaming up to host the annual **Health and Wellness Expo** on **Saturday, September 28, 9 am – 3 pm** at the **ACPHS Campus**. As part of the Health and Wellness Expo, the **Mario Zeolla 5K Walk/Run** will be one of the headline events. All registration fees will benefit the *Mario Zeolla '97 Memorial Scholarship*.

This one-day, full service Health and Wellness Expo is open to the public and packed with an incredible line-up of free services and events, including Medication Take Back, Blood Drive, Flu Shot Clinic, Farmer's Market, Health Screenings and Assessments and so much more!

5K WALK/RUN REGISTRATION INFORMATION

Name: _____

Age: _____ Gender: _____ Phone: (____) _____ - _____

Email: _____

Address: _____

City, State, Zipcode: _____

Circle T-Shirt Size: S M L XL

Circle Sponsorship: T-Shirt _____ Gold _____ Silver _____ Bronze _____ Patron _____

READ BEFORE SIGNING

Waiver: 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 College of Pharmacy and Health Sciences, 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. 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.

Signature: _____

Parent or Guardian (if under 18) _____

☐ *I will not be able to attend, however enclosed please find my donation to the Mario Zeolla '97 Memorial Scholarship of \$ _____*

Please make checks payable to Albany College of Pharmacy and Health Sciences (**MEMO 5K Walk / Run**)

APPLICATION AND ENTRY FEES SHOULD BE SENT TO: ACPHS, Office of Institutional Advancement, 106 New Scotland Avenue; Albany, NY 12208

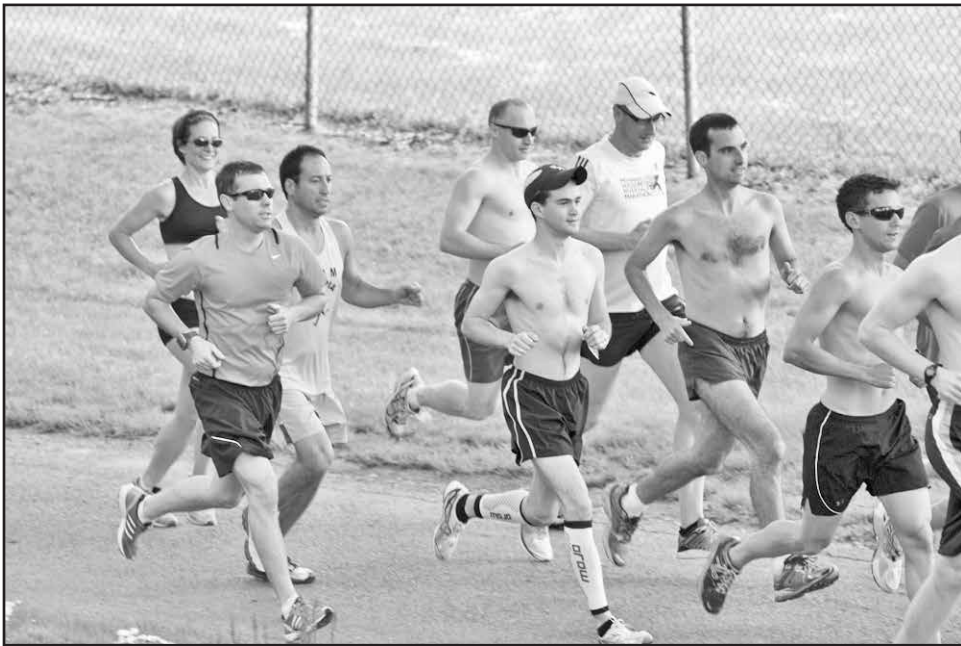
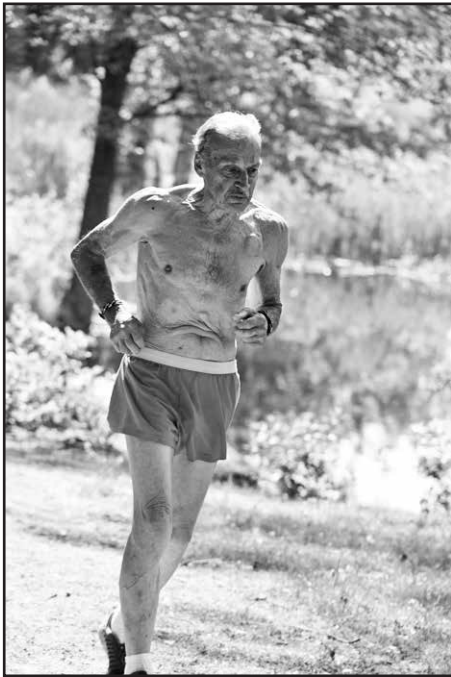
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Saturday, September 28, 2013

**Benefitting:
Catholic Charities
of
Schoharie County**

- 10:00 Race Starts
Cobleskill Fairgrounds
- 30 minutes from the
Capital Region
- 8:15-9:30 Race Day
Registration

Or REGISTER ONLINE!

See application at FAM5K.com

Host of the 2013:
*USATF Adirondack
5K Open Men's
Road Race Championship*



It Takes a City

by Stu Palczak



The 2013 outdoor track season was a special one for Amsterdam High School. We had indications going in it would be a nice season; we had a positive indoor track season and our returning seniors were hard working and great kids. As the season started, everything "popped" for both the boys and girls teams. They won the league title in the increasingly competitive Big 10 Conference, and the boys garnered several invitational titles, including the prestigious Eddy Meet. Multiple school records were smashed by boys and girls, by individuals and relay teams, by athletes as young as seventh grade and by our most experienced seniors. We even had our first ever outdoor state championship title! However, what made it truly special was the boys 4 x 400 meter relay team.

