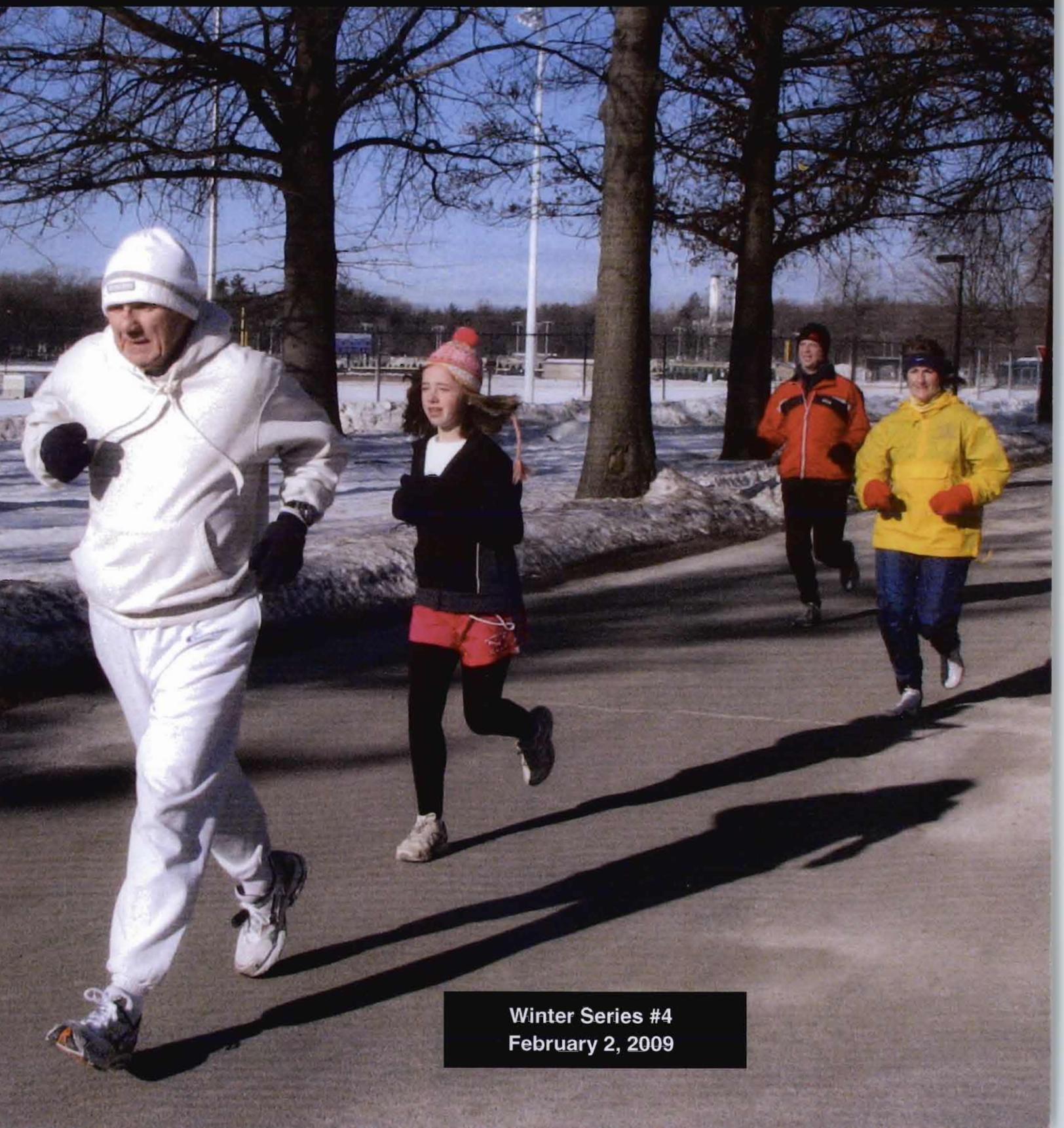


The Pace Setter

March 2009

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



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Publication of Hudson-Mohawk
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Vol. 30 No. 3

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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. All other matters should be directed to the editors.

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The Pace Setter

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Photos in this issue by Ray Lee



HMRRRC Mission Statement

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

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by Mike Kelly

It's funny the emails you get as a Club President. I'm sure it's somewhat similar no matter what kind of club you belong to. But I'm telling you, I get them all. Thankfully, most times they are positive ones. Often they are to praise HMRRRC race directors for their production of a terrific HMRRRC race. Another common question I receive from time to time is, "Does the club have training groups or organized long runs for members?"

The Hudson Mohawk Road Runners is a fantastic running club and one that each and every member can be proud of. We're fortunate to have the volunteer resources to produce dozens of races held in all twelve months of the year. This includes road races, a track series, trail runs, winter series races, relays, team events, fun runs and championship races. In affiliation with this year's HMRRRC Fall Marathon and Half-Marathon, Jim Thomas headed up the Hogan's Heroes training program to assist runners in reaching their goals. Jim graciously organized and conducted a series of training runs to prepare prospective marathoners and half-marathoners for the challenges they would face on race day. I think this was a terrific idea and an example of the type of program many in the running community are seeking out. I hope to be reporting on the organization of another local Hogan's Heroes training group later this summer for the 2009 edition of the club's marathon and half-marathon.

As Capital District residents we are fortunate to have an extremely vibrant running community. Many of our fellow HMRRRC members are also part of one or more other running teams, groups or "gangs." I'd like to use the remainder of this column to highlight a few other running groups in our area that get together on a regular basis for group runs of one kind or another.

Most days of the week, I run with people that make up the Willow Street runners. Willow Street has a team sponsored by Newkirk Products Inc., but those men and women run at a clip I just can't compete with. I'm part of what we call the Willow Street "gang". For the most part, it's a really low-key group of people that get together on Sunday mornings for a long run. Pretty much no matter what the weather is like outside, you can count on somebody

being there to run with you every weekend. A couple different groups go out at 7:30 a.m. and 7:45 a.m. based on how you want to run that day. Longtime member, Doug Bowden, has been kindly putting water and Gatorade out for this group since its inception in the 1979. We usually run somewhere between 10 and 21 miles depending on what type of training we're doing. The best part - you do what distance you want and whatever pace your comfortable with and we regroup a couple times on the route. If you'd like to join us some Sunday, consider this an open invitation. You can contact me anytime at mjkhome@verizon.net.

If you've run in any competitive races in the area recently, I'm sure you've seen Team Utopia members and their distinctive gold jerseys. TU is headed up by Jim Bowles and they typically run during the week on Tuesdays and Thursdays at 6 p.m., beginning at the RACC at University at Albany in the winter, and from the Pine Bush when the weather turns more favorable. The group will also get out to some of the local race courses as they prep for upcoming races. Utopia members typically begin getting together for long runs in August in preparation for the fall marathon season. There's a minimal membership fee that includes a jersey, training schedules and many good people of all ages and abilities to run with. For more information about Team Utopia contact Jim Bowles at coachjim222@yahoo.com.

Josh Merlis and his crew at the Albany Running Exchange are some of the area's most enthusiastic runners. The ARE holds staple runs, including a Tuesday night group that meets at the Schenectady County Community College at 5:15 p.m., a Thursday night group that meets at the University at Albany at 6 p.m., as well as two groups that meet at 6am and 6:30 a.m. most weekdays. The ARE has also recently started winter long run series that meets every other weekend (on non-HMRRRC Winter Series race weekends) designed to help people train for spring marathons. These runs offer distances ranging from 12 to 20 miles and support vehicles traveling with food, water and supplies. Groups going out to run vary from sub 3 hour marathoners to first time marathoners. Nearly all of these runs start at 8:30 a.m. from the University at Albany physical education building next door to the SEFCU Arena. More information about ARE's scheduled runs can be found at <http://www.albanyrunningexchange.org/>.

Fleet Feet of Albany also organizes casual runs out of its Wolf Road location on Thursday nights throughout the year. The runs start at 6:30 p.m., and the group usually heads out for three to five miles, sometimes longer in the summer as sunlight permits. You can contact Fleet Feet at www.fleetfeetalbany.com.

So, whether you're training for your first 5k or looking to do a sub 3-hour marathon, there are ample opportunities to get together with other runners from the HMRRRC and other groups in the area. I hope you can take advantage of one or more of these terrific local resources. □



What's Happening in March

by Al Maikels

There isn't a lot happening in March as the club only has one race on its schedule. In years past, we had a great long race, the Chopperthon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and finished on the road above the UAlbany track. Public safety costs made that course too expensive, so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 1990s.

