

The Pace Setter

November 2011

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





OUR TOWNE
BETHLEHEM

TURKEY TROT 2011

Delmar | New York

Our 5K FUN Run/Walk is designed to accommodate every person in your family, workplace and neighborhood. Gather all your family and friends and start Thanksgiving Day out right. Grandparents, toddlers, and those who want to create a little room for that Thanksgiving dinner are all welcome to be a part of this Run/Walk. The only "time" that matters will be the *good time* that you will have at the TURKEY TROT! A portion of proceeds will benefit the Bethlehem Food Pantry.

Date: Thanksgiving Day - Thursday, November 24th 2011

Time: 9:00am Start (Packet Pickup Starts @7:00am)

Location: Bethlehem Middle School - 332 Kenwood Avenue, Delmar

Course: 5K - Old Delmar neighborhood

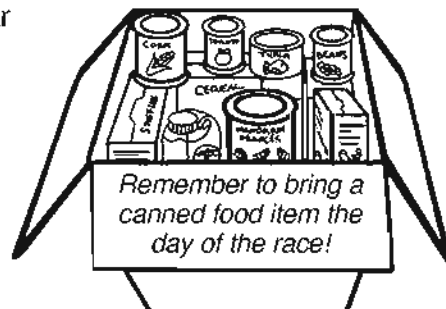
Entry Fee: \$15.00 Pre-registration by 11/14/2011 \$20.00 after 11/14/11 until race
5 and under FREE

T-Shirts: FREE T-Shirt to the first 2,500 registered participants

Awards: 1st Place Overall Male & Female

Questions: 518-598-3434 or John@ourtownebethlehem.com

Best Costume Award!



Remember to bring a
canned food item the
day of the race!

EARLY PACKET PICK-UP - Bethlehem Middle School
332 Kenwood Ave. Delmar / Wednesday, 11/23/2011 4pm to 8pm

Detach here ~ Submit one form for each participant

Pre-registration Deadline: 11/14/2011

Name: _____ Phone# _____

Address: _____ E-mail: _____

City: _____ State: _____ Zip: _____

Age _____ Male _____ Female _____

Shirt Size (circle one): SM MED LG XL XXL

Release: In consideration of the acceptance of my entry I, on behalf of myself, my heirs, executors, administrators, and assignors, hereby release myself and discharge, OUR TOWNE Bethlehem, the State of New York, Albany County, Bethlehem Central School District, and the Town of Bethlehem, as well as all other sponsors or beneficiaries and their representatives. I certify that I am physically fit and that my physical condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby grant permission to OUR TOWNE Bethlehem, and other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness as well as race results including my name and competition time for any purposes whatsoever, including but not limited to pre-race and post-race publicity. I hereby certify that I have read all the terms and conditions of the release and intend to be legally bound thereby. No pets allowed. I agree NOT to wear a headphone during this event. Race Clock at the Start/Finish for self-timing. Official results will not be compiled.

Signature: _____ Date: _____

Signature of Guardian if under 18 years

Please make checks payable to: OUR TOWNE Bethlehem (Turkey Trot in Memo)

Mail form & non-refundable payment to:

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HMRRRC Mission Statement

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

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

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President's Message

by Jon Rocco

(October 2010-September 2011): Part 2 of 2

HMRRRC turned 'the big 4-0' and records are set with the number of finishers in its two celebratory foundation races – the Distinguished Service Race and the Anniversary Races. Not only did these two races break the prior marks both set in 1983, but ten other races also set record finishing fields over the past year. Club membership increased by ten percent and now hovers around 2,500. The "Just Run" program, which started as pilot project in the spring of 2010 with two sites, quickly rises to be a crown jewel for the HMRRRC. The spring of 2011 sees a dozen schools participating, including the two pilot schools. With a strong financial commitment by the club, plans for the fall season are eagerly underway in the program which promotes youth fitness, good citizenship (Just Deeds), and healthy eating habits (Just Taste). These were the main highlights that resonated with me, but now for a final look back at the second half.