A reluctant sprinter, a quiet leader, a gritty 800 meter runner, and a state champion took our school and community on a great "ride" all the way to the nationals. Brett Stanavich, the school record holding 10.7 second 100 meter sprinter, was thrust into the role of the lead runner. Anthony Stewart, an unassuming yet talented distance runner, ran the second leg. Gritty 800 meter runner John Hardies, also a school record holder, made sure the race stayed tight. Then the final leg led by the "hammer," 400 meter state champion Izaiah Brown. When he got the stick, the entire Amsterdam running program sat back, smiled and waited. It was a sight to behold as he flew around the track ensuring victory after victory. He did this most famously as the 4x400 team won the Section II state qualifiers at Johnstown's Knox field in record breaking fashion. This is where the "ride" began.

Within hours after the state qualifiers, boys head coach Kevin Wilary realized the relay had hit the qualifying standard for the New Balance Outdoor Nationals in Greensboro,

North Carolina. Izaiah had already qualified for the open 400 meter run, so Coach Wilary figured why not take the rest of the relay team. Excitedly, he called me and informed me he had already talked to the boys and their families and they were on board and pumped up. All we had to do was raise the money to send them- about \$3,000-\$4,000 in 10 days! I replied fantastic, but thought "Oh no, how are we going to do this?" That is where the Amsterdam community stepped in. We all know it takes a village to raise a child. Well, it took our city to send the boys to nationals.

Coach Wilary arranged an impromptu meeting with our ever ready booster club president Greg Knack. That's when we decided

to make the entire community our "booster club." Initially we reached out to businesses, both big and small. They pitched in! Then a multitude of civic organizations and local running clubs-- the answer was yes! Every school in our district had "blue jean Friday" fundraisers that collectively raised hundreds of dollars. A local eatery pitched in a huge portion of a night's proceeds to help the cause. The City of Amsterdam used Facebook, while the Greater Amsterdam School District used their webpage to get our message out. Local and Capital District media outlets interviewed and publicized us and private donations began rolling in! Not only did we meet our goal, but now have a modest "nest egg" for future trips to the nationals.

Coaches Kevin Wilary and Jaime Julia accompanied the boys to Greensboro for the big events. A huge, supportive crowd of family, friends, teammates, and coaches watched the team run on the big screens at the local Recovery Room Sports Grill, who streamed the event live. The crowd wildly cheered as Izaiah placed 9th in the 400 meter run, and the relay team placed 10th. Everyone was beyond excited and truly proud.

As I reflect upon the outdoor season and our great finish I could not be more proud to be an Amsterdamian, born and raised. All of our kids were great, and the next generation of Amsterdam track stars is already excited. The families and friends of our athletes were awesome supporters. The booster club was unbelievable! The teachers, administrators, and board of education of the GASD were truly there for us, every step of the way. The entire program coaching staff consisting of Kevin Wilary, Jaime Julia, Joe Hart, John Decker, Stu Palczak, Maura Dargush, Tony DeLuca, Mandy Davey, Nancy Spagnola and Lauren Tegnaner all played a pivotal role in the success of our athletes. Finally, the community: They did what Amsterdam does best; made it happen for our kids. We are really looking forward to next spring! □

Submissions for the October Issue of *The Pace Setter*

Articles:

Deadline is August 25. Submit to: Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is September 1st. Contact Advertising Director at psads123@gmail.com to reserve space

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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



All kids get a medal, a post-run pizza party, and are entered to win a Ciccotti pool party for 20 for participation in the Fun Run or Competitive Kids 1 Mile!

Overall Event Details:

Event starts & finishes at CYC's own Rudy A. Ciccotti Family Recreation Center.
30 Aviation Road, Colonie
518-867-8920 – Parking at the Ciccotti Center
Visit ColonieYouthCenter.org for all details

Registration Open..... 8am
5K Challenge Run/Walk 10am
Kids Fun Run Est. 10:45am
Kids Competitive Est. 10:45am

Proceeds Benefit the Colonie Youth Center, Inc.

21 Aviation Road
Colonie, NY 12205
T: 518-438-9596 F: 518-438-9598

5K Challenge Run/Walk

- FREE dri-fit long sleeve shirt to first 300 runners/walkers registered
- Food and drinks for all entrants
- 5K run/walk is fairly flat and fast course down Aviation and through the Crossings Park
- Awards – 1st, 2nd, & 3rd place overall male and female finishers and the same for the following age groups: Under 15, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79 and 80 & over
- Chip timing by ARE Event Productions
- Strollers OK for registered walkers ONLY

Kids Fun Run

- FREE 1/4 mile Kids Fun Run Must be registered. For ages 13 and under.
- Youth Short Sleeve Shirts available while supplies last for a \$10 donation to the Colonie Youth Center (CYC)

NEW! Competitive Kids 1 Mile

- Competitive/Chip-timed race for kids age 13 and under with medals for top three overall finishers for boys & girls
- Must be 13 or younger to enter, all 1 mile participants receive short sleeve event T-shirt with paid registration while supplies last. \$10 registration through race day

Register Online at www.ZippyReg.com or Mail entry form to Colonie Youth Center, Inc. 21 Aviation Road, Colonie NY 12205
One entry form per person. Entry fees are non-refundable.

