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ONLINE REGISTRATION OPENS MARCH 1, 2013
Visit www.mohawkhudsonmarathon.com for registration and race details, sponsor'ship opportưnities, and volunteer information.

Race Directed by:
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The Pace Setter is the official monthly news-magazine of the Hud-son-Mohawk Road Runners Club. Membership in the HMRRC 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 following rates: full page (\$150). Contract rates are available on
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Photos in this issue by Bill Meehan, Neil Sergott, Jack Berkery, Ray Lee

## HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) 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 HMRRC exists.

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

Although February is the shortest month on the calendar, it is quite a busy month on the HMRRC calendar with three events taking place over a two week period. It is also a month that produces a few of our longer races.

The club's annual banquet once again takes place at The Desmond. On this night, we will honor the induction of Nancy Briskie and Vince Juliano into the HMRRC Hall of Fame. They will become the 25th and 26th club members to garner this honor. The night will also honor the recipients of President's Outstanding Service Awards and the Race Committee's "Extra Mile Awards" which honor members for contributions made at club races. There will also be recognition to the top 3 age group winners in the club's Grand Prix Series. Congratulations to Nancy and Vince and to all who will be recognized on February 9.

February 17 marks one of the club's two annual marathons (along with the unique 3 person marathon relay- celebrating year 27). It will be the 40th running of the HMRRC Winter Marathon. On the entrant list is New Jersey's Jessica Kennedy. She is the only female to break three hours in the event when she ran 2:58:33 last year. She is also vying for her third consecutive victory. The course is USATF certified and is perhaps the most affordable marathon in the country. The 201226.2 miler saw a record number of finishers with 129, which surpassed the prior record of 90, set in 2010. In last year's Winter Marathon, twenty-six percent of the finishers came from beyond the Empire State, while more than half (fifty-three percent) traveled from outside the 518 area code to run the interior roadways of the UAlbany Campus and New York State Office Campus.

I want to share some comments posted on the marathonguide.com site from the past two years regarding our volunteers and marathon that we put on:
-'HMRRC members and volunteers could not have been nicer.'
-'For \$25, even less in advance, this race can't be beat.'
-'The volunteers take care of making sure you cover the rather complex loops correctly and cheer you at each pass.'
-'A very well organized run that showcases how hearty volunteers and a simple setting can work wonders.'
-'Everyone from HMRRC couldn't be nicer in putting out coffee, bananas, juice, banana bread, cookies, and the like.'
-I think that because of the smallness of the race and experienced volunteers, the registration is always fast and efficient.'
-'The volunteers get to know you as you complete the five loops around the campus. They never stop cheering you on.'

These comments certainly shed positive light on the HMRRC and our volunteers who make it all happen. If you are available to volunteer, we can certainly use your assistance and as always, greatly appreciate your time and energy.

Just prior to our banquet, February 3 brings the last of the season's Winter Series races ( $4 \mathrm{M}, 10 \mathrm{M}, 20 \mathrm{M}$ ) making the 20 M the club's second longest race on the calendar, and the 10 M distance our second Grand Prix race of the young 2013 season. We can then say another Winter Series is 'in the books.' Enjoy your February. March is around the corner and thus, so is the Runnin' of the Green.

# Submissions for the April Issue of The Pace Setter 

## Articles:

Deadline is February 25. Submit to: Editor, pscontenteditor@gmail.com
Advertisements:
Deadline is March 1st. Contact Advertising Director at psads123@gmail.com to reserve space
Ads should be sent to:
callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209
High resolution black \& white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by $10^{\prime \prime}$ high. Contact Cyndy Allen at callen@gscallen.com for further info.

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What's Happening in February

by Al Maikels

The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 3. The 10 -mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon, while the 4-mile race is popular with those runners just looking to get in a short workout.

Quite often the race distance chosen is factor of the weather, as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987, as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 40th Winter Marathon and 27th Annual 3 Person Relay will be held on Sunday, February 17 at 10 a.m. at UAlbany. Back in the day, when running was running, the Winter

Marathon was billed as a last chance to qualify for Boston; now it can be a first chance to qualify for next year's Boston. The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers and as always, volunteers are needed.

The HMRRC Club Banquet will be held on February 9 at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards, and this year features the induction of Nancy Briskie and Vince Juliano into the HMRRC Hall of Fame.

The club business meeting for February is set for Wednesday, February 13 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged these meetings. $\square$



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## Winter series \#3



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Winter Series \#3


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# THE ADIRONDACK RUNNERS $27^{\text {th }}$ ANNUAL Shamrock Shuffle 

REA 3> MARCH 24 ${ }^{\text {th }}$, 2013-11:00 AM GLENS FALLS HIGH SCHOOL

TO BENEFIT
Spectai Olympics
New York

## WARREN-WASHINGTON COUNTIES SPECIAL OLYMPICS

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GE ENERGY


LOCATION: Glens Falls High School - Sherman \& Quade St.s, Glens Falls, NY.
CHECK IN: Starts 8:30 am race dayat the Glens Falls High School Gymnasium.
COURSE: $\quad 5$ mile basically flat \& fast loop course - www.AmericasRunningRoutes.com.
PRE- REGISTRATION: Received by March 19th - \$20.00 ( $\$ 16.00$ Member Adirondack Runners)
RACE-DAY REGISTRATION: $\$ 25.00$ closes $10: 30 \mathrm{am}$
active.com
RESULTS: Chip-Timing by AREEP.
T-SHIRTS: High Quality, Custom T-shirts (First 400 Entrants).
DONATIONS: All proceeds benefit Warren-Washington Counties Special Olympics Programs.

AWARDS<br>Male \& Female<br>Overall<br>1st, 2nd, 3rd<br>Age Groups<br>1st, 2nd, 3rd

Special Masters (40+)
1st Male \& Female
Wheelchair Overall
1st, 2nd, 3rd
No Duplicates

FACILITIES: Glens Falls High School. Showers \& Restrooms available.
INFORMATION: Kevin Sullivan - (518)798-9593 or shamrockshuffle@roadrunner.com or www.adirondackrunners.org
The Leprechaun Leap
CHILDREN'S (12 \& Under) FUN RUN - $7 / 8$ Mile Run - Donation: $\$ 3.00$ Registration: 8:30am - 9:45am - Start 10:00am. - Medals For Finishers.


I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, snow, sleet and rain traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, theCity of Glens Falls, Town of Queensbury, Glens Falls City School District. and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

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$\diamond$

Congratulations to Joanne Nardacci Nolette of East Greenbush for completely filling out her 2012 running log, having run on each of 2012's 366 days. May the streak continue.


The streaking Joanne

## $\diamond$

## MARATHON WORLD RANKINGS

Men

## Women

1. Wilson Kipsang (Kenya)
2. Stephen Kiprotich (Uganda)
3. Tsegaye Kebede (Ethiopia)
4. Abel Kirui (Kenya)
5. Geoffrey Mutai (Kenya)
6. Dennis Kimetto (Kenya)
7. Ayele Abshero (Ethiopia)
8. Wesley Korir (Kenya)
9. Wilson Loyanai (Kenya)
10. Yemane Adhane (Ethiopia)

Tiki Gelana (Ethiopia)
Mary Keitany (Kenya)
Priscah Jeptoo (Kenya) Lucy Kabuu (Kenya) Aberu Kebede (Ethiopia) Edna Kiplagat (Kenya) Tatyana Arkhiprova (Russia) Aselefech Mergia (Ethiopia) Tirfe Tsegaye (Ethiopia)
Sharon Cherop (Kenya)

In 2011 Rae Heim, from lowa, broke a toe and after surgery could no longer run in shoes due to pain. So she started running barefoot without pain. Recently, she became the youngest person (18) to run solo across the U.S. ( $3,437.5$ miles) and the first to do so barefoot. She accomplished the feat over an 8 month period raising over $\$ 10,000$ for Soles 4 Souls, which distributes shoes to people in need throughout the world.


Rae with her original treads
$\Leftrightarrow \diamond \diamond$
A runner in Virginia Beach picked up an unusual jogging partner when an emu began running beside him. The runner contacted Animal Control, who arrived while the emu was still accompanying the runner. Animal Control returned the emu to its owner.

## 

Elmira's Molly Huddle has postponed her plans to attend medical school to concentrate on competitive running. At 28, Huddle,

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.


Emu to you too
holder of the US 5 K record, believes she is at her prime and will compete the next four years with hopes of returning to the US Olympic team in 2016.


