

# ***The Pace Setter***

**July 2011**

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





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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.  
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*Photos in this issue by Peter Thomas at ALPENGGRAPHIK, 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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*by Jon Rocco*

July is now upon us. It is track season. It is time to have some outdoor fun, enjoy some adventurous trails, do some picnicking, perhaps even take a cruise. I think the HMRRC can help in all these aspects.

I imagine when I mentioned track season, you thought Saratoga and the thoroughbred excitement on the one mile and one-eighth track. Certainly that is a fair assumption. However, it also means two legged people running on a quarter mile track. HMRRC provides ample opportunity for some fun on the track. Some people actually think the words 'fun' and 'track' used in the same sentence are oxymorons. The club puts on a dozen track meets throughout the summer and we think we make them fun and low key.

We all know the Bryan Adams hit 'Summer of '69.' However, brothers Don and Frank Myers had a different idea for the summer of 1969 and thus began the Colonie Summer Track Series. Now in its 6th decade, it all started with seventeen participants. The series was taken over by HMRRC in 2010 and this summer will mark its 43rd year. 1969 also represents the year Barry Brown ran a blistering 4:10.5 mile in the inaugural meet year, a record that still stands today.

The track series, which started up on June 14, is held for nine consecutive Tuesday nights through August 9 and includes the running of the popular Colonie Mile on week four. The four lap run takes place on July 5 and although it is the shortest, it is certainly not the easiest Grand Prix event. The Summer Track Series is of no charge to all participants.

The club holds three other track events in July, at no charge to club members. This includes the Two-Person Relay, The Hour Run, and The Pentathlon.

If you participated in last month's Valley Cats Home Run 5K, you have earned four free tickets to see the defending New York-Penn League Champion Tri-City Valley Cats play at a home game in August. The venue is a great place to watch local professional baseball and provides for a nice day or night out with family and/or friends.

On the last day of this month, we will be combining trail racing and picnicking at Thacher Park, an Albany County gem near Voorheesville. On this final Sunday, the club puts on a 15K trail race along with a 3.5M trail race distance. It all ends with the HMRRC Club Picnic with a tasty BBQ lunch at the scenic park. Many runners even make it a point to run both distances. Running one of the trail races is not a requirement to the picnic. Tickets can be

purchased for the picnic only.

On Friday August 5, volunteers, fellow runners, and guests will be Rocking The River on The Captain J.P. II. We will be heading off for a three hour tour on the Hudson (the co-founding river our club is named after) which will include music, buffer dinner, and no doubt...a lot of fun and laughs. The cost is \$20-\$37 depending on your volunteer points. Keep in mind, unlike some of our events offering same day signup, you must pre-register here. July 18 is the cutoff date. Don't miss the boat on this one.

Trail racing continues for three consecutive Mondays in August at another fine park in Albany County. Tawasentha Park in Guiderland is the site of our three cross country races. The series, under the direction of John Kinnicutt, includes our only Grand Prix trail/cross country event on August 15. There is no fee entry for club members at the three week series.

Speaking of summer, high school has officially ended for our 2011 Shrader Scholarship winners. However, they will soon be heading off to college to pursue their dreams and continue on with their running endeavors. Congratulations go out to our female winners: Brianna Freestone from Saratoga Springs High School and Jolie Siegel from Voorheesville High School, and our male winners: Samuel Place from Saratoga Springs High School and Christopher Herbs from Catholic Central High School.

I hope to see you out at many of our fun events this summer. As always, if you are not running, volunteering is always appreciated and rewarding. □

## Note from the Managing Editor

While I try to give heartfelt and frequent thanks personally to everyone who contributes to *The Pace Setter*, it's not often that I take the opportunity to do it publicly. So hopefully not long overdue, here is my gratitude to all the authors, photographers, feature writers and organizers who make the managing editor job fun, easy, gratifying and possible every single month. I appreciate everyone's time, energy, expertise, effort and attention to deadlines. Without each and every one of you, *The Pace Setter* would not be the quality publication that it is.

With that, I would like to thank outgoing content editor Kari Gathen for her hard work and contribution for the past 2+ years. Your diligence and attention to detail have been an asset to the magazine. Thanks for making so much time for us when time has been such a precious commodity to you.

And I would like to introduce our new content editor, Kristin Zielinski. Kristin comes to HMRRC with a background as a grant writer for a national non-profit here in Albany and a desire to be more involved in the local running community. Welcome aboard, Kristin!





# What's Happening in July

by Al Maikels

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

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 5th at 6:15 p.m. at the Colonie High School track. This is also the shortest Grand Prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:15 p.m..

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

The next track race is one that features everyone starting and finishing at the same time. The 38th HMRRRC Hour Run is set for July

21 with a 6:15 start at the Colonie track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 36th HMRRRC Pentathlon will be held on Thursday, July 28 at the Colonie High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile, and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 and go till dusk.

After all that track time the club heads to the hills for trail runs. The 17th Indian Ladder Trail Runs races anchor the July schedule. The runs, 15k and 3.5 miles respectively, are set for Sunday, July 31 at John Boyd Thacher State Park. The 15k goes off first, followed by the 3.5 mile run. After the run the club has its annual picnic; your race fee also gets you a picnic ticket.

Summer track meets continue in July, each Tuesday at 6:15 at the Colonie High track. The mile is always the first race and the two mile run is the final event of each night.

July is usually the hottest month of the year, make sure you stay hydrated and run safely. ☐



## The 2011 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2011 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 July 25, 2011.

HMRRC Hall of Fame Committee  
c/o Vince Juliano  
1225 Evergreen Ave., Schenectady, NY 12306  
or email: [Hamletbryans@nycap.rr.com](mailto:Hamletbryans@nycap.rr.com)

# Profile of a Runner

## RICHARD HAMLIN

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

I am the founder of Automated Scheduling, which produces the most-optimized academic schedules. My degrees are in mechanical engineering (with a minor in economics) and my primary career interest is in renewable energy, however. Last year I was also the president of the Albany Vegetarian Network Inc., which holds the annual NYS Capital Region Vegetarian Expo ([nyvegetarianexpo.org](http://nyvegetarianexpo.org)). I am unmarried, 37 years old, and have been vegan for over 18 of those and vegetarian for nearly 4 more. There are too many sports and interests to list, but here are a few: skiing (downhill, XC, and water), sailing, sailboarding, cycling, and hiking.

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

I did not get off to a good start! In first grade, my gym teacher told me that I was the only one in the class who could not run (lacking synchronization between my arms and legs). As a scrawny seventh grader, I walked over 15 miles to school one day, carrying a heavy backpack full of books and my trombone (which I was so tempted to ditch after 12 miles but did not)! That news spread extremely rapidly throughout the school, including to the cross country running coach, who proceeded to recruit me for the team, convinced that I would be a good long-distance runner. I joined the next year, abandoning soccer. That turned out to be a good decision; I eventually became co-captain and MVP of the Section V Class C Championship-winning team. Aside from a few alumni races, I have not competed as a runner since high school until recently. At MIT, I joined the Sailing Team, since I enjoy sailing even more than running! I had considered joining the MIT Cross Country Team, but I did not have time to train twice a day as required with my heavy course load. I have really been a slacker as far as running is concerned for almost 2 decades, largely due to the demands of school and then my business, but I am not content with that; I have not been on track for accomplishing things I have wanted to do for a long time such as a marathon. I have kept running at least weekly since grad school, but I missed competing and having goals to strive for and motivate training. So, 3 years ago I entered a race. And over the last 3 years I have run an average of 2 races per year. And I plan to increase that by a lot this year. I do not like to do things part way.

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

One of my favorite races was an early season race at FLCC, since that is the only race involving multiple teams that I have ever won! It started on the top of a steep hill, and I was not surprised to pass everyone going down the hill, but I expected to be overtaken after



it leveled off. I was not. I was leading the race, and when I came out of the woods and had to think about where I was going, I was suddenly, briefly overwhelmed by the responsibility: if I made a wrong turn, I could lead half or the whole field astray! I wished I had paid more attention to the course while warming up; normally I do not have to worry much about it because there are always runners in front of me to follow! Well, I managed to stay on course and in the lead. I thought for sure I would be passed going back up the steep hill to the finish, since that is my weakness, but I must have had enough of a lead, because I crossed the line first. The only problem was that the race was considered merely a scrimmage and did not count officially, simply because it was so early in the season. (Of course, that is why I won: nobody had trained harder than me over the summer!)

### What are your most memorable races?

It would have to be the 1990 Sectionals in Newark, and not just because we won or that it was the toughest, hilliest course in Section V! This particular race was unusual in several other memorable regards. It was 70 degrees F in November! It was the only race of the season in which neither Dan (the other co-captain) nor I finished first among our team. I led the team in the first half of the race, but then Jevon, the only junior among our top 4 run-

ners, passed me climbing up Death Mountain. That itself was not a surprise (since uphill is not my strength) but that I was unable retake the lead afterwards and he continued to pull away and that Dan was behind me and not in sight, was. I felt I was not having a good race, and with Dan having a worse race, it seemed like victory may be slipping away, but there was no giving up. Descending the final hill ~300m before the finish, I passed the runner in front of me going twice his velocity as I typically did on steep downhills, which prompted him to utter a profane word. (My coach sometimes jovially called me "The Fastest Downhill Runner in Section V," which might have been true—I was never passed going downhill—but it always seemed like a backhanded compliment!) Then at the worst possible spot, the bottom of the hill, I stubbed my one-inch spikes on the uneven ground covered with long grass and fell flat on my face and skidded to a stop, dissipating all of the kinetic energy I had accumulated. I was stunned; I had never fallen running downhill before and there was a moment of disbelief. Then I felt like not moving at all, out of a combination of physical exhaustion and psychological demoralization. I had been counting on carrying the momentum I had gained onto the flats, because my finish kick is lacking. Now that plan was shattered; I was lumbering, starting from both zero kinetic and potential energy, on legs that did not want to walk, let alone run. One of the hardest things that I have ever done was get back up on my feet and resume running. I tried to minimize my losses, running the last 200m as hard as I could. After I crossed the finish line, I collapsed involuntarily; it was as though I had fainted, which has never happened to me either before nor since. The race officials were yelling at me to get up and keep moving through the shoot and I retorted, "I can't!" The next moment I was surrounded by my coach, parents, and paramedics. It turned out my problem was simply that I was dehydrated, and was back on my feet in another minute. I did not drink nearly enough before the race, because the water bottles the team had back then were made out of a soft plastic that leached plasticizers into the water and tasted nasty. (This was before I knew about bis-phenol-A, but I figured that it could not be healthy!) I had brought a bottle of Gatorade for myself, but Jevon, who had his best race of the season, swigged it before I could drink it, much to my dismay! In the end, it was a great day, however; we had 3 runners in the top 10 (Jevon, me, and Dan, in that order) and our team won the championship. The difficulties make the victory more appreciated and memorable. And I will not forget the importance of being well-hydrated!