CROSSINGS 5K CHALLENGE PARTICIPANTS

- ☐ 5K Challenge Runner ☐ 5K Challenge Walker
\$22 early registration (online www.colonieyouthcenter.org or must be received by mail by noon on 9/25)
\$25 after 9/26 through race day; in person registration only
Free dri-fit shirt to first 300 registered 5K runners/walkers
(Circle preferred 5K adult size) S M L XL XXL
☐ Team Name (if applicable) _____
See website for team contest details

KIDS FUN RUN PARTICIPANTS

- ☐ Free 1/4 mile Kids Fun Run through age 13
☐ Short sleeve T-shirt available for a \$10 donation while supplies last
(Circle preferred Kids Run T-shirt size) YS YM YL AS

KIDS COMPETITIVE 1 MILE PARTICIPANTS

- ☐ Competitive/Chip Timed Kids 1 mile with short sleeve T-shirt while supplies last
\$10 registration through race day
(Circle preferred Kids Run T-shirt size) YS YM YL AS

How did you hear about this event? _____

FIRST NAME _____ LAST NAME _____ BUSINESS (IF APPLICABLE) _____
STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL _____ PHONE () - _____ DOB / / AGE _____ ☐ MALE ☐ FEMALE

		NAME ON CARD _____
CREDIT CARD (please circle)	CARD NUMBER _____	EXPIRES _____

☐ **CHECK ENCLOSED**
Please make payable to Colonie Youth Center or CYC

READ BEFORE SIGNING

In consideration of my entry to this race/event, I hereby release and waive any and all claims for injuries/damages against the Colonie Youth Center, ARE Event Productions and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race/event. 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 the forgoing to use any photographs, video tapes, motion pictures, recordings, or any other record for this event for any purpose.

SIGNATURE _____ DATE _____ EMERGENCY CONTACT _____
SIGNATURE _____ DATE _____ EMERGENCY PHONE # () - _____
(OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18)

Mule Haul Road Race Turns 30 ... Shares Memorable Past With its Historic Venue

by Vince Juliano

Recreation was probably the furthest thought on the minds of 19th century engineers, and hard working laborers who painstakingly built America's first national highway, a narrow stone encased 4 foot deep canal that allowed commercial products from New York City to travel by cargo boat beyond Albany across the vast interior of New York State to the Great Lakes and America's Midwest.

At Schoharie Crossing State Historic Site, one can visit the best preserved remnants of the old Erie Canal, a small supply store, and a 2.5 mile flat dirt towpath that parallels the scenic Mohawk River at Fort Hunter.

In its heyday, Schoharie Crossing was a bustling place, with pack mules pulling supply boats through the narrow canal, restocking the store with supplies, with travelers often staying at hotels in nearby Fort Hunter. Today, it is a quiet sanctuary where locals enjoy a picnic lunch, walk their dog, or relax with a fishing pole along the scenic Mohawk River. The exception being Fathers Day, where the tow path along the river once again comes alive with bustling activity, as hundreds of recreational runners follow a rural roadway east from Fort Hunter to the Schoharie Crossing site, and then return to the local firehouse via the old dirt towpath during the Fulmont Road Runners Club's classic Mule Haul foot race.

The Mule Haul race has quite a history of its own, as it recently celebrated 30 years. For many years the race hosted the 8K NY State Road Runners Club of America championships. This designation attracted arguably the best female distance runner ever from the Binghamton area, as Charlene Lyford, a mother and family farmer, scorched the course, averaging a 5:45 per mile pace while winning 3 consecutive races from 1997 to 1999 and establishing the existing course record of 28:32. The men's 8K record of 25:35 was set in 1998 by Marcus Gage, who received Rochester Runner of the Year honors the following year. A decade later in 2007, the Mule Haul was part of the inaugu-

ral USATF Adirondack Grand Prix Series, and was won by Nick Conway in 25:47 and Emily Bryans in 30:04.

In recent years, several changes have been made to accommodate the popularity of the event, and to highlight the post race Fathers Day picnic. The start of the race was moved to the Fort Hunter Fire House, which offers a large grass field for additional parking, and the race was returned to the original 5 mile distance (153 feet longer than 8K). The race continues to use the historic mule towpath for the final 2 miles of the course, and the Club emphasizes family fun and a post race picnic, where traditional hotdogs and macaroni salad are offered, as well as FAGE Greek yogurt from the local Johnstown manufacturing plant.

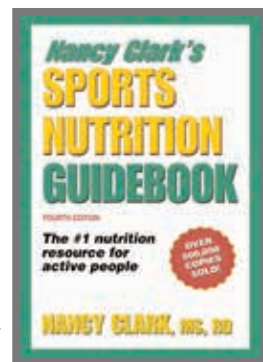
This year's winners were Amsterdam native Meghan Mortensen (nee Davey), who posted a fine time of 31:43, and Mayfield's Tom McClellan, who finished in 27:14. Other familiar runners from the Amsterdam area included iconic coaching guru Jim Bowles, whose wife Kimberly finished in the runner-up spot as the first female master in 33:26. HMRRC Hall of Famer Daniele Cherniak finished an impressive 3rd at age 51, and admitted post-race that she has a fondness for low key running events held in scenic "off the beaten path" locations. Granville's William Venner (nicknamed "the Animal" for his running skill and competitive spirit) once again cracked the top 10 at age 54, placing 8th in 30:35.

The event was timed without chips by the experienced results crew of Sharon and Chet Boelke, Kathy Sullivan and Erle Daniels. Fulmont Road Runner Club President Ginny Mosher and Scotia's Deb Beach helped with registration and packet pickup duties. The Fulmont Road Runners Club is small, but dedicated to hosting several worthwhile running events throughout the year. One such event, the Great Sacandaga Road Race 10K held in late October in Northville, NY, offers another scenic destination with a fine post-race food spread. Visit www.fmrcc.org for more information. □



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*All proceeds benefit the patients of
the Mollie Wilmot Radiation Oncology
Center of Saratoga Hospital*



Sunday, October 6, 2013

at 11:00 a.m.