Molly keeps on running


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# Bill Shrader, Sr. Memorial 

## Scholarships

\$18,000 in total
Higher Education Awards
For Student Runners

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

For application details go to wWW.hmrrc.com
(See "membership benefits" under the "membership info link")

## Applications must be submitted by

April 2, 2013

# "BEEN THERE, DONE THAT" 

## February 1973...Forty Years Ago

- Runs of three and 12.7 miles were held at SUNYA on the fourth. The 12.7 was billed as a "half marathon" on a new course using the Perimeter Road and State Office Campus. Winner Jim Shrader may not have preferred the new route, as he twice went off course and had to run back to the pack. Second-place finisher Jim Bowles also went off course once.
- Don Wilken ran at a $5: 45 /$ mile pace in a 13-mile race at SUNYA on the 18th to win by two minutes. Continuing the theme of running off course, three runners "turned the wrong way" and ran just 12.8 miles. Among the 13 runners were three DNFs. There were no female participants.


## February 1978...Thirty Five Years Ago

- The club provided a plethora of choices on the 12th, with races of three, eight, 14 , and 20 miles on a cold, windy day. Over 50 runners participated.
- One week later, on the 19th, the same races were offered along with a 23 -mile option on an extremely windy day. Don Wilken won the 23 -miler with a $2: 22: 55$, good for a $6: 13 /$ mile pace. The winners of the other races were Paul Rosenberg (three-miler), Pat Murphy (eight-miler), Gerald Kelly (14-miler), and Phil Davis (20-miler). Four of the 48 participants were women.


## February 1983...Thirty Years Ago

- The Horoscope Hop five-miler was held at the Wilton Developmental Center on the sixth. Don Wilken was the winner with a 29:40, and Denise Herman was the female winner with a 34:32, good for eighth overall.
- The inside front cover of The Pace Setter has an ad for the new and stylish (at the time) Nike Pegasus running shoes in a variety of colors for $\$ 44.95$ at the Athletic Attic in Latham Circle Mall. The Pegasus is still going strong, 29 designs later.
- David Schroeder and Julie Wilcox won the ten-mile Winter Series race on the 12th at SUNYA. This was the only time the winner did not break 60 minutes in this event (34 runnings as of 2012). Bob and Marge DeVoe were the directors.
- Ray Stemmer won the club Winter Marathon on the 27th with a 2:30:17, the second fastest time in the history of the event. Also in the top ten were Dale Keenan, Tom Bulger, Pat Glover, and Don Wilken. Donna Anderson was the female winner with a $3: 13$. Notable was Betty-Jean Sotile, who ran two extra outer loops (in error) for a total of about 31 miles, taking nearly six and a half hours!


## February 1988...Twenty Five Years Ago

- J. R. Gaige and Kathy Champagne won the Fifth Annual Anaconda Kaye Tundra Trot 5 K in Schenectady on the fifth with times of 15:27 and 17:02, respectively, and pocketed \$50 each.
by Mike Becker

- Tom Bulger ran a $58: 46$ to win the tenmile Grand Prix race on the 13th. Anne Kuklinski won her first of two consecutive female titles with a 70:25. Pat Glover and Ann Michalek were the runners up.
- Notable in the club Winter Marathon Relay on the 28th was the open female team of Linda Kimmey, Renee Mack, and Denise Herman who ran 2:53:08, which still stands as the event record. The open male team of Dan Paxson, Rich Cummings, and Tom Bulger ran a 2:23:05, which is also a record that still stands.


## February 1993...Twenty Years Ago

- Most of The Pace Setter was devoted to articles about the late Barry Brown. Brown was a Colonie native who was remembered as a gifted, hard-working runner who blossomed as a Masters runner. Among his national records were US M40-45 10K (29:57), 10-Mile (49:46), Half-Marathon (1:06:25), and Marathon (2:15:15). Letters of tribute are included from Frank Shorter and Jeff Galloway.
- Rick Stark and Sandy Phibbs-Stockman won the ten-mile Grand Prix race on the 13th with times of 57:50 and 70:04, respectively.
- Bob Sweeney and Linda Slinskey won the club Winter Marathon on the 28th with times of $2: 41$ and $3: 26$, respectively.


## February 1998...Fifteen Years Ago

- A total of 148 runners participated in the three Winter Series races on the eighth at SUNYA, with 81 of them doing the ten-mile Grand Prix race. Ken Plowman edged Dale Keenan by six seconds in the ten-miler, with Amy Herold beating Cindy Novak by six minutes for the female win. It was Herold's fourth win in the event. Russ Hoyer won the 20 -miler by nearly 19 minutes over John Haley.
- Thirty one teams participated in the club Winter Marathon Relay at SUNYA on the 22nd. The best time was 2:40, with all but three teams totaling under four hours.
- Dan Dominie from Canton won his first of eventual five club Winter Marathon titles
with a 2:40. Daniele Cherniak won her second of eventual three Winter Marathons with a 3:13. A total of 75 runners braved the USATFcertified five-loop course of the SUNY and State Office campuses.


## February 2003...Ten Years Ago

- Bob Irwin and Chuck Terry each ran 22:36 in the four-mile Polar Cap Run in Lake George on the first. Emily Bryans ran 24:13 for the female win. A total of 194 runners participated.
- Scott Ginsburg directed the Winter Series races on the ninth at SUNYA. Josh Merlis won the four-miler with a 21:12, with Kim and Michelle Milton each running 27:17 for top female honors. Chris Hartshorn and Emily Bryans won the ten-mile Grand Prix race with times of 55:30 and 73:02, respectively. Wayne McDaniel and Connie Grace won the 20-miler.


## February 2008...Five Years Ago

- Josh Merlis won the Saratoga Winterfest 5K Snowshoe Race on the third with a $21: 51$. Jessica Hageman was the female winner with a 27:44.
- David Tromp won the Cystic Fibrosis Stair Climb at the Corning Tower on the seventh with a time of $4: 44$. Chelsea Maguire was the female winner with a 6:34. A total of 133 climbers participated.
- Chuck Terry won the club Winter Marathon on the 24th with a 2:30:41, which was the fastest time in the event since 1983 and the third fastest ever. Caryle Andrew-Zippric was the female winner with a $3: 14: 17$. Twenty-five of the 85 finishers qualified for Boston. Ken KIemp, Dana Peterson, and Ed Neiles were the directors. $\square$


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## MARAHHON TRAINING <br> 

The Hudson Mohawk Road Runners Club, in conjunction with the Mohawk Hudson River Marathon and Half Marathon, will offer a training program designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances 0 R for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins in May and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 13, 2013. Group training takes place twice weekly in the Capital District.

Training program members will receive a training schedule, weekly training sessions, a training shirt, gels and water at group runs, training clinics and guaranteed paid entry into the 2013 Mohawk Hudson River Marathon or Half Marathon. The cost is $\$ 125$ for the five-month marathon training program and $\$ 100$ for the fivemonth half marathon training program. A limited number of slots are available.

Registration begins on March 1, 2013. Training begins in early May. For more information, contact racedirector@mohawkhudsonmarathon.com.

(HMRR (3)

# Hamlet - A Celebration of Life 

by Vince Juliano



He was supposed to be her dog.
My wife Emily grew up in rural Cazenovia where she and her sister Amanda trained Labradors as aide dogs, welcomed strays, along with a variety of other pets. Emily loved all animals, no matter how seemingly insignificant. I often had to pull my car over on rural roads so Emily could escort a snapping turtle to safety.

After our marriage in the summer of 2000, we discussed getting a pet. I read a NY Times article about a special dog that everyone loved in Central Park, his name was Hamlet. I liked the name. That Christmas, Emily and I visited a local breeder and chose a male chocolate lab pup from a nondescript mom named Purdy. The papers suggested his sire line was more impressive, son of a hunting dog with regal bloodlines. With one remaining pup from her large litter, we took a chance on Hamlet.

One by one, the rules I set disappeared. The second night of whining in the crate led to Hamlet sleeping in our bed. Hamlet loved his creature comforts, he loved food, but most of all he loved us. Despite his pedigree, he showed no interest in hunting or chasing wildlife. Other dogs would pique his interest briefly but after initial greetings, he moved on. Hamlet was very intelligent, with traits more human than canine. He was cautious, sensitive, non-alpha, and loved human companionship. We were avid runners, and also loved to cross country ski. Hamlet was quickly introduced to our active lifestyle and adapted well. He was passionate about being included; he did not want to stay home.

Jonestown 10 Miler - A grand prix running event on the New England running circuit led to a 2 hour drive for us through the Berkshires, a stiff test for Emily, who was developing into one of the top distance runners in the region. 4 month old Hamlet joined us for the first of his many road trips to competitive running events. Rain turned to frozen precipitation on this February day as we drove through the mountains and arrived to miserable conditions with an inch of sleet in the parking lot. Emily would slip and slide to victory on this hilly 10 mile course and
shortened her post-race interview so we could move inside the school auditorium to thaw out. At the awards ceremony, hundreds of New England runners joined us in cramped quarters. Race champions usually get the attention and rightfully so, but this day, Emily had to share the attention with young Hamlet who "hammed" it up as dozens of strangers held him, and complimented, his good looks. Hamlet earned his nickname that day "Ham" as I humbly realized I was the least famous member of a celebrity family.