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

That is the problem: I do not train much, but that is about to change! I run 5-15km (usually on the shorter end) 1-4 times per week, although I might have gotten up to 5 times/week for a week or two before the Stockade-athon. That pales in comparison to how I used

*Continued on page 9*



# Indian Ladder Trail Runs-2011



## 15K and 3.5 Mile Trail Races

### John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

**Sunday – July 31, 2011**

### Start Times

9:00 am – 15K

11:00 am – 3.5 mile

### Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

### HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

***FREE!! ONLINE RACE  
REGISTRATION  
AVAILABLE AT  
[WWW.HMRRC.COM](http://WWW.HMRRC.COM)***

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

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

**Altamont:** Route 156 [up the hill]; left at Route 157– Follow signs to Thacher Park.

### What you pay ...

**Pre-Registration [postmark by July 17]:** \$17 – Member; \$20 – Nonmember/Guest

**July 18 to Day-of-Race:** \$20 – All (Mailed Reg's must be postmarked by July 25)

### What you get ...

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

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

### Sponsors



### Awards

#### 15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

**Scholastic Division [11-19 yrs] — (3.5Mi race only)**

featuring the 16th Anniversary of the

**NYS PARKS COMMISSIONER'S CHALLENGE CUP**

Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

**NO AWARDS MAILED & NO AWARD DUPLICATION**

Register Online or Mail w/check payable to **HMRRC to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303**

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB m m dd yyyy	Age on 7/31/2011	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 17 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
July 18 to Day of Race <input type="checkbox"/> \$20.00 All				
<p><b>Read the following waiver carefully:</b> In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian ,must sign for applicant under 18]				



## Profile of a Runner, *cont. from p. 7*

to train, however. In the summer preceding my senior year of high school, I ran twice a day, totaling 10 miles every day, ascending over 700 vertical feet every morning. I do not have any training partners yet, but hopefully I will soon.

### What are your current goals?

First of all, I want to get back to the same condition that I was in high school, and run 5km races in under 6 minute/mile pace again.

### Do you have any future running goals?

I finished third in my age group for two of the three races I ran last year, but the Stockade-athon still eludes me. So, my goal is to finish third in my age group in the Stockade-athon and under an hour this year. I intend to run a marathon for the first time this year and qualify for Boston, then run the Boston marathon next year (and get a good time doing it). A cycling tour across Europe is something I plan to do. That is not running, but I will need to improve my fitness a lot for it! I may also try to win the Highathlon, which involves 200km of cycling with over 11,000 feet of climbing on grades up to 23% followed by a marathon the next day. It is a lot, with double the amount of pedaling I have done on one day so far, but I ought to be able to handle it if I am going to cut through the Alps! (I figure I may be able to win it by attrition; after all there are not many crazy enough to attempt it!)

### Do you have a philosophy of running?

I just strive to be fast, smart, and biomechanically efficient while enjoying being outdoors (preferably off-road away from traffic) and competing or not. Decisions about when to pass in a race are strategic. I try to not have too much excess vertical motion, since that wastes energy I could use to propel myself forward. It is fun to zoom past people on training runs when they appear to be working much harder than me! (They usually do not hear me coming because, unless I am doing speed work, I breathe normally and quietly, and my shoes do not pound the pavement hard enough to be heard over their own heavy breathing either.)

### Any funny stories?

I happen to be one of the few runners involved in an pedestrian-automobile collision that came out in better shape than the car! It was at a traffic light, where I was crossing a busy six-lane road (if you include the turn and median lanes.) I waited for the light and resumed running at the walk signal. A small car was approaching on the right on the opposite side of the road and it was decelerating for the red light and had plenty of distance to stop. But it did not stop at the stop line as I had expected; it was on a collision course with me in the crosswalk. I had been accelerating and I could not stop in time; I would have risked having my feet or legs run over if I tried. So, I ended up sprawled out on the hood, grasping anything I could to keep from sliding off the front of the car as it came to a full stop and being run over. As I rolled off the hood after the car was stopped, my hand was still clenched around the windshield wiper arm, which snapped in two near the pivot. I briefly chastised the

driver, told him he was lucky this was the only damage, and handed the dismembered wiper to him through the open window, telling him "here, this is yours." The driver took the wiper but otherwise just stared blankly, and did not say as much as "sorry." Suffering only minor bruises and scrapes, I continued running, circling around the back of the vehicle; I was not going to put myself in front of that car again! I was not laughing at the time – I was quite upset since the accident could have been serious – but in retrospect there is some humor, given how it turned out. Score 1 for human versus machine (with idiot human driver)! □

## Notes from a "Newbie" Race Director

*by Dave Williams*

What a great experience! Thank you to all those who helped make this year's Mother's Day Race a success! All of the coordinators, finish area volunteers and volunteers along the course did a great job doing their part. I would encourage everyone in the Hudson Mohawk Road Runners Club to volunteer at least once per year. If you have the time and energy, you could help manage one or more of the fantastic Club races!



We lucked out this year with sunny skies and 60 degree temperatures all morning. The total number of runners was 138. That included the mother/daughter and mother/son teams.

We did have a few issues to work through, but every race does. The wisest thing to do is have experienced people help come up with the best solution as quickly as possible. □

## Crunchless Nation

*by Mathew Nark,  
NASM, FMS, ISCRS*

A stable and strong core is an extremely important component to a runner's success. The main contributors of our core musculature support our spine and provide a base from which the rest of our body will function properly. The core is our powerhouse – our musculoskeletal nerve center – that should be trained in a fashion to produce maximal results. A stable and strong core will directly translate to improved running efficiency, stamina, strength, and resistance to injury. Today, in mainstream exercise circles, there is a lot of confusion on the relevancy of crunches in our core training programs. For years and years in high schools across America, crunches have been used as part of countless physical education classes. This has led many of us to believe that crunches are a staple for core development.

Current research by Stuart McGill, Professor of Spine Biomechanics at the University of Waterloo, points us away from the use of crunches. As a matter of fact, any type of exercise that loads the spine and continuously flexes or extends the spine can be very detrimental to the long-term prosperity of your spine. This information is especially critical to those with a genetic family history of spinal dysfunction.

Each time you crunch you squeeze your intervertebral disc in between the vertebrae. This movement can damage the facet joint, replicate the herniation mechanism, and put unnecessary stress on your discs. Some will never develop a problem while others will over time. By the time you figure out that you have compromised your spine's integrity, it is too late. Think of your spine and its likeness to a coat hanger. What happens if you bend a coat hanger over and over? Eventually, the hanger snaps and will be of no use to you. With your spine it will just become dysfunctional, painful, and in the long run may require surgery.

The core musculature is designed as a spine stabilizer and for torso support. The main recipient of all this misinformation is your six-pack muscle. The rectus abdominus has been getting used and abused for decades by all of us in search of perfect abs. Unfortunately, this muscle is designed for stiffness and rigidity, not loaded range of motion training. It is better served in a neutral position. That means, conditioning without range of motion and repetitive spinal flexion and extension.

Programs like P90X, 30 day shred, and many cross fit programs do not honor this evidence based research. The evidence is out there and will only be a matter of time before it hits the masses. For those of you that don't want to take the chance, I would reconsider your core training program. There are many options to be considered when selecting your core exercises. Exercises like the plank, side plank, bird dog, and renegade rows are all examples of fabulous alternatives to spinal destruction. Help support your back and vote for a crunchless nation! □

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

Hosted By The  
**CASTLETON ROAD RACING COMMISSION**

For The Benefit Of The Anchor  
(Local Food Pantry)

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

**8:30 A.M. Saturday, August 13, 2011**

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

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

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

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

**ENTRY FEES:**

10 Mile and 5K

- Pre – race registration: \$20.00
- Received after Aug. 5/Day of Race: \$25.00

1 Mile Family Fun Run – 10 and under

- \$5.00/person or \$15/family

**T – Shirts for first 200 registered runners**

**ONLINE REGISTRATION:**

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

**AWARDS:**

10 Mile and 5K

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

1 Mile Family Fun Run

- Medals will be awarded to all finishers

**PACKET PICKUP & AWARDS CEREMONY:**

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

**MORE INFORMATION:**

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

**RACE APPLICATION:**

Complete application and mail to Greg DeJulio, 17 Francis Drive, Wynantskill, NY 12198. Be sure to include a check for the appropriate amount made payable to CRRC.

Name \_\_\_\_\_

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

Race: 5 K \_\_\_\_\_ 10 Mile \_\_\_\_\_ Fun Run \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

T - Shirt Size

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

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

Signature \_\_\_\_\_

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

Date \_\_\_\_\_

# One Couple's Journey to their First Race in Minimal Shoes

by Jon and Katie Auyer

## Jon

The Runnin' of the Green was to be our first race unshod (i.e., in minimalist shoes). I had been running in a pair of Vibram FiveFingers KSO's since October of 2010, and had slowly been upping my mileage. I started off wearing them as a supplement to a pair of Brooks Launch, but eventually I made the switch permanent. My distances were topping off between 5-6 miles, so I figured that running a race slightly longer than a 5K would allow me not only test my speed and pacing, but to see how minimalist running really felt.

The morning of the race was a bit brisk, but I decided to forego wearing my Injinji socks for the natural feel of just my KSO's. The race started off well. The field of runners being of a decent size, Katie and I hung back a bit and I stayed with her for the first mile or so to make sure my feet felt good and to chat her up on how she felt. After mile one I sped up, increasing my pace from 18:27 for the first two miles to 15:06 for the last two miles. To be honest, I

did not plan on picking my pace up that much. I was not sure my feet could handle it, but everything felt so good so I decided to just go with it and see how I did. Not only did I finish with a decent time of 33:15, but also I had none of the post-race pain from when I ran shod (no ITB or gastroc pain). It was also nice to see two other runners in Vibrams (both in Bikilas), and I was able to have a conversation with one about the pros and cons of running in minimal shoes.

Katie and I are both still learning to adapt to running unshod, but the Runnin' of the Green was a great race for us to begin this journey. Plus, we both had a lot of fun, and ultimately that is what keeps me running.

## Katie

My experience running in minimalist shoes has been somewhat different from Jon's. I only started my barefoot/minimalist shoe running in January. Now, this is not a lot of time to build up the muscles in your feet, which have been

dormant for years of shoe wearing (especially considering that Runnin' of the Green was in March). Even with the little time I had in Vibram FiveFingers leading up to the Runnin' of the Green, I still decided to run the four mile road race in my KSO's.

The day was cold and my feet felt stiff. When changing over from shoes to minimalist footwear, you have to "let go" of a few things, chief among them being your previous mile splits. Although, with more practice I have come to realize that I can run almost as fast in my Vibrams as I did in my old shoes! So shivering and stiff, I set out and hit mile one 10 minutes in. This is a slow split for me, and I had to remind myself that it would take time to get back to 8:30-9:00 minute miles barefoot. In the end I was able to pick up my pace and finish well under 40 minutes (37:11).

After the race I had one clear realization: walking and running in January and February, and then half of March was not enough practice in Vibrams to comfortably run four miles. My form fell apart as I ran the last half mile. If you ever make the transition to minimalist shoes, GO SLOW! Your form will definitely change, and it will take time for your feet to adjust. Listen to your feet and your body; it will make for an easier transition.