Children's Event at 10:15 a.m.

Chip Timing
by A.R.E. Event
Productions and
personalized
Runner Bibs!

Application Fee: \$20 pre-registration by **September 27** or \$25 after that date and on race day.

Description: 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 500 registrants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

Day of Race Registration: 9:00 am at the Grandstand, Historic Saratoga Flat Track, Union Avenue, Saratoga Springs.

Course: 5K loop through beautiful, historic Saratoga Flat Track Grounds.

Awards: Prizes and awards will be given to the overall top three male and female runners. Special "ROC" awards for the top three male and female in each age group.

Registration for 9th Annual Run for the ROC

Name _____ Address _____
City _____ State _____ Zip _____
Phone _____
E-mail _____ Date of birth ____ / ____ / ____ Age ____
Sex ☐ F ☐ M ☐ Runner ☐ Walker

Part of the ATC Corporate Challenge? List company here: _____

NEW THIS YEAR! Run the Triple Crown! Participate in the Malta 5K, the Monday Night Mile and the Run for the ROC and receive a special award! Visit www.saratogahospitalfoundation.org and click on Special Events for more information.

Register Directly Online at: https://www.zippyreg.com/online_reg/registration.php?eventID=251 or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 27, or \$25 after that date)

Send application and check to:
Saratoga Hospital Foundation/Run for the ROC
211 Church Street
Saratoga Springs, NY 12866

For more information e-mail: rwheatley@saratogacare.org
or visit www.saratogahospitalfoundation.org

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.
Medals & Goodie Bags
for all kids!

Early Race Packet Pickup on Friday, October 4, 4-7 p.m.

at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs

*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owning to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature

Parent/Guardian Signature (if under 18)

Meeting Minutes of the HMRRC General Meeting June 12, 2013

Attendance: Jon Rocco, Barb Light, Maureen Cox, Jim Tierney, Cathy Sliwinski, Jonathan Golden, Diane Fisher, Bryan Funk, Doug Bowden, Tom Ryan, Chuck Terry, Marcia Adams, Tom Adams, Jim Moore, Ken Skinner, Brian Northan, Rob Moore

Call to Order (J. Rocco): Meeting called to order at 7:30PM

1. Reading and approval of May 8, 2013 minutes (B. Light). Jon noted that Barb made a change on the minutes to reflect that slate of nominations will be in place by July meeting, September Pacesetter will reflect nominations. Motion made to approve minutes made by Marcia Adams seconded by Cathy Sliwinski motion approved.

2. Reports of Officers

2.1 President (J. Rocco): Article in Thursday Gazette about the Just Run Program. On Sunday there was an opinion piece in the Gazette. Jon read article to group. Jon will see if he can get permission to reprint article in Pacesetter. We also received a Thank you card from Delaware School. Also received thank you emails from participants. All were very complimentary.

2.2 Executive Vice President (M. Cox): No report.

2.3 Executive Vice President – Finance (C. Terry): See attached reports. Annual report to IRS filed in May by accounting firm-Alex Kruden and Co. Chuck has a copy of the return and if anyone is interested in looking at it let him know and he will email it to you. The club finished the year with \$425,000 in cash which is up \$46,000 from the previous year. Total income was \$552,000 up over \$100,000 from year before. Major expenses were races \$370,000; Pacesetter \$42,000; grants \$39,000; scholarships \$10,000. Discussion followed.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached reports.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2942 which is down 3 from last month. We are currently 150 over where we were last year.

3.2 Volunteers (M. Adams): Next big event is Boilermaker-buses going out to race. Timing clock was sent out to be repaired-able to repair one side of the clock so we will still be able to use it. \$260 to

fix. Also working on volunteer database. Marcia uses signed waiver forms to verify people volunteering. Still missing some waivers from races but she will contact Race Directors to get them.

3.3 Public Relations (R. Moore): Workforce Team Challenge had HMRRC booth and also one at Freihofer's Run For Women. Thanks to Patrick Lynskey and Cathy Sliwinski for helping out. Gave out a lot of information. Collected 30 bags of sneakers for Mission.

3.4 Race Committee (M. Warner): Mother's Day Race had 148 finishers up from last year. Thank you to Diane Fisher and Jon Golden for directing. Workforce Team Challenge race will have a wrap up meeting coming up. Had chipped time this year which showed we had 7689 finishers. 9300 registered. Thank you Mark Warner and his committee and volunteers and CDPHP for their hard work on the race. Major change in security right before the race, but all went well. Traffic issues due to road blocks, construction and security may have caused some problems for some participants. Distinguished Service Race for John Haley had 11 past winners present, 117 finishers compared to 128 in 2012. Summer Track series started on 6/11 for 9 weeks. Colonie Mile is July 2nd.

3.5 Race Committee Treasurer (J. Golden): See attached reports.

3.6 Pace Setter (K. & D. Gracey): No report.

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

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

3.9 Grants Committee (R. Newkirk): Jon reported that round 2 of Grants due on 6/1. Jon will follow up with Ray to see if he received any grants.