April: Delmar Dash has a record number of finishers for the 3rd year in a row. It is the 2nd year in a row with 700 plus runners as 719 complete the race. Jodie Schoppmann runs 28:06 and breaks Amy Herold's race record time of 28:42 set in 1997. Cathy Sliwinski is voted recipient of the 2011 Distinguished Service Award and becomes the 50th recipient. HMRRRC Hall of Famer Martha Degrazia finishes 3rd in the 60-64 age group at the Boston Marathon. The club participates with 100 other exhibitors at the Adirondack Sports & Fitness Summer Expo in Saratoga. At the Bill Robinson Masters 10K, Anne Benson becomes the winningest female after capturing her 4th victory in the last six years. Over two dozen club volunteers take part in the 6th Annual Canal Clean Sweep on Earth Day to clean up the bike trail area at Blatnick Park in Niskayuna. Two youth grants of \$1,000 each are awarded.

May: In its 12th year, Bill Shrader, Sr. Memorial Scholarships are awarded. A total of \$10,000 is equally shared amongst Saratoga High School's Samuel Place and Brianna Free-stone, Christopher Herbs of Catholic Central High School in Troy, and Jolie Siegel of Clayton Bouton High School in Voorheesville. Judy Guzzo wins the Mother's Day Race for a record 4th time. One does not have to be a notable local car dealer to tell you that the CDPHP Workforce Team Challenge was simply...huge! A record 9,267 from 470 teams finished the 3.5 mile weekday after work run/walk event. This was an increase of over 600 finishers from the record set the previous year. Chuck Terry notched his fourth win tying him with Rich Coughlin for second most event wins. ARE Event Productions retained their title in the male team category while

C.H. Evans Brewing Company tasted their first victory in the female team category. The perennial powerhouse team of General Electric lit it up for their thirteenth victory in the last seventeen years in the co-ed team division.

June: The "Just Run" program wraps up its spring season with a celebratory track meet at Union College as 215 enthusiastic kids participate. Threatening weather brings it indoors and video footage of the meet is captured and converted to a keepsake DVD. Due to construction at the UAlbany Campus, the 40th Distinguished Service 8 Miler has its course altered. However, a 28-year old record is broken as 151 finish. Cathy Sliwinski receives her well deserved Distinguished Service honor and over a dozen past winners are on hand to be recognized (and then run or volunteer). The Colonie Summer Track Series kicks off for its 43rd year with open track meets set for nine consecutive Tuesdays for the summer. The Father's Day 5K draws just under 600 finishers and Ada Lauderbach wins for the 3rd time in four years, making her the winningest female in the race's 18th year with her fourth victory. Ada and her father, Rick Munson, defend their Father-Daughter title. Three and a half months after registration opens and four months prior to the race, the Mohawk Hudson River Marathon and Half reach full capacity. Although a tarp covered the infield, the rain held off and The Valley Cats Home Run 5K sets a record with 384 finishers in its sixth running. Founding member Don Wilken donates to the club his complete collection of newsletters and *Pace Setters* from the HMRRRC's inception. Three general purpose grants are made totaling \$2,600.

July: The Colonie Mile sees 13-year old Jake Johnson (Colonie) clock a most impressive 4:39.9. Pete Newkirk is recognized at the monthly business meeting for the great success of the Workforce Team Challenge which he directed from 2006-2011. Eleven teams participate in the 2-person relay with father/son David and Pete Rowell the first to finish the twenty-four laps. Seventeen take on the Hour Run on a night where the temperature reaches 99 degrees and the heat index hits 107. Anna Spiers (age 18) and Justin Bishop both capture all five track events at the 36th Pentathlon. Based on 27 years of records at the event, Anna's point total puts her at number five on the female points list. Nearly 300 compete at the Indian Ladder Trail Run at Thatcher Park. Many run in both the 15K and 3.5M races, including Meghan Davey who captures wins at both distances. The club picnic barbecue lunch follows. Two youth grants of \$1,000 each are awarded.

August: As the Summer Track Series winds down, RibbonNightsees 260 runners. A check for



What's Happening in November

by Al Maikels

The fall racing season reaches its peak on Sunday, November 13 with the 36th running of the Gazette Newspapers Stockade-athon. This 15K is a tour of the city of Schenectady, starting at the western entrance to Central Park, dropping down a relatively fast four mile section into the historic Stockade section of Schenectady (hence the name), and then climbing back to the park. A race doesn't last 36 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2011 Series and there is also Clydesdale competition for the full figured runners. The race starts at 10:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRRC there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988 the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Four years ago we moved the event to the Crossings in the Town of Colonie and had a record turnout, as well as a new name, the Turkey Raffle Run. This year the run is scheduled for Sunday, November 20 at 10:00 a.m. at the Crossings, located on Albany-Shaker Road in the Town of Colonie. This is an hour run; each one-mile loop around the lake earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out there raffle tick-

ets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status but for the time being I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event registration is limited to the first 1,000 runners so get to the park early.