(This is an adaptation from our blog, [no-meat-barefeet.wordpress.com](http://no-meat-barefeet.wordpress.com).) □



3<sup>rd</sup> Annual



# Camp Chingachgook Challenge Half-Marathon & 10k Race

and Family Fun Day



## Saturday, August 6, 2011

Half-marathon start: 8am 10k start: 9am

- Course:** **Half-Marathon:** This surprisingly fast course starts at the Lake George Elementary School and runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook  
**10k:** Is an out and back course, starting and finishing at Camp Chingachgook
- Transportation:** Free transportation will be provided from Camp Chingachgook to the Half-Marathon start before the race, as well as from the finish back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 6, 2011, \$40 after July 9 or day of race  
**10k** – \$20 if received by July 6. \$30 after July 9 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 6, 2011
- Awards:** Prizes for Top 3 male and female overall finishers  
1<sup>st</sup> place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to [www.AREEP.com](http://www.AREEP.com)  
Or, return application, with a check made out to AREEP, to:  
CCC, c/o AREEP, PO Box 38195, Albany, NY 12203  
For more information: visit AREEP.com or email [info@areep.com](mailto:info@areep.com)



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

### Course Records:

<b>Half Marathon:</b> Shaun Evans 1:12:17	<b>10k:</b> Mark McKenzie 37:14
Kari Gathan 1:27:00	Katherine Cimonitti 40:53

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

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

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

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_ Shirt Size: ☐ S ☐ M ☐ L ☐ XL

Event: ☐ ½ Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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



# 31<sup>st</sup> Bill Robinson Master's Championship 10K

by Joan Celentano

The morning of April 31, 2011 was the annual running of the Masters 10k – an event that brings runners that are age 40 and over together for a test of stamina and strength! The weather was about as perfect as you're going to get- sun/ cloud mix, slight breeze and 50 degrees.

104 runners toed the line that morning. The first to cross finish line was Ben Greenberg, running a fine 35:36. Ben led the race for the entire course. He was followed in second place by the amazing Derrick Staley in 36:17. Third place went to my Team Utopia teammate Jon Rocco, who continues the tradition of HMRRC presidents that are great runners!!

On the women's side we had Anne Benson as the first female coming in at 40:28. She is also the first woman to have won the race four times! Congrats on that, Anne! The ever-fast Judy Guzzo took second place in 41:53. Nancy Nicholson came in third with a strong showing at 42:08. The women's course record holder, Emily Bryans, was unable to run due to a hamstring injury.

The masters' course takes you over a challenging set of hills – none of which are harder than the hill you encounter after the 5k turnaround. This hill brings you uphill past a cemetery. My lungs and legs are usually burning so bad at this point that I just have to make myself put one foot in front of the other and move forward to that fourth mile mark! At the end of this race you always feel like you have accomplished a great feat!

Race Director Jim Tierney once again ran

a smooth event, making it look effortless as he always does! Jim would like to SINCERELY THANK all the volunteers that day, with special thanks to Tom Adams, who marked the course the day before. Ed Gillen also handled a bunch of tasks that day including driving the Club van. Other volunteers were Marcia Adams, Katherine Ambrosio, Emily Bryans, Jim Bowles, Mike Caccuitto, Karen Dott, Rich Eckhardt, Ralph Feinstein, Pat Glover, Willie Janeway, Vince Juliano, Bob Knouse, Betty and Armand Langevin, Barb Light, Judy Lynch, Charlie Matlock, Rob Moore, Joan and Lowell Montgomery, Ed Neiles, Ginny Pezzula, George Regan and Bruce Vandewater. A heartfelt thanks goes out to all of you!

I always feel a family type of atmosphere at this race- masters runners coming together for a challenging event and making it through it together! There were great refreshments afterwards as always! And this year we got USATF hand towels as part of the awards, which were a different and nice touch! Looking forward to the 32nd running of this event in 2012!! ☐



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

### Articles:

Deadline is June. 25. Submit to: Editor, [pscontenteditor@gmail.com](mailto:pscontenteditor@gmail.com)

### Advertisements:

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

### Ads should be sent to:

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

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

## HMRRC Nominations and Elections

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

**STOP  
DWI** New York  
BROOME COUNTY

PRESENTS 28TH ANNUAL

# Chris Thater Memorial

DEDICATED TO CHRIS THATER WHO WAS KILLED BY A DRUNK DRIVER.

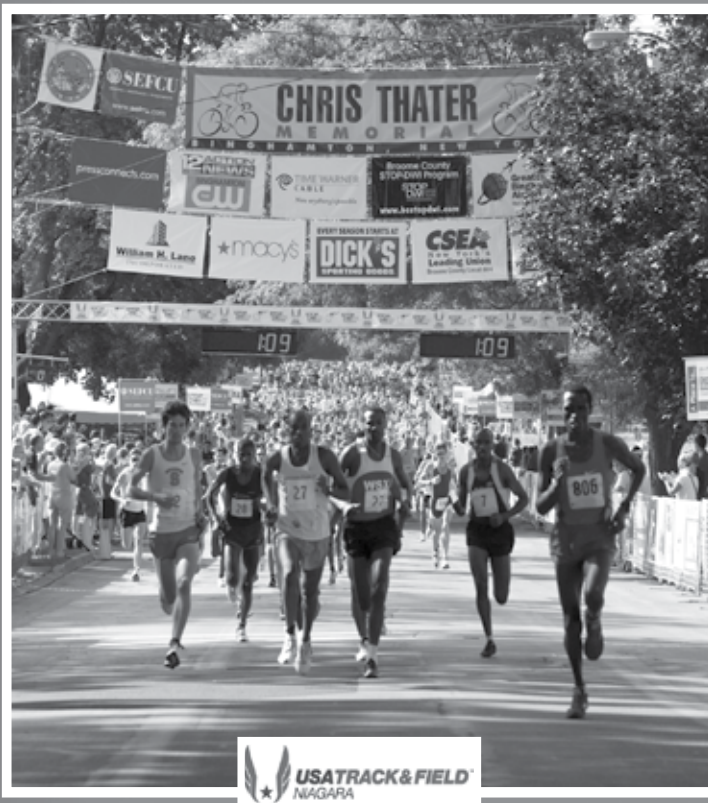
# 5K RUN

## \$20,000 IN CASH AND PRIZES!

**August 28, 2011**

**10 a.m.**

**Recreation Park,  
Binghamton, New York**



**Premier Sponsors**



**Event also features an Expo, food  
concessions and Music Festival!**

EVERY SEASON STARTS AT



**gift certificates  
for age group winners**



**Pair of B-Sens AHL tickets  
awarded every 50 places**

**To register  
on-line visit**

**sportsbaseonline®**

**For more information  
visit [www.bcstopdwi.com](http://www.bcstopdwi.com)**



**Elite Athlete assistance  
call 607-761-3953  
or email [gtabeek@gmail.com](mailto:gtabeek@gmail.com)**

**Gold  
Medal  
Sponsors**



# 100<sup>th</sup> B2B 12K –The Sideshow Awards Go West

by Bob Kopac

The first article I ever wrote was in 1996 about Sideshow Awards I gave to costumed runners at the 100th Boston Marathon. One runner ran with an 8-foot tall replica of the Old North Church steeple strapped to his back. I gave him the “Go-to-Church,-Church-to-Go” Award. He had a sign saying he had carried the steeple at the San Francisco Bay to Breakers 12K. Fast forward to 2011 and the 100th anniversary of B2B -- it was time for the Sideshow Awards to head west!



B2B has a split personality. There were elite athletes such as Meb Keflezighi and B2B winners Ridouane Harroufi of Morocco and Lineth Chepkurui of Kenya. There also were participants who dressed in elaborate costumes – or nothing at all. It IS San Francisco, after all. It is a race you do not necessarily win by a nose. To encourage costumed runners, B2B gives prizes in 5 separate costume categories – perfect for the Sideshow Awards.

My wife Lynne wore everything pink: angel wings, tutu, iRUNLIKEAGIRL top, fingerless mesh gloves, headband with a flower, hair extensions, peace sign socks, and a magic wand to keep the rain away. Our friend Pat DeHaven wore a samurai headband; during the race a runner informed him that he was wearing it upside down. Since it was San Francisco, I wore a purple tie-dye T-shirt adorned with a large psychedelic peace sign, with spandex shorts, knee socks, wristbands, and head banna all emblazoned with peace symbols. Peace Out.

I obtained press credentials. However, instead of shooting at the start or finish lines, I



had the bright idea – or so it seemed at the time – to run the race carrying a heavy SLR camera. What was I thinking? Although I had trained for a 12K, I had mistrained for this race. While running, I would see costumed runners in front of me, so I would sprint to get ahead of them, stop, spin, and shoot the photos. I called it my “Run-and-Shoot” Offense. I ended up sprinting the entire 12K while photographing the following Sideshow Award winners:

The “Hitting the Wall” Award goes to the runners wearing walled costumes, one of which said, “Does This Wall Make Me Look Flat?”

The “We Who Are About to Sweat, Salute You” Award goes to the runner dressed as a Roman soldier.

The “Spawn of the Dead” Award goes to the salmon runners who started at the finish line and ran to the starting line through the stream of runners – a B2B tradition.

The “Play Miss Deed for Me” Award goes to the group of women wearing beauty pageant gowns and sashes that read “Miss Behaved”,



“Miss Conduct”, “Miss Read”, “Miss Managed”, and “Miss Deed”.

The “Breakfast at B2B” Award goes to the runners dressed in Tiffany & Co. blue boxes.

The “Udder Madness” Award goes to the runners dressed as cows.

The “Project Runway” Award goes to the female runner who cut her bib number in half and used the halves to cover her bra.

The “Let Them Eat Cake” Award goes to the runner wearing a cake costume with one enormous candle.

The “Gone With THE WIND” Award goes to runners at the finish line wearing sheets, each sheet having a single word: “SIX”, “SHEETS”, and “TO”, and whose teammates appeared to have gone.

The “Billy Joel Scenes from an Italian Restaurant” Award goes to the runners dressed as tables with red-and-white-checkered tablecloths, food, wine glasses and wine bottles.



The “B2B Can Be Hazardous to your Health” Award goes to the runners dressed in hazmat outfits.

The “Kermit Green with Envy” Award goes to the runners dressed as Muppets who made most other competitors green with envy.

Speaking of green, the “I’m Melting! Nott!” Award goes to the woman dressed as the Wicked Witch of the West who survived the 5-minute drizzle during the race.

The “Ghost of B2B Past” Award goes to the family dressed in gray formal wear and gray face paint to represent the participants of the inaugural Cross City 1912 race, which later became the Bay to Breakers 12K.

The Gypsy Rose Lee” Best Costume Award goes to the 2 women covered head to foot in balloons.

The <http://tinyurl.com/B2B2011PhotosBy-BobKopac> web site contains these and other G-rated photos. I created a separate URL containing photos for mature audiences. During the race I ran behind 5 nude men and a nude woman. I sprinted ahead of them, spun, and took photos. After they passed me, I found a string of beads on the ground. I picked up the necklace, sprinted, and said, “Hey, naked lady!” When she turned, I handed her the beads and said, “It’s Mardi Gras!” She smiled and put on the necklace. That meant I HAD to sprint ahead of her to take shots of her wearing the beads. No wonder I was tired at the end of the race! ☐



**Help Wanted:  
NO  
EXPERIENCE  
NECESSARY**

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

**Indian Ladder:  
July 31**

**HMRRRC Picnic:  
July 31**

**Tawasentha XC 5K  
Series:  
August 8, 15 and 22**

**SEFCU 5K:  
September 5**

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

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



# DeGrazia Sets the Standard of Marathon Excellence

*by Vince Juliano*

HMRRRC Hall of Famer Dale Keenan won 14 marathons two decades ago and is generally regarded as the best male marathoner ever from this upstate NY region. Keenan's resume includes winning the Mohawk Hudson River Marathon six times while setting the course record 2:20:59 in 1984. Keenan also had the mental fortitude to win the HMRRRC Winter Marathon six times. Add in two Wineglass Marathon victories in western New York and one could see why his Hall of Fame plaque is inscribed "Marathon Master." Keenan built most of his impressive resume as an open runner but went out in style, grinding out a close victory at the 1995 Mohawk River Marathon, his last at age 45 in 2:35:06.