Salmon Hills - A vast fresh water reservoir surrounded by hemlock and spruce in the Tug Hill plateau, where winter winds sweep across water to produce lake effect snow starting in November. Snow is measured in feet, not inches here, where one takes notice only when it stops. The ski resort consisted of a small village of yurts, canvas octagon structures reinforced with wood frames and heated with propane. It was here where we hunkered down after many memorable weekend trips to cross country ski during Hamlet's early years. Hamlet quickly learned how to follow behind my skis and in front of Emily in single file on these snowpacked roads heading to a scenic peninsula overlooking the reservoir. On downhill runs, as I picked up speed, Hamlet would run in high gear directly between my legs, as I often felt his head brush gently against my knee. Hamlet would often cover 10+ miles on a single day's journey. He, like Emily, was inherently cautious and always wanted me to take the lead on the downhill runs. Other skiers were amazed at his discipline and fitness. Exhaustion overtook us all at night in the warm yurts, and though the cots were marginally comfortable, Hamlet never met a bed he didn't like.

Cape Breton, Nova Scotia - Avoiding summer heat and humidity was a priority for us. Camping on ocean bluffs with a cool summer breeze, overlooking a half mile sandy beach within a natural cove allowed for daily walks worth the international travel. Hamlet did not fully appreciate the ocean, or the rough seas, but a shallow fresh water stream that mean-
dered behind our campsite with a passive flow that carved through the beach to the ocean was much more to his liking. He would carefully survey the depth of the water, and cautiously enter a single paw to find firm footing. If the current was not too strong, the water not too cold, and the drop not too steep, Hamlet would wade in and take a soothing drink, and perhaps a brief circular swim, but only if he was hot. No big air dog here - just a cautious canine. A scenic dirt road would leave from the camp along a ridge of spectacular cliffs overlooking the sea, where bald eagles often would soar below us. The road would lead past a bison farm to Broad Cove where another fresh water stream fed into the ocean. Emily, Hamlet and I ran this 7 mile round trip "rave run" several times each summer and returned nearly every year. This last summer, I found it remarkable that Hamlet could still run this hilly journey twice with me at age 11. We always upgraded our lodging on the final days to a private cabin nestled within the highlands near the headwaters of the Margaree River at Big Interval. Hamlet was always received warmly in Cape Breton, and that was one reason we look forward to returning each summer.

Martha's Vineyard - The world famous summer resort of presidents and the famous was also the preferred destination of Hamlet, albeit in February. Hundreds of distance runners make the trek and short ferry ride annually to the off season resort island for the Martha's Vineyard 20 miler, a traditional prep race for the Boston Marathon. The island is very dog friendly, with steeply discounted hotels that allow dogs. Hamlet and I would drive to several locations along the course to root for Emily as she completed the endurance event, and we got to see much of the beautiful island. We looked forward to post race spirits at the Offshore Ale House and a visit to Good Dog Goods, a private home converted to a high-end pet specialty store, where Hamlet would be outfitted in a new hand crafted collar, and bandana to start off each new year.

During Hamlet's dozen years, he traveled with us extensively, made many friends within the running community, walked, ran, and slept in some of the most beautiful places on earth. He was at the center of our lives and participated fully in each of our days. With age, his pace naturally slowed, but never his enthusiasm.
.I recently retired and purchased a log cabin home with acres of wooded land and a fresh water stream behind. Hamlet walked these wooded trails daily during his final 6 months. He never got old, and was running and hiking in his final weeks of life. His coat was still rich, his joints remained sound, as did his vision, hearing and appetite.

He was supposed to be Emily's dog, and of course he was. Over time he also became my best friend, in a celebration of life.

Note: Hamlet was the Willow Street AC's earliest supporter, often participating in training runs, and traveling to races in support of the competitive team from its inception in 2001. During his dozen years, Hamlet attended countless races, made friends and lifted the spirits of many in the running community that crossed his path. $\square$

## HUDSON-MOHAWK ROAD RUNNERS CLUB 2013 DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to mmclougl@nycap.rr.com or by mailing a nomination form to Maureen Cox, 2 Longhill Rd., Troy, NY 12180 by March 1, 2013. Nomination forms can be found at www.hmrrc.com. Nomination forms may also be submitted in person at the March 2013 club meeting.

Qualifications of nominees may include - but are not limited to - an elected officer, member or chair of a standing or $a d$ hoc committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at club functions or races, or an attendee at monthly club meetings.

> Previous recipients of the Distinguished Service Award:
> Edward Gillen (2012), Cathy Sliwinski (2011), Tom E Marcia Adams (2010), Nancy Briskie (2009), Fim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Fim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Fim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Foe Hein (1986), Diane Barone (1985), Carter Anderesson-Wintle (1985), Bill Meehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), Fohn Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2013. The election of the DSA recipient(s) will take place at the April 2013 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact Maureen Cox, Committee Chair, at mmclougl@nycap.rr.com .

## The Four Levels of Sport



A second area of concern is that of growth and development versus training and competition. Youth hockey leagues are notorious for their travel schedules, in some instances rivaling those of collegiate programs. Once again a balance needs to be struck, as an overemphasis on the training and competition may stifle the growth and development of the

The second stage in sports is that of Fitness. In America this it is ironic that this would be the largest area of participation, yet we are still struggling with a spiraling obesity problem, the antithesis of fitness. The Fitness Stage includes a period of life where activities are engaged in with the desired affect being some real or perceived benefit.

Weight loss, body shaping, strength or cardiovascular fitness are all common goals of this stage, and can usually be achieved with three to four

There are four levels to athletic participation. When one is in the heat of competition this is never a consideration, but given a moment of introspection, the four levels offer a clear distinction of the possible phases in an athletic career with a direct impact on goals and aspirations.

The first level is the Fundamental Stage. This is one's entry level into sport. Routinely this would begin with simple childhood activities and games in the backyard. With age things may become more organized with youth soccer leagues, little league baseball, biddy basketball and the like to introduce the mechanics of a sport and also social skills that hopefully morph into early life lessons.

Done properly this Fundamental Stage is critical to an athlete's development. It is here that the patterning of movement skills such as running technique, jumping coordination and throwing mechanics are first introduced and then refined. While technical development should not be the "be all and end all," this input cannot be ignored as "all things only grow once." It is with this thought in mind that the parent, coach or teacher needs to design activities that establish these fundamental movement patterns while at the same time being fun.

Several child sport studies have detailed the fact that the number one reason young athletes quit a sport is due to the sport no longer being fun. This presents a challenge for the parent or coach in that they need to design activities that service both needs. This is a design task that is easier said than done. Nonetheless, this is a delicate balance that must be addressed.
days a week with some form of regimented activity. Walking, jogging, swimming or cycling would all be common examples of fitness training. Note well that all the above examples are repetitive, possibly mindlessly repetitive, and for the most part movement in a linear path. While this may address the cardiovascular component on one's fitness goals, it neglects one's overall or multi-lateral development.

Multi-lateral training, recently popularized with the television infomercials such as P-90X, address this issue with high intensity multi-directional movements that give not only cardiovascular development but also the overall joint strength and flexibility that more accurately define fitness.

The third stage is that of Performance Based Sport. In this stage competition, wining and achievement of personal goals becomes paramount. In order to accomplish these goals, personal sacrifices, higher degrees of dedication and the limits of mental and physical health are approached.

In fact, the Soviet Russians taught that training at the elite levels is not a natural or healthy thing to do for your body. While I initially disagreed with that statement, time and training proved to be patient teachers. One need only review the recent news stories on the long-term consequences of the head injuries sustained by football players to see that athletic participation can have its downside. The knees, feet and low backs of runners wear out. Goal oriented performance based training takes its toll on the body.

Success at this stage requires special attention to diet, nutrition, rest and recovery.

The attitudes of the fitness stage applied here would reap minimal success. Competition would indicate training regimens of 10-15 hours training per week or more, oftentimes with daily double workouts.

Time in the Performance Stage is counted in dog years. High level participation may last seven to ten or possibly 12 years, and then the weight of family commitments, the erosion of skills, accumulation of injuries or the aging process force one to re-visit all goals.

The fourth stage actually has two components. Honestly, no one gets involved in sport to participate in this stage but it is truly an either/or stage. Either one conscientiously works on the pre-hab (injury prevention activities) or one eventually winds up rehabbing in the breakdown lane.

Pre-hab can be described as anatomical adaptation. This is doing exercises that strengthen or stabilize critical junctions (muscles, ligaments, tendons, joint capsules) in the body. Stabilizing and strengthening these areas help decrease the repetitive stress of training and competition. Long-term there would be a decreased chance of injury and possibly a safer career participation.

Examples of pre-hab work would be core stability work, the foot drills or shoulder stability work. Pre-hab work has been accurately described as invisible training. You can't see the benefits in the mirror but regardless of which level of sport one is participating one would reap the benefits.