A highlight on the November calendar is always the running of The New York City Marathon. This year's race will be held on Sunday, November 6 and as always, there will be a large contingent of local runners at the marathon. The Philadelphia Marathon also seems to attract a group of our local runners with its relatively flat and fast course.

A good tune up for the Stockade-athon is the Fall Fun 10k, set for Sunday, November 6 at the Shenendehowa Campus on Route 146 in Clifton Park.

Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race, while Troy holds the Turkey Trot at City Hall with 1 mile, 5K and 10K races on the schedule. Before you sit down to feast move your feet at one of these fine races. After you stuff yourself on Thanksgiving you can run off your turkey at the Run off that Turkey 5k in Altamont. The race will be held on Saturday, November 26 at 10 a.m. at St. Lucy's Church in Altamont.

The Club business meeting for November will be held on Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. New Club president John Parisella invites all members to attend these meetings. □

Pres. Message, continued

\$3,855 is presented to the American Legion Post in Green Island as a Special Grant recipient. The grant covers repair and resurfacing of the parking lot. A Volunteer Party sets sail on the Hudson on a beautiful summer Friday night. Unlike the three hour tour the Skipper guided the Seven Castaways on, 45 club members/volunteers and their guests safely arrive back to shore on the Captain JP. Just over 100 teams compete in the Dynamic Duo and records fall. On the male side, Kyle Dawson runs the three mile leg in 14:06 (a 4:42 pace) and breaks the eight year old record of 14:23. In fact, the 2nd and 3rd place male times also break the 14:23 mark, giving the 33rd running the three fastest male times of all time. On the female side, Caitlin Lane gets it done in a blistering 16:05 and breaks the mark of 16:26 set by Lori Hewig back in 1990. Kyle and Caitlin happen to be on the same team, giving them a record 30:11 for the 6 mile relay. The three week Tawasentha Cross Country Series sees over 500 runners with no repeat winners. Due to heavy rains in week two of the Grand Prix race, the creek crossing, with its five foot depth, is taken out of the equation. HMRC distributes four checks of \$5,000 each to CDPHP Workforce Team Challenge charities. The charities include the Albany Police Athletic League (2011 Charity of Choice), Schenectady ARC, Vanderheyden, and Wildwood Programs.

September: Club membership hits 2,480, up 237 from the same point last year. The SEFCU Labor Day 5K sees Chuck Terry notch his 4th victory at the event giving him the most wins for the race held the first Monday of September. A new threat enters the Masters Division as HMRC turns 40! The Anniversary Run begins with a Moment of Silence to remember those lives tragically lost a decade ago on 9/11/2001. Due to campus construction, the perimeter loop is slightly extended and the 2.95M and 5.9M races see a 28 year old record broken, as 198 finishers are recorded. 40th Anniversary shirts are given to the 109 who participated as runner or volunteer in both the 2011 Distinguished Service Run and Anniversary Races. There are four of the fifteen finishers from the 1971 race on hand. They include Ed Thomas, Marbry Pulver (first female winner), Kathy Shrader, and Louis Brickman. Don Wilken volunteers at both the 1971 and 2011 race and Burke Adams, the club's first secretary and treasurer, is the official starter for both races. The Club approves a \$2500 Special Purpose Grant to the Mohawk Hudson Land Conservancy. The purpose is to assist in improving the trail surface of the Albany County Rail Trail. John Parisella will serve as President for 2011-12. Charles Terry, Pam Zentko, and Barbara Light will respectively serve as Vice President of Finance, Treasurer and Secretary. I will serve as Executive Vice President.

It has been my honor and pleasure to serve as Club President the past twelve months. I hope to see you at the start lines, finish lines, registration tables, water stops, and in between. Thank you.

'The race is not always to the swift, but to those who keep on running.' -Anonymous □

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HELP Wanted

Stockade-athon Volunteers!

If you are not planning on running, we could use your assistance! We need refreshment assistance and coordinators; water stop leaders; course marshals, etc.
It is never too early to volunteer!

It promises to be bigger and better than ever and YOU can be a part of it!!
Make the commitment today and enjoy the excitement.

