

The Pace Setter

December 2011

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





The HMRRRC Annual Awards Banquet

SATURDAY, FEBRUARY 11, 2012

THE DESMOND

660 ALBANY SHAKER ROAD, ALBANY, NY

PETE NEWKIRK and FRANK MYERS

to be inducted into the HMRRRC Hall of Fame

SOCIAL HOUR: 6:00-7:00 P.M.

CASH BAR PLUS

IMPORTED AND DOMESTIC CHEESES • FRESH FRUIT • ASSORTED CRACKERS

DINNER BUFFET: 7:00 P.M.

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SUN-DRIED TOMATO & MOZZARELLA SALAD • VEGETARIAN BLACK BEAN CHILI
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Publication of Hudson-Mohawk
Road Runners Club
Vol. 32 No. 12

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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 Bill Meehan, Phil Borgese, 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.

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

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President's Message

by John Parisella

I can feel it in the air: the heat of the summer and early fall has given way to the cool Capital District wind and the early-evening darkness, which has closed in ever so patiently and steadily, like Chuck Terry at mile 17 in October's Mohawk Hudson River Marathon, a reminder of the approaching 2012 Winter Series races.

The 2011 racing schedule has brought some fine developments to HMRRRC. Most recently was the record-setting local marathon held in October, masterfully directed by race co-directors, Cathy and Rob Sliwinski. Cathy and Rob were assisted in this year-round organizational effort by an equally dedicated and skilled group of volunteer race coordinators and hundreds of volunteers all along the course on race day. We are all thankful to you for your commitment. November was also notable as the 36th annual Gazette Stockade-athon was held in the city of Schenectady. This race is a testament to the solid knowledge of what goes into putting on a national-class race and the organizational skills of Vince Juliano and his team of race coordinators. In addition to a fine race, the runners were treated to a relatively warm place to relax afterwards in the Pavilion in Central Park, which is now wrapped in a permanent, moveable, wind and weather protective curtain. HMRRRC is proud to have helped make this possible in cooperation with the city.

Looking back at 2011 and the new developments it has brought to the local running community, one should not forget the efforts of past President and current Executive Vice President Jon Rocco. Aside for having a banner year in the competitive realm, which included a personal best of just over 1:20:40 in the Saratoga Palio Half-Marathon in September, and an impressive 2:51:22 in the Baltimore Marathon in October, Jon's service to HMRRRC as 2011 President included the institution of a mini Grand Prix event that included the annual Distinguished Service Race and Anniversary Races. Over one hundred runners competed in both races and they, along with volunteers, received commemorative T-shirts. Tom O'Grady won for the men, Kristina Gracely won this two-race event for the women, and Judy Phelps triumphed in the age-graded category. I wish to convey congratulations to these terrific local runners and to Jon for this innovative addition to local road racing.

The Winter Series, which includes a series of 14 races, with distances ranging from three miles to 26.2 miles, begins on December 11th with the Doug Bowden 3-Mile and 15-Kilometer races. The series culminates February 19th with the HMRRRC Winter Marathon and

Marathon Relay. These races, which are free to HMRRRC members, are growing in attendance, both in the number of runners and race volunteers. It is also an opportunity to become an official "Winter Series Survivor." Awards are given to those who volunteer at one of the five Winter dates and either volunteer or run in all of the other four dates. Come on out to the University at Albany starting on December 11th and join the party – there's always great hot homemade soup afterward.

On this last point, let me not go any further without highlighting the work of Marcia Adams, who not only makes the enormous amount of nourishing and tasty soup, but also serves as HMRRRC's Volunteer Coordinator. This outstanding club depends upon the work of many volunteers to organize and put on outstanding road racing and cross-country events. Marcia's dedicated efforts to organize and recognize the efforts of our volunteers have been outstanding. Thank you, Marcia!

I love running. I discovered this passion subsequent to participating in a less difficult competitive sport: wrestling. I was lucky to be a part of some fine teams. Now at my advanced age, when not nursing some mild injury, I train and race with a team of deeply talented and even more deeply dedicated local runners, and one dedicated and patient coach. This teamwork and camaraderie has made the difference for me. Wherever you run, think about organizing or joining a team with which to train and compete. The local running calendar is full of races or relays in which a group of friends can do this with excellent potential for fun and success. Look to the Adirondack Runners, Albany Running Exchange, Kinderhook Runners Club, Saratoga Stryders, or Team Utopia. There are others, and these groups are great examples of groups of runners who find competition at the team level enjoyable. I'll try to write more about this in future messages.

I will close by saying that I am happy to be a part of the Hudson Mohawk Road Runners Club. It, too, is a great team. I am looking forward to a great winter. See you out there! It might be through the visor in a face shield so that I don't feel ALL of the winter winds, but I look forward to seeing you out on the roads. □





What's Happening in December

by Al Maikels

December brings the start of winter, marking the end of all outdoor activity, as we know it. It's too cold to run outside, it gets dark too early and it's just not safe to run in the winter. While that may be the traditional line of thought, there are a few hardy folks that annually test this inalienable fact of nature. For those brave souls, the HMRRC offers the Winter Series, a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (and New Year's Day is even Sunday this coming year) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 11 at 10 a.m. and features the Doug Bowden 15K and 3 mile run. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals that participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this

year's prize will compare in value to the other years and I urge all members to attend these races.

The City of Albany celebrates the season with a Winterfest and a 5k race is a big part of the celebration. The Winterfest 5k will be held on Saturday, December 17 at 5:00 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The City of Saratoga still has a First Night celebration and also has First Night race. The Saratoga First Night race will be held on Saturday, December 31 at 5:30 p.m. and features a 5k at Skidmore College.

December marks the end of the year and brings us the holiday season. I would like to take this opportunity to wish everyone a happy, healthy New Year and best wishes of the season.

The club business meeting for December will be held on Wednesday the 14th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meetings. □

Profile of a Runner KAREN SEWARD



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

I am the Director of Facilities at HVCC, 47, and an RPI mechanical engineering graduate. My hobby is sports.

When and how did you get started running?

I have always been involved in sports my entire life. I have been a terrible runner, mostly having a bad mental attitude toward it. I decided I was going to try and become a good runner by changing my attitude about it.

Do you have a favorite race or races?

Delmar Turkey Trot, November 2010. I went from 41:14 in Freihofer's to 34:51 in 5 months!

What are your most memorable races?

Freihofer's Run for Women, 2010. It was my first run in a while and I decided I was going to try and get better.

How do you train? Do you have training partners?

I run using the Cool Running program for preparing for a half marathon. I have no training partners. I would like to join a running group, but my schedule has not permitted it yet.

What are your current goals?

I would like to complete the Mohawk Hudson Half Marathon this October in 2 hours, 36 minutes. When I started, my pace was over 13:00. It is now down around 11:00.

Do you have any future running goals?

If the Half goes well, maybe a full marathon next year.

Do you have a philosophy of running?

Right now I am trying to increase my distances and hope the times will improve. □



Profile of a Runner

MARY IBBETSON

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

I am a mom and a wife first. I manage Lavelle & Finn, LLP, an Albany law firm, during the day. I am also a breast cancer survivor and a personal trainer. I work through the Ciccotti Center, the Bethlehem YMCA, HopeClub, ACS and Fleet Feet No Boundaries to provide exercise training, motivation and support to cancer survivors in the community. I write for the Timesunion.com Runners Blog, (blog.timesunion.com/running/), which I LOVE and am also the founder of Team Survivor Albany and owner of www.runninghightees.com.

When and how did you get started running?

I started running with my husband a few years before I was diagnosed with breast cancer because, ironically, I was worried about his health as he approached middle age.

Do you have a favorite race or races?

Freihofer's - I have PR'd there twice! Komen Race for the Cure - I have a big team every year Team BECAUSE MARY SAYS SO! Mohawk Hudson River Marathon 2011 - I had a PR, my husband and I celebrated our 20th anniversary by renewing our vows at the finish line AND Elvis serenaded me - all in a matter of hours!

What are your most memorable races?

The triathlon in Orlando where I crashed and finished in an ambulance ... wait ... I don't actually remember much of that! Troy Turkey Trot 2008 - I ran the whole thing (slowly) a week after finishing chemotherapy.

How do you train? Do you have training partners?

I have a great group of friends that I run with and/OR a great group of runners that I am friends with. I trained for a marathon last



year for 16 weeks and only ran alone for half of one run (4 miles). I love meeting new running buds and have met (and have run with) quite a few between No Boundaries, ARE and the Runners Blog. My husband always says, "Runners are the best people!"

What are your current goals?

I am hoping to take another minute off my 5k time and officially become a Marathon Maniac by running multiple marathons. I have signed up to run Syracuse's Empire State Marathon a week after finishing the MH Marathon.

Do you have any future running goals?

My goals are always changing. I recently PR'd on a 5k by over 2 minutes. Less than a minute after I was done I felt I could have pushed harder and done it just a little. Last year I thought a 2 hour half marathon was impossible, I have beat that goal twice. Now I would like to see a 4 hour marathon, maybe an ultra? I have to keep up with my husband and friends who are future Ironmen (and Ironwomen).

Do you have a philosophy of running?