3.10 Long Range Planning Committee (E. Neiles): No report. Marcia noted committee hasn't met, need to get started.

3.11 Just Run Program (K. Skinner): Nice articles in the Schenectady Gazette. We will try to get permission to reprint the articles in the Pacesetter. Had the Two day track meet for the Just Run Program. Need to work on communicating better to parents about the year end track meet to help stop any confusion on the start and finish times of the event. First day had 250 kids, 8 schools and second day had 11 schools and just under 300 kids. Ken will follow up with some

of the leaders of the schools about participation in the track meets. Track meet went well on both days. Thank you to Marcia and Tom Adams for helping with results. Able to do results quicker. Hooked up to main sound system at Union so people could hear better. Thank you to Ginny Pezzula. Had some issues with finish line scoring of the results. Ken was able to work it out and everyone received their medals. Had to make some changes to the races on each of the days but did it in order to better serve the meet. Will make some changes for next year track meet. All 19 programs were very pleased with Just Run Program. Had 9 schools participate in the Freihofer's Run for Women visitations. Ken will be sending out emails that the club will be having Fall XC Just Run program this year and year end race at Tawasentha. Last year had 8 schools participate in the Fall. Jon noted that CDPHP may be interested in sponsoring some part of the Just Run Program. John Demers is the contact person. Marcia Adams made a motion that we consider adding up to an additional \$10,000 to the Just Run Program based on Ken's budgetary numbers. Seconded by Diane Fisher, motion approved. Will discuss at next month's meeting after Ken finalizes budget. Marcia noted that we need to invest in this program because it is such a success. Maureen noted that Ken may need to have more help with this. There are companies that have "Communi-

nity Days" where they volunteer for a group maybe we can look to them to help.

3.12 Elections Committee (D. Peterson/R. Moore): Will have a slate soon.

4 Unfinished Business: Ken commented Mark Warner did a great job with Workforce Team Challenge and that Mark wants out of Race Committee Chair, Jon noted that the issue is being resolved.

5 New Business: Email from Kathy Condon the Afterschool Program Manager for Living Resources. She's interested in learning more about the Just Run Program and if they could be part of it. Her organization deals with people with disabilities. Jon will do some research on this organization and discuss next month. Ken will respond telling her Jon is looking into it. May consider a special grant as in previous years for this organization. More discussion on this next month. Rob Moore has been doing Shirt/Sneaker drives and he would like to continue. He would like to send out email blasts and ads in Pacesetter to let people know. He does have a budget so he is able to do that.

6 Announcements:

- July refreshments- Tom Ryan

7 Adjourn: Motion made to adjourn made by Marcia Adams seconded by Cathy Sliwinski meeting adjourned at 8:45PM. □



Grand Prix Update

Race #6 Colonie Mile July 2, 2013

Men

Male Open

- 12 Pat Cady
- 10 Jon Ricciardi
- 8 Erik Carman
- 7 Jonathon Lazzara
- 6 James Faraci
- 5 Sam Binsfeld
- 4 Mikey Murphy

Male 30-39

- 12 Chuck Terry
- 10 Mike Roda
- 8 Jake Stookey
- 7 Brian Northan
- 6 David Tromp
- 5 Chris Nowak
- 4 Patrick Sorsby

Male 40-49

- 12 John Stadtlander
- 10 Mark Stephenson
- 8 Jon Rocco
- 7 Jonathon Bright
- 6 Bill Grimaldi
- 5 Andrew Sponable
- 4 Hector Roig

Male 50-59

- 12 Derrick Staley
- 10 Jon Weilbaker
- 8 Rick Munson
- 7 Richard Clark
- 6 Mark Nunez
- 5 Sunil Sumia
- 4 Jim Giglio

Male 60-69

- 12 Paul Bennett
- 10 Juergen Reher
- 8 Bob Somerville
- 7 Norman Dovberg
- 6 Dave Rowell
- 5 Jim Fiore
- 4 John Stockwell

Male 70+

- 12 Chris Rush
- 10 Jim Moore
- 8 Wade Stockman
- 7 Ken Skinner
- 6 Mike Caccuitto

Women

Female Open

- 12 Meghan Mortensen
- 10 Shylah Weber
- 8 Liz Chauhan
- 7 Cheyenne Munson

28 – The Pace Setter

Female 30-39

- 12 Shelly Binsfeld
- 10 Crystal Perno
- 8 Deanne Webster
- 7 Sara O'Grady
- 6 Melissa Hasan

Female 40-49

- 12 Emily Bryans
- 10 Penny Tisko
- 8 Brenda Lennon
- 7 Connie Smith
- 6 Chris Varley
- 5 Barb Light
- 4 Denise Gonder

Female 50-59

- 12 Nancy Taormina
- 10 Karen Gerstenberger
- 8 Susan Burns
- 7 Sharon Fellner
- 6 Pia Sanda
- 5 Karen Dott
- 4 Jenny Lee

Female 60-69

- 12 Martha DeGrazia
- 10 Joan Celentano
- 8 Sandy Dovberg

Female 70+

- 12 Anny Stockman
- 10 BJ Sotile

Age Graded

Runner Age

		G
12	Derrick Staley	54 M
10	Emily Bryans	45 F
8	Mike Roda	37 M
7	Mark Stephenson	49 M
6	Chuck Terry	31 M
5	John Stadtlander	47 M
4	Nancy Taormina	54 F

Totals After 6 Races

Men

Male Open

- 27 Richard Messineo
- 25 Nick Webster
- 22 Erik Carman
- 22 Tom O'Grady
- 22 Kevin Treadway
- 15 Paul Cox
- 13 Jonathon Lazzara
- 12 Pat Cady
- 12 Brett LaFave
- 12 Alexander Paley
- 10 Jon Ricciardi
- 8 Marcus DeBerg
- 7 Brad Lewis

- 7 Tim O'Connell
- 6 James Faraci
- 6 Andrew McCarthy
- 5 Sam Binsfeld
- 5 Victor Warner
- 4 Griffin Keegan
- 4 Kevin Messineo
- 4 Mikey Murphy