The one race on the March schedule is the tenth annual Runnin' of the Green (Island) 4 mile race. This race, new in 2000, is a Grand Prix event and attracts a fast field. The elected officials in Green Island are wonderful hosts and go out of their way to welcome the runners to their community. The race is set for Sat-

urday, March 7 at the Legnard-Curtin American Legion post in Green Island with a 10 a.m. start. This race is not only a Grand Prix event; it's also the Adirondack Association of USA Track and Field 4 mile championship.

You will have to go out of town to find other races. The most notable race is the 23rd Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 29 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T shirt.

The club business meeting for March is scheduled for Thursday the 19th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President Mike Kelly welcomes all club members to attend these meetings. □



Submissions for the April Issue of *The Pace Setter*

Articles:

Deadline is February 25th. Submit to: Editor, hamletbryans@nycap.rr.com

Advertisements:

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

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

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

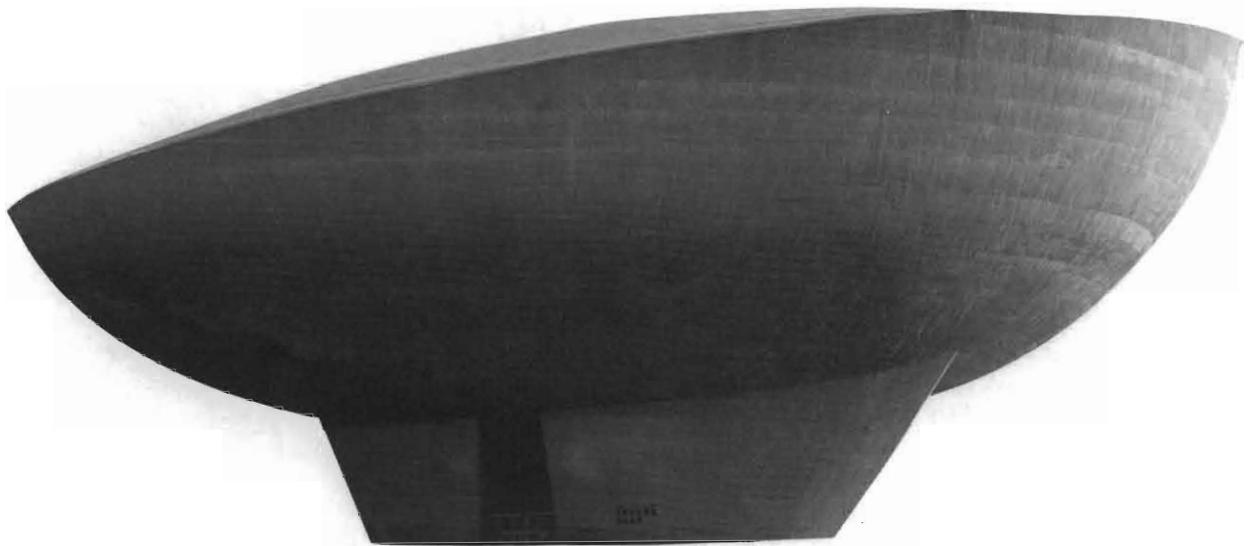
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Visit www.ghiwtc.com for more information.



Interview with Dr. Jeff Spencer

Eight years ago, I met Dr. Jeff Spencer. Jeff is the chiropractor who spent 7 years on the front lines taking care of Lance and his teammates at the Tour de France. After the 3rd or 4th Tour, I had the opportunity to ask him about his experience.

"It's like war". Jeff said he treated the athletes three times a day; once on the bus going to the event, again on the bus coming home after the event, then in the hotel at night. Three times a day for 23 days.

In Lance's book, *Every Second Counts* (after the 5th tour), Lance states the most important man on the team may have been their chiropractor.

For those unfamiliar with the Tour, there are 9 riders on a team, and finishing with all 9 riders certainly increases the odds that a team can win. Total stats for the 7 Tours: 63 entrants under the care of Dr. Spencer, and 61 finishers. The two riders who didn't complete the event suffered a broken arm and a concussion. None of them had to sit on the sidelines with injuries that are so prevalent in our sports world today, such as those to backs, knees, hips, necks, etc. Unprecedented numbers in one of sports' most demanding events. I recently spoke with Dr. Spencer.

TM: Working with the athletes 3 times per day had to be a luxury. So much good stuff can be done. I always try to make athletes see that proper care of the human structure requires much more than what insurance typically provides for.

JS: I appreciate that sensitivity, as that's the take home message people need to understand, as it's the only way athletes can consistently perform at their highest level and extend their career longevity.

TM: Since you stopped taking care of the team in the Tour, has there been a rise in "non-finishers"?

JS: In '06 I didn't do the Tour because Lance and I were both retired from the Tour. The Discovery Team had the worst Tour in their history, losing more riders in one Tour than we lost in seven. I went back in '07 at the team's request and we decisively won again, putting Alberto Contador on top of the podium in Paris and many people told me that the dimension I brought to the team played a major role in the victory. It's really rewarding to hear that and to be referred to by the team as Dr. Magic.

TM: Are you going back to the '09 Tour if Lance does?

JS: That's yet to be determined, but I'm so happy for Lance as he's a terrific person and perhaps the greatest athlete of all time. His qualities as the consummate champion are unparalleled and I'm one of his biggest fans. I

think it's fantastic.

TM: Were you the "top guy" on the medical staff, or were you under some medic, but given carte blanche to do what you wanted to do?

JS: I was given complete license to do everything necessary within the scope of my expertise to get and keep the riders performing at their best at the Tour, which included adjusting, manual therapies, modalities, low level laser, earthing, supplements, and taping. The collaboration between myself, the medical doctors, and soigneurs was poetry in motion, the outcome being eight Tour wins. My job was to treat every injury, including the stitching the M.D.s did, do pro-active wellness care and anything else relevant to accelerating recoveries and repair of minds and bodies. I used the entire scope of my knowledge without restriction. The Tour was the ultimate clinic and many have commented on how we exceeded all expectations as to what could be done to get and keep the riders performing at their peak over the 3 week Tour. Our secret weapon was our innovation and the fact we weren't held captive by any tradition or history. What we did is a model every serious sports team should case study.

TM: Thanks Jeff. I hope you realize you're leading the charge on where our profession should be going. It's just that most members of our profession don't have the confidence and

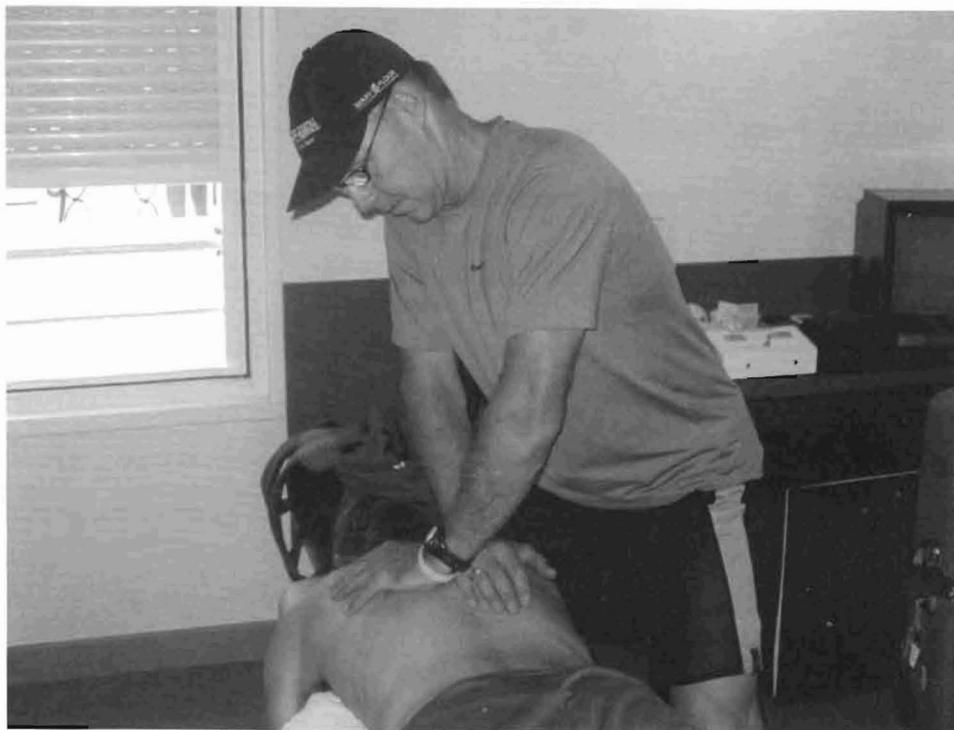
skills to do what you do. But they should.