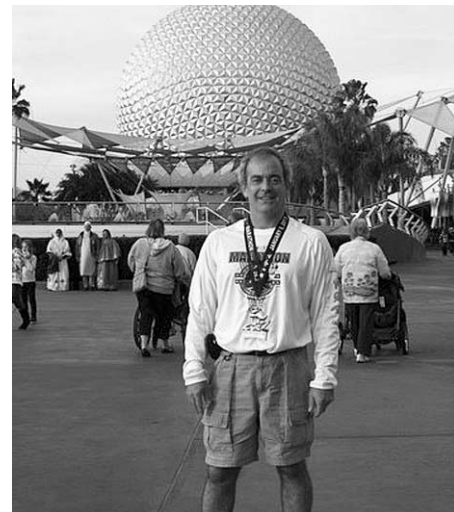
I run to prove myself to myself. I run because research shows that exercise may prevent cancer from returning. I run because it is within my control, unlike just about everything else in my life. I ran because I can.

Any funny stories?

If you know me, you know that almost every run ends in a story (not always funny). My husband says that running with me is safe because if you are with me, whatever happens, happens to me! Join me for a run and I will tell you a few stories. ☐

Profile of a Runner

MARK W. SULLIVAN



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

I am a physician assistant in an emergency room in the Capital District. I like to hike and bike and generally be outdoors. I play alto sax with my 14 year old son when I get the chance.

When and how did you get started running?

I used to be amazed at the people that ran the Utica Boilermaker, as I grew up in the area. It always seemed that running that distance was for some super-athlete that I could never aspire to be.

Do you have a favorite race or races?

The Utica Boilermaker and the Disney Marathon.

What are your most memorable races?

2011 Disney Marathon and 2010 Utica Boilermaker.

How do you train? Do you have training partners?

I run as often as my schedule allows. I love to run along the Mohawk-Hudson trail along the Mohawk River. I especially like to run when it's so hot no sane person will go out!

What are your current goals?

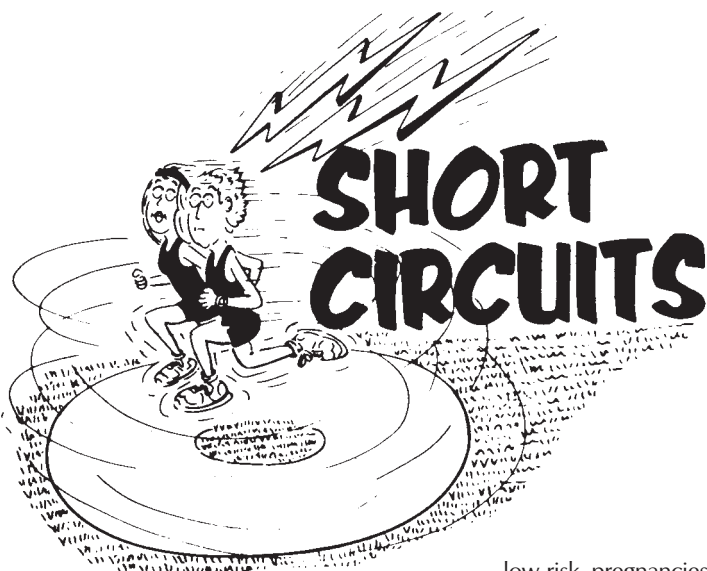
Running the Hudson-Mohawk Marathon in 2011. (Follow up: I finished the marathon in 4:47:46. It wasn't pretty, but I finished!)

Do you have any future running goals?

Running a marathon in under 4 hours.

Do you have a philosophy of running?

No, just keep pressing on, don't stop. "Let us run with perseverance the race marked out for us." Hebrews 12:1 ☐



Fauja Singh, 100 years old, became the world's oldest person to complete a marathon in October, crossing the line at the Toronto Marathon in 8:25:16. He didn't finish last; five came in after him. But Guinness World Records has not recognized the feat, requiring a copy of an original birth certificate. Mr. Singh, from India, stated that there were no birth records kept in his region of India in 1911.



Singh in Toronto: No Guinness for me



Amber Miller felt contractions just minutes after crossing the finish line at the Chicago Marathon. A few hours later, the 39 weeks pregnant woman delivered a healthy baby girl named June. When the baby hadn't been born by race day, she got clearance from her doctor to run. She completed it with a half-run, half-walk approach, drinking lots of fluids and eating a lot along the way. She finished in 6:25:50, much slower than her usual marathon time.

It was not her first marathon while pregnant. In May, she ran the Wisconsin Marathon in 4:23:07 while 17 weeks pregnant. In 2009, she ran the Indianapolis Marathon in 4:30:27 while she was 18 weeks pregnant.

Medical guidelines generally say that if a woman was a runner and healthy before she got pregnant, running during pregnancy is fine. Doctors even recommend exercise for

low-risk pregnancies. However, medical experts agree that pregnancy is not the time to begin any exercise endeavors, such as starting marathon training for the first time. For pregnant runners, close monitoring by a doctor is recommended.



Amber and June



A man who placed third in the British Kielder Marathon confessed to taking a bus to the finish line from the 20-mile mark. Rob Sloan, 31, completed 26.2 miles in 2:51:00, but suspicions surfaced, including those of the witnesses who reportedly saw him hide behind trees until the first- and second-place runners passed him. Sloan initially denied the accusation and claimed his medal. "I'm upset and angry that someone wants to cast these aspersions. It's laughable, is what it is," he said.

When marathon organizers launched an investigation, Sloan quickly changed his tune. He said he had grown tired and admitted to taking the bus, which was made available for spectators watching "Britain's most beautiful marathon."

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

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



The scoundrel shows off his medal



The scoundrel's bus



While the best way to run your fastest possible time in a race is to run as even splits as possible, sometimes whom you beat and the place in which you finish matters more than the time on the clock. In those races, a great winning racing strategy is to keep changing the pace on your opponent, in effect turning the race into a very hard fartlek. This strategy is very debilitating to other runners. If you can handle changing the pace throughout the race, this is a very big weapon to have in your arsenal. Since this strategy is so demanding, it must be practiced in your workouts. -- Jason Karp, Ph.D., Sports Physiology. □



I can't catch him today



It takes a whole community to put on a marathon and a half! HMRRC and the 2011 MHR Marathon and Half Marathon Race Committee would like to thank the following for their help in making the races a success:

Race Sponsors: adidas - Fleet Feet Sports - Center for Natural Wellness School of Massage Therapy - Refuel with Chocolate Milk - SloMag – GU

Mile Marker Sign Sponsors: Albany Running Exchange - All U Inc. - Aspen Heating and Cooling - C.T. Male - Capital Region Urologic Surgeons - First Niagara Bank NA - Key Bank - Kinderhook Runners Club – Lee & Sharyn Miller - National Grid - Puroclean Certified - RF Peck Co. Inc. – SEFCU - Stantec Engineering - Sticky Fingers Gourmet Apples - Team Utopia - Willow Street Athletic Club

Water Stop Volunteers: The Rosowsky and Anderson families; Union College Cross Country Team; Schenectady High Honor Society; Mohonasen High Chapter of the National Honor Society; Colonie Central High Key Club; Out of Control Ski Club; Christian Brothers Academy Honor Society; Plaine & Son; Delmar Track & Field Club; Cohoes High Track & Field; Lansingburgh High Track and Field; Spina Bifida Association of Northeastern New York; Upstate NY/Vermont Chapter of Team in Training; Fleet Feet Sports Albany; and a *special thanks to Passano Paints who allowed us to use their parking lot for our Watervliet water stop!*

Medical Volunteers: Dr. Kim Kilby, Dr. Todd Shatynski, Dr. Michael Dailey, Dr. Michelle Stone, Martha Gohlke, Gregory Coons, Kevin Van Dyke, Russ Myer, Barbara Putnam, Dr. Hamish Kerr, Dr. Richard Kim, Dr. Eric Rogers, Dr. Trevor Black, Dr. Louis Durkin, Dr. Karthik Karibandi, Andrea Hanlon, Damon Russo, Dr. Andrew Musits, Matt McCullough, Dr. Gregg A. Sagor, and Dr. Molly Boyd.

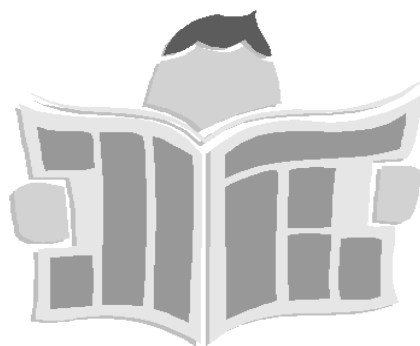
Course/Expo/Registration/Finish Line Volunteers: Boy Scout Troop 537, Alpha Phi Omega, and all of those individual volunteers who helped by cleaning up the course, putting race packets together, working at the Expo, and assisting on race day. Thank you!

With Special Thanks to: Karen Smith and the Troy Amateur Radio Operators Association, Todd Martinovich and Tom McLaughlin of the Colonie Police Department who led the races on motorcycles, Darryl and Mona Caron of Adirondack Sports and Fitness; Michael McGrane and Paul Curtis of adidas, Charles Woodruff and Barb Gillen of Fleet Feet Sports, Pat Glover, George Regan and Bruce Vanderwater of USATF Adirondack, Don Lawrence and the Courtyard by Marriott Wolf Road staff, Staff Sgt. James Bolen of the USMCR Toys for Tots program; Brian Murphy of the Crowne Plaza Hotel; Jim Bowles and Lisa Ciancetta for being our one-mile-mark timers, Debbie Goedeke of the Albany County Convention & Visitors Bureau, Michael Klein of the Albany Parking Authority, Marquita Rhodes of Albany BID, George Berard of CP Rail, the Schenectady, Niskayuna, Colonie, Cohoes, Watervliet and Albany Police and EMS Departments, Greater Amsterdam Volunteer Ambulance, Clifton Park Halfmoon EMS, Watervliet Arsenal Fire and EMS Department, Empire Ambulance, and the City of Albany and County of Albany Department of Public Works, especially Water VanDeLoo and the staff of the Colonie Division, for their Herculean effort to clear the bike path of several inches of mud in time for the race.