Rehabilitation or rehab is the "or" portion of the fourth level. No one signs up for a sport with the goal of becoming hurt, but hurt happens. There is a legion of sports healthcare practitioners who daily care for the poorly conditioned, over-trained and under-coached masses who fall victim to "too much, too soon" and succumb to the stress of training. Rehab methods range from something as simple as stretching and ice to the more complicated bracing all the way to reconstructive surgery. Equally important are the recovery times that may range from days to weeks to forever. Rehab is never part of the plan, it is the anti-plan.

Athletic participation offers an almost endless opportunity for enjoyment and involvement throughout one's life. In order to make the most of this opportunity, it is important that one makes an honest appraisal of one's current fitness stage and systematically charts a participation plan with a coach, teacher, parent or even a trusted competitor that optimizes the time, effort and energy required of whichever stage one choses to participate in.

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 and the popular Adirondack Trail Guide the High Peaks Str8 Maps. Copies are available from: PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com. $\square$


## 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



## Running For Hardware



I Run Beacon 5K: Paul Nussbickel, Larry Dahl, Bob Kopac

Would you like to acquire trophies and medals at races, as local elite runners Marisa Sutera Strange and Mike Slinskey do? Be careful what you wish for. Imagine the storage these athletes need to hold all that hardware; they probably have to rent storage pods. However, if you are a pedestrian runner (an oxymoron?) and still wish to obtain a trophy or two, there are ways. Tip 1: The easiest way is to buy trophies from elite runners. They might appreciate the money. I know I would if I had trophies. However, you may want a trophy you actually won in a race; I do not know why that matters since they do not put names on the trophies. Tip 2: Do not expect to beat Marisa or Mike. Marisa has won the Dutchess County Classic 5K 13 consecutive times--good luck with beating her. Instead, I recommend you try for age-group hardware.

Tip 3: Avoid any race with runners in your age category who train over 50 miles a week. Try convincing them to get a life.

Tip 4: Do not invite anyone in your age category to run a race with you. At one time I ran 7 days a week and attended Tae Kwon Do class 3 days a week, so I was in great shape. I ran Millbrook's St. Joe's Jog 5K and finished in 19:53, my best 5 K time ever. Did I win hardware in my age category for my PR performance? No. Due to a strategic error on my part, I had invited my friend Kevin Woods from Clifton Park, NY to run the race. Of course he beat me by scant seconds and placed 3rd in our age group. I came in 4th, and left without hardware. Oh, the humanity! Tip 5: Enter a race that is scheduled on the same weekend as many popular races. For example, if you are a woman, find a local race scheduled the same day as the Freihofer's Run for Women race in Albany, NY. While most women run Freihofer's, you run the lesser
known race with less competition. Side note: When I first heard about the Freihofer's Run for Women race, I was confused. Was it a women's-only race, or was it a race for men who chased after women, reminiscent of the Sabine women? Tip 6: Pick an event that offers 2 races and then enter the smaller race. Note: Do not try this at the Dutchess County Classic because there are many entrants in both races. Tip 7: Pick an inaugural race. A new race director may want to keep the event small and manageable, as least for the first year. Jump on that race--the smaller the better. Tip 8: Choose a race where the director fails to list the race on local running clubs' web sites and newspapers. If a footstep falls in a race and no one is there, does anyone hear it? Do these strategies work? The answer is yes. The inaugural "I Run Beacon 5 K " was held the same day as 3 local races, including the Putnam County Half Marathon and 5 K . The race was advertised in the Beacon newspaper, but not in the Poughkeepsie Journal newspaper and not on the Mid-Hudson Road Runners Club web site. Because the race was a fundraiser for the Marathon Project, I showed up to take photos. However, Cindy of the Marathon Project also was there to take photos, so I sized up the race. On the down side, there were 97 entrants - a very good size for an inaugural race. On the plus side, there appeared to be few men in the 60-69 age category - I checked for gray hair. Taking a chance that there weren't more competitors in my age group wearing Grecian Formula for Men camouflage, I entered the race. Result: I won a 3rd-place medal in my age category. Purists may ask, is it a tainted medal? No, I deserved it. Having run a 19:53 5 K in my youth and not winning hardware, I say old age and treachery beats youth and skill every time. $\square$


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## NAUSEA. PROFUSE SWEATING. SHORTNESS OF BREATH. SWEET.

And you thought the workday was tough. Get ready for the 2013 CDPHP ${ }^{\circledR}$ Workforce Team Challenge on Thursday, May 16th! This is the Capital Region's classic 3.5-mile workforce team run - and the largest annual road race between Utica and New York City. The last two years have brought record turnouts of over 9,000 runners and walkers, representing over 450 participating companies and organizations. We invite you to assemble your team, and get ready for the endorphin rush.

Visit www.cdphpwtc.com for more information.


# Why I Run - KeyBank VT City Marathon 

By Kelly Sullivan

Reprinted with permission from The Run Down - The RunVermont Blog


Saratoga Race Track
Key Bank Vermont City Marathon holds a very big part in my recovery and I am so happy to know what I will be able to accomplish with the help of the marathon and all those who help out on that day! Here is my story ...

After being an asthmatic all of my life, I started running long distances in 2001 in order to lose the 20 pounds I gained in college, gain control over my asthma, and deal with the pain associated with ankylosing spondylitis - a form of arthritis that causes joint pain and a fusion of the spinal column - which I was diagnosed with in 2001. I became a triathlete in 2004 after watching the Lake Placid Ironman and being enamored with the community of triathlons. I completed my first marathon in 2007, two months before the happiest day of my life, my wedding day. Since then I have completed 5 marathons, countless half marathons, and multiple other road races. In 2009, I completed my first Ironman Lake Placid which was the second best day of my life. I completed my second Ironman Lake Placid in 2008. I love Ironman and marathons. I get such satisfaction out of doing these races. I had a choice when I was diagnosed with ankylosing spondylitis, I could be put on medication, sit on the couch and feel sorry for myself OR I could get up and DO something to make myself feel better. I chose to get up and do something.

This brings me to February 1, 2012. I had just come off of a year of running a lot of personal best races. I was training for my third Ironman Lake Placid. I went to my annual exam and was told that I had a lump in my breast. I had a mammogram on February

8 which lead to an ultrasound, which resulted in me having a biopsy of two tumors. On February 13, I received the call that changed my life. I had breast cancer. On February 15 and 16th, I endured multiple doctors appointments where we decided the best course of action for me was to have a bilateral mastectomy 6 rounds of chemotherapy and 52 weeks of a targeted therapy that combats the type of cancer I have. On March 15th, I underwent surgery without reconstruction. I made the choice not to have reconstruction because I am a runner and I was excited to know that I would never have to run with a sports bra in my life, I didn't want to have multiple surgeries to take me away from my running career - who wants to take 6 weeks off from running at least twice, and I had heard that for every 1 lb you lose, you can increase your pace per mile by 20 secs!!! I figured I could see at least a minute per mile decrease in my average time as a result of my choice! I was not willing to give up my running and triathlon career with this diagnosis. I knew I still had a long distance career ahead of me and made the decision to make sure cancer couldn't take that away from me. I ran 4 miles and biked 40 min on my bike trainer the day before I had surgery - I was in great shape going into surgery.

I had complications from surgery so my chemotherapy and run start dates were pushed off. I was allowed to ride my bike trainer inside about 9 weeks after surgery. I started 6 rounds of chemotherapy on May 15th. Shortly after starting chemo I was allowed to run again! Running was my stress relief. Biking was amazing when I needed to get away from cancer. I found wonderful trails which helped me deal with the stress on my joints from the road. I was happier when I was running. I had the expectation that I would fly through chemo and I would be able to run a half marathon while going through chemo. I realized very quickly that this was not my course through chemo. I was having allergic reactions to the anti-nausea drugs so I did not have these drugs to curb the nausea. My husband cared for me the entire time. If I could get myself out of the door, I would feel better for at least a little while. I was sick but I again had the option of sitting on the couch and feeling sorry for myself or getting up and doing something to make myself feel better. I chose to get up and do something. Because I was slow on the bike, I would ride with my 11 year old niece Lila - she would sing to me on the bike! There was a point where my platelet count and my red blood cell count the cells that carry oxygen) went WAY down. I was convinced to stop running and limit my biking. This was a difficult time in my treatment but I put a date after my last chemo treatment
that I could start running and I had a goal. I had ultimately gained 20 lbs from the steroids used to decrease reactions to the chemotherapy and eating to keep my nausea at bay.