As one remarkable local marathon career was ending, another was just getting underway. For it was just one year earlier at the 1994 New York City Marathon, that a 43 year old woman made her marathon debut, running a solid 3:30:41 in typical anonymous fashion. 17 years hence the ageless Martha DeGrazia recently completed her 70th marathon at the 2011 Boston Marathon placing 3rd in her new age-group with a superb time of 3:28:29. At age 60 her Boston Marathon time was slightly faster than her Boston effort the previous year, 3:28:51, which was also faster than her 2009 Boston posting of 3:29:39. She has now placed 2nd or 3rd in her age group at this major marathon a remarkable 4 times.

It is said that the great athletes make the game look easy. For most of us, finishing a marathon is a lifetime goal, and a talented few can run the distance competitively for several years before higher mileage and repetitive impact wear us down. DeGrazia is the rare exception. She has averaged 4 marathons a year for over 17 years while running the distance not just to finish but to race competitively for time. In addition to her impressive accomplishments at the Boston Marathon, DeGrazia has placed in her age group at Chicago, Houston, Philadelphia, New Orleans, Phoenix, and the Marine Corps Marathon in Washington, DC. One of her career marathon highlights was winning her age group at the New York City Marathon after turning 50.

DeGrazia has also had similar success at the local MHR Marathon, but she enjoys traveling to new places while experiencing different marathons. In recent years she and her significant partner Ralph Feinstein have selected a European city to visit annually, with the main criteria being that the city offers an interesting marathon. Her partner speaks several languages and handles most of the logistics allowing DeGrazia to focus on what she does best, running 26 miles efficiently while finishing near the top of her age group class. DeGrazia has a dozen international marathons to her credit, and has placed in her division in more than

half of them. Along the way, she has won quite an impressive variety of hardware, with imported crystal being her favorite.

After debuting at the marathon distance in NYC, DeGrazia ran a masters personal best of 3:14 at Tucson five years later at age 48 and followed with career best 3:13 at the Boston Marathon at age 51. The 2011 Boston Marathon time of 3:28 was her first attempt since turning 60.

So what is the secret of her remarkable durability and mental toughness, which allows her to pick up the pace in the later stages of a marathon when everyone else is slowing down? How is she able to recover sometimes only hours after a grueling event and to race nearly every weekend while remaining void of serious injury?

DeGrazia will dispute any adjectives that highlight her ability, as she insists that what she does is hardly worthy of distinction. However she credits cross training, in particular the aerobic exercise she gets from swimming for 90 minutes in the pool daily for helping her mental focus and giving her confidence and the ability to know that she can keep going when she begins to feel fatigued. Says DeGrazia "I swim 2 miles rather regularly and I consider it similar to running in that the full body is involved and it takes focus to stay on pace. I swim at one speed, not fast. I think all I have is endurance, the focus and the ability to adjust pace if I sense myself getting tired or feeling good."

She also credits good genes, as she claims to have inherited her mother's high energy level.

DeGrazia prefers anonymity and often claims that her pace is slower than most of her Willow Street AC teammates. What she doesn't say is that she trains with a top-tier regional racing team where she is the senior member by a generation. Team captain Emily Bryans speaks on behalf of the team when she says "Martha is an inspiration to all of us, both as a person and an athlete. Her marathon record speaks for itself and we all hope that we can accomplish some of her success and maintain the same kind of energy and enthusiasm that she has." □





# 2011 Bill Shrader Sr. Scholarship Winners Announced

by John Parisella

*Voorheesville's Jolie Siegel, Catholic Central's Chris Herbs, and Saratoga's Brianna Freestone and Sam Place awarded a total of \$10,000.00*

The Bill Shrader Sr. Memorial Scholarships have been established by the Hudson Mohawk Road Runners Club in the memory of Bill Shrader, an outstanding lifelong runner and one of the founding members of the Hudson Mohawk Road Runners Club. The purpose of the scholarship program is to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. On an annual basis, four \$2,500 non-renewable scholarships will be awarded to two male and two female runners in Section Two who are planning to attend a college, university or community college full-time. The winners of the 2011 awards were chosen from among the applicants by a committee comprised of Jon Rocco, HMRRRC President, John Parisella, Executive Vice President, Joan Celentano, Chris Rush and Ken Skinner, based upon a package of information including athletic and academic achievements, extracurricular activities and community service, and letters of reference.

This year's winners include a pair of scholar-athletes from Saratoga High School, Brianna Freestone and Sam Place, Voorheesville's Jolie Siegel, and Catholic Central's Chris Herbs. The committee members were unanimous in their selections, which were based upon criteria developed by the Hudson Mohawk Road Runners Club.

Brianna Freestone has been a member of the Saratoga cross country and track teams since the eighth grade as well as the Kinetic Running Club, and she has competed at the national level numerous times. In the 2010 Indoor National Championships her 4 x mile relay team placed 5th, and in 2011 the team improved its performance to 4th place. Brianna is ranked 7th in her class, having taken honors and AP Language Arts and History, and has an impressive list of activities including serving as the school newspaper editor this year, National Honor Society since grade 10, and musical training in piano and saxophone since the age of seven, as well as performances in annual NYSSMA solos, Symphonic Band and Jazz Concert Band, All-City and All-County Band, and the All-American Jazz and All-American Music Festivals in Orlando, Florida. Brianna feels that once having achieved the opportunity to compete at the highest levels and having already achieved the measure of confidence required, she realized the continued importance of setting goals and chasing after them. Brianna plans to chase them into Marist College in the fall.

Jolie Siegel, from Voorheesville, indicated that she had been hooked by running competitively since the very first opportunity to race in the 7th grade. Jolie began as a jumper and

sprinter but she gradually became interested in the "insane" sport of cross country which, she heard, involved running three whole miles in rain, sleet, snow and ice. A member and leader of the National Honor Society as an 11th and 12th grader, Jolie is also a musician and plays the oboe in the school band. Jolie is in the Drama Club and Select Choir, and has held leadership positions in the school SADD (Students Against Destructive Decisions) chapter and student government. Jolie is a lifeguard and has taught in the community YMCA learn-to-swim program for three years. Running is an "irreplaceable" part of Jolie's life and she plans to run in college as well as afterwards - with her adopted family of runners wherever she finds them - because she believes that she'll find runners/friends who will joyfully run with her through the worst conditions as well as the best, suffer the toughness of races and make it through together with flying colors!

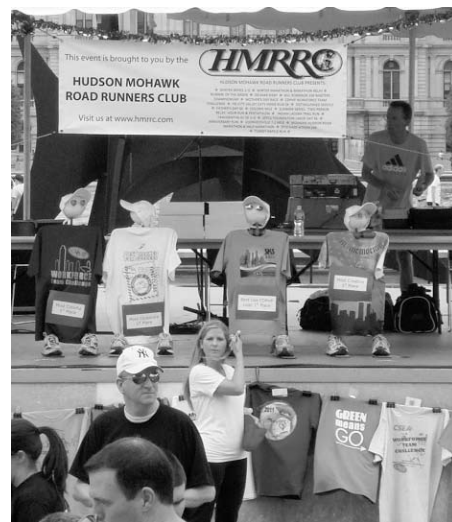
Sam Place lists running as his passion and he has been a captain of his Saratoga Springs teams in cross country, indoor track and outdoor track since 2008 and has twice been honored as the Saratoga Springs Most Outstanding Athlete for Track and Cross Country. This broad running experience mirrors his experience in the school and community, as he has been a member of the National Honor Society and has been recognized as a Scholar Athlete for the past four years. Sam is a member of the jazz and wind ensembles at his school, and he is a trombone tutor. Sam is a member of the French Club as well. Sam's activities in the community include coordinating the neighborhood food drive and volunteering at the Halfmoon Town Court. Sam's appetite for his chosen sport - having run over 10,000 miles in the past five years - has led to the 7th fastest time ever recorded at the Saratoga State Park cross country course, and 2nd and 3rd place finishes in the 2010 NYS High School Cross Country Championships and 2010 New York Nike Cross National Championship, respectively. Despite these achievements, Sam has had to leave room for regular employment at the local Ben and Jerry's where, were it not for his "dogged pursuit of running excellence, he might otherwise be managing the shop," according to his employer.

Chris Herbs of Rexford was encouraged to run as a freshman in high school by his mom, also a runner. Initially hesitant due to pain in his joints caused by rheumatoid arthritis, he gave it another look and has never looked back on his way to, eventually, breaking a 15-year old record on the home cross country course! The two-year Catholic Central XC, indoor track and outdoor track captain has been named a

Big Ten Cross Country All Star for three consecutive years. In school he serves as an Executive Board member of the Student Council, as Leadership Board member of the Key Club, and as a peer tutor. Chris has volunteered as a course marshall at numerous fundraising road races.

Chris Herbs is described as somewhat of a natural leader, teacher and coach. For example, Chris is a youth hockey assistant coach and referee. In addition, Chris has taken novice members of his school cross country team under his wing and taught valuable lessons about training, race strategy, and the real value of team camaraderie. Chris has been credited with unselfishly mentoring a younger team member to a point at which the younger member may at times outrun Chris in a race! Through Chris' friendship in running and commitment to the sport, the younger teammate has realized a talent, a lifelong passion and lifelong friendship.

There were many deserving applicants for the 2011 Bill Shrader Sr. Scholarships. The selected recipients represent many of the best reasons we all run: the friendship, the will to put in "10,000 miles" to achieve a goal; the leadership and willingness to volunteer; and the sheer joy of running. The Hudson Mohawk Road Runners say "Congratulations" to Brianna, Jolie, Sam, and Chris and wish them as well as the other applicants good luck in their future plans. □

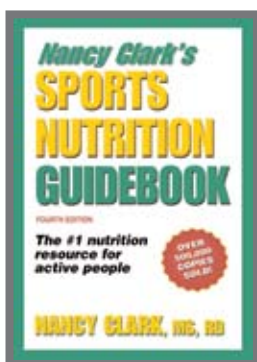


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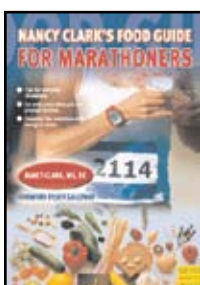
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# Shires of Vermont Marathon

by Gina Mauro

I ran track in high school and was terrible at it because my physique resembled that of a very sturdy tree. The best thing to come out of my short-lived tenure on the Niskayuna track team was that I made one friend who didn't care that I was terribly slow. I promise this is not a cheesy friendship/running story. As I mentioned, my physique was not conducive to propelling myself through space by foot-driven-force alone, so I quit the team, swearing never to run again.

About year ago, I caught the bug. Two girls I was working with on a farm in California ran a 4.5 mile loop on a regular basis. I both envied them and thought they were totally insane. I did my yoga practice every morning before work and every evening after, but I couldn't fathom having the energy to run 4.5 miles after a day of physical labor. I often had long and borderline irate conversations with one of the boys I worked with, about how much we mutually despised running and would never do it, ever.

I'm sure you can see where this is going. So please don't cringe at the next part. The town I lived in was home to a shed/closet-like structure in the middle of the village know as "the free box." I found a pair of gently worn New Balance sneakers in just the right size. It was obviously a sign, and my journey began the next day. It took me an hour to run-walk-jog-hobble the 4.5 mile loop, I think I even cut it down by half a mile by cutting through a horse field. I was awful at running, felt exhilarated afterwards, though angry and despondent during.