Male 30-39

- 36 Chuck Terry
- 34 Mike Roda
- 23 David Tromp
- 22 Brian Northan
- 17 Eamon Dempsey
- 16 Jake Stookey
- 16 Joe Sullivan
- 12 Clay Lodovice
- 10 Chris Judd
- 8 Shawn DeCenzo
- 7 Joe Hayter
- 7 Matthew Lindow
- 7 Gaven Richard
- 6 Michael DiNicola
- 6 Chris Mulford
- 6 Jim Sweeney
- 5 Gabe Anderson
- 5 Jim Eaton
- 5 David Newman
- 5 Chris Nowak
- 4 Joe Benny
- 4 Aaron Knobloch
- 4 Todd Smith
- 4 Patrick Sorsby

Male 40-49

- 50 Jon Rocco
- 43 John Stadtlander
- 35 Mark Stephenson
- 34 Tim Hoff
- 27 Tom Kracker
- 13 Kevin Creagan
- 13 Andy Reed
- 12 Brian Borden
- 11 Brian DeBraccio
- 9 Jonathon Bright
- 8 Randall Cannell
- 8 Christain Lietzau
- 7 Ed Hampston
- 7 Jeff Loukmas
- 6 Bill Grimaldi
- 6 Andrew Sponable
- 6 John Williams-Searle
- 5 Bryan Funk
- 5 Richard Hamlin
- 5 Robert Irwin
- 4 Tim Mulligan
- 4 Norris Pearson
- 4 Hector Roig

Male 50-59

- 42 Rick Munson
- 30 Richard Clark
- 28 Ken Evans
- 24 John Noonan
- 22 Jay Thorn

- 21 David Roy
- 20 Mark Nunez
- 13 Russ Hoyer
- 12 Christain Lietzau
- 12 Derrick Staley
- 10 Doug Campbell
- 10 Ed Drebitko
- 9 Patrick Culligan
- 8 Jon Weilbaker
- 8 Robert Wither
- 7 Jack Arnold
- 6 Frank Mueller
- 6 Bart Trudeau
- 6 Sunil Sumia
- 5 Jim Giglio
- 5 Christopher Kunkel
- 5 Mike Stalker
- 4 Keith Haugen
- 4 Mark Mulpeter
- 4 Rob Picotte

Male 60-69

- 48 Lee Pollock
- 36 Juergen Reher
- 31 Paul Forbes
- 20 Carl Matuszek
- 20 Tom McGuire
- 19 Paul Bennett
- 18 Frank Broderick
- 18 Dennis Fillmore
- 16 Norman Dovberg
- 14 Bob Somerville
- 13 Rich Tanchyk
- 12 Ken Klapp
- 11 Steve George
- 10 Kevin Donohue
- 8 David Rowell
- 7 Pete Cowie
- 6 Bob Ellison
- 6 Tim Fisher
- 6 Pat Glover
- 6 Chuck Terry
- 6 Joe Yavonditte
- 5 Jim Fiore
- 4 John Stockwell

Male 70+

- 58 Wade Stockman
- 48 Ed Bown
- 35 Ray Lee
- 20 Frank Klose
- 18 Jim Moore
- 13 Ed Doucette
- 12 Chris Rush
- 11 Mike Caccuitto
- 8 Joseph Richardson
- 7 Bob Knouse
- 7 Ken Skinner
- 5 Denny Burns

Women

Female Open

- 48 Meghan Mortensen
- 43 Liz Chauhan

18 Irene Somerville
 17 Kristen Quaresimo
 17 Shylah Weber
 12 Molly Casey
 10 Valerie Belding
 10 Brina Seguire
 8 Kim Maguire
 7 Courtney Hill
 7 Cheyenne Munson
 6 Amy Becker
 6 Valerie Belding
 6 Jen Masa
 6 Samantha McBee
 5 Hannah Patzwahl
 5 Andrea Stagg
 4 Laurel Abowd
 4 Leigh Ann Brash
 4 Sara Conroy
 4 Erika Hebert

Female 30-39

48 Kristina Gracey
 38 Crystal Perno
 24 Deanne Webster
 20 Shelly Binsfeld
 18 Erin Corcoran
 14 Nikki O'Meara
 12 Allison Bradley
 10 Sally Drake
 9 Sara Reed
 7 Sara O'Grady
 7 Candice Panichi
 6 Kari Deer
 6 Melissa Hasan
 6 Kelly Komara
 6 Kimberly Morrison
 5 Jessica Chapman
 5 Laura Zima
 4 Colleen Murray

Female 40-49

38 Chris Varley
 37 Emily Bryans
 34 Anne Benson
 29 Connie Smith
 28 Penny Tisko
 19 Sally Drake
 17 Judy Guzzo
 17 Brenda Lennon
 16 Karen Dolge
 13 Cheryl DeBraccio
 13 Mary Buck
 11 Regina McGarvey
 10 Kimberly Mesino-Bowles
 6 Christina Friedman
 6 Martha Gohlke
 6 Barbara Light
 5 Marcy Beard
 5 Andrea Robinson
 4 Denise Gonder
 4 Dana Peterson
 4 Michelle Rocklein
 4 Stacia Smith

Female 50-59

42 Susan Burns
 32 Nancy Taormina
 29 Jenny Lee
 27 Karen Gerstenberger
 24 Beth Stalker
 20 Sharon Fellner

18 Karen Provencher
 15 Cathy Sliwinski
 12 Nancy Briskie
 12 Joan Celentano
 10 Kim Law
 10 Nancy Nicholson
 9 Karen Dott
 8 Denise Iannizzotho
 8 Aileen Muller
 8 Pia Sanda
 7 Patty Ellis
 7 Kathleen Goldberg
 7 Lauren Herbs
 6 Nicolette Pohl
 6 Mary Signorelli