Also need volunteers for:

Turkey Raffle Run in November - gobble up fun by volunteering. You may even see a turkey. Volunteer online!

WINTER SERIES RACES ARE COMING! Plan to be a "survivor" this year by volunteering.



WANT MORE INVOLVEMENT?

Come to a Club meeting and see why you want to be involved!

**IF INTERESTED,
CONTACT MARCIA
ADAMS, VOLUNTEER
COORDINATOR**

at 356-2551 or
madams01@nycap.rr.com

It's not just about running....

What Happens When You Can No Longer Run?

by Gerard F. Havasy

In Jack Rightmyer's new book, *It's Not about Winning: One Runner's Reflections on Fatherhood, Coaching, and Athletics*, he describes running for himself, his family, and some of his coaching experiences.

His book gave me some impetus to reflect on what it's like not to be able to run or race walk after over 40 years of competing in high school, college and throughout the 1990s. Although I was not a star athlete, I had some great experiences and earned my share of medals and ribbons.

It made me think, too, about what has happened to so many runners of yesteryear that I knew who are no longer on the running circuit. Did the daily grind catch up to them, or was it the feelings of being too old or too slow? Did they succumb to injuries? What does one do when his/her running days draw to a close?

I admire and envy my friend Jim, who at 90 years of age, completed the St. Clare's 5k Turkey Trot last November, and Mel who started running marathons in his 70s after he retired. Some people have the right genes and others have a cross to bear.

The changes that have occurred in the last 40 or more years are often overlooked or taken for granted. Many think things were always the way they are today. The Hudson Mohawk Road Runners Club does an excellent job of providing information regarding various road races and issues that runners are concerned with. Magazines such as *Runner's World*, *Triathlete*, and others provide insightful information and are the premier magazines for their respective sports.

I attend several running events each year,

including high school track and cross country meets to support my grandchildren. They are fun to attend and give me some reflective time to think about running yesterday compared to today. The coaching techniques and runners' camps today certainly help young people with their self-confidence and tactics.

Not all sports are equal to running, nor do they provide an individual with equal payoffs, even if it is just the simple feeling of being able to complete something. It does not take a lot to be involved in and it is a sport one can participate in by himself. While many people will be able to run well into their senior years, for a certain percentage of runners that's not the case.

Most of us have ailments to different parts of our body including feet, knees, hips, back, or whatever, as we age. Three back surgeries took their toll on me. We must be somewhat prepared for the day when we can no longer run and participate in road races and daily runs. The pride of being a runner helps make one feel good about him or herself and this is a worthy aspect of the sport. As one matures with age one must find something that satisfies his physical needs like running provides.

There is a new tomorrow, however, and I urge those who come up against their body's running limitations to anticipate other options that will provide rewarding fitness advantages. I have tried several things, swimming and biking being the most obvious. Low impact activities like Tai Chi provide the group camaraderie and are quite satisfying as well.

There is life after running and one must learn to accept what one can do and not pine for what others can do. □



Where to Find Quality Sports Nutrition Information

We live in an age of information overload. Between emails, blogs, tweets, and newsletters, I feel bombarded by the latest nutrition news. But that's not the case for everyone. Many runners ask me where they can find reliable sports nutrition information. The following list offers several resources to help you find answers to your questions about eating for health and performance.

Websites

Five excellent web nutrition resources include:

www.gssiweb.com The Gatorade Sports Science Institute offers extensive sports nutrition information on all topics in their Sports Science Library.

www.PowerBar.com Helpful nutrition and training information.

www.NestleNutrition-Institute.org/nutrition-topics/Pages/SportsNutrition Nestle is the parent company for PowerBar. The Nestle Nutrition Institute offers a vast library of sports nutrition information, including video presentations by researchers on their latest findings that can enhance performance.

www.webMD.com Search the topic of your choice, sports related or not, and you'll find answers by experts.

www.findingbalance.com This website, for people who struggle with eating and body image issues, offers extensive resources, including video interviews.

Newsletters

For monthly mailed newsletters that offer detailed yet easy to read coverage of current nutrition, wellness and fitness concerns, check out:

-- *Tufts Health & Nutrition Newsletter* (www.tuftshealthletter.com; \$24)

-- *Berkeley Wellness Letter* (www.wellness-letter.com; \$24).