This past October I was also reunited with my high school track friend who allowed me to run with her almost every day, even though I still struggled to run three miles without stopping. Nonetheless, we promptly started researching marathon training schedules and searching for local marathons to register for. We read tons of articles about first time marathoners, and our conversations during our runs often turned to how we would have to be careful not to get addicted to marathoning, like that was our biggest obstacle.

We spent the winter training for the Shires of Vermont Marathon on May 15, 2011. We ran in the snow and on the treadmill. We found the best thing to do was go to the Guilderland YMCA on a Sunday because they had big windows right in front of the treadmills, and then afterwards, we would luxuriate in the hot tub. The winter months were somewhat of a scramble as we increased our mileage and fought with all our sanity against the winter which was holding on like grim death well into April.

Somehow, at the same time as winter dragged on, the days ticked by too quickly, with May 15 approaching at the speed of light. The days grew warm and bright and I felt light on my feet. Spring invigorated and inspired every step I took. I felt ready. I ran my 20 miles three weeks before the marathon then began, astutely, to taper off. I even began a jogging

commute 7 miles to and from work, carrying only the lightest pants and shirt in my backpack to change into. The week before the marathon was crystal clear. Each morning I woke up to blue skies, chirping birds and balmy temperatures. The clouds rolled in a couple days before the marathon. They rolled in slowly, in that way where you know they're going to stick around for a while before they roll out just as slowly.

I did nothing the two days before the race, resting and hydrating my body and mind. Drizzles woke me on Sunday May 15, and clouds draped the landscape. Our drive from Albany to Bennington was beautiful, through a calm gray whose clouds did not compromise the view. It was actually the perfect weather for a long run. The start line felt much like a casual gathering of friends contemplating a casual jog through southern Vermont. I had read the previous night that 366 participants were registered, but my scan of the crowd yielded a rough estimate of 200. I knew that the event organizers had hoped for a larger turnout after having the marathon certified. Even so I appreciated the small crowd.

My friend and I ran the first three miles way too fast, gabbing away and enjoying the fact that it was not raining. We passed through a beautiful covered bridge, whose amazing acoustics were utilized by a bagpiper serenading our run. Water and Gatorade was consistent, every two miles and always served with a smile. My friend and I split off around mile ten, as she is much faster than me and felt that she had spent enough time reserving her energy. Then the rain came down. I enjoyed it. I ran with an alternating cast of characters as we played leapfrog with one another for the remaining 16 miles.

As a dedicated yogi and yoga instructor, I had sworn to take breaks every few miles to stretch, but something about the rain and an almost competitive state of mind (kept me from doing so. I plugged along. I felt really good. I enjoyed the rain, I made jokes with passersby, "Hey! At least we won't have to shower afterwards!" I honestly felt worse for the volunteers at a certain point than for the runners. They had to stay in one spot, while we got to explore the rolling hills and green vistas of an absolutely beautiful area. There was a particular group of cheerleaders who moved from spot to spot cheering us on. I would not have recognized them as the same group of people had it not been for their colorful costumes and outlandish wigs. They were absolutely integral in keeping up my morale during some miles where no one else was around. In general I love running and other meditative activities because I love being alone with my breath and my thoughts, but there were a few points where I started to think I took a wrong turn because I saw no one ahead or behind me. I consoled myself simply by knowing that Vermont is a relatively small state and I would eventually find my way to

*Continued on page 21*

# Exercise, Injury and Creatine: Updates from ACSM

Each year, more than 5,000 health professionals gather at the Annual Meeting of the American College of Sports Medicine (ACSM; [www.acsm.org](http://www.acsm.org)). At this year's meeting (Denver, June 1-4, 2011), exercise physiologists, sports medicine doctors, and sports nutritionists shared their research and offered updates. Here are three updates that might be of interest.

## The power of exercise

"Exercise is medicine" is the slogan for ACSM's public health campaign to teach people the importance of living an active lifestyle. "Exercise is **better than** medicine" would also be a good slogan! According to Dr. Karim Khan of the University of British Columbia, lack of physical activity is the biggest public health problem in the 21st century. (I know, I am "preaching to the choir" because you are already active. But I'm sure you have friends and loved ones who spend too much time on the couch. Please pass along this message along to them.)

We know that exercise can reduce the risk of heart disease, certain cancers, dementia, and other diseases of aging. But what most people don't know is 16% of North Americans will die from low fitness/sedentary lifestyle. That's more than the 14% of people who will die from "smokerdiabetesity" (smoking, diabetes, and obesity combined). (1)

If exercise is so good for us, why are so many people failing to exercise regularly? And how can we get them to exercise by choice? Incentives work in the short term. That is, employees who get a discount on their health insurance premium will initiate an exercise program. But in the long term, people maintain an exercise program if it gives them pleasure, makes them feel good about themselves, improves their mood, and offers friendship.

Wanna-be exercisers should take weight loss out of the equation. That is, if they are exercising just to lose weight, what happens when they reach their goal? They'll still need to keep exercising to maintain that fat loss, so they had better start a program they are interested in enjoying for the rest of their lives!

Just as MDs monitor blood pressure and weight, they should also monitor physical activity. Thanks to ACSM's *Exercise is Medicine* campaign, doctors are now being encouraged to prescribe exercise to their overfat, underfit, (pre)diabetic clients, telling them how often, how hard, and how long to exercise. This written prescription has been shown to help improve exercise compliance.

## Nutrition for injuries

Unfortunately, part of being a runner seems to entail being injured; no fun. Runners with in-

juries should pay attention to their diet. If they are petrified of gaining weight (yes, petrified is a strong word, but it seems fitting to many injured athletes who seek my counsel), they may severely restrict their food intake. One marathoner hobbled into my office saying, "I haven't eaten in two days because I can't run."

While injured runners do require fewer calories if they are exercising less than usual, they still need to eat an appropriate amount of fuel. Injuries heal best with proper nourishment. For example, if you have had surgery (such as to repair a torn ligament), your metabolic rate might increase up to 20%. Using crutches increases energy expenditure by 5 to 8%. If a wound happens to get infected, metabolic rate can increase by 50%.

When injured, you want to eat mindfully, so that you eat enough calories—but not too many calories. Before you put food into your mouth, ask yourself: "Does my body need this fuel? Will this food provide nutrients to help my injury heal?" Your mind may want excessive treats to comfort your sorrow, but the nutrient-poor cookies that help you feel happier for a moment can contribute to undesired fat gain that will increase your misery for the long run.

If you have ever had a broken bone, you have seen first-hand the muscle wasting that occurs when, let's say, a leg has been in a cast for 6 to 8 weeks. The good news is, according to Dr. Stuart Phillips of McMaster University, muscle strength and power returns quicker than muscle size. You can minimize excessive muscle loss by eating adequate protein. The typical (and adequate) protein intake is 0.5 g protein per pound of body weight per day ((1.1g/kg/day). During recovery, a better target is about 0.7 g pro/lb (1.6 g/kg). For a 150-pound athlete, that's 75 to 105 g protein for the day, an amount easily obtained through your diet. Simply choose a protein-rich food at each meal and snack throughout the day to help maximize healing and minimize muscle loss.

## Creatine and health

Creatine has been shown to enhance performance in sports that require short bursts of energy (including sprinting, soccer, ice hockey, weight lifting). The question arises: Is creatine harmful? According to Eric Rawson, PhD of Bloomsburg University in PA, creatine is safe. Although critics have tried to implicate creatine in athletic events that resulted in death, other factors were involved, such as excessive exercise in extreme heat (2, 3, 4).

The NCAA and other sports organizations discourage the use of creatine in teenage athletes. Teens who take creatine while their bodies are growing will never know how well they could have performed with simply a good

sports diet and hard work. The question arises: Will athletes who take creatine be enticed to try other ergogenic aids, such as harmful and illegal steroids? The answer is unknown.

On a daily basis, the brain uses creatine to help us think and process. (Thinking requires quick energy, and creatine enhances that metabolic pathway.) Taking creatine supplements can increase brain creatine by 4 to 9%.

When the brain is tired, as happens with sleep deprivation, creatine may be able to enhance brain function. For example, sleep-deprived rugby players who took creatine improved their accuracy when throwing a ball (compared to those who did not take creatine). The effect was similar to if they had taken caffeine, another alertness heightener (5).

Creatine might be helpful for athletes who suffer a concussion. Research with animals suggests taking creatine pre-concussion enhances recovery (6). Granted, few athletes know when they will get a concussion, but anecdotes tell us that hockey players who routinely take creatine (and have higher brain creatine status than athletes who do not take creatine) report enhanced recovery. In certain medical situations (such as muscular dystrophy, Parkinson's disease), creatine can also have a health-protective role.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com) for her upcoming Western US workshops.

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33<sup>RD</sup> ANNIVERSARY OF THE  
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SATURDAY, AUGUST 6, 2011 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

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ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.  
(CAN ENTER BETWEEN 6:45-8:00)

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2010 WINNERS

-36

OTIS UBRIACO	15:07	32:35
SAM ROECKER	17:28	

37-45

ALEX LEUCHANKA	14:35	32:45
DANIKA SIMONSON	18:10	

46-54

JOHN MORTIMER	16:07	36:06
RACHEL KELLER	19:59	

55-63

ANDREW GRAFF	19:03	40:39
DANIELLE BARGONE	21:36	

64-72

BRIAN TRAINOR	17:15	37:01
NANCY NICHOLSON	19:46	

73-81

PATRICK CULLIGAN	18:36	39:38
KIRSTEN CONNORS	21:01	

82-90

TONY STEFANELLI	21:22	43:20
MARYANN JOHNSON	21:58	

91-99

CHRISTOPHER JONES	18:13	40:51
MARGARET JONES	22:38	

100-108

DON LAWRENCE	22:26	47:35
CINDY APPLEBAUM	25:09	

109+

PAUL FORBES	19:51	40:47
NANCY TAORMINA	20:56	

ENTRY FORM

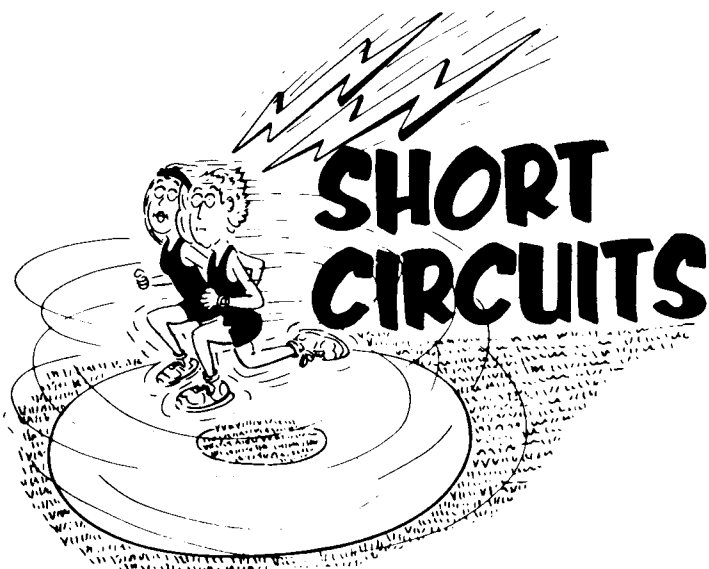
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-36 37-45 46-54 55-63 64-72 73-81 82-90 91-99 100-108 109+





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

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

Ed Gillen finished a close second in the Distinguished Service Award voting this year. And now he is a winner! Leaving the competition far behind, Ed easily won the pizza eating contest recently held at the Orchard Tavern in Albany. Ed's purpose was not to become eligible for the Clydesdale division in future races but to raise money for the Upstate NY/VT Chapter of the Leukemia and Lymphoma Society's Team in Training.