Female 60-69

51 Martha DeGrazia
 36 Katherine Ambrosio
 33 Susan Wong
 24 Judy Phelps
 24 Karen Spinozzi
 21 Sandy Dovberg
 10 Joan Celentano
 10 Mary Collins Finn
 10 Erika Oesterle
 7 Judy Lynch
 5 Suzanne Nealon
 4 Eileen Mahoney

Female 70+

70 Anny Stockman
 20 Eiko Bogue
 12 Marge Rajczewski
 10 BJ Sotile

Age Graded

Runner Age

27 Emily Bryans	45	F
24 Lee Pollock	60	M
23 Mike Roda	37	M
20 Judy Phelps	62	F
20 Beth Stalker	53	F
18 Tom O'Grady	27	M
18 Chuck Terry	30/31	M
15 John Noonan	53	M
14 Anne Benson	48	F
12 Nancy Briskie	55	F
12 Kristina Gracey	30	F
12 David Roy	57	M
12 Kevin Treadway	24	M
12 Derrick Staley	54	M
12 Mark Stephenson	49	M
11 Jon Rocco	46	M
10 Carl Matuszek	61	M
10 John Stadlander	47	M
8 Tim Hoff	47	M
7 Karen Provencher	58	F
7 Anny Stockman	80	F
5 Alexander Paley	26	M
5 Juergen Reher	63	M
5 Susan Wong	65	F
4 Richard Clark	58/59	M
4 Ken Klapp	62	M
4 Nancy Taormina	54	F





Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

Dryline Zip Shirt, black, Male S,M,L; Female L,XL

Insport Tights, black, Male, S; Female S,L

Knit Hat, navy, black, light blue

Thermax Gloves, black

Warm-Ups, black and gray jacket and pants, Male S,M,L

Long Sleeve Coolmax Shirts:

Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL

Mock Turtleneck, club logo on chest, Unisex black M,L,XL

Coolmax Singlets:

White with royal blue side panels, Female M,L - CLEARANCE

White with royal blue side panels, Male S,M,L,XL

Short Sleeve Coolmax Shirts:

Hind with reflective stripes, Male, mustard S,XL, grey S; blue M,L,XL

Female V-neck, lemon, purple, S,M,L,XL; red S,M,L

Shorts with white club logo

Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

Split-cut, 1" inseam, M,L - CLEARANCE

Split-cut Long Distance, 1" inseam, back mesh pockets, blue, L - CLEARANCE

V-Notch, 3" inseam, S,XL - CLEARANCE

V-Notch Long Distance, 3" inseam, back mesh pockets, L - CLEARANCE

Easy, 4" inseam, S,M,L - CLEARANCE

Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL

Male Race Ready Shorts, all are royal blue except where noted

Split-cut, 1" inseam, S,M,XL royal

V-Notch, 3" inseam, S,M,XL royal; L black

V-Notch Long Distance, 3" inseam, back mesh pockets, M,L, XL

Easy, 4" inseam, S,M,XL

Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL

Sixers, black, 6" inseam, back mesh pockets, S

Running Cap, embroidered logo, white, white/royal

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: _____

Shipping \$5.30

*(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)
Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45*