JS: Thanks for your kind thoughts. The key to what I do is that I'm a serious student of the body and am continually refining my clinical model to be consistent with leading edge knowledge of the body and technical innovation to deliver the highest care possible. I never hold onto clinical methods that have outlived their life expectancy. The whole focus of my care is to remove all impediments to optimal tissue geometry, energy creation, and cell communication so the body can perform at its best consistently. It has more to do with how I organize, sequence, and structure my care, as superior health is achieved and maintained by a methodology, more than just a collection of techniques.

TM: Thanks for what you've done. How can people and health care providers be in touch with you? Continued success.

JS: Thanks, Tim, for your kind thoughts and back you x 100! The best way for professionals to keep track of me is through my professional blog which is www.ConnectWithDrJeff.com. And, my personal website is www.jeffspencer.com.

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



Dr. Jeff Spencer with patient

Albany YMCA 5K Run/Walk & Kids Fun Run

Saturday, May 2, 2009 – Washington Park Lake House

5K RACE - 9:00 am – KIDS FUN RUN – 8:30 am

Sponsored by The City of Albany, Mayor Gerald D. Jennings



Entry Fees: 5K Early Entry Fee: \$20 (Must be received before 4/29/09)
5K Late Entry Fee: \$30 (Received on or after 4/30/09)
Pre-Registered Race Packet Pick up Friday, May 1st from 4 to 7pm
at the Albany YMCA, 274 Washington Avenue. 449-7196
KIDS FUN RUN (ages 9 and under): Free

Check-in begins at 7:30 am – Race shirts provided to all Pre-Registered Runners – while supplies last

Awards: Top three overall female/male – Top female/male in the following age groups:

10 – 14, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 & Older

No duplication of awards

Proceeds from the 5K Race/Walk Series benefit the Capital District YMCA Annual Support Campaign, Reach Out For Youth.
The YMCA will always welcome children and their families regardless of their ability to pay.
Scholarship opportunities are available at each Capital District YMCA branch.

First of Six Races in the 2009 Capital District YMCA 5K Run/Walk Series
Register online at www.cdymca.org



PLEASE PRINT LEGIBLY AND COMPLETE REGISTRATION IN FULL

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Gender: _____ Age Day Of Race: _____ Please Circle Event: 5K WALK KIDS FUN RUN

Y M C A Member: Yes No Y M C A Branch: _____

Phone Number: _____ e-mail: _____

Shirt Size: Small Medium Large X-Large Other _____ Kids Shirt Size: Small Medium Large

Waiver: I hereby release the Capital District YMCA and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2009 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read this entry form and certify compliance by signing below.

Signature _____ If Minor, Signature of Parent or Guardian _____ Date _____

Please make check payable to the **Albany YMCA** Albany YMCA 5K Run/Walk
and mail/deliver completed registration(s) to: 274 Washington Ave
Or Register Online at www.cdymca.org Albany NY 12208



"BEEN THERE, DONE THAT"

by Ed Thomas

March 1974 - Thirty Five Years Ago

• On the 17th, the Club holds its very first Marathon. Twenty-two of the thirty-four starters break 3:30 to qualify for Boston. Don Wilken wins in 2:51. For those who might remember these names, other qualifiers include Ted Bick, Gage Hotchkiss, Burke Adams, Ed Thomas and Jim Bowles.

• Less than two weeks later, many of these marathoners join a huge crowd of 207 runners to participate in the first running of the Bankathon, a 25K from Schenectady to Albany. Joe Rukanshagiza and Cathy Shrader take top honors. This race will morph into the 30K Chopperthon and flourish for a while, then dwindle to a Half Marathon, and finally, go dormant.

March 1979 - Thirty Years Ago

• On the 4th, Steve Sweeney directs the Club Marathon, which has grown considerably, and an associated Half Marathon which is very popular. There are 75 finishers in the Marathon and over 120 in the Half. In the Marathon 35 runners break 3 hours! Peter Thomas and Sylvia Weigand take top honors with 2:33 and 3:28, respectively.

March 1984 - Twenty Five Years Ago

• From Short Circuits: "Bill Shrader recently passed a note about daughter Cathy, currently a first lieutenant in the U.S Army, stationed in Germany. She has won 3 championships, including the 7th Corps Championship and an incredible second in the U.S. Army European Championships. Many of you may remember Cathy in her teens when she was one of the top female distance runners in the country. She was one of the first winners of the NYC Mini-Marathon and excelled in national and international meets while still in high school." [Added note: All these years later, Cathy is back in the area and continues the Shrader tradition of contributing to area running.]

March 1989 - Twenty Years Ago

• From *The Pace Setter*: "Doug Bowden and Larry Decker have co-directed several Winter Series events and have established a tradition of sorts: pies and loaves of bread are awarded to overall and age group winners of their races. These prizes were not the big news at the 15K WS starter, however. It seems that an anatomically correct pastry with the inscription, 'Happy Birthday, Tiger!' found its way into the refreshment room. 'Altogether inappropriate!' growled Decker before the offending food was tastefully concealed. Tiger's identity, as well as that of his admirer, remains unknown."

March 1994 - Fifteen Years Ago

• Talk about an excellent way to run a



monthly Club meeting – President Sharon Boelke shows us how. The meeting is called to order at 7:31. There are NO MINUTES to be read or approved. There are NO REPORTS from the President, the Executive Vice President, the Vice President for Finance, or from the Membership Chair. Moving right along, there are short REPORTS from the Treasurer, *The Pace Setter*, and the Race Committee. The only consequential item of new business is a motion to donate \$100 to the UAlbany Women's XC Team as a "thank you" for the use of University facilities. It is approved and the meeting is adjourned at 8:35. Way to go, Sharon!

March 1999 - Ten Years Ago

• The cover of this month's issue of *The Pace Setter* is graced by a picture of Ed Neiles with the caption "Editor of the Decade." Inside are numerous tributes to Ed from those who have worked with him off and on over the years: Cyndy Allen, Cindy Kelly, Charlie Matlock, Hank Steadman, Jim Tierney, Liz Milo, Cameron Reid, Vince Juliano, Don Wilken, Tom Bulger and others. It certainly sounds like Ed's swansong; to quote Wilken, "As he steps down as editor, let us celebrate his extraordinary tenure. Great job, Ed. Thanks."

• Guess what? Nothing is ever final. Five years later, Ed steps back into the harness as co-editor of *The Pace Setter*.

March 2004 - Five Years Ago

• At the 4 mile Runnin' of the Green (Island) on the 6th, the skies open up 15 minutes before the race and the rains come down in buckets. Mayor (Ellen) McNulty sends the runners off and then stays to direct traffic. Jamie Rodriguez and Emily Bryans take top honors in 20:09 and 23:41, respectively. Top master competitors are Nancy Taormina and Derrick Staley. This is a new course and there are over 90 volunteers present to help the 296 finishers find their way. That's a pretty good ratio and a tribute to race director Ken Skinner's organizational abilities. □

Upcoming Races
that need assistance:

Delmar Dash – April 5
Bill Robinson 10K Masters –
April 18
Mother's Day – May 10

Anyone can qualify for a
volunteer.

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

We pay with smiles and thank
you's and the occasional t-shirt!

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me the following:

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Physical limitations (if any):

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Lane; Schenectady NY 12303

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I would like to respond to a Short Circuit column in the January issue of *The Pace Setter* that compares the top 10 overall finishers of the 1982 Stockade-athon with the most recent edition in 2008.

The writer offered the following opinion: "Despite the appearance of today's best runners, there can be no argument that the best runners of today are no match for the best runners of yesterday."

No argument? Well here are a few other comparisons from the 1982 and 2008 Stockade-athon races.

Top 10 women finishers: (Note: Women are runners too!)