THANK YOU!!

"BEEN THERE, DONE THAT"

by Mike Becker



December 1971...Forty Years Ago

• Sixteen runners brave cold, wind, and snow for the first event of the winter season featuring one and two perimeter road loops. The winning time in the two-perimeter race (5.64 miles) is 30:14.

• An article on winter running suggests, among other things, to avoid cold wind, to use plastic baggies to cover socks to keep feet dry, and to run slowly on snow and ice-covered surfaces.

• Running shoes are advertised in the *Newsletter* ranging from \$10.75 to \$16.70, including the popular Nike Tiger Cortez.

December 1976...Thirty Five Years Ago

• Ten runners participate in a six-mile handicap race at SUNYA with Frank Ripple edging Dennis Pacelli by one second.

• Mark Mindel and future Nike President Tom Clarke both run 48:49 in a nine-mile run at SUNYA. Tom has won every club nine-mile race that he has entered (four).

• Local runner Barry Brown runs a 2:20 in the Baltimore Marathon to finish fourth on the very hilly course. Tom Constantine runs a 2:57.

• Club membership dues are \$3 for individuals, \$5 for families, and \$1 for students.

December 1981...Thirty Years Ago

• The Jersey Shore Marathon is held during gale force winds in Asbury Park, NJ. Pat Glover finishes ninth with a 2:33, and Casey Ahearn is the sixth woman with a PR of 3:05.

• Pat Glover wins the 15K Winter Series race with a 52:18, with Daniele Cheriak running 64:26 for top female honors. A total of 13 runners go sub-60, including 43-year olds Don Wilken and Lee Wilcox. Paul McWilliams and Sandy Phibbs are winners of the 5K.

• *The Pace Setter* includes a somber article on the recent accident of club member Susan Cohen, one of the dominant local female runners of the time. She was hit by car and lost both legs due to a careless driver.

December 1986...Twenty Five Years Ago

• Rob Picotte and Pat Glover each run 51:32 to tie for the win in the 15K Winter Series race at SUNYA. Denise Herman runs a 58:14 for top female honors over Sandy Phibbs. Eric Van Zandt and Rachel Braskow are winners of the 5K. A total of 25 volunteers help out.

• Club officers are Don Wilken – President, Kathy Carrigan – Vice President, Pat and Chris Rush – Secretaries, and Bert Soltysiak – Treasurer. Joe Hein is the editor of *The Pace Setter*.

• From "Short Circuits": Anny Stockman is named fourth best masters runner in the nation in the female 50-54 age group by the National Running Data Center.

December 1991...Twenty Years Ago

• Brian Hickey and Kathy Cleary are winners of the Winter Series 5K. Vinny Reda and Inge Aiken take the 15K. Doug Bowden and Larry Decker are the directors. A photo shows

Santa directing runners across the SUNYA perimeter road.

• 1991 Grand Prix winners include Karen Pratt, Rick Bennett, Vinny Reda, Judy Swasey, Dale Keenan, and John Pelton.

• From "Short Circuits": celebrities that include running in their training regimen – Arnold Schwarzenegger, ALF, Roger Clemens, Nolan Ryan, and Shirley MacLaine. Relays are a U.S. invention that trace their roots to the Pony Express. O.J. Simpson was a member of the world record 440-yard relay team.

December 1996...Fifteen Years Ago

• Unseasonably warm weather greets 154 runners who complete either the three-miler or 15-miler in the first Winter Series races of the season at SUNYA. Bob Higgins wins the 5K over Tim Hoff, with Brenda Katz winning the female division. Michael Gross runs a 52:30 to beat Rob Picotte in the 15K, with Amy Herold taking top female honors with a 62:17, good for 11th overall.

• In an item from the December club meeting minutes, Ed Neiles discusses the idea of creating a web page for the club and volunteers to develop and maintain it.

• The 1996 Grand Prix winners are announced and include Amy Herold-Russom, Martha DeGrazia, Jo-Ann Spinelli, Anny Stockman, Zach Yannone, Dale Keenan, and Wade Stockman.

December 2001...Ten Years Ago

• Mark McKenzie and Jacqueline Schiffer are winners of the Eighth Annual Holiday Classic 5K in Hudson. Dan Cantwell and Rachel Schabot are runners up.

• Ken Plowman and Emily Bryans are winners of the 15K Winter Series race at SUNYA with times of 56:53 and 60:55, respectively. Jon Rocco (19:22) and Teresa Wuerdeman (22:05) are winners of the three-miler. The races are directed by Ken Skinner and Doug Bowden.

• Tyson Evensen wins the First Night Last Run 5K in Albany with a 16:39. Danielle George is top female with an 18:18. A total of 616 runners finish.

• A total of 758 runners finish the Saratoga First Night Saratoga 5K with Dylan Welsh win-

ning with a 15:31, and Rob Cloutier finishing second. Thirteen-year-old Nicole Blood runs an 18:15 to beat Saratoga teammate Kristen Hornbach for top female honors.

December 2006...Five Years Ago

• Chad Davey beats David Newman in the 15K Winter Series race at SUNYA. Roland Graves had a big lead at seven miles but ran off course and finished fourth, after running approximately 10.1 miles. Eileen Combs is the top female by nearly ten minutes. Kevin Beck and Sarah Ochs are winners of the three-miler. A total of 36 new club members are signed up.

• R.J. Sniffen wins the Last Run 5K in Albany with a 16:37, four seconds ahead of Stephen Marthy. Roxanne Wegman is the female winner with a 19:20. Age group winners include Lori Weaver, Dan Cantwell, Judy Phelps, Jim Thomas, and Virginia Mosher.

• David Raucci (16:01) and Hannah Davidson (17:51) win the First Night Saratoga 5K, among the 987 finishers. Age group winners include Allison Moeller, Steve Becker, John Noonan, Martha DeGrazia, Pat Glover, and Chris Rush. □

New HMRRC Members

Yousef Abdel-Moty
Marion & Jeffrey Baseel
Katie Bubnach
Darryl Caron & Family
Nicol Cunningham
Felice Devine
DJ Hansen & Family
Woody & Courtney Jackson
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More Thoughts on Geezer Power

by Norman Dovberg

Ken Orner made some very good points in his article "Running over the Hill" in the September edition of *The Pace Setter*. As a geezer of 65 myself, I can hear the footsteps of time coming up on me very quickly. On the other hand, in this day and age, older people are fortunate to have a better outlook for a longer and more active life if they continue to exercise and eat right. So it is likely that the number of runners in the older age groups is going to increase significantly over the coming decades. My teammate, Tom Adams, was reminding me of this during the first mile of the Voorheesville 7.1 mile race. Since he was correct and was also wasting breath, I encouraged him to talk on. This strategy seemed to have been effective since the race afforded me a rare opportunity to just barely beat him to the finish line. I won't get used to that, Tom.

What this demonstrates is that we old geezers are in there trying just as hard as the younger folks to stay fit and to do well in races. Perhaps it is more important to us to have the incentive of awards than it is to our young colleagues, because as you get older you tend to get more complacent about such things and are increasingly tempted to park your butt on the couch, watch TV, and ingest snacks like normal people do. Being able to win an award, silly as it may seem, may be just enough to motivate us to continue to subject ourselves to the self-punishment required to maintain our best level of fitness. I, for one, as strange as it may seem, count my running accomplishments as more important than such things as having accomplished becoming a physician and having saved many lives over my career. In fact, while I don't have my medical diploma mounted on the wall there is a shadow box hanging there with my Boston Marathon certificate, medal and finish photo nicely mounted inside. Why? Besides the fact that I probably have my priorities way out of whack, I run to save and to enhance one particular aspect of life that is very dear to me. As my friend Tom so aptly pointed out, when we look at our friends and relatives who are our age and even younger it becomes clear that by having chosen to live right we are now reaping the benefits. And let me tell you, it is all worth it.

As we approach the age of 70 not only do we not feel so old, but we want to be recognized on a level playing field for our running accomplishments as we, with a little luck, continue to run far beyond that once august milestone. In order for that to occur, the award system needs to change to include five year age groups at least up to 80 and maybe a re-thinking of the Grand Prix categories to make them five year rather than 10 year age groups. As we age, we naturally tend to slow down, and speaking from experience, a 65-69 year old runner is struggling much harder to com-

pete with 60-64 year olds than a 45-year old is to keep ahead of the 40-44s. So maybe in the older age groups we should consider five-year intervals and make 20-29, 30-39, and 40-49 ten-year intervals – the reverse of the current system. That way, if the cost of awards is a factor this problem will be solved. But, as Ken pointed out, I am sure HMRRC is able to afford it.

Aside from fairness, there is just something about winning an award that feels really great. To deprive older runners of that opportunity is to take away something that is just as important to them as it is to their younger counterparts. It is natural for younger people to discount the old and to deny that they will, with luck, someday be one of them. It is also natural for them to assume that older people don't enjoy the same things that are popularly thought of as exclusively in the province of the young (I need not elaborate further on this, I trust.). In fact, because our time left to enjoy these things is more obviously finite to us, we cherish them more.