Chemo ended August 28 but weekly Herceptin infusions continued. Herceptin has very few side effects and I was able to return to a semi-normal existence again. I started running again September 10! It was 1 mile but it was beautiful. Two days later, I tried to run again and felt horrible. But I kept trying to do short distances every other day. I was finally making progress. My hair started growing back. I was back to work. I did my first 5K September 23rd. I had this feeling that I could progress to a 10 K by mid-October so I signed up for two 10 K 's, one on October 20 and the other on Thanksgiving day. I did the 10 K and thought, "Well, maybe I can do a 15 k on Nov 11 !" I went out the next weekend and was able to run an 8 miler with friends! So, I went home and signed up for the 15 K . I just felt better. I was still up 15 lbs but I was getting stronger. I was so excited to have my fall racing season back - even if it was slower than it was last year. I recognize that I was making progress that most people take years to accomplish but I was in such great shape before chemo that my body was used to this stress and welcomed it. I started thinking that I could do a marathon in the spring! My husband started looking for late spring races and Vermont City came up. It was always a race I wanted to do and it is at the perfect time. So, on November 1st I signed up.

I am getting stronger every day. I love running more every day. I know there is nothing I can't do. I am training for a half marathon now while going through cancer treatments!!! I end cancer treatments on May 6, 2013, and will have 20 days of no cancer treatments in a row before doing the marathon! I am really excited. I have lofty goals for the next two years: Jan 1st half marathon, May 26th - Vermont City Marathon, August 25th - half iron distance race (70.3), and July 2014 - IRONMAN (140.6)!!!! Vermont City will be the race that really allows me to know that cancer can't take anything from me! Vermont City is the race that shows my return to my endurance athletic career. I am only starting to know who I will become through this, but knowing that the marathon is on my race schedule makes me extremely happy! $\square$


The Pace Setter - 19

## Volunteers

## Needed!



We need help at each event! If you are not running, please consider signing up today!

Volunteers needed for:

Runnin' of the Green (Island) 4 Miles March 16

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

## Jt's not just about running...




# Average DNA: Blessing or Curse? 

by Norman Dovberg

The Lord made losers so the winners could win, that's the spot he put me in. "Losin' is an Easy Game."

We all know who they are. They take all the medals, win the Grand Prix, never seem to get injured and do it all with, probably, less work than we are putting into our own training. They seem to glide over the ground with perfect form and grace. The only time we ever see them between the start and the awards ceremony is at an out and back race as we pass them half way out when they are half way back. Yes, it can be discouraging to us mortals, but would we be significantly better off if we traded places with them? Before you say "yes, yes yes," consider this: Why do so many lesser runners continue to train and race--and love it? There must be something more than being the best, or why would we all bother?

First, let's look at the ones who make even our local heroes look lame, the elites. What are the characteristics of these extraordinary athletes that help them to achieve the highest level in sport? First of all, they were all born to be winners. They won the DNA lottery (for running, anyway) and when they are out of shape they are in better shape than we are when we're in shape. Don't kid yourself, no matter how hard you train, unless you were born with those magic genes, you will never come close to these folks. Now it is true that someone in that class who does little training may be beaten by someone with a lot less natural endowment who trains hard (and I "proved" it by beating Bill Rodgers in the Stockade-athon a few years back--OK he was the starter for the race and probably gave me a nice head start, then lollygagged through it gabbing to everyone along the way,) but an elite who trains even moderately is completely out of our league. Beyond the basic endowment and the opportunity to recognize it, the potential champion must possess certain personality traits if he is to actualize his destiny for greatness. That's where we can learn from them. Those who achieve the highest level in any endeavor are characterized as a group by:

1. Being able and willing to set high goals.
2. Possessing inner motivation, not just to win, but to do their absolute best no matter the end result.
3. Singleminded dedication and the will to persevere.
4. Willingness to make sacrifices in the name of their aspirations and to endure the pain, suffering and struggle that are inevitably necessary.
5. Emotional flexibility and the ability to not only accept setbacks, but to respond to them so as to come back more determined, stronger and more prepared to meet the challenge.

You think you work hard? The average elite
athlete trains 23 hours a week, (efficiently and correctly) for 8 years before he will reach his full potential.

Perhaps some people can more easily cultivate these traits than others. From whence they arise is a mystery, but, probably, it is is a mixed bag of inborn personality traits and life experience, positive or negative that underlie their development.

Once, while I was working out in the weight room, someone asked me how I was able to motivate myself to be so consistent, while, for her, even having a personal trainer was barely enough to keep her going. I answered that I really didn't know, but, it wasn't hard for me, and, actually, I couldn't understand why other people found it so difficult. So, could she tell me why she found it so hard for her? She had no answer. I guess she just happens to be normal.

Unlike me. As a kid I had always been a chubby little guy with thick eyeglasses. The one who was chosen last for pick-up teams, with all the stigma that goes along with that stereotype. I felt like a loser. (OK Team Utopians, all together: "You still are, Norm" - very funny.) But when a swim instructor at camp told me I had a lot of aptitude for swimming, it led me to join the swim team in junior high school and, after joining the high school team to add year around workouts with a high caliber age group team ( the coach took pity on me and let me work out with them even though the girls beat me when they were just kicking and I was swimming) to supplement the school program. There I learned the elite approach from real elites and applied it. I became the high school team captain and did pretty well in local competition. Additionally, the positives overflowed into every aspect of life, like academics and social adjustment as I channeled my aggression into productive activities. I had turned my whole life around by embracing the qualities and habits of elite athletes. So much of my success in life was dependent on that approach, that, eventually it became so engrained as to feel like second nature. Probably, like many of you, working hard and improving in whatever I do feels to me like something that I just have to do to be me.

This past season, after having been fascinated with and inspired by the world's best age graded runner, octogenarian Ed Whitlock, and his 3 hour a day running regimen, I did some research into the characteristics and habits of elites. Ed's three hours a day is 21 hours a week, the elite level of training. I decided that I'd test my own potential by emulating the elites to the extent I was capable. I knew I didn't come close in the DNA department, but, then again, if I didn't give it 100\%, I'd never know for sure just how much potential I had. So I upped the time and effort quite a bit.

Not 23 hours, for sure. Running maybe 8-10 hours a week and adding some swimming, weight training and stretching, maybe making it up to 12-14 hours was about as much as this body could take and still be able to have a life outside of training. I also trained harder, especially on the track and in tempo runs and fought through pain chasing after faster teammates. It was fun to see myself move up in my track group from the middle to near the front. But, oh man, did it hurt!. I also pushed myself to the limit in races, nearly passing out within sight of the finish line of the Mohawk-Hudson Half Marathon after running it at my previous 10K pace. Yikes, was that scary. The result was my fastest times for the 8 years since I had taken up running in my late 50 s. But not hugely faster, either. And even though I moved up the pecking order a bit, the amount of effort that went into challenging and sometimes beating some of my better genetically endowed rivals (who, by the look of things, probably were not working as hard as I was,) was huge, while the margin of victory was pretty slim. So I do need to ask if that level of effort is worth it in the face of what has proven to be about the limit of my genetic potential. Purely in terms of race results, perhaps not, but it has been gratifying to know that my teammates respect me for my hard work and dedication and that I gave it my best shot (and coach Jim even uttered a few words to me now and then.) No regrets, no coulda, shoulda, woulda. This past season was a dramatic and exciting adventure that I will always cherish and appreciate no matter what happens next.

It is a blessing to be endowed with great physical prowess, or beauty, or some other talent, but, since most of us aren't, it's comforting to know that it can also be a curse. Having it too easy can lead to laziness, shallowness, and self-centeredness. The fact that nature didn't endow me with a whole lot of natural talent, has motivated me to work harder in order to compensate and to be able to feel the rewards that are inherent in knowing you are doing your best. If you don't have to struggle to do well, to exceed beyond your inborn limitations, you may not develop the traits that can make you a better person in many ways. Of course the elites combine both. We can only watch in awe. But we can emulate their qualities. In doing so, we can experience the same rewards at our own levels and, more importantly, in the process, become better human beings. $\square$


The Pace Setter - 21


# Insured Runners: <br> Nutrition Tips to Hasten Healing 

Being injured is one of the hardest parts of being a runner. If you are unable to exercise due to broken bones, knee surgery, stress fracture, or tendonitis, you may wonder: What can I eat to heal quickly? How can I avoid getting fat while I'm unable to run? Should I be taking supplements? This article will address those concerns, plus more.

## Don't treat good nutrition like a fire engine

To start, I offer this motherly reminder: Rather than shaping up your diet when you get injured, strive to maintain a high quality food intake every day. That way, you'll have a hefty bank account of vitamins and minerals stored in your liver, ready and waiting to be put into action. For example, a well-nourished runner has enough vitamin C (important for healing) stored in the liver to last for about six weeks. The junk food junkie who gets a serious sports injury (think bike crash, ACL repair, or even car accident) and ends up in the hospital has a big disadvantage. Eat smart every day!

## Don't diet

A big barrier to optimal fueling for injured runners is fear of getting fat. Please remember: even injured runners need to eat! I've had a marathoner hobble into my office on crutches saying, "I haven't eaten in three days because I can't run." He seemed to think he only deserved to eat if he could burn off calories with purposeful exercise. Wrong! Another athlete lost her appetite after having foot surgery. While part of her brain thought "what a great way to lose weight," her healthier self realized that good nutrition would enhance recovery.