1982		2008	
1) Ellen Weglarz	55:19	Kaitlin O'Sullivan	55:51
2) E. Mora	56:16	Jennifer Adams	56:50
3) P. Holtz	56:42	Emily Bryans	57:24
4) C. Leskovic	56:53	Alyssa Lotmore	57:47
5) D. Cherniak	58:37	Lori Kingsley	57:53
6) C. Bergeron	58:55	Diane Matthews	58:24
7) D. Litynski	59:20	Murphee Hayes	59:21
8) K. Ahern	60:57	Kelly Dworak	59:33
9) S. Whatley	61:05	Ann Benson	59:36
10) C. Eich	61:21	Eileen Combs	60:15

Top Masters Women

1) Anny Stockman	64:17	1) Emily Bryans	57:24
		2) Lori Kingsley	57:53
		3) Kelly Dworak	59:33
		4) Anne Benson	59:36
		5) Kari Cathen	60:50

Top Veteran Women

1) Anny Stockman	64:17	1) C. Steinback	64:25
(50)		(57)	

Top Masters Men

1) A. Urquhart	51:59	1) Jeff Niedeck	52:03
2) Lee Wilcox	52:47	2) R. Underwood	54:29
3) B. Wood	54:59	3) Jim Zoldy	54:47

Top Veteran Men

1) Ted Bick	56:00	1) Derrick Staley	55:46
2) B Cooney	57:10	2) Dan Predmore	57:43
3) R. Warner	59:57	3) Lee Pollock	57:59

Top Senior Men

1) J. Hewitt	66:52	1) Bill Dixon	56:37
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Interestingly, the 1982 classic had one of the deepest women's fields ever assembled in the 33 year history of the race in addition to the

superb men's field.

The 1982 Stockade-athon leader board included the following HMRRRC Hall of Fame members, Dale Keenan, Pat Glover, Danielle Cherniak, Anne Stockman and Lee Wilcox. The race also included legendary names like Barry Brown, Tom Dalton, Dennis Northrup, Ellen Weglarz, and Ted Bick, all runners whose past performances rank them in the top tier of runners from New York State.

Yes, the 1982 Stockade-athon was a true classic but an astute observer would conclude that in the women's division particularly and in most other divisions, the 2008 Stockade-athon measures up quite well. In fact, the writer could have easily written the following opinion: "A quarter of century later, the Stockade-athon continues to draw impressive fields of talented runners, though the competition is much more balanced between the genders and advanced age-groups.

As for the 2008 men's field, we will have to wait to see how the careers unfold of this year's youthful group, but I think it would be a mistake to dismiss the talent from this year's top 10. Emory Mort ran 14:45 at the CVS 5K National Championship this year to place 16th, and in addition to his Stockade-athon victory, he successfully defended his Troy Turkey Trot win from 2007. A few years out of college, he already owns the following championship titles: 2007 Festival of Races 5K, 2007 and 2008 Troy Turkey Trots, and a Stockade-athon victory in his first attempt. Not a bad start to his fledgling career. The runner-up Andy Allstadt, did not have his best race performance at the Stockade-athon this year, but two weeks later ran a 2:25 marathon at Philadelphia in his second career attempt. His debut performance last year at Vermont City was an impressive 2:26, and along with his Stockade-athon victory in a swift 46:36 earned him NYS runner of the year honors.

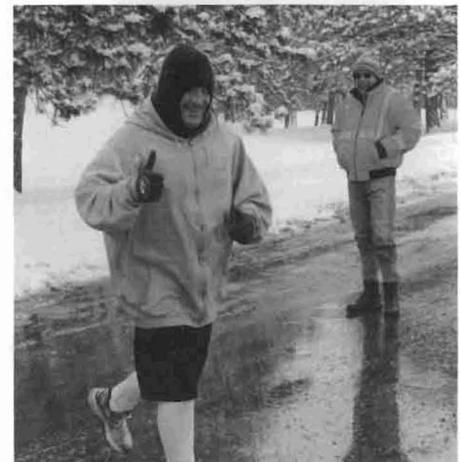
As to which decade produced the best runners:

- 80s: Dalton, Brown, Tom Carter, Weglarz, Denise Herman
- 90s: Jerry Lawson, John Trowse, Lori Hewig, Amy Herold
- 2000: Kevin Collins, Emily Bryans, Eileen Combs, Nick Conway

Or the more recent grouping of Mort, Fred Joslyn, Andy Allstadt and Kaitlin O'Sullivan

I'll let others have those debates as I look forward to another edition of Stockade-athon that will surely offer impressive competition and surprising performances, while adding a noteworthy chapter to its memorable history. □

The HMRRRC meetings will be changed for March & May to:
Thursday, March 19
 and
Wednesday, May 6.



Dodge the Deer 5k & Mile Fun Run

The 7th Edition
 Sunday, April 19, 2009
 Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series

New for 2009: Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

Now in its 7th year, this cult classic features the collision of the Albany Running Exchange's zeal for energetic family-friendly races merged with their lust for over-the-top grandiose experiments in social phenomena. The event, named after a deer named Dodge who you will also have to *dodge* at the finish, takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully.

Be on the look-out for Bully's buddies who are looking to steal Chase away from her true love in the ultimate battle between good and evil. Also, be sure to come hungry because we have an all-you-can-eat barbeque after the race that can fill up anyone.



AWARDS

Delicious treats await the top 3 overall male and female finishers, as well as the top 3 males and females in: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



We will also award the fastest male, female and co-ed teams. For team applications, please visit the event website.

SPECIAL CATEGORIES

Youngest and Oldest Finishers
Middle of the Pack - Enjoys the Scenery
Mr. and Mrs. Dodge (Fastest Couple)



AMENITIES

The first 500 entrants in the 5k are guaranteed commemorative fleece headbands with the popular Dodge the Deer logo as seen as on the shirts, mugs, socks, and more! Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and arts and crafts activities! There is a cook-out afterwards as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

- ☀ FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+
- ☀ CHIP TIMING WITH SPLITS BY ARE EVENT PRODUCTIONS
- ☀ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

EVENT SCHEDULE

- 8:00am: Day-of registration and packet pickup opens
- 9:00am: Deadline to submit a team entry form
- 9:15am: Bully the Bear Kids 200 Meter Sprint
- 9:30am: Chase the Chipmunk Mile Fun Run
- 9:45am: Day-of registration and packet pickup closes
- 10:00am: Dodge the Deer 5k
- 10:15am: Post-race entertainment begins
- 11:00am: Awards Ceremony



We highly encourage you to register online
 There are no additional fees and ARE members receive a discount when registering through the members page.

ENTRY FEE	Kids Races	5k
Early Reg.	\$1	\$15
Late. Reg.	\$2	\$20

Early Registration: Postmarked by April 11
 Checks made out to: AREEP

TO REGISTER, GET DIRECTIONS, AND MORE

Visit www.AREEP.com
 or call 518 320 8648.



Please complete, cut, and return the bottom portion to AREEP, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂

NAME _____		___/___/___ BIRTHDAY	AGE (ON 4/19/09) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____		
CITY _____		STATE _____	ZIP _____	
PHONE () _____	RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____			
<small>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), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.</small>				
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)		

The Biggest Loser TV Contest: A Big Loser

As I write this article, I'm watching *The Biggest Loser* on TV. Many runners have been asking my opinion of this popular show, so I feel obliged to scream out: It's terrible! It's horrible! It's abusive! I also feel like throwing my shoe at the TV. Here's why —

The messages in *The Biggest Loser* are all about deprivation, denial, starvation, and punishment. Exercise is akin to torture. Food is the fattening enemy. The participants use sheer willpower to white-knuckle themselves through each grueling day. They are praised if they lose ten pounds in a week (as if they are now better people), scorned if they lose only two (as if they are scum of the earth), and ridiculed if the scale barely moves. The participants get no credit for having inner beauty that shines from the inside out, nor do they get treated as if they are decent people with tender feelings. The scale is the sole judge of their worthiness.

Right now on the TV, one contestant is yelling at another one for having failed to lose enough weight for their team to stay in the contest. It's an ugly segment, as if the successful loser is superior to the other one. Doubtful. Being able to endure starvation is not a sign of superiority.

Now, another contestant is getting applauded and praised for having lost an outrageous amount of weight—14 pounds in a week. Everyone thinks that is just great, as if man is now a success. Yes, he might be fitter and healthier, but losing weight does not make anyone a better father, son, mother, or daughter. Same person, same problems.

What happens in the long run, when the Biggest Losers return to the real world with no personal trainer to snap the whip, with no pre-made, pre-portioned food, and no "fat camp" dedicated to full time weight loss? Inevitably, without rigid vigilance, the weight will return with a vengeance. The physiological response to starvation is to overcompensate (commonly known as "binge eating" or "blowing the diet"). This desire to over-eat has little to do with willpower and lots to do with physiology. Just as a person gasps for air if oxygen has been withheld, the same person will grab for carbs if food has been withheld.