I ran some of these ideas past my fellow sexagenarians at the 7.1 race (after congratulating them on kicking my butt with times that put most of the 30-50 year olds to shame). They all seemed to agree it makes sense so I encouraged them to add their voices to Ken's, who seems to be a prophet crying out in a big wilderness at the moment. Whether or not they do, I am adding my voice to his and going on record to request that all HMRRC races award prizes in a uniform format – at five-year age groups up to at least age 80. As for revising the Grand Prix categories, it would be nice but Rome wasn't built in a day. Anyway, if it stays at ten-year intervals, I can look forward to being "young" at seventy. That may encourage me to stay off the couch for a few more years. □



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It's not just about running ...

Reflections on Turning 30

by Jonathan Auyer

October marked a huge milestone in my life (on October 20th I turned 30), but it also marked a number of palpable changes that have taken place in who I am as a runner. The most obvious was a change in age groups – I moved from the 20-29 age group to the 30-39 age group (as my brother would say, I am the “old man”). This may allow me (though there is no guarantee) to place in a race, which would be great. The other changes that came with turning 30 are somewhat subjective and introspective, but even more significant.

Lately, while talking with Katie, my wife, and reflecting during a run, or even while at work, I have been asking myself a simple question: what does it mean to be a runner? When I ran track in high school I thought the answer involved a single word: speed. You worked hard in practice so that you could work hard during a meet. Of course, because I was a sprinter my conception of running consisted of anything less than 800 meters. Run a mile? That was “long distance,” so no thank you. After high school I did not really “run” at all. That is, I would not consider myself a “runner” in any serious sense of the word. I did not enjoy what I have come to enjoy about running: the exhilaration, the self-discipline, or the freedom. I ran, but it always seemed as if it was from something, never to something or “with” something.

I ran my first race (the Father’s Day 5k with Katie) in 2009 and that was when it began to click in my head what it really meant to be a runner. And yet, as was the case in high school, running was more about “where did you finish” and “what was your time” than about simply running. Don’t get me wrong, there is nothing wrong with pushing yourself for a faster time or trying to pass that last person on the final straightaway. In fact I still do that. What is problematic is when running becomes those things. When running only becomes about the beginning and the end, rather than the process in between, then you will fail to grasp the heart of what running is and can be.

As Katie and I trained for more races we decided to run a marathon and, in preparation for it, a half marathon. So during the end of 2009 and beginning of 2010 we trained to run the Flower City Half Marathon (Rochester, NY) in May, and then the Lake Placid Marathon in June. We followed a plan that was regimented and methodical: we did tempo runs; we did speed work; we ran hills, hills and more hills; we cross-trained; we lamented missed days, and forced ourselves to stick to the schedule. But then (in retrospect) the best thing that could have happened – we both got injured. I had nagging ITB and knee problems, and Katie succumbed to hip problems. We had to pull out of the marathon and run the half in Lake Placid. Afterwards we continued to be plagued with these injuries, so why, you might ask, was this a good thing?



Our injuries showed us that running needs to be about listening to your body, about being in touch with all parts of your body, especially your feet. Actually, our problem was twofold: we over-trained and our shoes did not help. It is easy, now, to see that we over-trained – it is easy to fix that in the future. But fixing the latter problem took a paradigm shift. It meant embracing the barefoot/minimalist ethos of running, and since we have done this neither of us has had any serious injuries (aside from the normal soreness after long runs). More importantly, both of us have grown to love running more than we thought possible.

But what does this all have to do with turning 30? Well, I think it took me this long to learn a valuable, but often overlooked fact about running: you are more than just your body, but your body is much more than a piece of machinery. Let me explain. As runners we want our bodies to do great things for us whether that is jogging around the block or running across a desert, and we often treat it like it is a separate entity – something to be honed, fueled, perfected, and then beaten up, all in the name of running. But while I am my body, in the sense that my identity as me (rather than someone else) has come to be associated with this body that I have now, I am much more than merely this external appearance. I am more than the physical form capable of propelling itself forward. I am a lifetime (at this point 30 years) of thoughts, emotions, memories, feelings, and knowledge. All of these things help to show me that I am a “sensing” being; I am a being capable of perceiving and sensing hundreds of thousands of things around every minute or every day, and then translating those perceptions into new thoughts, emotions, memories, feelings, and knowledge.

If I treat my body like a machine, something wholly detached from who I am, something separate from me, then I will fail to experience the beautiful symbiotic relationship that run-

ning affords. Embracing this fact allows me to truly be in touch with the sensations that my body (especially my feet) are sending to me during a run. (This is the primary benefit of running barefoot or in minimalist shoes – feedback.) Understanding this means that I will be much more aware of when to stop beating my body up, or when to push through the pain, or when to slow down and walk. Runners do not like to hear their body say, “Why don’t you slow down and walk for a moment,” but I have found (thanks, in no small part, to the wisdom of my wife) that walking is not a sign of weakness. It is a sign of being aware.

So what does it mean to be a runner at 30? It means coming to be aware of who you are – body and self, intertwined as one. While there is no doubt that I look forward to getting faster and running farther (perhaps a marathon and an ultra next year?), I am embracing the new and evolved “aware” me. The “me” that listens to a body that is not separate, but is a part of everything that has culminated in the “me” that is here right now. I am sure that at 40 I will have an even deeper understanding and awareness of that me, and I can only hope and wish that more people (runners or not) will come to experience an awareness of who they are, whatever their age may be. □

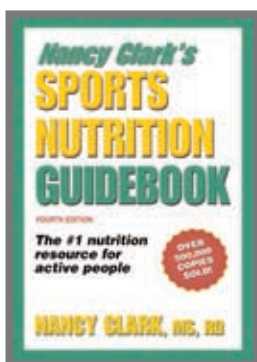


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Jan. 1, Saturday	12 noon	Winter Series 2 (13.1 mile, 3.5 mile)
Jan. 8, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 22, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 5, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Register day-of-race only
- Winter Series Races are free for HMRRC members and \$6 for non-members
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- Awards for overall and age-group winners
- Post-race refreshments & hot showers
- *Winter Series Participant* eligibility: participate in all five events - volunteer for one
- More info at www.hmrrc.com



Submissions for the February Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

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

Yummy Gifts from the Kitchen

Who doesn't like a yummy gift of homemade food! Whether you give a certificate for breakfast in bed or fill a tin with trail mix, food gifts are welcome treats for hungry runners. These suggestions are sure to please anyone!

Oatmeal Pancakes

The pancakes are light and fluffy prizewinners. Perfect for refueling after a long run. Yum!!!

1/2 cup uncooked oats (quick or old fashioned)
1/2 cup yogurt (or milk + 1/2 tsp vinegar)
1/2 to 3/4 cup milk
1 egg (or 2 egg whites), beaten
1 tablespoon oil, preferably canola
2 tablespoons packed brown sugar
1/2 teaspoon salt, as desired
1 teaspoon baking powder
1 cup flour, preferably half whole-wheat

1. In a medium bowl, combine the oats, yogurt, and milk. Set aside for 15 to 20 minutes to let the oatmeal soften.
2. When the oatmeal is through soaking, beat in the egg and oil; mix well. Add the sugar, salt, and cinnamon, then the baking powder and flour. Stir until just moistened.
3. Heat a nonstick griddle over medium-high heat.
4. Pour about 1/4 cup batter onto the griddle per pancake. Turn when the tops are covered with bubbles.
5. Serve with syrup, applesauce, berries and/or yogurt.

Yield: 6 6-inch pancakes Total calories: 1,000
330 calories per 2 pancakes 57 g Carb, 10 g Pro, 7 g Fat
From Nancy Clark's Sports Nutrition Guidebook (www.nancyclarkrd.com).

Carrot Apple Muffins

These muffins are hearty and moist. Enjoy them plain or with peanut butter. Tasty for breakfast or before an afternoon run.

1 1/2 cups flour, preferably half whole wheat
1 1/2 cups dry oats, blenderized into "flour"
1/2 cup brown sugar, packed
2 teaspoons baking powder
2 teaspoons baking soda
1/2 teaspoon salt
2 teaspoons cinnamon
3/4 cup milk
2 eggs, beaten
1 teaspoon vanilla
1 1/2 cups shredded carrots
1 1/2 apples, peeled and shredded
1/2 cup raisins
Optional:
1 cup chopped nuts

1. In a medium bowl, mix flour, oat bran, brown sugar, baking powder, baking soda, salt, and cinnamon.
2. Add the beaten eggs, vanilla, and milk; then

the carrots, apples, raisins, and nuts. Stir gently until blended.

3. Prepare muffin tins with paper cups (treated with cooking spray for best results). Fill the muffin cups full.

4. Bake in preheated oven at 350° F for 15 to 20 minutes. Test for doneness with a toothpick.

Yield: 18 medium muffins (or 12 large) Total Calories: 2,250

125 calories per medium muffin 25 g Carb, 4 g Pro, 1 g Fat

From: Food Guide for Soccer: Tips and Recipes from the Pros (www.nancyclarkrd.com).

Sugar and Spice Pecans

This snack has everything your taste buds could possibly want: sweet, spicy, salty, and crunchy. Toast up a batch, put them in jars, tie on ribbons. Voila, a gift worth fighting over!

1 egg white
1 teaspoon water
1 pound pecan halves (about 4 1/2 cups)
1/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon salt, preferably kosher
1/4 teaspoon allspice
1/8 teaspoon cayenne pepper

1. Preheat oven to 325 degrees F.
2. Lightly coat a rimmed baking sheet with cooking spray.
2. Whisk together the egg white and water in a large bowl until well blended. Add the pecans and toss to coat evenly.
3. In a separate bowl, whisk together the sugar and spices, then sprinkle it over the nuts. Toss until well coated.
4. Spread the pecans in a single layer on the baking sheet, and bake until the glaze is crisp and golden brown, 15 to 18 minutes. Cool completely and store in an airtight container.