-- *Nutrition Action Healthletter* by the Center for Science in the Public Interest. CSPI challenges the food industry to clean up their act! (www.CSPInet.org; \$10)

Textbooks

Maybe you don't want to go back to school, but you would like some scholarly resources on sport nutrition and exercise physiology. Here are two options:

Sport Nutrition for Health and Performance by Manore, Meyer & Thompson offers a comprehensive look at the topic. (www.hkusa.com)

Sport Nutrition; An Introduction to Energy Production and Performance by Asker Jeukendrup gives a strong research approach to the topic.

Professional Journals

Most professional journals offer quite

"heavy" reading that is not particularly enjoyable. One exception is the *International Journal of Sport Nutrition & Exercise Metabolism*. While it is far from "light" reading, the majority of the articles are very interesting (to me, at least!). You'll learn the latest research on carbohydrates, protein, sports supplements, fueling practices, plus more. (<http://journals.humankinetics.com/ijsnem>; \$92/year).

Another option for professional journal reading is www.pubmed.gov. This site takes you to the National Library of Medicine where you can search any topic and get links to the research. For example, if you are curious about sodium and sweat, you can search "sodium sweat athletes" and find 51 abstracts that summarize the research on that topic. Want to find the latest about vitamin D and athletes? Search "vitamin D athletes" and you'll get 53 abstracts to read (and learn you likely could benefit from taking 1,000 IU D between Thanksgiving and Easter!)

Nutrition Books

Here are some titles I recommend:

General nutrition books:

- *The American Dietetic Association's Complete Food & Nutrition Guide* by Roberta Duyff

- *Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal* by Elyn Satter.

Sports nutrition books

Vegetarian athletes or those with diabetes will appreciate:

- *Diabetic Athlete's Handbook* by Sherri Colberg

- *Vegetarian Sports Nutrition* by Larson-Meyer D. E.

My turn to do some shameless self-promotion here:

- *Nancy Clark's Sports Nutrition Guidebook* is considered by many athletes to be their "nutrition bible." It's a comprehensive yet enjoyable and easy-to-read resource.

For sport-specific "quick reads," enjoy my other books that are available at www.nancy-clarkrd.com. These make wonderful gifts for friends, family and teammates:

- *Food Guide for Marathoners: Tips for Everyday Champions*

- *Food Guide for New Runners: Getting It Right From the Start*

- *Food Guide for Soccer: Tips and Recipes from the Pros*

- *The Cyclist's Food Guide: Fueling for the Distance.*

Books on Weight issues, Dieting, Eating Disorders

- *The Don't Diet, Live-It! Workbook: Healing Food, Weight and Body Issues* by A. LoBue and M. Marcus.

- *Intuitive Eating: A Revolutionary Program That Works* by E. Tribole and E. Resch.



- *Your Overweight Child: Helping Without Harming* by E. Satter

- *The Exercise Balance: What's Too Much, Too Little, Just Right* by P. Powers. and R. Thompson.

- *Making Weight: Healing Men's Conflicts with Food, Weight, Shape & Appearance* by A. Anderson, L. Cohn & T. Holbrook

- *Body image: Body Image Workbook: An 8-Step Program for Learning to Like Your Looks* by T. Cash.

- *Food and Feelings Workbook: A Full Course Meal on Emotional Health* by K. Koenig.

- *The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering & Reclaim Your Life* by M. Heffner.

- *Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery* by McCabe, McFarlane and Olmsted.

- *Surviving an Eating Disorder: Perspectives and Strategies for Family & Friends* by M. Siegel et al.

For additional nutrition and exercise books, surf these online catalogs:

www.ncscatalog.com Nutrition resources of all types

www.Gurze.com, Gurze Eating Disorders Bookshelf

www.hkusa.com, Exercise and sports nutrition resources

Don't want to read?

If you prefer one-on-one, personalized approach to learning what, when, and how to eat for top performance, your best bet is to find a local sports dietitian. Enter your zip code into the referral networks at www.SCANDpg.org or www.eatright.org. You may be surprised to learn how much you don't know!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes learn how to eat a winning sports diet. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com. ☐

MAYOR JERRY JENNINGS, THE CITY OF ALBANY & ST. PETER'S CARDIAC & VASCULAR CENTER PRESENT

15TH ANNUAL ALBANY Last Run 5K 2011

\$20 before Nov. 25/ \$25 After/ \$30 Day of (If available)



Race begins and ends on State St
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Profile of a Runner

RYAN WALTER



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

I work for my family's business, MPR Excavation, located outside of Altamont in Knox, NY. I went to high school at Berne Knox Westerlo where I was part of the first Sectional Championship team in twenty years in any sport (2001). Then I competed on two Junior College National Championship teams at Delhi College, earning All American honors in XC. Then I finished my college career competing for Oneonta State. I am 26 years old, and my hobbies are hiking, climbing, bicycling, and simply moving. And anything to do with my two dogs Lucky and Cinnamon.