The unfortunate message perpetuated by *The Biggest Loser* is "eating is cheating." False. Eating satisfies a physiological requirement for food. Just as people need to sleep, urinate, and breathe, they also need to fuel their bodies, ideally with appropriate portions of healthful foods. Yet, you don't need to eat a "perfect" diet to have a good diet. There's little harm in enjoying a slice of pizza or piece of birthday cake. The E in eating should stand for Enjoyment, not for Excruciating hunger.

The E in Exercise should also stand for Enjoyment. When exercise feels like punishment for

having undesirable body fat, the day will come when that dieter no longer feels like whipping his or her body into shape and instead reverts to lazing on the couch. The Biggest Losers lose-out in the long run, because extreme diets (either on TV or in your life) teach nothing about sustainable eating and exercise practices that can be enjoyably maintained for the rest of one's life. What about moderation, balance, quality of life?

So how does a runner lose undesired body fat? Not by dieting! We know that diets do not work. If diets did work, then every person who has ever been on a diet would be lean. We know from research that students who dieted in middle school still struggled with weight in high school. None of their efforts to lose weight resulted in the desired outcome. (1) Rather, diets linked with hunger, denial and deprivation of favorite foods set the stage for binge eating and weight gain. Hence, the question arises: Do diets contribute to the obesity problem? Perhaps. The first 6 months of food restriction tend to result in fat loss. But then, the fat generally creeps back (if not rapidly returns) — plus more.

It's time to take a different look at how to lose weight. A new task force on obesity suggests people chip away at losing undesired body fat by eating just 100 calories less per day (and for non-exercisers, moving 100 calories more). (2) This contrasts to the Biggest Loser approach of skimping on breakfast, nibbling on salad for lunch, and exercising exhaustively on fumes — all unsustainable efforts that require enduring extreme hunger. How about eating just a little bit less at the end of the day: two fewer Oreos, one less can of soda pop, a smaller snack while watching TV? How about a trade-in of grueling workouts to burn off calories for meaningful ways to train, with proper fueling and refueling techniques, plus days with little or no exercise. The rigor of hard training can lose its glow; even runners need rest days and an "off season."

Food for thought

I repeat: Eating is not cheating! The trick to losing weight is to learn how to eat appropriately — a difficult task in an obesity-producing society. A sports dietitian can help you create a personalized food plan that embraces food as one of life's pleasures. You can find this weight management expert using the referral network at www.SCANDpg.org.

People who eat appropriately tend to be thin; dieters tend to be heavy. Clearly, the eating approach to weight management paves the road to success! To manage to eat wisely, we need to learn how to manage stress, get enough sleep, exercise our bodies enjoyably, and take care of our souls. Curiously, this self-care has little to do with food.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, *Food Guide for Marathoners*, and *Cyclist's Food Guide* are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

References

1. Neumark-Sztainer, D., M. Wall, J. Guo, M. Story, J. Haines, and M. Eisenberg. 2006. *Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: How do dieters fare five years later?* J Amer Diet Assoc 106:559-568.

Hill, J., *Can a small change approach help address the obesity epidemic?* A report of the Joint Task Force of the American Society for Nutrition, Institute of Food Technologists, and International Food Information Council. *American Journal of Clinical Nutrition* 2009; 89(2): 477-484 □



Profile of a Runner

ROXANNE WUNSCH

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

I am a 46 year old teaching assistant at a Youth Detention Facility in Colonie. Three years ago I weighed 218 pounds. Now, I am a healthy 118 lb gal who has learned to love running. I love the outdoors, the ocean, animals and the moon. I love to go on bike rides, kayaking and hiking.

When and how did you get started running?

I had a major weight loss due to exercising and eating right. I would go to the Guilderland YMCA and see people running on the treadmill and thought it would be something great if I could do that too. So, I started training to run a mile, then two and with major encouragement from my trainer (Ed), I ran my first 5k four months later.

Do you have a favorite race or races?

God, I have so many. I have to say that the ARE Dippekill Froggy Five and The Adventure Race are my all time favorites. I danced with the devil and I won!

What are your most memorable races?

It has to be my first 5k - the Troy Turkey Trot. I couldn't believe that I was there to actually run the race instead of watch people run it. I worked so hard to get to that point and I did it!

How do you train? Do you have training partners?

I try to run four times a week. I try to have three shorter runs on the week days and one longer run on the weekend, weather permitting. I train with Ed, Melanie, Dan and all of the ARE trail runners and through all of the Winter Series runs.

What are your current goals?

My current goal would have to be to keep having all the fun I am having with all the wonderful people I have met through the running community. I have met so many incredible people.

Do you have any future running goals?

For 2009, I plan on running another half marathon in Virginia Beach. I also am on a relay team for the Vermont City Marathon in May; a relay team for a 200 miler in Vermont in June and a full marathon in the fall (Yep, I said a full!).

Do you have a philosophy of running?

As long as I am having fun I will continue to run. You live life once. Have fun living it!

Any funny stories?



Profile of a Runner

LAWRENCE SEWARD

When and how did you get started running?

In May of 1999, at the age of 54, I was diagnosed with severe cardiovascular disease. I had an operation with six + coronary bypasses (strong family history). I went into rehab for a year, and did a lot of walking. I got bored with this and went to a local 400 meter track and it was ugly. I gave up on running, as I thought this is not for me. About 3 to 4 months later, I went to a bookstore looking for literature on strength and fitness and saw two books on running. One was Jeff Galloway's book on running which stresses the run/walk system, and thought maybe this will work. The other one was called *Running for Dummies*. I said, "Yep, that's me." Well, a rocky beginning, but I managed to complete my own 5k at age 56.

I continued running and completed a 10k at the end of 2002. I kept saying to myself, "I can go longer", so I registered for my first race - the Marine Corps 1/2 Marathon in October 2003. About 4 years, 4 months after surgery I could not believe I just ran a 1/2 Marathon. My family thought that was the end of this running stuff. Well, the running gremlins had other plans for me. I suppose this must happen to all runners. You guessed it - I had to do a marathon. So, I decided on the 2004 Marine Corps Marathon and finished! Coincidentally, my son who is in the Army became a runner when I did (he got the message on the heart problem). In 2004, I crewed for him as he did the Old Dominion 100 Memorial in Woodstock, Virginia. This is where I got the itch to do ultras. I thought maybe I can do this and I did, completing the Old Dominion 50 in 2005 at age 61 and 6 years after surgery. In 2005, I also completed the Lake Placid and Hartford Marathons. I joined HMRRC in 2005 to prepare for the 2006 MMT 100 in May. Well, I trained hard, however, did not know how to train and this cost me dearly with an injury that put me down for most 2006. I tried a comeback in the winter of 2007 at the Holiday Lakes 50k and popped a calf muscle. Naturally, I was very discouraged. In 2008, I joined the Albany Running Exchange. Some of the runs for 2008 were the HMRRC Winter Marathon, Mt. Greylock 1/2 Marathon, Monster Marathon in Virgil, New York, Savoy 20 mile, Hudson Mohawk Marathon, and the JFK 50. My main focus for 2009 is the MMT 100. I have learned a lot this past year and the mistakes that I have made in training for a 100. For me, it's all in the pace and the long haul. Hopefully, I will make it to start line of my first 100.

Do you have a favorite race or races?

My favorite race is always evolving. However, after running many in 2008, three come to mind: 1- Green Lakes 50k; 2 - JFK 50; 3 - Hudson Mohawk Marathon.



What are your most memorable races?

My first race, the Marine Corps 1/2 Marathon. This race gave me the confidence to go for higher goals in this sport of running.

How do you train? Do you have training partners?

I train alone. My training presently is for distance and endurance. I try to keep to running 3 to 4 times a week. Generally, I do 6 on Tuesday, 10 on Wednesday, rest on Thursday, and always a 3 miler the day before the long run. The training intensifies depending where I am at in the process.

What are your current goals?

My current goal is getting through the necessary training for the MMT 100 race in Front Royal, Virginia in May and healthy.

Do you have any future running goals?

My future goals are to do more ultra runs. It's where my heart is in the running world.

Do you have a philosophy of running?