Ed downed three full pizzas in a record time of seven minutes. Ed Gillen then suddenly became known at Big Ed Gillen, the Pizza Eating Monster. Congratulations Big Ed!



Big Ed Gillen - A pizza monster is born

and over, running a 3:25:43 in Rotterdam. The previous mark was 3:39.



Ed Whitlock, defying father time



Are you in a rut? Or, more politely, have you reached a plateau? As a runner, it's easy to get stuck in a rut. You get used to doing the same workouts, the same number of weekly miles. But if you want to "Break On Through to the Other Side," you have to increase your training. If your training stays the same, don't expect your races to get faster. The human body is very good at adapting to stress when that stress is applied in small doses, but it also does something annoying - it habituates. To get faster, stronger, and break through plateaus, you must gradually and systematically increase the amount of training stress. - Jason Karp, Ph.D., Exercise Physiologist



Turning 80 in March, Canadian (and Stockholm record setter) Ed Whitlock quickly demolished the marathon record time for 80

Peter Sagal, the host of the NPR show "Wait

Wait... Don't Tell Me" - who happens to be an avid runner and a columnist for *Runner's World* - thinks that runners run to feel the pain. "What is it about the pain of endurance sports that's fun?" he asks. His answer, "I say the pain is sort of the point. My thesis is that the pain isn't an obstacle to achievement so much as part of the achievement. We actually want to suffer." □



King of Pain

## Shires of Vermont, cont. from p. 18

Manchester.

By the last few miles I wished I had stuck to my stretching plan. My thighs were like rocks and it took me about 4 days to be able to walk down the stairs like a normal person. My dad met me at the finish line, and honestly, when we had to pass the finish line, continue another 2/10 of a mile and then loop back around I almost cried. I'm not sure if getting choked up was from seeing my dad waving me on, or knowing that I was about to be the proud owner of a "26.2" bumper sticker. Nonetheless, I finished strong, for me - still not strong enough to have qualified for anything, even if I were over 70 years-old, but I didn't care. I finished! And to top it all off received a beautiful handmade ceramic pendant for my troubles.

The week before the marathon I swore up and down to myself and everyone I talked to that this would be my first and last marathon. Now, I've already registered for another half-marathon and almost can't wait for next year's Shires of Vermont. I would definitely recommend this marathon for anyone in the area, new or seasoned marathoners alike. It is a beautiful route and maybe next year it will even be sunny. □

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# Welcome to Running!

by Alyssa Lotmore

*'Just Run' Coach and  
School Social Worker*

*at Albany Preparatory Charter School*

*Coach: "We will compete in track meets and road races."*

*Student: "We run in the ROAD? Won't we get hit by cars?"*

Introducing running, especially the world of road racing, to my middle school students, or should I say *scholars* as we like to call them, was an interesting and exciting adventure. When Albany Prep was accepted into the HM-RRC's *Just Run* program, which funds schools so that they are able to start a running-fitness program, I was thrilled. Running has always been such a central part of my life. I was excited to be able to introduce this sport to my scholars.

The first day of practice, over 30 scholars came to practice. Many wore their uniform black pants and long-sleeve purple shirts, others changed into jeans or heavy sweatpants, while several others wore their high-top basketball sneakers. I knew that most of the scholars had never run before or had any idea about the proper clothing to train in. We started with the basics – the proper attire and the importance of warming up and stretching. I explained the difference between a walk, jog, run, and sprint and demonstrated examples of each. I then let them start what was supposed to be the warm-up jog but it looked more like the 100m dash. Teaching the art of running is more difficult than I ever thought. (Here I would like to pause and thank all my past coaches for being able to teach me!)

It took a few weeks, but my scholars soon were able to go through their warm-up routine of jogging, stretching, and drills. They were able to run continuously for a certain amount of time and do interval workouts. Competitions in races such as the Delmar Dash and the Freihofer's Run added to the excitement of running. Having athletes like 3-time Olympian Benita (Johnson) Willis and marathoner Tara Moody come to our school was an honorable and memorable experience for all the scholars, myself, and Albany Prep.

The scholars built self-confidence and self-discipline from this program. They learned not only about running, but about fitness and healthy eating. Community service was also a requirement for this program, which only added to the benefits of the *Just Run* program. I would like to say thank you to the HMRRRC, especially Ken Skinner, for facilitating such a program to be started in the Capital Region. I hope that it continues to grow and reach more schools and youth. □

# Discovering a Love of Running

by Jen Masa

I wasn't always a runner. In fact, for the majority of my life, I wasn't athletic at all. I dreaded "The Mile" in gym class and almost always came in dead last. I didn't have an athletic bone in my body, and I never thought I would.

And then, two and a half years ago, something changed. I wanted to get in shape. I was 80 pounds overweight and tired of it. I wanted to work exercise into my daily routine. One day I decided to try running a bit during one of my walks. If I could just run a half a mile without stopping, I figured running would be the quickest way to burn calories and get me toward my goal of losing weight faster. It did! Slowly I made it to running three miles without stopping, and with exercise and healthy eating, I lost 80 pounds!

But, I wanted more. I needed a fitness goal. I signed up for a 5K in May of 2009. My goal for this race was to run, without stopping, the whole time; to finish, that was it! I was so nervous about it and hoped that I could complete my goal. Without ever stopping to walk, I finished the race in 37 minutes. I felt incredible. I felt like I had found my place, like I'd discovered my passion. Words can't even really describe the feeling I had – I had come from being 80 pounds overweight and non-athletic, to a person who successfully completed running a 3.1 mile race. I cried at the finish line, I was so proud of myself. I had never felt this feeling before and it was so strange to me. Now, I wanted more - more races and longer distance. I had been bitten by the racing bug!

Throughout the year I kept running, trying to improve my 5K time, and increasing my distance. One of my goals in 2010 was to run the CDPHP Workforce Team Challenge alongside many of my co-workers. At first, I was nervous to sign up because I didn't feel like a "real runner," but I wanted to run another race, so I went for it! My first Workforce Team Challenge went really well. Even though it was a hot and humid 93 degrees, I finished in 35 minutes. I felt great.

The Workforce Team Challenge is the biggest race in the Capital District. It is a 3.5 mile race from the Empire State Plaza, up through and around Washington Park, and finishing back down on Madison Avenue by the New York State Museum. Over 9,000 runners were registered this year, with over 400 teams from companies from across the state. My team had over 60 runners! It was fun. The weather this year was warm, but not overly so. Even though it was pretty crowded and I was dodging runners left and right, and it was a bit hard to find my "groove," I still had a great time. The best part was beating my time from last year by five minutes! That's my favorite part of a race: challenging myself each and every race to see if I



can improve on my previous times.

Since 2010, I've run dozens of races, including two 15Ks, a 10 miler, and two half marathons. So, when the time came this year to sign up, I did! Running one of the biggest races in Albany alongside so many other people is definitely an exciting experience. With so many runners, there is always something to see. The cheering from the crowd provides great motivation for the runners. And there's nothing better than gliding down the Madison Avenue hill to the finish line.

For me, running has become more than just a way to burn calories. It helps me relieve stress and allows me to feel a sense of accomplishment whenever I finish a run or race. I can always push myself farther and set new goals for myself. It teaches me more about myself every day and I believe because of it, I'm a better person. I'm healthier and happier than I've ever been in my life.

\*Currently, I blog about running, fitness, & food while maintaining my 80 pound weight loss at: <http://www.jenisgreen.com>. □

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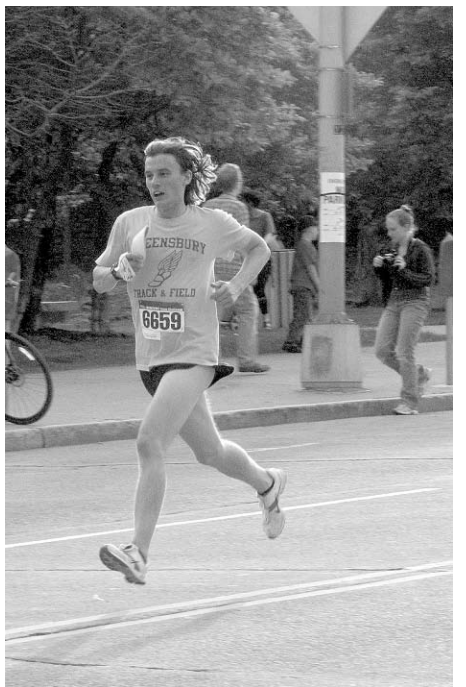
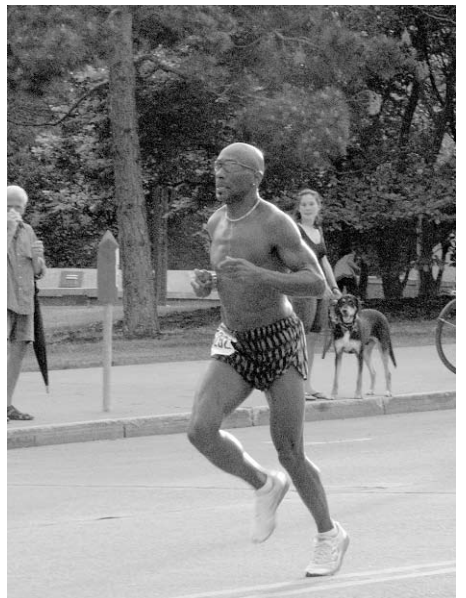
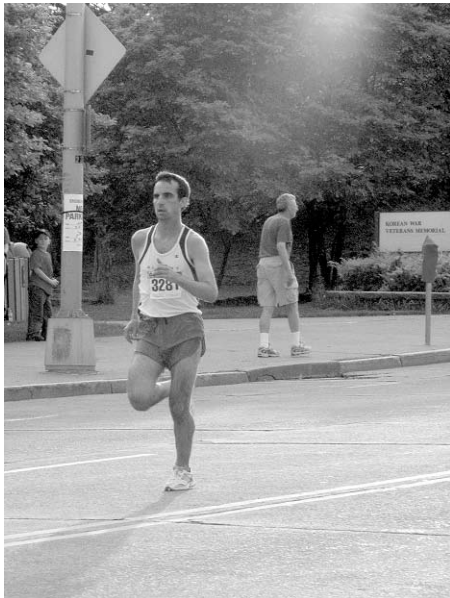


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# 10<sup>th</sup> Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 18, 2011 – 9:00 a.m.



- Course:** Both the 5K run and 1 mile walk start and finish at the **Washington Park Lake House** on the west (Madison Avenue) side of the park. Paved roads throughout.
- Awards:** Awards will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards. Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.  
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.
- Entry Fee:**
- |                      |   |
|----------------------|---|
| <b>Individuals:</b>  | \$15 Pre-registration before September 1 only; Register onsite for \$20 after September 1 |
| <b>Team Members:</b> | \$12 Pre-registration before September 1 only; Register onsite \$20 after September 1     |
| <b>Children:</b>     | \$5 ages 10 and under   |



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

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

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



**Mail Entry Form and Check To:**  
**Caring Together, Inc., PO Box 12383, Albany, NY 12212-2383**



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

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

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

Sex: ☐ Male ☐ Female I am a: ☐ Runner ☐ Walker \_\_\_\_\_

**I have participated in this race for \_\_\_\_\_ years (collecting because it is our 10<sup>th</sup> anniversary)**

Shirt Size (circle one): Adult - SM MED LG XL XXL Child – SM MED

☐ No Shirt (please use all money towards research)

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

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

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

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

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

# "BEEN THERE, DONE THAT"

by Mike Becker

## July 1976...Thirty Five Years Ago

Don Bourgeois celebrates his first day as club co-president by winning a 2.5-mile cross country race at SUNYA on the first. Tom Greene wins the 5-miler. A total of 26 men participate in the two events, with no women participants.