Despite popular belief, your organs (brain, liver, lungs, kidneys, heart, etc.) - not exercising muscles-burn the majority of the calories you eat. Organs are metabolically active and require a lot of fuel. About two-thirds of the calories consumed by the average (lightly active) person support the resting metabolic rate (the energy needed to simply exist). On top of that, your body can require $10 \%$ to $20 \%$ more calories with trauma or minor surgery; major surgery requires much more. Yes, you may need fewer total calories because you are not training hard, but you definitely need more than your sedentary baseline. Your body is your best calorie counter, so respond appropriately to your hunger cues. Eat when hungry and stop when your stomach feels content.

## Here are two other weight myths, debunked:

Muscle turns into fat. Wrong. If you are unable to exercise, your muscles will shrink, but they will not turn into fat. Wayne, a skier who broke his leg, was shocked to see how
scrawny his leg muscles looked when the doctor removed the cast six weeks later. Once he started exercising, he rebuilt the muscles to their original size.

Lack of exercise means you'll get fat. Wrong. If you overeat while you are injured (as can easily happen if you are bored or depressed), you can indeed easily get fat. Joseph, a frustrated football player with a bad concussion, quickly gained 15 pounds post-injury because he continued to eat lumberjack portions. But if you eat mindfully, your body can regulate a proper intake. Before diving into meals and snacks, ask yourself, "How much of this fuel does my body actually need?"

When injured, some underweight runners gain to their genetic weight. For example, Jessica, a 15 -year-old high school runner, perceived her body was "getting fat" while she recuperated from a knee injury. She was simply catching up and attaining the physique appropriate for her age and genetics.

## Do eat "clean"

To enhance healing, you want to choose a variety of quality foods that supply the plethora of nutrients your body needs to function and heal. Don't eliminate food groups; they all work together synergistically! Offer your body:

Carbohydrates from grains, fruits, vegetables. By having carbs for fuel, the protein you eat can be used to heal and repair muscles. If you eat too few carbs-and too few calories, your body will burn protein for fuel. That hinders healing.

Protein from lean meats, legumes, nuts and lowfat dairy. Protein digests into the amino acids needed to repair damaged muscles; your body needs a steady stream of amino acids to promote healing (especially after physical therapy). You need extra protein post-injury or surgery, so be sure to include 20 to 30 grams of protein at each meal and snack. A portion with 20 to 30 grams of protein equates to one of these: 3 eggs, 1 cup cottage cheese, 3 to 4 ounces of meat, poultry, or fish, two-thirds of a 14 -ounce cake of firm tofu, or 1.25 cups of hummus. While you might see ads for amino acid supplements including arginine, ornithine, and glutamine, you can get those amino acids via food.

Plant and fish oils. The fats in olive and canola oils, peanut butter, nuts and other nut butters, ground flaxseeds, flax oil, and avocado have an anti-inflammatory effect. So do omega-3 fish oils. Eat at least two or three fish meals per week, preferably the oilier fish such as Pacific salmon, barramundi, and albacore tuna. Reduce your intake of the omega- 6 fats in packaged foods with "partially hydrogenat-

ed oils" listed among the ingredients, and in processed foods containing corn, sunflower, safflower, cottonseed, and soy oils. Too much of these might contribute to inflammation.

Vitamins. By consuming a strong intake of colorful fruits and vegetables, you'll get more nutrition than in a vitamin pill. Fruits and veggies have powerful anti-oxidants that knock down inflammation. Don't underestimate the healing powers of blueberries, strawberries, carrots, broccoli, and pineapple. Make smoothies using tart cherry juice, PomWonderful pomegranate juice, and grape juice.

Minerals. Many runners, particularly those who eat little or no red meat, might need a boost of iron. Blood tests for serum ferritin can determine if your iron stores are low. If they are, your doctor will prescribe an iron supplement. You might also want a little extra zinc ( 10 to 15 mg ) to enhance healing.

Herbs, spices and botanicals. Anti-inflammatory compounds are in turmeric (a spice used in curry), garlic, cocoa, green tea, and most plant foods, including fruits, vegetables, and whole grains. For therapeutic doses of herbs and spices, you likely want to take them in pill form. Yet, consuming these herbs and spices on a daily basis, in sickness and in health, lays a strong foundation for a quick recovery.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for new runners, marathoners, and cyclists offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com. $\square$

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## New IMMRRC Members

Lauren Alpert
Aaron Ambrosino
Amelia Ambrosino
Laura Andresen
Nedra Apple
Walt Apple
Richard Baker
Rachelle Beckerman
Marco Beghin
Charles Benoit
Cooper Benoit
Logan Benoit
Melissa Benoit
Abra Bentley
Shannon Bichterman
Anne Booneman
Nouara Bouzidi
Cassandra Bown
Gregory Bown
Lily Bown
Melissa Bown
Matthew Brady
Courtney Breiner
Karen Britt
Douglas L Browning Jr
Rowland Butler
Patrick Cade
Erik Carman
Rick Chasney
Diane Cismowski
Harry Collins
Tammy Colman
John Connolly
Kristin Connolly
Marc Connolly
Marygerard Connolly
Matt Connolly
Michelle Conway
Thomas Corbett
John Couch
Ashley Dang
Lien Dang
Thu Dang
SHAWN DECENZO
Felix Del Toro
Josh DiPierro
Paul Dolan
Ben Drake
Matthew Drake
Alan Elmore
Jordan Elmore
Kimberly Fahey
Grace Farrell


Dennis Fillmore
Matthew Goller
Crystal Graham
Nolan Graham
Claudia Greco
Cindy Hamilton
Joe Hayes
Grant Helmerci
Brooke Hill
Cameron Hill
Dustin Hill
Gabriella Hill
Lisa Hill
Nathaniel Hill
Sayge Hill
Kristen Hislop
Rich Homenick
Autumn Hopkins
Denver Hopkins
Linda Hopkins
Ben Jacobs
Jill Jacobs
Cheryl Johnson
Anne Jung
Keith Kaplan
Griffin Keegan
Michael Keel
Yulia Korchevskaya
Danny Korff
Luke Korff
Judy Kraus
Kenneth Kullman
Lisa La Plante
Brett LaFave
Terri Leonard
Thomas Lewanduski
Derek Lewis
Harrison Ma
Kimberly Maguire
Katherine McElroy
Arlene McGuane
Kathleen McMahon-Paulus
Carrie mendolia
Andrea Minenna

David Monk
Melissa Mueller
Timothy Mulligan
Mark Mulpeter
Remo Muscedere
keith Muse
Gabriel Nesbit
Mark Nesbit
Theresa Newton
An Nguyen
Bao Nguyen
Dieuhoa Nguyen
Thinh Nguyen
John Paniccia
Jodie Powers
Kristy Race
James Reed
Dan Reynolds
Bodie Rocklein
Bradley Rocklein
Grace Rocklein
Miles Rocklein
Rita Romani
Antoinette Rose
Michael Rosenthal
Amy Ryan
Steven Schonwetter
Austin Shave
Jeannette Sheehy
Susan Sneeringer
Pat Sommo
Carolyn Spaide
Amy Speanburg
Mark Stephenson
Brittany Stone
P.J. Stone

Joseph Sullivan
David Thielke
Russell Thielke
Jay Thorn
Mary Tieu
Amy Tretter
Cathy Troisi
Mike Trombley
Chris Trow
Paul Turner
Sarah Vogel
Jon Weilbaker
Sasha Weilbaker
Matthew Whelan
Christine Wilcenski
Phil Wood
Ning Xie

## Meeting Minutes of the HMRRC General Meeting December 12, 2012

Attendance: Barb Light, Jon Rocco, Jim Tierney, Doug Bowden, Chuck Terry, Diane Fisher, Jonathan Golden, Ed Hamston, Jim Moore, Mark Warner, Tom Ryan, Rob Moore, Ken Skinner, Cathy Sliwinski, Maureen Cox.

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

1. Reading and approval of November 14, 2012 minutes (B. Light). Motion made by Diane Fisher to approve minutes, seconded by Ken Skinner.