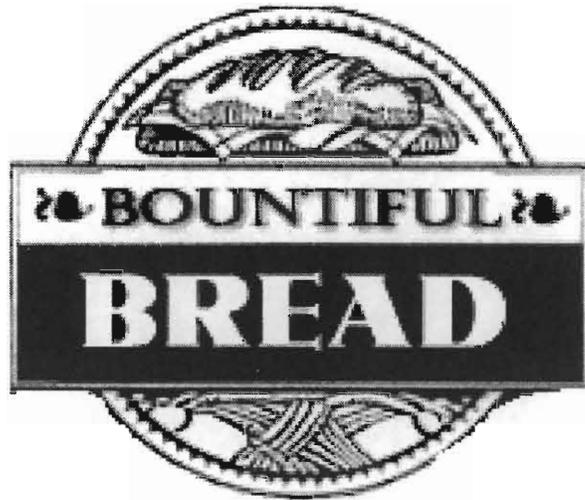
My age is always at play in running. I try to stay motivated by challenging myself and to accomplish the goals that I have set in place.

Any funny stories?

I have something that's funny - it's me trying to run fast. ☐



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33rd HMRRRC Hangover Half Marathon

by Anne Benson

The sun was shining brightly on New Year's Day 2009 as the 33rd Hangover Half Marathon started at noon. The nippy nine degrees and 15 mph winds didn't stop 141 runners from competing in the 13.1 mile race. Bundled-up runners enjoyed a dose of sunshine along the course, as they passed by water stations (no, the water wasn't frozen) and cheerful volunteers. Runners were all in good spirits despite the weather. Conversations could be heard along the way as friends met up with each other, making the 13.1 miles of inner and outer loops pass quicker.

Even with the chilled air and brisk winds, some fast times were posted. Pat Cullen of Albany placed first by over 3 minutes with a blistering time of 1:14:20. Two other runners also completed the course in sub 6 minute paces – Tom O'Grady, 23, of Colonie, and Jim Sweeney, 27, of Albany. On the women's side, Liz Paddock, 27, of Madison, Wisconsin, came back to the area for a visit and placed first with a time of 1:28:49. Christina Ardito was second for the women in 1:32:36, followed by first place masters Anne Benson in 1:32:56.

A very dedicated runner who participates in this race year after year is Bob Husted of Rexford. Bob started running competitively thirty years ago. Now at age 71, he is a lean and fit athlete who braves the cold, ice, and snow every winter. He admits that it's difficult to run through the winter, but Bob maintains his fitness level by braving the elements at least four days per week no matter the weather. Runners are usually more injury prone in the cold weather, so Bob warms up his muscles before heading outside by running a few laps on an indoor track or a few minutes on a treadmill.

He enjoys the Hangover Half because it gives him a chance to catch up with friends and race a longer distance. As he has aged, Bob finds that he is more competitive in the longer runs since it takes his muscles a few miles to warm up. Bob placed first in his age group this year, a good start for his Grand Prix standings!

For most of us, the Hangover Half Marathon is not about PR's, prizes, or points. It's about getting together with like-minded individuals who enjoy staying in shape and socializing while doing it. The start of a new year is the perfect time to gather with runners you may not have seen since the turkey trots and meet new friends who share common interests. Our sport allows the luxury of being able to converse and build cardio-vascular strength simultaneously. Runners are some of the friendliest people you will meet and have the ability to pull you through a long run, distracting you from your discomforts. So the next time you think the Hangover Half Marathon course is monotonous and boring, try running it with an old friend or someone you don't know. The time will fly by and you may gain a new friend.

Brian and Cheryl DeBraccio once again orchestrated a super race with the help of an army of very dedicated volunteers who braved the cold with a smile! The pizza and other food and drinks were fantastic, and the loaves of bread were great prizes. See you at the next Winter Series event and happy running in this chilly Northeast climate! □

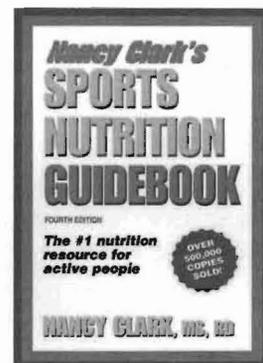


WANT ENERGY?

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

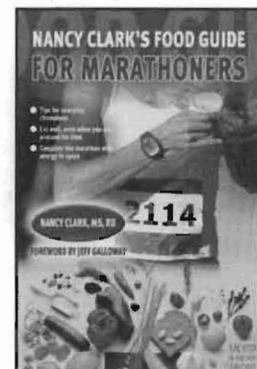
*This new
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edition
can help
you:*

- have high energy all day
- achieve your desired weight
- enjoy better workouts.



*Don't just
run (or
walk) a
marathon.
Enjoy the
event with
energy to
spare!*

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even more tips on how to
eat for endurance for long
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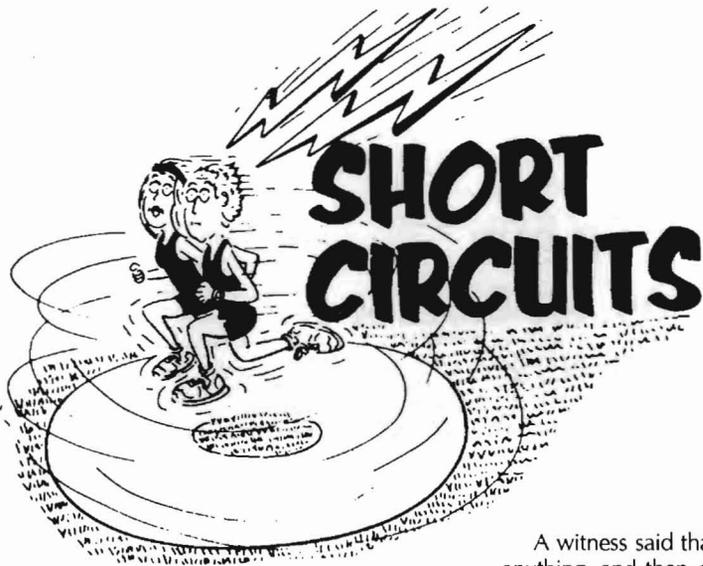
\$1,500

**Higher Education Awards
for Student Runners**

**The Hudson Mohawk Road Runners Club
offers separate scholarships for two male and
two female student athletes who participate
in cross country or track and field.**

**For application details go to
<http://www.hmrrc.com>**

**Applications must be submitted by
April 1, 2009.**



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

Paul Fernandez, 34, of Oxford, England is an accomplished runner with a 2:39 marathon best. But he has yearned for a world record. So Paul ran the Gloucester Marathon in a time of 2:50. That was 30 minutes better than the previous world record for running a marathon in a full clown outfit. His time will now be verified by the *Guinness Book of Records*.

A biology professor at Radley College, Paul now eyes his next feat: breaking the record for the fastest marathon dressed as Santa Clause, which currently stands at three hours 12 minutes.



Bozo sets world mark

A witness said that the attacker "didn't say anything, and then continued walking northward. Kind of a deranged guy, I guess." The woman was distraught, the witness said: "She seemed to really go into shock. Her body started really shaking. Her face was kind of bloody."



Jim Sorensen (41) from California in 4:17:08 and Alisa Harvey (43) from Virginia in 4:55:68 won the Hartshorne Memorial Masters Mile at Cornell University in January. Both were meet records. Twenty-one male runners broke the 5-minute mark while 8 females broke the 6-minute mark.



Master mile champs



A 39-year-old woman jogging in a New York City park behind Gracie Mansion on a Sunday afternoon in January was slashed across the forehead by a man who walked away after the attack, police said. The attack occurred in Carl Schurz Park, near the corner of East 88th Street and East End Avenue. The woman was taken to an area hospital with a laceration to her forehead, police said.

Free running – a mix of running and gymnastics where one runs and leaps over and across buildings and urban obstacles – has been introduced into school curriculum in England. A three-year pilot program found that Free Running, also known as Parkour, reduced youth crime by over 30% in London. Throughout England, skateboard parks are being converted into dedicated free running centers.

Dan Edwardes of Parkour Generations, a

company that designs Free Running classes, said: "It's about jumping, running and precision landing. It's not about big jumps; it's about refining your movement, becoming fit and strong and aware of your environment."



Free as a bird



Boom Two: In 1987, near the tail-end of the running boom, just under 4 million runners finished in races in the US, with 21% being female. In 2007, just under 9 million finished, with 49.4% being female.

Factors Affecting Race Participation
(courtesy of National Runners Survey)

What factors will determine your event participation in NEXT 12 MONTHS?