Seven pairs of runners compete in a six-mile relay on the eighth at the SUNYA track. Pat Glover and George Narode are the fastest team with a 34:29 total.

Ron Warner almost breaks Tom Clarke's club Pentathlon record on the 29th, but still comes out on top, beating Dan Larson by one point.

## July 1981...Thirty Years Ago

The Manufacturer's Hanover Capital Challenge Series 3.5-miler is held on an 89-degree evening on the ninth. The male four-person team from Athletic Attic wins with Barry Brown and Lee Pollock running a 17:52 and 18:15, respectively, to lead their team. The top female team is from the NYS Education Dept., and the top co-ed team is from Mechanical Technology, Inc.

The "I've Gone Bananas" eight-mile run is held at 2:00 a.m. on the 12th. Mark Sullivan runs a 42:28 to top the 51-person field, with Dick Vincent and Marty Kittell taking two-three. Janet Grenda is fastest among the six females with a 60:15.

The Sextathlon is held at the SUNYA track on the 23rd. The six events include a frisbee toss, softball throw, long jump, and three running events. Jim Louison and Patricia Mercer are the winners.

## July 1986...Twenty Five Years Ago

Dan Griffen and Ray Newkirk are winners of the six-mile relay at the SUNYA track on the tenth, with a total of 35:01, beating Jack Berkery and Paul Rosenberg by nearly a minute.

Dale Keenan is the top local male in the Boilermaker 15K in Utica with a 47:43, good for 23rd overall. A total of 45 local men break 60 minutes. Anny Stockman is the top local female with a 62:45, 420th overall.

Denise Herman wins the Women's Running Festival five-miler in East Greenbush on the 19th with a 31:17. It is Denise's third consecutive win in this event. The results indicate the 25th place finisher was 'disqualified - wore headphones.'

Kevin Williams wins the Colonie Mile on the 21st with a 4:22, and Denise Herman is the top female with a 5:17. Masters winners are Paul Murray and Anny Stockman. A total of 99 runners participate in the shortest club Grand Prix event.

## July 1991...Twenty Years Ago

The Pace Setter is an unusually thick 68 pages, 16 of which are results, articles, and photos from the Freihofer's Run for Women.



The Bijou Mile is held in Saratoga Springs, and Quentin Howe wins with an incredible 3:58.6. A total of 12 males go sub-4:20. Inge Stockman wins the female division with a 4:57.9.

Mark Delfs wins the Mechanicville Firecracker four-miler on the seventh with a 20:22, with Tom Bulger 17 seconds back. Amy Herold-Russom runs a 24:25 for top female honors.

Lori Hewig runs a blistering 4:45 in The Colonie Mile on the 16th at Colonie High School, to beat second place Denise Herman by 37 seconds. Rick Bennett runs a 4:24 to win the men's mile by eight seconds over Rob Picotte.

## July 1996...Fifteen Years Ago

Zach Yannone wins the Colonie Mile at Colonie High School on the ninth with a 4:27. Ellen Predmore is top female with a 5:12.

Saratoga Springs HS standout Cheri Goddard runs a 53:06 in the Boilermaker, good for 75th overall. Rich Cummings is the top local male with a 53:27.

Just 13 runners participate in the 10K Handicap Race at the State Office Campus on the 28th. The low turnout is blamed on poor publicity and misinformation, and the occurrence of club handicap races in the future is in doubt.

## July 2001...Ten Years Ago

Lance Denning from Colorado runs a 54:08 to edge Jamie Rodriguez by four seconds in the Adirondack Distance Run ten-miler in Lake George on the first. Fourteen-year-old Caitlin McTague is the top female with a 62:49. A total of 599 runners finish.

Jamie Rodriguez and Emily Bryans are winners of the Colonie Mile on the tenth with times of 4:31 and 5:04, respectively.

Tara Sheedy and Jamie Rodriguez win the Indian Ladder 3.5-mile Trail Run on the 15th with times of 24:30 and 19:08. Tracey Van Dyke and Ken Bigos win the 15K with times of 71:06 and 60:25.

Zach Yannone and Emily Bryans are top

local male and female finishers in the Subaru Buffalo Four-Mile Chase Race on the 21st with times of 20:15 and 23:01, which are 30th and 99th overall. The winner (Joseph Itati from Kenya) runs a 17:53, for a 4:28 pace! The Willow Street men's and women's teams each finish third.

Willow Street teammates Nick Conway and Zach Yannone finish one-two in the Silks and Satins 5K in Saratoga Springs on the 28th, with Conway running a 15:12. Thirteen-year-old Nicole Blood runs an 18:07 for top female honors.

## July 2006...Five Years Ago

Jamie Rodriguez wins the Adirondack Distance Run ten-miler in Lake George on the second with a 53:44. Kara-Lynn Kerr is first female and eighth overall with a 61:24.

Seamus Nally and Eileen Combs are top local finishers in the Boilermaker 15K in Utica on the ninth with times of 48:27 and 57:49.

Chuck Terry and Emily Bryans win the Colonie Mile on the 11th with times of 4:20 and 5:15. Bob Matteson runs an 11:54 to set a world record for a 90+ runner.

Nineteen pairs of runners participate in the two-person relay at CBA on the 20th. Kimberly Miseno-Bowles and Jim Bowles are fastest with a combined 37:17 for six miles.

Chad Davey and Kari Gathen run 9.28 and 9.12 miles, respectively, in the Hour Run on the 27th at the CBA track on a hot, humid evening. Just 16 runners brave the heat. □

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Runners Club is on the Web



- Complete Race Schedule
  - Grand Prix Update
  - Race Applications
  - Race Results in a flash
- www.hmrrc.com**

# Meeting Minutes of the HMRRC General Meeting - April 13, 2011

Attendance: Jon Rocco, John Parisella, Cathy Sliwinski, Mark Warner, Ginny Pezzula, Rikka Murray, Cynthia Southard, Barb Light, Chuck Terry, Tom & Marcia Adams, Ray Lee, Jim Bowles, Steve Montanaro, Nancy Briskie, Rob Briskie, Joan Celantano, Louis Tobias, Doug Bowden, Mary Collins Finn, Rob Moore, Roxanne & Ed Gillen, Judy Lynch, Wade & Anny Stockman, Diane Fisher, Pete Newkirk, Pam Zentko, Sharon Fellner, Vince Juliano, Ken Skinner, Chuck Batchner, Debbie Batchner, Tom Tift, Steve Sweeney, Al Maikels, Frank Meyer.

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

Reading and approval of March 9, 2011 minutes (B. Light)-motion to approve minutes made by Marcia Adams seconded by Mark Warner. Motion approved.

## Reports of Officers

### 2.1 President (J. Rocco):

Pace Setter Content Editor Opening-posted on website and in May Pacesetter. If interested please contact Robin Nagengast. Position involves soliciting and reviewing articles for local races and club races to Pacesetter. 8-10 hrs per month.

Recycling Events-Jon planning on having a recycling event at the CDPHP Workforce Team Challenge race, Rob Moore will be helping out. The club also received a thank you letter from Cairo Durham Elementary School for the grant they received.

Recognized people who have been voted on Distinguished Service award: Pete Newkirk, Doug Bowden, Ken Skinner, Vince Juliano, Nancy Briskie, Tom & Marcia Adams, Al Maikels.

Executive Vice President (J. Parisella):

Shrader Scholarship Update-all applications received, packets to be distributed to committee-5 girls 7 boys applied for scholarship. Announcement will be made by May 1, applications were down this year. Applications were sent to all Section 2 Athletic Directors and they forwarded them to Guidance Counselor.

Distinguished Service Award Nominator Presentations and Vote

Nominees: Cathy Sliwinski and Ed Gillen – Marcia Adams presented Cathy Sliwinski and Vince Juliano presented Ed Gillen. Both nominees are excellent choices and have done much for the club and

we are deeply indebted for their service. After the voting the Distinguished Service winner for 2011 is Cathy Sliwinski.

2.3 Executive Vice President – Finance (C. Terry): Chuck presented summary of the assets of the club and the income and expenses for 2010. Discussion followed. Chuck will now put information together to get to accountant to file taxes. It was noted that membership income down but membership is up but some of the memberships can be part of race entries and not labeled correctly. Jon thanked Chuck for putting together the report.

2.4 Secretary (B. Light): No Report

2.5 Treasurer (P. Zentko): closed all key accounts into one account.

## Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2465 up 67 from last month and 250 from this time last year.

Volunteers (M. Adams): need volunteers for Masters race and end of April. Contact Jim Tierney or Marcia Adams. We also need volunteers for Mothers Day race and Fathers Day Race and Distinguished Service Race. Clean Sweep this Saturday at 1PM and Lions Park.

Public Relations (R. Moore): Press releases out for Masters and Mothers' Day Race. Last Saturday the club was at Eastern Mountain Sports for club day, John Parisella helped out. This Saturday and Sunday is Adirondack sports community expo from 10-6 Saturday and 10-5 Sunday. All shifts have been covered. Will be volunteering at the recycling booth at Friehofer Run for Women race. Accepting shirts/shoes.

Race Committee (M. Warner): Delmar Dash this past Sunday-finishers up from last year. Spotlight will be doing coverage on the race. Woman's record this year-5:38 mile pace. Ed Gillen gave report on Running of the Green race-a lot of pre-race challenges this year but Ed had a lot of guidance and support which helped put the race together. Special thanks to Marcia Adams and Randy Goldberg. This year there was no day of race registration which worked very well. Used chip tag system and finishers seemed to like it. New shirt design and the course was re-measured for this year. Did have 730 registered runners and 3 day of but was prepared if people

from out of town weren't aware of no day of race registration. We had 500 register online with Apricot system which worked well. 640 finishers which was a record and Emily Bryants tied the course record set 10years prior. Justin Wood overall winner and Ken Skinner got to run the race for the first time. Hats off to the Village of Green Island officials who really helped to make the race happen. They are concerned about how big the race is getting and asked if it could be capped for next year. St. Patrick's Day is on a Saturday next year and it may be raced on that day next year. Tom Adams noted that Ed did a wonderful job at the race and thanked him for all his hard work. Mark Warner noted that he never saw a race that had so many issues a week before the race and it came off great. Ed also thanked Vince for writing an article for the race for the Adirondack paper. Masters Race April 30, May 8th is Mother's Day Race. CDPHP Workforce Team Challenge is well under way, race is May 19th, things are looking good. Enrollment hasn't really started yet, but is sure that they will start coming in. Tent sales are going strong for corporate sponsors. Frank Myers able to get Colonie track again for this year.

Race Committee Treasurer (N. Briskie): no outstanding reports-see attached report.

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

Conflicts Committee (C. Terry): no report

Safety Committee (V. Juliano): no report

Grants Committee (R. Newkirk): no report

Long Range Planning Committee (E. Neiles) no report.