16 servings (1/4 cup) Total calories: 3,500
220 calories per serving, 10 g Carb, 3 g Pro, 20 g (healthy) fat
From: No Whine With Dinner (www.Meal-MakeoverMoms.com).

Crunchy Trail Mix

This is a perfect snack for calming the afternoon munchies. Sweet, but not too sweet. Perfect for before or after a run.

3 cups oat squares cereal
3 cups mini-pretzels, salted or salt-free, as desired
2 tablespoons tub margarine, melted
1 tablespoon packed brown sugar
1/2 teaspoon cinnamon
1 cup dried fruit bits, raisins and/or slivered almonds

1. Preheat oven to 325 degrees F.

2. In a large resealable plastic bag or plastic container with a cover, combine the oat squares and pretzels.

3. In a small microwavable bowl, melt the margarine, then add the brown sugar and cinnamon. Mix well, then pour over the cereal mixture.

4. Seal the bag or container and shake gently until the mixture is well coated. Transfer to a baking sheet.

5. Bake uncovered for 15 to 20 minutes, stirring twice.

6. Let cool; add the dried fruit; store in airtight container.

10 servings Total calories: 2,000

200 calories per serving 40 g Carb, 5 g Pro, 2 g Fat

Recipe courtesy of the American Heart Association (www.deliciousdecisions.com)

From Food Guide for Marathoners: Tips for Everyday Champions (nancyclarkrd.com)

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes enhance their health and performance. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for runners and cyclists are welcomed gifts. They are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com. For Nancy's app with Recipes for Athletes (\$2.99), see itunes.apple.com. □

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Posterior Tib

In George Orwell's iconic book *Animal Farm*, he makes the sardonic statement that "All animals are created equal, but some animals are more equal than others." The same could be said about the muscles of the body.

The posterior tibialis (PT) is one of those muscles, although I'd bet few reading this column could either identify the muscle, locate it on the body or detail its function. Yet to a runner the role and function of the PT is first among many.

The PT is a long cylindrical muscle that runs from the lateral portion of the shin down to the middle of the foot (fig 1). The feet are each made up of 26 bones, and depending on individual variations in anatomy, the PT inserts on between seven to nine of those bones (fig 2).



Figure 1

The muscular action of the PT is to sweep the foot towards the midline of the body. Additionally, if one were to roll the ankle to the outside of the foot, the PT is doing much of the work. A less obvious function of the PT is to "control the velocity of mid-foot pronation." This action is significantly more complicated.

In a walking or running gait, the foot transitions from a rigid lever to a mobile adapter. This

Navicular Cuneiforms

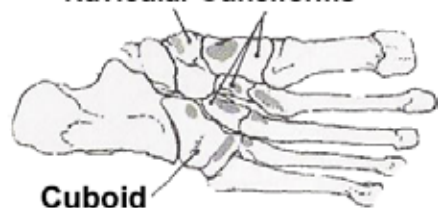


Figure 2

transition is constantly occurring as one moves from the rigid lever of heel strike (a supinated foot) to the mobile adapter of mid-stance (a pronated foot) back to the rigid lever at toe-off.

Mid-foot pronation takes place as the foot goes from heel strike to mid-stance. The "velocity" or how the fast this happens, is controlled by an eccentric or lengthening contraction of the PT. When the muscle is properly trained and toned, the eccentric contraction dropping the foot into mid-foot pronation is a smoothly unconscious event. But the fact is that if a sophisticated audience cannot identify, locate or detail the function of the muscle, there is little chance the PT will be given any training time, and over time problems will develop.

The most common problem involving the PT is the shin splint. Remember "shin splints" are a garbage can term that has come to mean any type of shin pain. In fact there are several struc-

tures that could produce shin pain including the anterior tibialis, trigger points of the gastroc or soleus muscles and even micro-fractures to the tibia. But far and away the most common player is a weak or dysfunctional posterior tibialis.

The reason why the PT plays such a significant role in shin pain depends individually or collectively on the action of the muscle, the insertion pattern in the foot, the coordination of the foot through the gait cycle and the physical condition of the muscle.

If the muscle is poorly conditioned the eccentric contraction will be uncontrolled or uncoordinated and the foot will flop to the ground. This uncontrolled flop produces a pulling strain at the point of origin on the shin producing microtearing, pain and the diagnosis of a shin splint.

Other foot problems that may develop from this uncoordinated flopping of the foot include plantar fasciitis and Achilles' tendonitis. The forceful flopping of the foot may flatten the medial arch and exceed the elastic limits of the plantar fascia. With 1000's of foot strikes this flopping can lead to the tearing of the fascia at its heel insertion, the classic plantar fascia heel pain and eventually a heel bone spur.

Achilles problems may develop due to something called the Bowstring Effect. (fig 3) As the foot moves from heel strike to mid-stance the Achilles whips from a lateral to medial position. If the poorly conditioned PT cannot regulate the velocity of mid-foot pronation and it happens



Figure 3

too fast, too soon in the gait cycle or there is too much pronation, the calcaneus (heel bone) exceeds the elastic limits of the Achilles tendon. Once again, if this micro trauma is repeated thousands of times with each foot strike, micro tearing occurs, eventually leading to Achilles problems.

The solution to conditioning the PT is the daily use of the six foot drills (fig 4). Walking barefoot on the inside/outside of the feet, toeing in and toeing out, walking backwards on the forefoot and with one's shoes on for about 25 meters for each exercise will significantly condition all the smaller muscles from the knee to the foot, including the PT. This will help coordinate

the eccentric contraction of the PT as the foot moves from heel strike to mid-stance and helps modulate the velocity of mid-foot pronation.

The role and function of the PT in running cannot be ignored, although it often is. Awareness of and attention to the health and function of this muscle plays a significant role in speed actions (decreasing ground contact times), force production and safer sojourn into the repeated micro-trauma of endurance events. The six foot drills, when used consistently, tone and condition the PT so that training and competition can be safely attempted miles and years into the future.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoc-tor229@hotmail.com. □

Figure 4



INVERSION



TOE-IN



BACKWARDS ON TOES

- done daily or every workout day
- each drill is done once for 25 meters
- drills are done in the stocking feet or bare footed
- surface is preferably grass but any flat, clean surface will do
- results will be subtle but should be noted in about 2-3 weeks
- include: decrease in injuries, improved "coming", improved jumping ability
- consistent use of the foot drill will decrease or eliminate shin splints, plantar fasciitis, Achilles tendinitis and knee problems
- total time to do the drills is about 3 minutes



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Meeting Minutes of the HMRRC General Meeting - October 12, 2011

Attendance: Jon Rocco, John Parisella, Tom & Marcia Adams, Barb Light, Chuck Terry, Rob Moore, Wade & Anny Stockman, Diane Fisher, Jonathan Golden, Doug Bowden, Mark Warner, Rob & Cathy Sliwinski, Ray Lee

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

Reading and approval of September 14, 2011 minutes (B. Light). Motion made to approve minutes made by Marcia Adams seconded by Rob Moore. Motion approved.

Reports of Officers

President (J. Parisella): Schenectady City Council honored HMRRC for its donation of the contribution to the pavilion project. Club received plaque from the City of Schenectady.

Executive Vice President (J. Rocco): Diane will put the proclamation we received on the webpage. Received check for \$2500 for Friends of Rail Trail and forward to Dan Rain. Had meeting last night and made announcement of Grant to purchase stone dust to improve the rail trail. They were very appreciative. Sold clothing at the marathon expo on Saturday total \$410 in sales. Received email from Lori Scarafie who is interested in being the new clothing coordinator. 40th anniversary winners will receive plaques in February at the club banquet-Kristina Gracey, Judy Phelps, Tom O'Grady.

2.3 Executive Vice President – Finance (C. Terry): Report on the CDPHP Workforce Team Challenge for the audit of the race. Chuck reviewed the records, invoices, checks, deposits and receipts and budget. Chuck found the records to be accurate and complete. Report on the race accurate and complete and in good order. Usually keep money in account to keep for next year, but they wrote check to club to close out account and will then get new account for the race.

2.4 Secretary (B. Light): no report

2.5 Treasurer (P. Zentko): no report

Reports of Committees

3.1 Membership (D. Fisher): 2481 members up 1 from last month, up 231 from last year.

Volunteers (M. Adams): Thank you to all the volunteers for the marathon and half marathon. Close to 600 people worked on the race. Looking for Stockade-athon volun-

teers.

Public Relations (R. Moore): Oct 1st had recycle shirt/sneaker booth at Run For The Cure for Schenectady Mission. Also went to Fall Club day at EMS Sports-well attended. \$10 donation for club day. Gave out flyers. SEFCU Community Expo on 10/2 180 non-profits attended and great attendance. 10/8 was at marathon expo and had shirt/sneaker recycle booth for first time had 30 bags for Albany Mission. Had to stop taking donations and gave 6 bags to Goodwill. Thank you to everyone. Thank you to Ray Lee for attending the Adirondack Schroon Lake Expo on September 24th.