	Females	Males
Location is convenient	68.4%	64.0%
It's a distance I prefer	61.6%	62.2%
It sounds fun	59.8%	47.3%
I have time to train	53.2%	44.0%
Scenic course	47.9%	43.2%
My friends are doing it	44.5%	31.2%
Reputation of event or organizers	36.2%	39.7%
Location & date would make good vacation	33.7%	33.9%
It benefits an important cause	33.4%	19.5%
Quality t-shirt	24.5%	23.9%
Medal or other memento for finishers	19.2%	19.4%
Promise of a unique event	20.9%	20.6%
Accurate, certified course	16.2%	23.3%
Entertainment on course or finish	21.6%	13.4%
Fast course	14.0%	16.6%
No crowds/traffic/hassles expected	12.3%	10.5%
Good age group awards	9.6%	10.0%
Something offered for other family members	9.0%	8.0%
There is an expo	6.7%	6.2%
Appropriate training group is available	5.7%	2.3%
Random participant awards	4.3%	3.4%
Race is part of a local grand prix	2.2%	6.0%
Elite runners in the field	1.8%	3.9%
I want to increase my Runner Rankings points	1.4%	1.4%

**14TH ANNUAL
RAIDER CLASSIC 5K RUN
FRIDAY, APRIL 3, 2009, AT 6:00PM
SPONSORED BY THE NHS**

Course records: Anthony Guiliano 16:16 (2008)
Katie Twarog 18:22 (1998)

Race will begin and finish on Colonie High School Property
Day of Race Registration – 3:30 pm Colonie High School
Held in the lobby of the Main Gym

\$15.00 Pre-Registration by April 1, 2009 -- \$ 20.00 on race day
LONG-SLEEVED T-SHIRTS TO FIRST 150 APPLICANTS

Light refreshments will be offered to all participants.

1st, 2nd, 3rd place awards will be given out to male and female in the following categories:
under high school, high school, 19 – 29, 30 – 39, 40 – 49, 50 - +

\$5.00 to participate in 1 Mile kids run, for 12 years old and younger,

Packet Pick up, Day of Race Registration & Awards in Lobby of Main Gym
Race will occur rain or shine.

For more information – Please call 459 – 1220

For Down loadable Form: www.southcolonieschools.org

Name: _____

Address: _____

City _____ Zip _____ Phone _____

Please Indicate Shirt Size (adult sizes) XL _____ L _____ M _____ S _____
Age on Race Day _____ Sex F _____ M _____ 5K Run _____ Kids Run _____

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

Signature

Parent/Guardian signature (if under 18)

**SEND APPLICATION AND ENTRY FEE (PAYABLE TO CLASS OF 2008) TO:
RAIDER CLASSIC, ATTENTION: Colleen Clayton, 1 RAIDER BLVD., ALBANY, N.Y. 12205**

Meeting Minutes of the HMRRRC General Meeting - January 14, 2009

Attendance: Ed Neiles, Tom Adams, Rob Moore, David Newman, Tom Ryan, Mark Warner, Nancy Briskie, Mike Kelly, Chuck Terry, Ray Lee, James Lee, Brian DeB-raccio, Doug Bowden, Ed Gillen, Robin Nagengast, Brennan Tarrier, Wade Stockman, Anny Stockman, Sara Brenner, Josh Merlis, John Kinnicutt, Barbara Sorrell, Barbara Light

Call to Order (M. Kelly): 7:30 pm

Reading and approval of minutes (B. Light): Chuck Terry made motion to approve the minutes, second by Ray Lee. The motion passed.

Reports of Officers

2.1 President (M. Kelly): The Hudson Mohawk Road Runners Club Banquet is on February 7th, 2009 at the Desmond. The reduced price on tickets will last until January 24th, 2009. We will be honoring Martha DeGrazia and Jim Tierney. Date changes for March and May meetings-dates will be announced. Mike reached out to two accounting firms to look at the club's books and move forward on handling money internally. We don't need an audit but an annual review. Mike will get quotes on services they would provide. A representative from the Corning Tower stair climb contacted Mike and asked if we would have interest in sponsoring the Cystic Fibrosis Health & Fitness Expo. The cost is \$50 and the time is between 3-6 p.m. Rob Moore volunteered to attend the expo and hand out information for the club.

2.2 Executive Vice President (M. Warner): Mark Warner gave Jim Tierney the ad for the Distinguished Service Race for *The Pace Setter* and Ed Neiles has put information about the race on the website. The cut off for nominations is March 1st and we will accept nominations at the March meeting and the selection will be made at the April meeting. He put an ad in *The Pace Setter* for the Bill Schrader Sr. Scholarship. Mark will get an application form to Ed Neiles to place on the website. The cutoff for applications is the end of March. The committee needs to make final selection by May 1st. Mark will send applications to local coaches to give out to their runners at area schools.

2.3 Executive Vice President – Finance (C. Terry): No report

2.4 Secretary (B. Light): No report

2.5 Treasurer (J. Kinnicutt): emailed a report to officers, showing a profit of \$28000. John will now start doing reports from first of the month to the end of the month for the previous month.

Reports of Committees

Membership (E. Gillen): We had 100 renewals and 42 new members sign up. All Winter Series races have new membership tables and our email list has 700 people.

Volunteers (M. Adams): No report

Public Relations (R. Moore): Sent out notices to newspapers for Winter Series 4.

Race Committee (N. Briskie): The second and third Winter Series of the season were held since the last meeting. Winter Series 2, directed by Cheryl and Brian DeB-raccio on January 1st, had a total of 276 participants who ran these two races in 9 degree weather. 141 ran the Hangover Half and 135 ran the Bill Hogan 3.5 mile race. Brian reported that a new feature that has started with the Winter Series races is the Kids Krafts Corner started by Eileen Coombs. This enables runners to leave their kids with supervision so they go out and participate in the run while their kids are enjoying arts and crafts. People really seem to enjoy this idea. It is nice to see members give back to the club by volunteering new ideas and helping out with the concepts. A new feature for refreshments has been homemade soup, which has been highly enjoyed, and a new pizza vendor, Bella Ponzio, has been working out well, too. Winter Series 3 race directed by Will Dixon and Ed Gillen was held on Sunday January 11th with a temperature of 19 degrees and a total of 147 participants. 35 ran the 3 miler, 66 ran the 10K and 46 ran the 25K. Thank you to all these race directors for doing yet another tremendous job in the extreme cold. Josh Merlis will be once again directing our 4th Winter Series race on Sunday, January 25th which includes a 3 miler, 15K, and a 30K. Our 5th Winter Series race

is scheduled for Sunday, February 8th and is directed by Scott Ginsburg and Lori Sciortino. This race includes a 4 miler, 10 miler (grand prix event) and a 20 miler. These race directors can be contacted at their email addresses which are listed on the website if you can make time to volunteer.

Race Committee Treasurer (P. Zentko): See attached report. Mike will follow up with race directors for outstanding reports. Vince reported on the Stockadeathon: they have paid for all expenses and will now wait to get reimbursed by the Gazette on what they agreed to pay. They are to pay \$7088 once Vince gets the check he will show a profit of \$2497. He will also get money from Brightroom for a percentage of sales of pictures. The expo held the day before helped get more runners to the race.

Pace Setter (R. Nagengast/M. Adams): No report

Website (E. Neiles): Ed reported that we have re-launched the apparel page on the website. He has put the January *Pace Setter* on the website. He has received no feedback yet on how people feel about it. Vince reported it is a nice feature to click on and view. Ed Gillen reported that people were wondering if it was going to continue, and some said they would rather get that than the paper one. We will need to have future discussions on how we handle this. Ed needs to discuss with server provider how many issues we can have on website as it takes up a lot of space.

Conflicts Committee (C. Terry): Chuck reported that the conflicts committee met earlier this evening on the Father's Day race hiring AREEP to provide finish line services and chip timing. Originally there was a thought that there was a conflict due to paying a fee to AREEP versus having volunteers. The committee approved AREEP to provide the service but recommend that Dave get a second price to make sure it is a fair price.

Safety (V. Juliano): No report

Unfinished Business:

4.1 Reusable bag proposal-will discuss at the next meeting.

4.2 HMRRRC Rental of SUNY Albany Gym. Early last year HMRRRC approved money to rent out the SUNY gym. Dates and times we have been offered now are not good, so we are not sure if it will be useable. Vince agreed that it is a moot point right now but worth pursuing for next year. The schedule has to align with the basketball schedule but we don't have a choice in schedule. The idea was to have a 2-hour time slot once a week for 10 weeks. Josh Merlis will volunteer to oversee the runs on any night except Tuesday night. Nancy will check back with SUNY to see if they can get together to discuss and focus on planning for next year. She will also check into other facilities to use besides SUNY.