Just Run Program (K. Skinner)-currently have 500-550 kids participating in program; track meet June 9th at Union College. Getting publicity in collaboration with Friehofer Run for Women and the youth run at that race. Press conference on April 28th at 11AM at New Scotland Elementary School and 5 of our Just Run Program will be part of that conference. Press conference should get some coverage because Benita Johnson will be coming, she is a previous winner of the Friehofer Run for Women race, and she will be visiting local schools before the press conference. Union college gave Ken a contract to rent the track for 4 hours, will review with

Jon. Marcia Adams and Maureen Cox will help out with the food and refreshments. Tom Tift asked if volunteers will be needed at the track meet, Ken will look into and see what is needed and will let the club know.

## Unfinished Business:

Race Archives – Ed Neiles working on that 1986-1996 all keyed and ready to post to the website.

Volunteer Insurance – Marcia Adams tabled until next month. Jon looked at policy and there is a part of our policy that will cover for medical expenses. Will get more information together and discuss next month.

Vote on proposed Captain JP Volunteer Cruise (M. Adams) – Motion made to bring the following motion to the table made by Marcia Adams seconded by John Parisella: Motion: Since HMRRC, an all volunteer organization, survives because our members volunteer their time and effort to its many races and functions, I am making a motion that we budget \$3700 toward a social/networking and thank you party on the Captain JP on August 5, 2011. Vince Juliano asked if we needed to have a certain number for one floor would we have to pay the difference. The floor holds 125 people. We can go over 125 up to 150. This is for club members and their guest. We will not advertise to the general public. Voting took place and the motion passed.

## New Business:

Announcements: Friday afternoon meeting in Schenectady to take wrap off pavilion. Need volunteers for finish line up at Masters Race. Adirondack Track & Field series of track meets-check schedule at [Empirelibertytour.com](http://Empirelibertytour.com).

May refreshments- Cathy Sliwinski

Adjourn: Motion to adjourn made by Marcia Adams seconded by Pete Newkirk; meeting adjourned at 8:50PM. □



# Meeting Minutes of the HMRRC General Meeting - May 11, 2011

Attendance: Jon Rocco, Chuck Terry, Barb Light, Tom & Marcia Adams, Cathy Sliwinski, Wade & Anny Stockman, Ed Gillen, Diane Fisher, Rob Moore, Tom Ryan, John Parisella, Maureen Cox, Ray Lee, Bill Meehan

## Call to Order (J. Rocco):

Reading and approval of April 13, 2011 minutes (B. Light). Motion made by Marcia Adams to approve minutes as submitted seconded by Rob Moore. Motion approved.

## Reports of Officers

President (J. Rocco): The opening for the Content editor for the Pacesetter has been filled by Kristin Zielinski replacing Kari Gathen. The Club wishes to thank Kari Gathen for her years of service. To send articles to the Pacesetter, you can send them to [PScontenteditor@gmail.com](mailto:PScontenteditor@gmail.com) to reach Kristin. We will be updating the webpage with this information. Jon will be holding off on recycling at the CDPHP Workforce Team challenge, but will be moving forward with the Friehofer Run For Women recycling on Friday and Saturday at the HMRRC Booth. Will put reminder on the webpage for this. ARE Road & Trail Magazine had an announcement about the recycling, too. Also mentioned on the Friehofer Run for Women website. Jon made a few appearances for the club for the Schrader scholarship and on April 28 invited by Ken Skinner to New Scotland Elementary School to discuss the Just Run program. Kids from the program were there and asked a lot of questions and are very excited about the program. May 4 made an appearance to the kickoff event at Fleet Feet for the HMRRC marathon training-71 individuals were there and excited and eager to get started. Jim Thomas does a great job encouraging & supporting them and helping them get ready for the races. The Club thanks Fleet Feet & Adidas for sponsoring this event. May 8th started the Sunday's runs.

Election Committee: Will have to pick a slate of candidates by the end of June and present to Marcia Adams, Ray Newkirk & Dana Peterson. Jon appointed these people to serve on the committee.

Executive Vice President (J. Parisella):

Schrader Scholarship Winners for the scholarship have been announced. John Parisella met with the committee to vote on the candidates

for the scholarship. 13 applicants, the winners are: Brianna Freestone from Saratoga Springs High School, Christopher Herbs from Catholic Central High School, Samuel Place from Saratoga Springs High School, and Jolie Siegel from Voorheesville High School. Candidates run track and field and participate in extra-curricular activities. John Parisella will be getting plaques for the winners and will make arrangements for the presentations. Diane will place on website and Rob Moore will send out press release and John Parisella will do an article for the Pacesetter. Congratulations and good luck to all the winners.

2.3 Executive Vice President – Finance (C. Terry): Chuck spoke to the Alexander Kruden accounting firm and he will file an extension for Form 990. The form will be completed in the next couple of weeks. Chuck passed out report on 2010 Financials.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): No report.

## Reports of Committees

3.1 Membership (D. Fisher): current membership is at 2453- down 12 from last month but up by 59 new members from last month. Renewals have been slow, a lot of new members from the training group.

Volunteers (M. Adams): Met regarding the River Cruise-decided on menu, buffet style dinner, working on DJ. Vegetable lasagna, salmon, prime rib. Hopefully will have volunteer points updated by May 15th. We have corporate challenge coming up if not volunteering, please volunteer right now we are at about 9000 runners so we will need more volunteers. Mr. Adams would like a break from the van for July & August-if anyone is interested in taking this over please let them know. Would have to follow the race schedule but Tom will go over all the information for this. John Parisella said he was interested and Ed Gillen said he would also help. Tom will talk with them about this. Marcia will send information to Ed Gillen about the JP Morgan cruise to put on Facebook and Wild Apricot.

Public Relations (R. Moore): Past April had the expo at the Adirondack Sports & Fitness, well attended. This past week Women's Health expo put on by St. Peters and Times Union. It was well attended but only problem

was it was during the work day so Rob could not do it but maybe for next year we could do it. Workforce Team Challenge Rob will be at the booth from 3:30PM on.

Race Committee (M. Warner): April 30 Masters 10K Jim Tierney did an excellent job. 104 finishers, drop off from last year due to moving race week later. Also 3 or 4 races that weekend. The plan is to return the race earlier next year. May 8th Mother's Day race directed by Dave Williams, 120 finishers and the course was a little short. The race was changed this year to a 5K from 3.5 miler. Great job by everyone. Upcoming races, May 19th CDPHP Workforce Team Challenge-looking at 9000+ runners, June 12 Distinguish Service 8 mile race, June 14th and every Tuesday is track series, June 19th is Fathers Day race, June 25th Valley Cat 5K. Volunteers needed for all races, contact Marcia Adams. Race Directors needed for Winter Series Race #3 – to replace Ed Gillen & Will Dixon. It is expected we may need more Race Directors. Also investigating getting Winter Marathon course certified. Ed Gillen noted that the person taking over the Race Director position for Winter Series #3, he does have a report to follow so that the next person can take over.

Race Committee Treasurer (N. Briskie): See attached.

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

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): Second round of general purpose grants due July 1st. Ed noted that the application has the wrong date on it.

Long Range Planning Committee (E. Neilles)- No report.

Just Run Program (K. Skinner) working on final arrangements for track meet on June 9th at Union College, June 10th is the rain date. Expecting 250 kids. Volunteers are needed for this event. If interested, please let Marcia Adams know. It starts at 3:30PM to 7:30PM. If you can only volunteer for part of the time that will be OK, please let Marcia know what your availability would be. Bill Meehan reported that he received photos from the Mother's Day race for the kids race and there were a lot of photos with kids

with Just Run on the shirt.

## Unfinished Business:

Volunteer Accident Insurance-discussed last few meetings. We do have \$5000 medical expense for volunteers on liability policy. It is under General Purpose Liability. Marcia will type it up and send to Mark Warner to go over with the Race Directors so that if a volunteer does get hurt the process that they have to follow. They have to fill out incident report, contact insurance company and copies of bills and the Race Director will have to document everything. We should follow incident report and documentation for USATF and that should be OK. All volunteers have to sign the volunteer waiver.

New Business: Talked to Bill Meehan about proposal for video camera since we do not have a video source-Ken Skinner inquired about filming for the Just Run event and also some other events and post on website. Motion authorize to spend up to \$900 for acquisition for video camera, memory card and tripod. Second by Ed Gillen. Tom asked if we are looking for playback for races, Bill will look into that. Marcia noted that we have money in the PR for a monitor so that we could use the card to show the video. All in favor, motion was passed. This could be a great enhancement for the races and Just Run program. Bill will look into what type of display is recommended so that Rob Moore would know what to purchase. Ed Gillen also noted that this could also be used as a backup for the timing of the race, too.

Announcements: Rob noted that public relations get various phone calls about races, and medical advice, we are not doctors and refer people to talk to their doctor or runners. Use the discussion board for these questions. Really would like to see more people using the discussion board especially more club officers. It is starting to get more use and information about it can be found on the website. There have been some good discussions going on.

June refreshments- Pam Zentko

Adjourn: Motion made to adjourn meeting by Marcia Adams, seconded by Ed Gillen. Meeting adjourned at 8:20PM. □



# Event Schedule

Date	Time	Event	Location	Contact	Email
7/10	9:00 AM	4th Annual Shack Attack 5K Race/Walk	The Crossings of Colonie	Jennifer Lawrence	shackattack2011@gmail.com
7/10	4:00 PM	HRRT Team Green 5K	Central Park	Heather Rizzi	hikebikerunoutside@yahoo.com
7/10	8:00 AM	The Boilermaker Road Race	Utica	Mary MacEnroe	mary@boilermaker.com
7/11	6:15 PM	Camp Saratoga 5K Trail Run	Camp Saratoga	Laura Clark	laura@saratogastryders.org
7/12	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/14	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	TBD	Pete Newkirk	pnewkirk@newkirk.com
7/16	8:30 AM	Greater Glenville & Schenectady YMCA 5k Run/walk	Freedom Park	Nancy Gildersleeve	ngildersleeve@cdymca.org
7/16	9:00 AM	Turning Point 5K	Saratoga State Park	Kim Gamache	kingamache@hotmail.com
7/19	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/21	6:15 PM	39th HMRRC Hour Run	TBD	Doug Bowden	bowden@nycap.rr.com
7/23	9:30 AM	PA Summer Biathlon 4km+5km Run & Shoot	Whitetail Preserve	Frank Gaval	barb123@ptd.net
7/23	8:00 AM	15th Annual Silks & Satins 5K Run	Saratoga Springs	Brian McDonald	bmcdonald@nyso.org
7/23	8:00 AM	Special Olympics New York Silks & Satins 5K Race	Corner of East Ave and George St	Brian McDonald	bmcdonald@nyso.org
7/23	9:00 AM	Tuff Scramblers 5k Adventure Race	Unadilla Valley Sports Center	Tuff Scramblers	tuffscramblers@gmail.com
7/25	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
7/26	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/28	6:15 PM	36th HMRRC Pentathlon	TBD	Todd Mesick	toddmesick@yahoo.com
7/31	9:00 AM	17th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
7/31	12 Noon	HMRRC Club Picnic	J.B. Thacher State Park	Lisa Ciancetta	lisa.ciancetta@gmail.com
8/2	6:00 PM	Colonie Summer Track (Ribbon Night)	Colonie High School	Frank Myers	FLYINGBB45@aol.com



Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

**All prices include 8% sales tax**

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

Postage \$5.15

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

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

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Leslie Bennett

66 Steers Avenue

Schenectady, NY 12304

Email: lilyot25@gmail.com

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

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

**TYPE OF MEMBERSHIP DESIRED** (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

E-MAIL \_\_\_\_\_

**For those who can afford it!**

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

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

*Make checks payable to:*  
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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