Race Committee (M. Warner): Town of New Scotland had 123 finishers this year, course had to be shortened due to soggy field so was 6.8 not 7.1. Record turnout for this race. Half marathon and marathon-884 finishers in the marathon and 689 in the half marathon. Marathon had 1352 registrations, 920 started 884 finished. Had 952 registered in the half, 697 started and 689 finished. Opened March 1st for registration and sold out June 30th. We had competitors from 34 states and 6 countries. Expo went great-38 exhibitors, had 27 buses to both starts, had water left over-260 gallons and will give to Vince for Stockade-athon. Stockade-athon on November 13th and Turkey Rafal run November 20th. Had Race Committee meeting on September 29th and passed around tentative schedule for 2012. They were put in the packets for marathon and half marathon and will do the same for Stockade-athon. New Race Director for 3rd Winter Series Race-Jon Rocco, Corporate Challenge Mike Rabideau. Maureen Cox will take over 2013 Running Of The Green. Few races we need to review if still want to hold them. Two races to consider is Mother's Day Race-no Race Director or location. Right now it is tentative. Tawasentha Races-discussion to hold 2 instead of 3. Early August have conflicts with other races being held the previous weekend and the track series. Any questions on the schedule contact Mark Warner. Marcia will contact Ray Newkirk about printing of the schedule. Mark would like to put together a place on the website to put information for Race Directors to use.

Race Committee Treasurer (N. Briskie): no report.

Pace Setter (R. Nagengast/K.

Zielinski): 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)-We have 8 schools signed up for the fall cross country program-Schoharie, Paige, Westmere, Gunderland, Arbor Hill, Eagle Point, Albany Prep and St. Thomas. Sand Creek and Trinity will not be continuing the program in the Spring. So far we have 4 new schools signed up: Eagle Point, Greenfield Center, Broadalbin-Perth, and Lansingburgh to participate in the Spring. The 8 schools in the Fall program started last week and have approximately 300 students. All participants will be receiving a long sleeve shirt and either a knit cap or gloves. Each school leader will be receiving a check for their program of \$200. An end of season celebratory cross country event will be held on Tuesday, November 15th at 3PM at Tawasentha Park. Due to lack of daylight and indoor facilities we will be providing some kind of a drink and snack to the runners. Bob Oates, meet director for the meet last June has agreed to be meet director for this event. There will be 3 courses of different distances for the kids to run-1K, 2K, and 3K. Finisher ribbons will be given to everyone and medals will be awarded to the top 10 finishers at each distance, male and female. Part of the budget for the fall closing event will be used to subsidize the cost of bus

rentals to get the kids to and from Tawasentha. There is no rain/snow date for the event.

Election Committee (M. Adams)-no report.

Unfinished Business: None

New Business: Race Review Proposal: schedule is getting full and stretching volunteers, Mark Warner suggested that President John Parisella appoint a committee to review races. Committee should include Club President, Volunteer Chair, Race Chair, Race Treasurer and 2 at large members. First races to look at will be Mother's Day race and Tawasentha Races. John will work on committee and schedule meeting.

New person interested in clothing position-will talk to her and also look into online clothing shop.

Chuck Terry noted that next month he will have proposed budget for 2012. He will be sending committee members emails for input. If anyone has any input to the budget please contact Chuck.

Finale volunteer party at marathon and half marathon was very nice and well appreciated. A good night and it was nice to relax. Thanks to Nancy Briskie & Marcia Adams.

Announcements: Fill out refreshment sheet for next year.

Adjourn: Motion made to adjourn meeting made by Jon Rocco seconded by Marcia Adams, meeting adjourned at 8:15PM. □

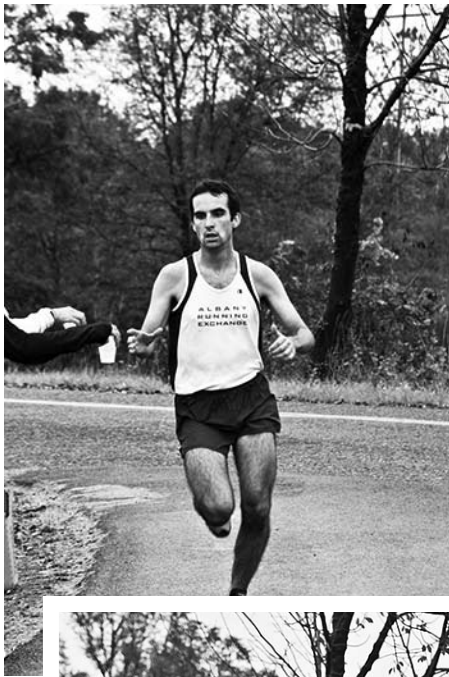
On the Web!

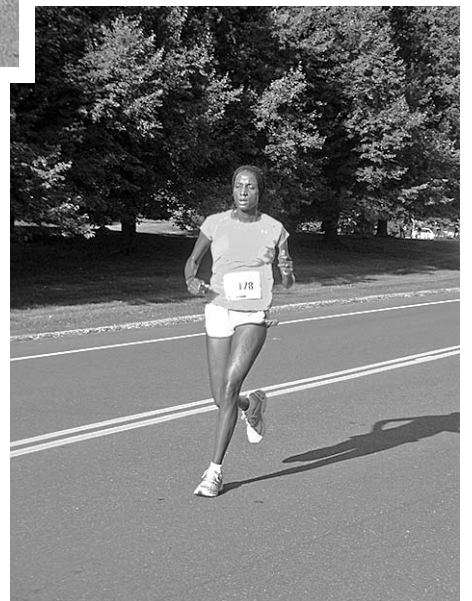
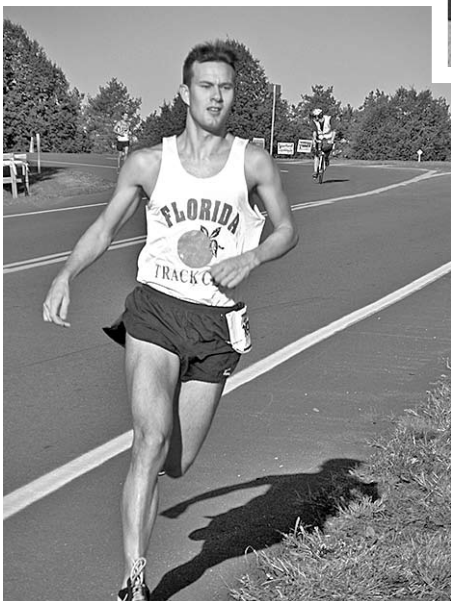
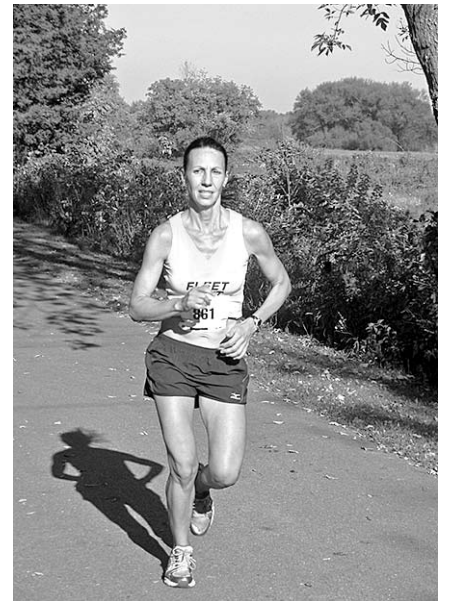
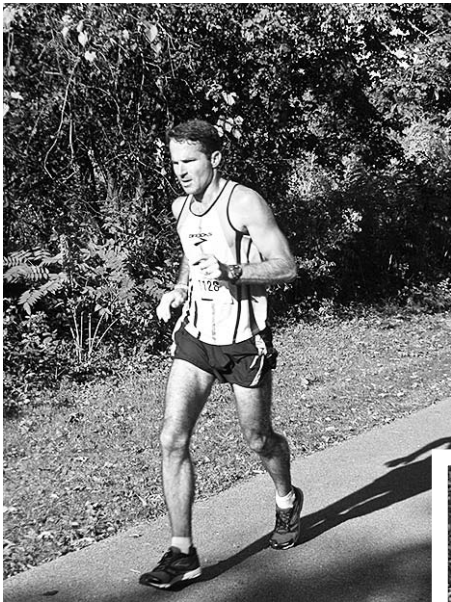
The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
- Grand Prix Update
- Race Applications
- Race Results in a flash

www.hmrrc.com





29th Annual Mohawk Hudson River Marathon and 10th Annual Mohawk Hudson River Half Marathon

by Cathy Sliwinski

Planning for this year's Mohawk Hudson River Marathon and Half Marathon was going very smoothly until late summer rolled around and Mother Nature decided that things were just too quiet. As you know, in late August, Hurricane Irene wreaked havoc by flooding many parts of the area – including the bike path used by the Mohawk Hudson River Marathon and Half Marathon. To make matters worse, heavy rains the following week left long stretches of the last five miles of the course completely under water. When the water receded, up to six inches of mud and silt remained. Downed trees, poison ivy, and colonies of mosquitoes made being in the area intolerable.

The cleanup job was enormous, far too great for even a 100 Club volunteers with shovels to undertake. Although a contingency route around the affected area was planned, thankfully, it wasn't needed. The City and County of Albany stepped up and brought in the heavy machinery to clear the path just in the nick of time, leaving little evidence of the devastation that existed weeks earlier.

Clear, sunny skies greeted runners and walkers at the start of the race on October 9th, with an unseasonably warm forecast for the remainder of the day. Plenty of water and Gatorade was dispatched to the course, the cooling tubs at the medical tent were filled and medical staff stood cautiously by, prepared for the worse. That didn't happen.