## 2. Reports of Officers

2.1 President (J. Rocco):

- Major Club Volunteer Vacancies Update: Insurance - Barbara Sorrell will be taking this position. She will be starting with the Spring races- Running of the Green, Winter Marathon, and Delmar Dash. Pacesetter: Managing Editor Position-Robin will stay on until someone is found. Jon does have a meeting with someone next week. Hopefully will get it finalized soon. Van Equipment Maintenance-Tom \& Marcia Adams will take on for the next 2 years. Mark Warner will be new Race Director for CDPHP Workforce Team Challenge. Race Committee Chair will need to be filled-we will put a notice up on the website.
- Annual Awards Banquet- Saturday, February 9, 2013 at the Desmond. 6PM social hour, 7PM dinner. $\$ 30$ before January $1, \$ 35$ after January 1st.
2.2 Executive Vice President (M. Cox): Working on Distinguish Service awards, updating webpage, working on scholarship application changes. Will be in touch with the Pacesetter to get ads in on Distinguish Service and Scholarship.
2.3 Executive Vice President Finance (C. Terry):
- Approval of 2013 Annual Bud-get- discussion followed. Motion made to approve budget as submitted made by Rob Moore, seconded by Jonathan Golden, all in favor, motion passed.
2.4 Secretary (B. Light): No Report.
2.5 Treasurer (M. Ibbetson): See attached report. Chuck and Mary trying to get an accounting of all accounts every month so she can report on that.


## 3. Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2941. We are up 142 from last month, 375 from this time last year. Received 26 new
members from Winter Series \#1.
3.2 Volunteers (M. Adams): No report.
3.3 Public Relations (R. Moore): Mailed press releases to all the papers on the upcoming Winter Series races. Rob does press releases for all races and doesn't have control in what newspapers put in. Rob will try to be more assertive with the papers to see if he can get more publicity on the races and club. Mark asked Rob to send him the email address of the papers and he will have the Race Directors contact the papers if they are interested in sending the results of their races to the newspapers. Will be doing Shirt/Sneaker drive again next year. Will have booth at Friehofer Run for Women, Half Marathon/Marathon, and Stockade-athon.
3.4 Race Committee (M. Warner): Turkey RafAL run was a success. 158 entries this year. Changed location to Tawasentha from the Crossings. Plans to keep the run there for next year. Winter Series races started. Thank you to Ed Thomas for his coordination of the Winter Series. Doug Bowden 15K had a record turnout-456 between the 3 mile and 15 K . Perfect weather for the race. Still have not resolved the Delmar Dash race director. Vince noted that you should try to get someone from the Delmar community. Vince thought maybe Fleet Feet might be interested in being involved. CDPHP Workforce Team Challenge still needs several coordinators for that race. If you are interested, please contact Mark Warner.
3.5 Race Committee Treasurer (J. Golden): See attached reports.
3.6 Pace Setter (K. Zielinski /R. Nagengast): No report.
3.7 Conflicts Committee (C. Terry): No report.
3.8 Safety Committee (V. Juliano): No report.
3.9 Grants Committee (R. Newkirk): No report. Jon noted that the first run of grants due next Friday. He will check with Ray on that.
3.10 Long Range Planning Committee (E. Neiles): No report.
3.11 Just Run Program (K. Skinner): Ken will be confirming which schools will be participating in the program.

4 Unfinished Business: None.
5 New Business:

- Automation of Grand Prix Race Scoring (Jim Moore): Jim Moore has been doing the Grand

Prix scoring for 13 years. Grand Prix races are for members only. The hardest part is determining who is a member. Jim has to take each race and the results and match up who is a member. Need to have 6 pieces of information-first name, last name, gender, age, city, state. Jim is trying to reduce the work and process for the scoring. He noted that it is important that runners take an initiative in the Grand Prix series to make sure their information is correct, name spelling, address, etc. Jim proposes that the club take this project on and see if it would be feasible. You have to score everybody. You can't depend on the runner's making sure the information is correct. The current membership database has everything there. Some areas need to be verified, like the date of birth and gender. Proposal: Club appoint one or more people to study a proposal for automating all or part
of the process of scoring grand prix races and make recommendations on how to proceed. May need computer system people and race committee people involved. May also need new software. Motion seconded by Ken Skinner. Motion passed. Vince noted that the biggest obstacle is the membership database does not reflect age and gender. Race applications also do not have all the information and name misspellings are another problem.

6 Announcements: Adirondack Track \& Field-2 indoor track meetsJanuary 20th at 1PM and March 3rd.

- January refreshments- Jon Rocco

7 Adjourn: Motion to adjourn made by Maureen Cox seconded by Jonathan Golden. Meeting adjourned at 9:00PM. $\square$



Hangover Half




Winter series \#1




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## CIUB RUNWING APPAREL

Circle size and color where applicable
Dryline Zip Shirt, black, Male S,M,L; Female L,XL
Insport Tights, black, Male, S; Female S,L
Knit Hat, navy, black, light blue
Thermax Gloves, black
Warm-Ups, black and gray jacket and pants, Male S,M,L
Long Sleeve Coolmax Shirts:
Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL
Mock Turtleneck, club logo on chest, Unisex black M, L,XL
Coolmax Singlets:
White with royal blue side panels, Female M,L - CLEARANCE
White with royal blue side panels, Male S,M,L,XL
Short Sleeve Coolmax Shirts:
Hind with reflective stripes, Male, mustard S,XL, grey S; blue M,L,XL
\$25
Female V-neck, lemon, purple, S,M,L,XL; red S,M,L
Shorts with white club logo
Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE
Female Adidas, black with blue trim, XL - CLEARANCE
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE
Split-cut, l" inseam, M, L - CLEARANCE
Split-cut Long Distance, $1^{\prime \prime}$ inseam, back mesh pockets, blue, L - CLEARANCE
V-Notch, $3^{\prime \prime}$ inseam, S,XL - CLEARANCE
V-Notch Long Distance, $3^{\prime \prime}$ inseam, back mesh pockets, L - CLEARANCE
Easy, 4" inseam, S,M,L - CLEARANCE
Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL
Male Race Ready Shorts, all are royal blue except where noted
Split-cut, 1" inseam, S,M,XL royal
V-Notch, $3^{\prime \prime}$ inseam, S,M,XL royal; L black
V-Notch Long Distance, $3^{\prime \prime}$ inseam, back mesh pockets, M,L, XL
Easy, 4" inseam, S,M,XL
Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL
Sixers, black, 6" inseam, back mesh pockets, S
Running Cap, embroidered logo, white, white/royal
DeFeet Coolmax Socks, white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20
Smart ID tag, snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6
If ordering only this item, postage is \$. 44
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\$ 8
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\$22
\$22
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\$15
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$\$ 15$
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$\$ 19$
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\$21
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\$27
$\$ 11$

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Name
Phone
Email

# $\infty$ Grand Prix Update $\boldsymbol{\infty}$ 

## Note from Jim Moore, compiler of the Grand Prix:

"I saw Martha DeGrazia at the Hangover Half today and she told me that I had missed her in scoring the Stockade-athon Grand Prix results. I have checked and found that she is right. Unfortunately, this is a late date to make a change in the year-end overall results. Martha moves up to third overall in the women's 60-69 age group displacing Katherine Ambrosio for the award at the banquet."

Race \#1 Hangover Half Marathon, January 1, 2013

\author{

Men <br> | Male Open |  |
| :--- | :--- |
| 12 | Tom O'Grady |
| 10 | Kevin Treadway |
| 8 | Richard Missineo |
| 7 | Nick Webster |
| 6 | Erik Carman |
| 5 | Paul Cox |
| 4 | Griffin Keegan |

}

## Male 30-39

| 12 | Chuck Terry |
| :--- | :--- |
| 10 | Chris Judd |
| 8 | Jake Stookey |
| 7 | Joe Hayter |
| 6 | Jim Sweeney |
| 5 | Jim Eaton |
| 4 | Aaron Knobloch |


| Male $\mathbf{4 0 - 4 9}$ |  |
| :--- | :--- |
| 12 | Jon Rocco |
| 10 | Volker Burkowski |
| 8 | Tim Hoff |
| 7 | Kevin Creagan |
| 6 | Steve Becker |
| 5 | John Stadtlander |
| 4 | Andy Reed |

Male 50-59
12 Johan Bosman
10 Rick Munson
8 Ken Evans
7 Patrick Culligan
6 Richard Clark
5 Bart Trudeau
4 Russ Hoyer

## Male 60-69

12 Ken Klapp
10 Kevin Donohue
8 Paul Forbes
7 Rich Tanchyk
6 John Stockwell
30 - The Pace Setter

5 Tim Fisher
4 Steve George
Male 70+
12 Ed Bown
10 Wade Stockman
8 Ray Lee

## Women

| Female Open |  |
| :--- | :--- |
| 12 | Meghan Mortensen |
| 10 | Kristen Quaresimo |
| 8 | Irene Somerville |
| 7 | Liz Chauhan |
| 6 | Amy Becker |
| 5 | Andrea Stagg |
| 4 | Leigh Ann Brash |

Female 30-39
12 Kristina Gracey
10 Christine Ardito
8 Crystal Perno
7 Shelly Binsfeld
Nikki O'Meara
Kari Deer
Laura Zima
Female 40-49
12 Anne Benson
10 Chris Varley
8 Karen Dolge
7 Judy Guzzo
6 Christina Friedman
5 Marcy Beard
4 Stacia Smith
Female 50-59
12 Nancy Briskie
10 Kim Law
8 Denise lannizzotho
7 Patty Ells
6 Nicolette Pohl
5 Cathy Sliwinski
4 Jenny Lee
Female 60-69
12 Karen Spinozzi
10 Mary Collins Finn
8 Susan Wong
7 Judy Lynch
6 Katherine Ambrosio
Female 70+
12 Anny Stockman