When and how did you get started running?

In ninth grade I started doing XC and track to get ready for basketball season. After sitting the bench on the hardwood for three years, I quit my Senior season and just focused on running.

Do you have a favorite race or races?

USMC Half Marathon.

What are your most memorable races?

My most memorable race had to be running the Squirrely Six Mile with my dog Cinnamon, and having to help her run up the hills of Thacher Park, as she helped me zip down the rooted hills of the park. In a more competitive sense, my first season out of college, mixing it up in the lead packs to the very end.

How do you train? Do you have training partners?

Since my return to training this winter, my training consists of a slow build up of mileage

and doing two quality workouts a week. My training partners vary, depending on weather, proximity and life schedules. If I'm not on the track, my dogs run me ragged through the trails of the Capital District.

What are your current goals?

My current goal is to surpass my personal best times in the mile up to the half marathon. Also to finally put together a 15K that won't turn into a mess.

Do you have any future running goals?

I would like to run my first marathon by 2012.

Do you have a philosophy of running?

Put the work in then recover ... repeat. If anything, my time away from running has taught me the importance of not letting the mileage monster consume you or what you hear your competition is doing for training. Stick with the basics, build a base, develop strength and speed, then recover.

Any funny stories?

Finding out my beautiful girlfriend Megan can run 100m strides faster than me. The worst part is she has not run competitively in 6 years. ☐

Ad Director Volunteer for The Pace Setter Magazine Needed

The Pace Setter is seeking a volunteer Ad Director to manage ad insertion for the magazine on a monthly basis.

Time commitment is approximately 3 hours per month.

If interested, please email Robin at pseditor123@gmail.com for more info.

Profile of a Runner

SUZY PRIS

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

I'm a stay-at-home-mom looking for a chemistry teaching job. I love gardening and playing outside with my kids.

When and how did you get started running?

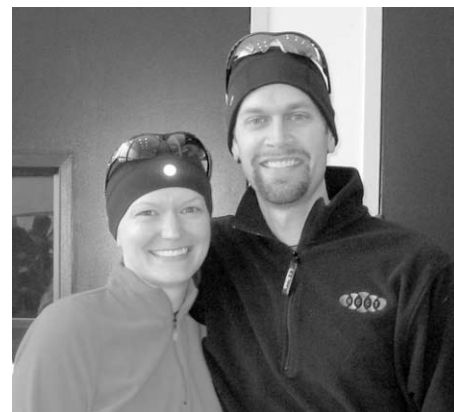
I wanted a fun course my senior year of college so I took racquetball. Unfortunately, racquetball was only a half-semester (which was a good thing because I sucked at it) so I took track and field the other half-semester. Little did I know we would be running five miles by the end of the semester.

What are your most memorable races?

I loved the Ragnar Relay New York and the HMRRC Winter Series. It is always fun to run with others who will brave the elements or go without sleep for a race.

How do you train? Do you have training partners?

I usually run alone but love running with people when time allows. I am training with the USA Fit Albany group right now.



What are your current goals?

I recently ran my first marathon, the Mohawk Hudson River Marathon. My net time was 5:42:24.





Do you have a philosophy of running?

My philosophy isn't so much for running as it is for life: love the life you live! Running helps me love my life all the more. ☐

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"BEEN THERE, DONE THAT"

by Mike Becker

November 1971...Forty Years Ago

- A 10K cross country race is held at SUNYA on a sunny, cold, and windy day. Tom Robinson and Brian Quinn tie with a 32:40. The event was declared a tie because both runners became confused as to how the course proceeded, and spectators shouted confusing directions.

- Tom Osler runs a 64:49 to beat Tom Kerr by more than seven minutes in an 11.28-mile road race at SUNYA. The race has just ten finishers.

November 1976...Thirty Five Years Ago

- The First Annual Stockade-athon is held in Schenectady on a course laid out by city Parks Dept. employees Mark Mindel and Chris Carroll. Just 80 participants finish the race, with Mark Mindel and Scott Ferguson tying for first at 48:43. Ferguson might have won but he got held up in church traffic near the 10K mark. Patty Fuerst runs a 70:20 to beat the only other female runner by five minutes.