Part luck and part preparedness resulted in very few medical issues, despite temperatures in the high 70's. Runners and walkers seemed happy, the volunteers were enthusiastic, the spectators came out in droves on such a beautiful day, and race day couldn't have gone better.

New this year was use of the b-tag, i.e., a timing chip attached to the back of the bib, and the "instant results" kiosk, where finishers saw their time and place displayed as soon as they crossed the finish mat. The instant results was also used to identify age group winners, who were whisked away to the awards area and given their award on the spot.

For the second year in a row, there was entertainment on the course and at the finish: bagpipers greeted runners at the start, drummers performed along the Mohawk (well, it was the really the Hudson) and a live band -- Joe's Boys -- kept things cooking at the finish area. In case you missed it, Elvis was in the house, too. Yes, indeed, the King himself made an appearance and was heard serenading Mary and Joe Ibbetson, who renewed their wedding vows in a beautiful ceremony after Mary finished the marathon!

Ah yes, and then there was the race. Wilcox Street's Chuck Terry, 29, of Albany won

the marathon in 2:32:47.

Chuck is the four-time winner of the 3.5 Mile CD-PHP Workforce Team Challenge (2007, 2008, 2010 and 2011) and the 2008 Hudson Mohawk Winter Marathon. Louis-Philippe Garnier, 46, of Montreal, Canada came in second place in a time of 2:36:22. Third-place finisher was Sean Gallagher, 29, of Clearwater Florida in 2:36:28.

Sara Facteau, 35, of Plattsburg won the marathon for the women in 2:53:58. Sara is a two-time NYS Cross Country Champion, who took 16 years off from running, but is clearly back in the game. She was able to improve her time of 2:56:22, which she ran in the May 2011 Vermont City Marathon. Team Utopia's Kristina Gracey, 28, of Albany finished second in 2:56:34 (way to go Kristina!) and Mollie Turner, 31, of Chesapeake, Virginia, finished third in 3:05:25.

The half marathon's first place prize went to Aaron Robertson, 33, of Voorheesville, who averaged a 5:22 pace for a time of 1:10:15. Alex Paley, 25, of Albany, finished second in 1:11:02 and Thomas O'Grady, 26, finished third in 1:11:06.

The women's field for the half marathon was led by master's runner Lori Kingsley, 45, of Wysox, Pennsylvania, in 1:22:01. Renee Tolan, 36, of Clifton Park finished second in 1:23:10 and Melanie Staley, 30, of Saratoga Springs, rounded out the trio in 1:24:14.

In the half marathon walker's division, USATF Adirondack President Don Lawrence, of Troy, won for the men and Maria Deangelo, of Saranac Lake, won for the women in times of 2:33:52 and 2:33:14 respectively.

Rounding out a perfect day was the first annual volunteer party, held at the Riverfront Bar and Grill (a/k/a "The Barge"), which is moored about a quarter mile from the finish line. The Barge remained open through Columbus Day this year in anticipation of the race, and we are glad it did. A sea of approximately 300 volunteers in blue tie-dyed volunteer shirts greeted anyone who entered. Marcia Adams and Nancy Briskie (who made the volunteer party possible) made sure there were plenty of giveaways, lots of food and drink, and a fun and relaxing time after a long day in the sun.

If you ran or walked either race, we hope you had fun. If you volunteered – thank you! If you didn't do either, make next year your year. Whether you run, walk or volunteer, the Mohawk Hudson River Marathon and Half Marathon is a running community event that you definitely should be part of. □





Grand Prix Update

Race #10 Voorheesville 7.1 Miler (6.8 miles), October 2, 2011

Men

Male Open

12 Andrew McCarthy
10 Richard Messineo
8 Jason Cordeira
7 John Deer
6 Andrew Ennaco
5 James Faraci

Male 30-39

12 Mike Roda
10 Aaron Knobloch
8 Andrew Rickert
7 Justin Bishop
6 David Tromp
5 Jonathon Golden
4 Brian Northan

Women

Female Open

12 Meghan Davey
10 Karen Bertasso
8 Krystle Kilmer

Female 30-39

12 Kari Deer
10 Sonya Pasquini
8 Sally Drake
7 Jessica Hageman
6 Stephanie Wille
5 Jen Hebner
4 Laura Lutz

Age Graded

Runner	Age	G
12 Mike Roda	35	M
10 Aaron Knobloch	35	M
8 Andrew McCarthy	27	M
7 Richard Messineo	23	M
6 Meghan Davey	26	F
5 Jason Corderia	28	M
4 Karen Bertasso	27	F

Race #11 Mohawk Hudson River Marathon, October 9, 2011

Men

Male Open

12 Chuck Terry
10 Timothy Ryan
8 Michael Ryan
7 Evan Mastaitis

6 Ambrose Schaffer
5 David Clark
4 Sean Rumney

Male 30-39

12 Justin Bishop
10 Mike Roda
8 Matthew Nark
7 Ryan Kircher
6 Jonathon Golden
5 Joseph Sullivan
4 Gabriel McGarry

Male 40-49

12 Craig Tynan
10 Craig Dubois
8 Mike Hamel
7 Scott Asmus
6 Glen Berninger
5 Rob Paley
4 Craig Weidman

Male 50-59

12 Russ Hoyer
10 Richard Clark
8 Robert Somerville
7 Mark Regan
6 Rick Munson
5 Brian Collins
4 Jeff Clark

Male 60-69

12 Paul Forbes
10 Lenny Collins
8 Joe Yavonditte
7 Bob Ellison
6 Jim Thomas
5 Kevin Donohue
4 Seamus Hodgkinson

Women

Female Open

12 Kristina Gracey
10 Karen Bertasso
8 Erin Rightmyer
7 Katie Vitello
6 Brina Seguire
5 Leah Schaffer
4 Crystal Gipp

Female 30-39

12 Sonya Pasquini
10 Anne Kubasiak
8 Sally Drake
7 Shanley Alber
6 Deanne Webster
5 Stephanie Pitts
4 Laura Lutz

Female 40-49

12 Christine Capuano
10 Christine Varley
8 Lisa Nieradka
7 Ann Glackin
6 Jennifer Treacy

5 Stacia Smith
4 Connie Smith

Female 50-59

12 Pia Sanda
10 Sharon Fellner
8 Maryanne McNamara
7 Jenny Lee
6 Kathy Dillinger
5 Linda Houlihan
4 Sue Ciarmello

Female 60-69

12 Susan Wong

Age Graded

Runner	Age	G
12 Chuck Terry	29	M
10 Paul Forbes	61	M
8 Susan Wong	63	F
7 Justin Bishop	30	M
6 Kristina Gracey	28	F
5 Christine Varley	47	F
4 Mike Roda	35	M

Total After 11 Races

Men

Male Open

68 Tom O'Grady
52 Chuck Terry
48 Andrew McCarthy
43 Richard Messineo
41 Jason Cordeira
17 Zach Russo
16 Brad Lewis
16 Paul Mueller
16 Jim Sweeney
15 Daniel Jordy
14 Paul Cox
12 Pat Cullen
10 Timothy Ryan
10 Kevin Treadway
9 Connor Devine
9 Jordan Pantalone
8 Michael Ryan
7 Justin Bishop
7 David Clark
7 John Deer
7 Aaron Lozier
7 Evan Mastaitis
7 Josh Merlis
6 Jonathon DiCesare
6 Andrew Ennaco
6 Ambrose Schaffer
6 Kahil Scott
6 Ryan Walter
5 Jonathon Auyer
5 Andrew Coy
5 James Faraci
5 Sean Hannon
4 Brian Gyory

4 Jason Lange
4 Michael McClure
4 Sean Rumney
4 Greg Stevens

Male 30-39

54 Mike Roda
53 Justin Bishop
51 Aaron Knobloch
50 Chris Mulford
47 Eamon Dempsey
40 Matthew Nark
35 David Tromp
33 Jon Catlett
32 Brian Northan
18 Jonathon Golden
12 Ken Plowman
12 Andrew Rickert
10 Bill Davis
10 Todd Smith

10 Dennis VanVlack
9 Dan Murphy
9 David Newman
7 Anthony Giuliano
7 Ryan Kircher
7 Matt Mallet
6 Jeff Andrews
6 Clay Lodovice
5 Joseph Sullivan
5 Matt Zappen
4 Matthew Lindow
4 Gabriel McGarry
4 Neil Sergott

Male 40-49

70 Ahmed Elasser
64 Jon Rocco
51 Ed Hampston
26 Robert Paley
18 Craig Dubois
18 Christian Lietzau
17 Kevin Creagan
17 Thomas Kracker
16 Craig Weidman
15 Jonathon Bright
15 John Williams-Searle
12 Bruce Beesley
12 Ed Menis
12 Craig Tynan
10 Larry Poitras
9 Blaine Freadman
9 Joseph Sullivan
8 Richard Cummings
8 Russ Lauer
8 Mike Hamel
8 Wayne Richardson
7 Scott Asmus
7 Glen Berninger
7 Brian DeBraccio
7 Jeff Loukmas
7 Chuck Racey
7 David Shumpert
6 Timothy Egan Sr.
6 Bill Grimaldi
6 Sunil Kumta
6 Sam Mercado
6 Matt Neal