## Age Graded

Runner
12 Nancy Briskie
10 Chuck Terry
8 Johan Bosman
7 Tom O'Grady

| 6 | Jon Rocco |
| :--- | :--- |
| 5 | Kristina Gracey |


| 46 | $M$ |
| :--- | ---: |
| 30 | $F$ |
| 47 | $M$ |


| 8 | Irene Somerville |
| :--- | :--- |
| 7 | Liz Chauhan |
| 6 | Amy Becker |
| 5 | Andrea Stagg |
| 4 | Leigh Ann Brash |

Totals After 1 Race

| Men |  |
| :---: | :---: |
| Male Open |  |
| 12 | Tom O'Grady |
| 10 | Kevin Treadway |
| 8 | Richard Missineo |
| 7 | Nick Webster |
| 6 | Erik Carman |
| 5 | Paul Cox |
|  | Griffin Keegan |

Male 30-39
12 Chuck Terry
10 Chris Judd
8 Jake Stookey
7 Joe Hayter
6 Jim Sweeney
5 Jim Eaton
4 Aaron Knobloch

## Male 40-49

12 Jon Rocco
10 Volker Burkowski
8 Tim Hoff
7 Kevin Creagan
6 Steve Becker
5 John Stadtlander
4 Andy Reed
Male 50-59
12 Johan Bosman
10 Rick Munson
8 Ken Evans
7 Patrick Culligan
6 Richard Clark
5 Bart Trudeau
4 Russ Hoyer

Male 60-69
12 Ken Klapp
10 Kevin Donohue
8 Paul Forbes
7 Rich Tanchyk
6 John Stockwell
5 Tim Fisher
4 Steve George
Male 70+
12 Ed Bown
10 Wade Stockman
8 Ray Lee

| Age | G | Women |
| :--- | :---: | :--- |
| 55 | F |  |
| 30 | M | Female Open |
| 53 | M | 12 |
| Meghan Mortensen |  |  |
| 27 | M | 10 | Kristen Quaresimo

Female 30-39
12 Kristina Gracey
10 Christine Ardito
8 Crystal Perno
7 Shelly Binsfeld
6 Nikki O'Meara
5 Kari Deer
4 Laura Zima
Female 40-49
12 Anne Benson
10 Chris Varley
8 Karen Dolge
7 Judy Guzzo
6 Christina Friedman
5 Marcy Beard
4 Stacia Smith
Female 50-59
12 Nancy Briskie
10 Kim Law
8 Denise lannizzotho
7 Patty Ells
6 Nicolette Pohl
5 Cathy Sliwinski
4 Jenny Lee

## Female 60-69

12 Karen Spinozzi
10 Mary Collins Finn
8 Susan Wong
7 Judy Lynch
6 Katherine Ambrosio
Female 70+
12 Anny Stockman

## Age Graded

|  | Runner |  | Age |
| :--- | :--- | ---: | :--- |
| 12 | G |  |  |
| 12 | Nancy Briskie | 55 | F |
| 10 | Chuck Terry | 30 | M |
| 8 | Johan Bosman | 53 | M |
| 7 | Tom O'Grady | 27 | M |
| 6 | Jon Rocco | 46 | M |
| 5 | Kristina Gracey | 30 | F |
| 4 | Tim Hoff | 47 | M |
| 3 | Ken Klapp | 62 | M |
| 2 | Richard Clark | 58 | M |
| 1 | Chris Judd | 32 | M |

HMRRC EVENT SCHEDULE

| Date | Time | Event | Location | Contact | Email |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 2/3 | 10:00 AM | Winter Series \#5 - 4M, 10M [GP], 20M\$ | Univ at Albany ---- Day of Race Signup only! | Patrick Lynskey \& John Parisella | plynskey@nycap.rr.com |
| 2/9 | 6:00 PM | HMRRC Club Banquet -- HOF Induction | The Desmond | Debbie Beach | dbeach21@verizon.net |
| 2/17 | 10:00 AM | 40th HMRRC Winter Marathon $\&$ Marathon Relay | Univeristy at Albany | Dana Peterson -- Clay Lodovice -- Ed Neiles | peterson.danac@gmail.com |
| 3/16 | 10:00 AM | 1th Runnin' of the Green (Island) 4 Miles [GP] | Green Island | Letticia \& Dave Ruderman | ROG4Race@aol.com |
| 4/14 | 9:00 AM | 25th Delmar Dash 5M | Bethlehem Middle School, Delmar | Aaron \& Diana Knobloch | dianam.tobon@gmail.com |
| 4/20 | 9:00 AM | 33rd Annual Bill Robinson Masters 10K [GP40+] | Guilderland High School | Jim Tierney | runnerjmt@aol.com |
| 5/12 | 9:30 AM | 33rd Mother's Day 5K | Central Park, Schenectady | Diane Fisher | hmrrcmothersday@gmail.com |
| 5/16 | 6:25 PM | CDPHP Workforce Team Challenge 3.5 Mile | Empire State Plaza Albany | TBD | TBD |
| 6/9 | 9:00 AM | 42nd Distinguished Service Race 8 Mile [GP] | SUNY/Albany --- Day of Race Signup only! | Mark \& Angela Warner | mwarner1@nycap.rr.com |
| 6/11 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 6/18 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 6/25 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/2 | 6:00 PM | The Colonie Mile [GP] $\dagger$ | Colonie HS Track -- Day of Race Signup only! | Ken Skinner | kennyskin@earthlink.net |
| 7/9 | 6:00 PM | Colonie Summer Track $\dagger$ | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/11 | 6:15 PM | HMRRC Two Person Relay 6 X 1 Mile $\dagger$ | Colonie HS Track | Pete Newkirk | pnewkirk@newkirk.com |
| 7/16 | 6:00 PM | Colonie Summer Track $\dagger$ | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/18 | 6:15 PM | 40th HMRRC Hour Run $\dagger$ | Colonie HS Track | Barbara Bradley \& Tom McGuire | tomm4barbb@aol.com |
| 7/23 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 7/25 | 6:15 PM | 37th HMRRC Pentathlont | Colonie HS Track | Todd Mesick | toddmesick@yahoo.com |
| 7/30 | 6:00 PM | Colonie Summer Track $\dagger$ | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 8/3 | 8:30 AM | The 34th Dynamic Duo Pursuit Race | Colonie Town Park | Frank Myers | FLYINGBB45@aol.com |
| 8/4 | 9:00 AM | 19th Indian Ladder Trail Run 15K \& 3.5 Mile | John Boyd Thacher State Park | Mike Kelly | mjkhome@verizon.net |
| 8/6 | 6:00 PM | Colonie Summer Track ${ }^{\text {¢ }}$ | Colonie High School Track | Frank Myers | FLYINGBB45@aol.com |
| 8/12 | 6:30 PM | Tawasentha XC 5K \#1† | Tawasentha Park Guilderland -- Day of Race only! | John Kinnicutt | jkinnicutt@gmail.com |
| 8/19 | 6:30 PM | Tawasentha XC 5K [GP] \#2† | Tawasentha Park Guilderland -- Day of Race Only! | John Kinnicutt | jkinnicutt@gmail.com |
| 8/26 | 6:30 PM | Tawasentha XC 5K \#3† | Tawasentha Park Guilderland -- Day of Race only! | John Kinnicutt | jkinnicutt@gmail.com |
| 9/2 | 9:00 AM | 25th SEFCU Foundation Labor Day 5K [GP] | Harriman State Office Campus | John Parisella | jparise@@nycap.rr.com |
| 9/15 | 9:00 AM | 42nd HMRRC Anniversary Run 2.8 \& 5.6 Mile [5.6 GP] $\dagger$ | SUNY/Albany -- Day of race signup only! | Pat Glover | pjglove@aol.com |
| 9/29 | 10:00 AM | 33rd Voorheesville 7.1 Mile [GP] | Voorheesville Town Park -- Day of race signup only | Jim Thomas -- Russ Hoyer | jth430@verizon.net |
| 10/13 | 8:30 AM | 30th Mohawk Hudson River Marathon [GP] | Central Park <br> Schenectady | Cathy Sliwinski \& Maureen Cox | racedirector@mohawkhudson marathon.com |
| 10/13 | 8:30 AM | 12th Mohawk Hudson River Half Marathon (USMC Reserve) | Colonie Town Park | Cathy Sliwinski \& Maureen Cox | racedirector@mohawkhudson marathon.com |
| t No Entry Fee for Members |  |  |  |  |  |

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(leave blank if gift)
SIGNATURE OF PARENT OR GUARDIAN (if under 18)

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[^0]:    8 - The Pace Setter