- Local finishers of the Philadelphia Marathon include Dick Vincent (2:50), Dan Egy (2:53), and Gage Hotchkiss (3:17).

A five-mile cross country race is held at Siena College, with Carlo Cherubino running a 28:16 to edge Fred Kitzrow by nearly a minute. There are no female participants.

- Steve Jones and Barbara Oesterlin are winners of the Troy Turkey Trot.

November 1981...Thirty Years Ago

- The First Annual HMRC Master's 10K Championship is held in Guelderland. Don Wilken and Lee Wilcox win with a tie at 35:50, more than a minute ahead of Jim Patterson. Marcia Sebastian runs a 48:35 to beat Nancy Gerstenberger by about two minutes. The race consists of just 49 men and seven women.

- Steve Crowley runs a 47:59 to beat Dale Keenan by eight seconds in the Stockade-athon. Ellen Weglarz wins her first of four consecutive Stockade-athons with a 56:57. Wind and snow squalls confront the runners for the second straight year.

- Vince Falbo edges Bill Robinson in the Cohoes Turkey Trot 3.5-miler. Daniele Cherniak beats Chris Cashin in the 2.8-mile women's race.

November 1986...Twenty Five Years Ago

- Edward Sparkowski and Eileen Pine are winners of the Run for Hunger 5K in Ravena with times of 14:14 and 18:44.

- Jerry Lawson, a then-unknown 20-year old from the Utica area, wins the Tom Miller-directed Stockade-Athon with a time of 46:06. Lawson would go on to set the course record, which still stands, six years later. Denise Herman wins the female division with a 56:40. Barry Brown is the top master with a 47:35, good for fourth overall.

- Paul Murray has a long article in *The Pace*



Setter on the history of Thanksgiving Day road races in the Capital District, which began in 1916 with a two-mile Turkey Trot in Troy. The race had just six participants.

- Local runner Marty Kittell runs a 2:45 NYC Marathon for top local honors.

November 1991...Twenty Years Ago

- John Trowse wins the Stockade-athon with a 46:51, ahead of Tom Dalton (48:01). Dale Keenan is the top masters finisher and third overall with a 48:34. Lori Hewig is top female with a 52:40 followed by Inge Aiken (54:56). A total of 190 women and 804 men finish the race, along with two wheelchair participants.

- Pat Glover and Amy Herold-Russom are winners of the Clifton Park Stampede 10K with times of 35:03 and 41:34. Jim Tedisco and Diana Richburg are winners of the 5K with times of 17:12 and 18:08.

- Club members turned in some good times for fall marathons: San Diego – Mark Warner (2:44); Marine Corps – Pete Newkirk (3:31), Ken Skinner (3:34), Chuck Trimarchi (3:45), Hank Steadman (3:48).

November 1996...Fifteen Years Ago

- John Trowse wins his second Stockade-athon with a 47:01, four seconds ahead of Todd Reeser. Deborah Springer runs a 58:28 to edge second-place female Linda Higgins by nine seconds. A total of 801 runners complete the race.

- The one-hour Turkey Raffle Run is held in Washington Park with 188 participants, of whom 62 receive prizes.

- Jason Geary and Daniele Cherniak are winners of the Cohoes Turkey Trot (men's 3.5-miler and women's 2.8-miler.)

- Tom Dalton wins the Troy Turkey Trot 10K with a 31:25, with Julie Hotmer winning the female division with a 39:32. Matt Wood and Cheri Goddard win the 5K.

November 2001...Ten Years Ago

- Bob Irwin runs a 31:53 in The Fiddler's Run 10K in Loudonville, beating Tyson Evensen by 89 seconds. Lisa Bunce runs a 38:06 to beat Daniele Cherniak for female honors. Ben Greenberg and Linda Dahlin are winners of the 5K.

- Kevin Collins runs a 47:35 to win the Stockade-athon by more than three minutes ahead of Bob Irwin and Peter Flynn. Collins ran a 2:20 marathon just a week prior. Emily Bryans is top female for the second time with a 56:51, more than four minutes ahead of masters runner Beth Stalker.