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.com

Name _____

Phone _____

Email _____

EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
08/03/2013	8:00 PM	Firefly 5K	Uncle Marty's Restaurant, 2930 NY 43	Holli White	holliboyd@gmail.com
08/03/2013	8:30 AM	The 35th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/04/2013	9:00 AM	19th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
08/05/2013	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park, Camp Saratoga	Laura Clark	laura@saratogastryders.org
08/06/2013	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/09/2013	6:30 PM	3rd Annual Schenectady ARC 5K Run/Walk and 1 Mile Family Fun Walk/Run	Central Park Schenectady	Doug Secor	dougs@arcschenectady.org
08/10/2013	9:00 AM	DanRan 5K and Community Day	Steven's Elementary, Lake Hill Road	Michael Hale	mhale1@nycap.rr.com
08/10/2013	8:00 AM	Camp Chingachgook Challenge Half-Marathon and 10k	Lake George Elementary School	John Kinnicutt	jkinnicutt@gmail.com
08/10/2013	9:30 AM	OLQP Festa 5K and Children's Fun 1-mile Run	Our Lady Queen of Peace Parish	Carmela Pasquarella	carmela.pasquarella@gmail.com
08/10/2013	8:00 AM	Fox Creek 5K	Berne Town Park Helderberg Trail	Liz Chauvot	chauvots@prodigy.net
08/10/2013	8:00 AM	Hilltown Triple Crown 5K race series	Berne Town Park	Phil Carducci	foxcreek5k@gmail.com
08/11/2013	10:00 AM	RiverTown 5K run: Beacon	Beacon	Gunter Spilhaus	gunter@wildcatpeicevents.com
08/11/2013	8:00 AM	Base Race 5K and 10K	The Clark Sports Center	Doug McCoy	mccoyd@clarksportscenter.com
08/12/2013	5:30 PM	The Monday Night Mile (1 mile race)	Saratoga Casino and Raceway Harness Track	John Pecora	john@saratogaregionalymca.org
08/12/2013	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/16/2013	6:00 PM	CYC Boiling Pot 5K	Community Youth Center, Canajoharie	Tim Shepard	Tshep68@yahoo.com
08/17/2013	7:00 AM	Sweltering Summer Six-Hour	Clapp Park 215 W. Housatonic St	Bennjamin Griffin (Race Director)	jamminlongtime@yahoo.com
08/17/2013	9:00 AM	Pre Fall Classic 5K Run & 2 Mile Walk	Voorheesville High School	Phil Carducci	prefallclassic5k@yahoo.com
08/17/2013	8:30 AM	Castleton Schodack Kiwanis Clove Run 10 Mile, 5K, 1 Mile	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com
08/17/2013	9:00 AM	Landis Arboretum Forest Run 5k	Lanidis Arboretum 174 Lape Rd, Esperence	David Roy	droy@midtel.net
08/17/2013	8:30 AM	Brookside Museum's Annual Jailhouse Rock 5k	Brookside Museum Ballston Spa	John DeGuardi	jdegardi@mac.com
08/18/2013	9:00 AM	SS YMCA 5K Run/ 3K Walk/ Kids Runs	1 Wall St., Clifton Park	Sarah Heslin	sheslin@cdymca.org
08/19/2013	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
08/19/2013	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
08/24/2013	9:00 AM	16th Annual Altamont 5K Run/Walk	Bozenkill Park, Gun Club Road	Phil Carducci	altamont5k@nycap.rr.com
08/24/2013	9:00 AM	Glenville Rotary's Muddy Sneaker 5k	Indian Meadows Park, Glenville	Frank Pouliot	fpouliot2001@yahoo.com
08/24/2013	9:00 AM	Nescopeck State Park Trail Runs 5k+10km	Drums	Frank Gaval	barb123@ptd.net
08/24/2013	10:00 AM	Capital Region Nordic Alliance & Hudson Berkshire Beverage Trail member 5K Trail Fun Run Series	Goold Orchard, Castleton	Tom Wright	tmwright47@nycap.rr.com
08/26/2013	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/31/2013	8:30 AM	Run for the Bus 5K	Taconic Hills Central School District	Neil Howard	nehoward@taconichills.k12.ny.us
09/01/2013	10:30 AM	4th Annual Capital District Scottish Games 5K	Altamont Fairgrounds	Rebecca Schenck	scotgames5k@yahoo.com
09/02/2013	9:00 AM	25th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
09/07/2013	9:30 AM	Youth Make a Difference 5K Run/Walk/Kids Fun Run	2 Douglas Street Wynantskill	Michael Miner	cmminer001@nycap.rr.com
09/07/2013	8:00 AM	5th Annual T.E.A.L. Walk/Run	Prospect Park Bandshell	Pamela Esposito-Amery	info@tealwalk.org
09/07/2013	8:30 AM	Malta BPA 5K	HVCC TEC Smart 345 Hermes Road Malta	Paul Loomis	maltabpa5k@gmail.com
09/07/2013	8:30 AM	Malta BPA 5K	345 Hermes Road Malta	Paul Loomis	ploomis@gilbaneco.com
09/08/2013	9:00 AM	Walgreens Run for Pride 5K and Rainbow Fun Run	Washington Park Lakehouse Albany	Curran Streett	cstreett@capitalpridecenter.org
09/08/2013	8:00 AM	3rd Moreau Lake 15k Trail Run	Moreau Lake State Park	Chris Bowcutt	events@greenleafacing.com
09/08/2013	8:00 AM	9/11 Heroes Run, Saratoga Springs NY 5K/Family Fun Run/Walk	9/11 Memorial- High Rock Park, Saratoga Springs	Alli Clower	saratogasprings@911herosrun.org
09/14/2013	10:00 AM	The Village Animal Clinic Canine Classic 5k	Voorheesville	Amber Pitcher	Managertraci@thevillageanimalclinic.com
09/14/2013	9:00 AM	18th Annual Run to Remember 5k	Rensselaer Polytechnic Institute	Zachary Belton	run2remember.rpi@gmail.com
09/15/2013	9:00 AM	42nd HMRRR Anniversary Run 2.8 & 5.6 Mile [5.6 GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
09/15/2013	9:30 AM	Josh Billings RunAground Triathlon	Great Barrington to Lenox	Patty Spector	patty@joshbillings.com
09/15/2013	9:00 AM	Teal Ribbon 5K Run and 1+Mile Walk	Washington Park, Albany	Pam Robbins	probbins@prainc.com
09/21/2013	10:00 AM	RiverTown 5K run: Ossining	Ossining	Gunter Spilhaus	gunter@wildcatpeicevents.com
09/21/2013	9:30 AM	Helpers Fund 5k-10k Races	Chestertown Municipal Center	Race Director	races06@helpersfund.org
09/21/2013	9:00 AM	11th Annual Brenda Deer 5K Race/3K Walk & Kids Fun Run	Guilderland YMCA	Harrison Moss	hmoss@cdymca.org
09/22/2013	8:30 AM	Dunkin Run 5K 10K and Kids 1/2 Mile Fun Run	340 Whitehall Road Albany	Tom Wachunas	tomw@saajcc.org
09/27/2013	5:00 AM	Ragnar Relay Adirondacks	Saratoga Springs to Lake Placid	Melissa Gordon	melissanne78@gmail.com
09/28/2013	10:00 AM	FAM 5K Fund Run/Walk	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
09/29/2013	1:00 PM	Nick's Run to Be Healed 5K	Clifton Commons, Clifton Park	Liz Fox	nicksrun@fighttobehealed.org
09/29/2013	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
09/29/2013	9:00 AM	Geyser Road 5k Run/Walk	Saratoga Spa State Park	Kelly Montague	k_montague@saratogaschools.org

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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NEW MEMBERS
Allow 8 to 10 weeks before expecting
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Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

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

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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