5 George Burke
 5 Ken Evans
 5 Jim Foley
 5 Mike Kelly
 5 John Sestito
 5 Joe Skufca
 4 Rich Homenick
 4 Todd Thomas

Male 50-59

72 Derrick Staley
 59 Rick Munson
 46 Richard Clark
 35 Steve Conant
 34 Ken Evans
 29 Rob Colborn
 28 John Parisella
 26 Bob Somerville
 19 Robert Wither
 16 Patrick Culligan
 12 Russ Hoyer
 12 Jack Nabozny
 12 John Noonan
 10 Art Reilly
 9 John Haley
 8 Jim Devine
 8 Jim Newlove
 8 William Ports
 7 Jeff Clark
 7 Lee Pollock
 7 Mark Regan
 7 Steve Vnuk
 7 Mark Warner
 6 Dale Broomhead
 6 Peter Gerardi
 5 Brian Collins
 5 Steve Sweeney
 4 Frank Broderick
 4 Dan Cantwell
 4 CJ Chartrand
 4 Steve Dickerson
 4 Alar Elkin
 4 Tom McGuire
 4 Frank Paone

Male 60-69

70 Paul Forbes
 51 John Stockwell
 48 Juergen Reher
 46 Paul Bennett
 46 Bob Ellison
 22 Joe Yavonditte
 18 Norman Dovberg
 16 Pat Glover
 15 Jim Bowles
 12 Ed Bown
 12 Bob Giambalvo
 12 Jim Thomas
 11 Pete Cowie
 10 Lenny Collins
 9 Tom Adams
 8 Terry Smith
 7 Seamus Hodgkinson
 7 Ray Lee
 7 Frank Myers
 6 Jim Fiore
 6 George Jackson
 6 Ed Litts
 5 Leo DiPierro
 5 Kevin Donohue
 5 Darryl Ferguson

5 Rick Morse
 4 Ken Klapp
 4 Jim Thomas

Male 70+

68 Jim Moore
 66 Wade Stockman
 41 James McGuinness
 28 Chris Rush
 19 Ken Skinner
 15 Charles Bishop
 14 Joe Corrigan
 14 Ken Orner
 12 John Pelton
 7 Bob Knouse
 7 Keith Willis
 6 Richard Eckhardt
 5 Jim Hotaling
 4 Armand Langevin

Women

Female Open

70 Kristina Gracey
 57 Karen Bertasso
 52 Meghan Davey
 49 Crystal Perno
 31 Liz Chauhan
 30 Katie Vitello
 24 Ada Lauterbach
 24 Erin Rightmyer
 24 Roxanne Wegman
 16 Brina Seguin
 12 Erin Ring
 9 Rachel Swyer
 8 Katie Auyer
 8 Payton Czupil
 8 Kathryn Hines
 8 Krystle Kilmer
 7 Allison Kerr
 7 Cheyanne Munson
 6 Alica Bousa
 6 Kelcey Heenan
 6 Christina Jordy
 5 Julie Nabozny
 5 Leah Schaffer
 5 Christine Sloat
 4 Crystal Gipp
 4 Kate Thomas

Female 30-39

54 Sally Drake
 46 Shelly Binsfeld
 38 Gretchen Oliver
 36 Stephanie Wille
 34 Sonya Pasquini
 29 Kari Deer
 26 Stacey Kelley
 20 Mary Jane MacPherson
 17 Deanne Webster
 16 Jessica Mitchell
 16 Heidi Nark
 16 Sara O'Grady
 12 Eileen Combs
 11 Susan Bright
 10 Christine Ardito
 10 Anne Kubasiak
 10 Stef Pitts
 8 Amy Drucker

8 Laura Lutz
 8 Candice Panichi
 7 Shanley Alber
 7 Jessica Hageman
 7 Jennifer Hebnor
 7 Jennifer Merritt
 7 Laura Smith
 7 Martha Snyder
 6 Kelly Crandell
 6 Colleen Murray
 5 Stephanie Pitts
 5 April Russell
 5 Angela Squadere
 4 Allison Lynch
 4 Kathleen Sellnow

Female 40-49

43 Kimberly Miseno-Bowles
 42 Anne Benson
 41 Kari Gathen
 36 Emily Bryans
 36 Regina McGarvey
 30 Connie Smith
 27 Chris Varley
 23 Nancy Nicholson
 20 Mary Buck
 20 Kathy VanValen
 18 Heather Machabee
 17 Judy Guzzo
 17 Megan Leitzinger
 13 Cheryl Debraccio
 12 Christine Capuano
 10 Becky Phillips
 9 Peggy Egan
 8 Karen Dolge
 8 Lisa Nieradka
 8 Melissa Frenyea
 7 Roxanne Gillen
 7 Ann Glackin
 7 Heather Loukmas
 6 Brenda Lennon
 6 Jennifer Treacy
 5 Sue Motler
 5 Stacia Smith
 4 Eileen Catlin
 4 Christa Dederick

Female 50-59

64 Debra-Jane Batchter
 43 Joan Celentano
 37 Jenny Lee
 33 Susan Burns
 26 Peggy McKeown
 25 Karen Dott
 24 Martha DeGrazia
 21 Deb McCarthy
 19 Cathy Sliwinski
 18 Karen Gerstenberger
 18 Pia Sanda
 17 Erika Osterle
 16 Donna Charlebois
 12 Joyce Goodrich
 12 Marryanne McNamara
 12 Janice Phoenix
 12 Lori Santos
 11 Sharon Fellner
 11 Nancy Taormina
 10 Jane Mastaitis
 8 Cynthia Finnegan
 8 Lois Green
 8 Barbara Sorrell

7 Cindy Novak
 7 Hope Plavin
 7 Cynthia Southard
 6 Kathy Dillinger
 5 Kathleen Goldberg
 5 Linda Houlihan
 5 Mary Wilsey
 4 Sue Ciarmello
 4 Nancy Piche

Female 60-69

72 Judy Phelps
 62 Matha DeGrazia
 60 Susan Wong
 39 Katherine Ambrosio
 27 Ginny Pezzula
 18 Judy Lynch
 9 Linda Keeley
 8 Erika Oesterle
 8 Anna Dickerson
 6 Mary Collins Finn
 6 Suzzane Nealon
 5 Nancy Johnston
 4 Noreen Buff

Female 70+

72 Anny Stockman
 48 Eiko Bogue
 23 Joan Corrigan
 10 Liz Milo
 6 Harriet Thomas

Age Graded

Runner	Age	G
60 Derrick Staley	52	M
55 Judy Phelps	60	F
51 Martha DeGrazia	59/60	F
46 Susan Wong	63	F
37 Ahmed Elasser	48	M
32 Paul Forbes	60/61	M
30 Anny Stockman	78/79	F
25 Chuck Terry	29	M
20 Tom O'Grady	25/26	M
18 Kristina Gracey	28	F
15 Justin Bishop	30	M
16 Mike Roda	35	M
13 Aaron Knobloch	35	M
13 Ada Lauterbach	21	F
12 Jonathon DiCesare	14	M
12 Bob Giambalvo	61	M
12 John Noonan	51	M
11 Emily Bryans	43	F
10 Anne Benson	46	F
9 Karen Bertasso	27	F
8 Andrew McCarthy	27	M
8 Rick Munson	54	M
8 Ken Plowman	37	M
7 Pat Cullen	24	M
7 Richard Messineo	23	M
7 John Parisella	53	M
6 Jason Corderia	28	M
6 Meghan Davey	26	F
6 Daniel Jordy	27	M
6 Nancy Nicholson	49	F
5 Ginny Pezzula	65	F
5 Chris Rush	75	M
5 Christine Varley	47	F
4 Erika Oesterle	60	F

Event Schedule

Race	Time	Event	Location	Contact	Email
1/1	12:00 PM	36th Hangover Half[GP] & Bill Hogan 3.5M Run	Univ at Albany ----- Day of Race Signup only!	Cheryl & Brian DeBraccio	cmarathon@aol.com
1/8	10:00 AM	Winter Series #3 -- 3M	Univ at Albany ----- Day of Race Signup only!	Jon Rocco	jonrocco@hotmail.com
1/22	10:00 AM	Winter Series #4	Univ at Albany ----- Day of Race Signup only!	Josh Merlis	jmerlis@areep.com
2/4	10:00 AM	Saranac Lake Winter Carnival 2012 4 Mile Fun Run	Saranac Lake	David Staszak	dstaszak@hotmail.com
2/5	10:00 AM	Winter Series #5 -- 4M	Univ at Albany ----- Day of Race Signup only!	Patrick Lynskey	plynskey@nycap.rr.com
2/5	11:00 AM	Saratoga Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	laura@saratogastryders.org
2/11	10:30 AM	Camp Saratoga 8K Snowshoe Race	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
2/11	6:00 PM	HMRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach	dbeach21@verizon.net
2/19	10:00 AM	39th HMRRC Winter Marathon & Marathon Relay	Univ at Albany	Dana Peterson -- Ken Klemp -- Ed Neiles	peterston@albany.edu
3/11	10:00 AM	Celebrate Life Half Marathon	Rock Hill	Myriam Loor	myriamloor@hvc.rr.com
3/17	10:00 AM	12nd Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
3/24	8:30 AM	West Road's 2nd Annual Shamrock Shuffle 5k & Fun Run & Walk	Whitesboro	Ryan Misencik	bryan_lakes23@yahoo.com
4/28	9:00 AM	32nd Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
5/13	10:00 AM	32nd Mother's Day 5K	TBD	TBD	TBD
5/17	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mike Rabideau	osgoodpond@yahoo.com
6/12	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/17	9:30 AM	HMRRC Father's Day 5K Run	The Crossings Colonie	Roxanne Bilodeau Gillen	rmonahan63@yahoo.com
6/19	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/23	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/26	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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NEW MEMBERS
Allow 8 to 10 weeks before expecting
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!*