New Business

5.1 Chip Timing for Smaller Races- Mike discussed the issue of timing services and other items that go into directing a race. A discussion needs to be held about volunteerism vs paying for services and that the best interest of club is considered, letting the race directors have leeway to do the best thing. Sometimes it may benefit the race directors to have protocols set up for them to follow. Mike will set up a committee of some officers, race committee chairs and race directors to look at this issue and come up with a proposal to the club. John Kinnicutt questioned why this wouldn't fall under the Conflicts committee. Ed Neiles stated that it was never designed to specifically spell out what their duties are. He suggested that we need to come up with specific duties. John Kinnicutt reported that the same concerns come up for other cases. For example the banquet, picnic, etc.

On March 15th Adirondack USATF will be having an Indoor Track meet at SUNY. Email Chris Rush for more info.

Adjourn: Ray Lee made a motion to adjourn the meeting, seconded by John Kinnicutt. Meeting adjourned at 8:25 p.m.

Respectfully Submitted,
Barb Light, Secretary ☐

New HMRRC Members

Patrick Amyot
Daniel Berheide
Stephanie Berwick
Gary Bivins
Madeleine Bonneville
Frederick Chu and family
Robert Coleman
Scott Collins
Brenda Connelly
Michael Conway
Andrew Coy
Randall Craig
Daniel Cummings
Lori Ferman
Megan Ferry
Denise Finn
John Gebhardt
John Gibbons
Vince Green
Virginia Greenwood
Mary Harding
David Harris and family
Philly Hefner
Deanna Hitchcock
Andrew Lichtenberg
Jeff Light and Emily Watterworth
Matt Mallet
Elin Mattfeld and family
Bill Moreland
Eric Morgan
Jon Muckell
Melanie Nedeau
Ned and Sarah Norton
Gretchen Oliver
Brent Pavlick
Jill Pederson
Janice Phoenix
Donald and Catherine Raddatz
Lois Satalino
Kent Sprotbery
Brian Trainor
Michelle and Timothy Umbaugh
Monica Vielkind



29th ANNUAL HMRRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

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

10 KILOMETERS

SATURDAY, APRIL 25, 2009 - 10 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Registered Male and Female teams in ten year age groups.
For entry forms, contact Adirondack Association USATF office.

USATF # _____

To join USATF go to usatfadir.org or contact the office at 518-273-5552, ext. 203
(USATF membership # is required for USATF Grand Prix and Championship scoring)

HATS TO FIRST 75 REGISTERED RUNNERS

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

REPORT TO:

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

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

Day of Race: **\$15.00**

Refreshments following the race.

MASTERS
ONLY!

MAIL ENTRY TO:

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

MASTERS
ONLY!

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Age (as of 4/25/09) _____ (must be 40 yrs. old or older)

Male or Female: Male Female

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

Signature _____ Date _____

Grand Prix Update

Race #1 Hangover Half Marathon

January 1, 2009

MEN

Male Open

- 12 Tom O'Grady
- 10 Jim Sweeney
- 8 Joe Hayter
- 7 Dave Vona
- 6 Tim Caramore
- 5 Eamon Dempsey
- 4 Josh Merlis

Male 30-39

- 12 Aaron Knobloch
- 10 David Tromp
- 8 Todd Smith
- 7 Brian Northan
- 6 Jonathon Bright
- 5 Jim David
- 4 Robert Norman

Male 40-49

- 12 Ahmed Elasser
- 10 Steve Becker
- 8 Jon Rocco
- 7 Norris Pearson
- 6 Edward Hampston
- 5 Dan Cantwell
- 4 Russ Hoyer

Male 50-59

- 12 Kevin Dollard
- 10 Peter Cure
- 8 Lee Pollock
- 7 Brian Teague
- 6 Mark Warner
- 5 Ken Klapp
- 4 Bill Herkenham

Male 60-69

- 12 Tom Adams
- 10 John Stockwell
- 8 Tom Kollar
- 7 Bob Ellison
- 6 Peter Newkirk
- 5 Tom Benoit
- 4 Chuck Trimarchi

Male 70+

- 12 Bob Husted
- 10 Wade Stockman

TOTAL AFTER 1 RACE:

Male Open

- 12 Tom O'Grady
- 10 Jim Sweeney
- 8 Joe Hayter
- 7 Dave Vona
- 6 Tim Caramore

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- 4 Josh Merlis

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- 7 Bob Ellison
- 6 Peter Newkirk
- 5 Tom Benoit
- 4 Chuck Trimarchi

Male 70+

- 12 Bob Husted
- 10 Wade Stockman

WOMEN

Female Open

- 12 Christine Ardito
- 10 Martha Snyder
- 8 Casey Doak
- 7 Kelly Virkler
- 6 Colleen Hayden
- 5 Erin Rightmyer
- 4 Kerry Gebhardt

Female 30-39

- 12 Laura Gerson
- 10 Kimberly Miseno-Bowles
- 8 Jess Hageman
- 7 Jessica Mitchel
- 6 Sally Drake
- 5 Ashley Peacock
- 4 Jamie Masson

Female 40-49

- 12 Anne Benson
- 10 Kari Gathen
- 8 Diane Hanson
- 7 Lizette Arroyo
- 6 Chris Varley
- 5 Denise Iannizzitto
- 4 Mary Fenton

Female 50-59

- 12 Martha DeGrazia
- 10 Susan Burns
- 8 Joan Celentano
- 7 Kathrine Ambrosio
- 6 Barbara Sorrell

Female 60-69

- 12 Susan Wong
- 10 Ginny Pezzulo

Female 70-79

- 12 Anny Stockman

TOTAL AFTER 1 RACE:

Female Open

- 12 Christine Ardito
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Female 60-69

- 12 Susan Wong
- 10 Ginny Pezzulo

Female 70-79

- 12 Anny Stockman

AGE GRADED AFTER 1 RACE:

	Runner	Age	G
1	12 Anny Stockman	76	F
2	10 Susan Wong	61	F
3	8 Kevin Dollard	53	M
4	7 Martha DeGrazia	57	F
5	6 Tom O'Grady	23	M
6	5 Ahmed Elasser	46	M
7	4 Ginny Pezzulo	63	F
8	3 Anne Benson	43	F
9	2 Steve Becker	42	M
10	1 Peter Cure	50	M



WINTER SERIES FUN



Local Race Schedule

DATE	TIME	EVENT	LOCATION	RACE DIRECTOR(S)	EMAIL
3/7	10:00 AM	30th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ken Skinner	kennyskin@earthlink.net
3/29	10:00 AM	Lowe's 5K for the United Way	Kingston NY	Brian Lavender	bdlavender@yahoo.com
4/5	9:00 AM	21st Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/11	10:00 AM	15th Annual Rabbit Ramble 4 Miler	Guilderland High School	Phil Carducci	rabbitramble@nycap.rr.com
4/19	9:00 AM	1st Hudson Valley 15K	Blooming Grove NY Rte 94	John Finnigan	jfinnigan@hvc.rr.com
4/19	12:30 PM	Ray's Run 4 Miler	Deitz Stadium/Kingston	Yvonne Sill	ysill1@aol.com
4/19	10:00 AM	Dodge the Deer 5k	Schodack Island State Park	Josh Merlis	dtd@albanyrunningexchange.org
4/19	12:30 PM	Ray's Run 4mile	Detiz Stadium	Steve Schallenkamp Yvonne Sill	ssrun54@aol.com ysill1@aol.com
4/25	8:00 AM	2009 Spring Runoff 10K & 5K	Corning Preserve	Melody Burns	melody@melodyburns.com
4/25	10:00 AM	29th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
5/2	9:00 AM	Captain Timothy J. Moshier Memorial 5K Run	Bethlehem Middle School	Peter McKee	pcmckee@gmail.com
5/10	10:00 AM	29th Mother's Day 3.5 Miler	Hamagrael School Delmar	Nancy Briskie Jim Tierney	nbriskie@aol
5/15	6:00 PM	Vascular Birthmarks Foundation 5K Run - 1 Mile Walk	Crossings at Colonie	Barbara Rothaupt	BRothaupt@nycap.rr.com
5/16	9:00 AM	3rd Annual Mother Teresa Academy River Run	Krause's Halfmoon Beach	Lisa Dillon	tsassociates@nycap.rr.com
5/17	8:00 AM	National Distance Running Hall of Fame Race 1/2 Marathon & 5K	Utica	Mary MacEnroe	macenroe@dreamscape.com
5/21	6:25 PM	33rd GHI Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com

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!

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.