- Eric Kelly and Molly DeFrancesco are winners of the Troy Turkey Trot 5K. John Casey and Kathleen Boyle-Petrera are winners of the 10K. A total of 1,725 runners finish the 5K, and 601 finish the 10K.

November 2006...Five Years Ago

- Fred Joslyn and Kara-Lynne Kerr are winners of the Stockade-athon with times of 47:40 and 56:41, respectively. Age group winners include Bob Irwin, Rich Cummings, Emily Bryans, John Noonan, Nancy Taormina, Will Dixon, Anny Stockman, and Ed Whitlock, who runs 60:29 at age 75.

- Locals Jim Sweeney and Chris Chromczak place second and sixteenth in the 44th Annual JFK 50-Miler in Maryland. A total of 1017 runners finish.

- Seamus Nally runs a 15:10 to win the Cardiac Classic 5K in Schenectady on Thanksgiving Day. Liz Montgomery runs an 18:05 for top female honors.

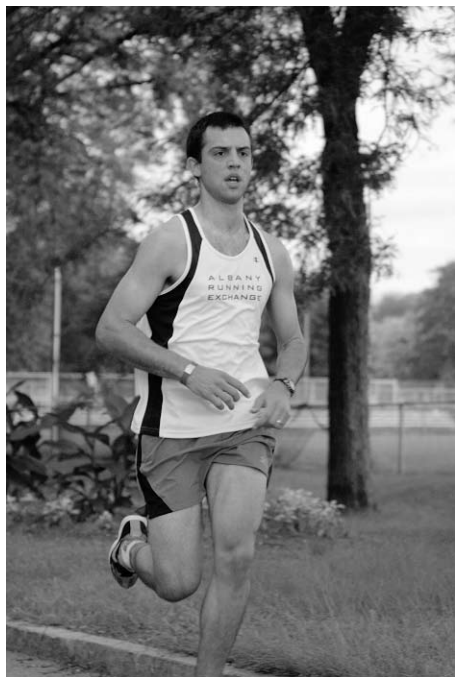
- Emory Mort and Kara-Lynne Kerr win the Troy Turkey Trot 10K, each earning \$200. David Raucci and Elizabeth Maloy win the 5K. □

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**



14th Annual Altamont 5K – August 27, 2011

by Phil Carducci

4th annual
ALTAMONT
5K
RUN/WALK

With the threat of Hurricane Irene looming in the long-range forecast, the week leading up to the 14th annual Altamont 5K, held on Saturday August 27th, was nerve racking and filled with lots of prayer that I wouldn't have to postpone the event and call the estimated 400 plus entrants to give them the news.

But, as my prayers were answered, that Saturday – the calm before the storm – was beautiful; it was humid but nice.

While the numbers were down from the previous year, we had a nice turnout despite the threat of Irene. We did have 33 pre-registered not show, and I would estimate that another 50 potential race day entrants didn't venture out, wanting to stay home and prepare for the worst.

Even with all the doom and gloom heading our way, the folks that came out enjoyed a great day.

The A5K, as I like to refer to this event, is run on a certified course, starting and finishing in Benjamin Crupe Bozenkill Park and has some beautiful views of the Helderbergs during the early part of the course. Later runners/walkers enjoy passing through and past parts of the Village of Altamont and its historical architecture.

A new tradition, started about four years ago, is the addition of music along the course, from rock to classical, keeping the entrants entertained starting around the mile and a half mark. This year we had six acts scheduled. Only four came (Irene again), but they were fantastic.

Featured this year were: Katsura, with the vocals by Michelle Martinez; George Secor III on classical guitar; Mike Thomas, singer songwriter; and the Kemp Avenue Band, led by Chris Nikles and Dewitt Potts. In the park, playing and making announcements for his fourth straight A5K was Bob Lord.

Again this year we had over 100 door prizes to give away, including Mets and Yankees tickets; admission passes to Six Flags of New England and New Jersey and Great Escape; hotel stays and food from the Crowne Plaza, Desmond, Microtel Inn, Century House and Mohegan Sun; and even a cruise on the Hudson Highland Cruise Line out of Peekskill. All of this, along with lots of other prizes from local businesses and venues. Runners/walkers also received a t-shirt, race program and were able to grab lots of free give aways.

We also had a nice turnout in the kids' races again this year. The kids run in different age groups – 0-4, 5-6, 7-8 and 9-11. The older ones run the Altamont Mile, with the top three males and females getting special awards. All the kids get medals.

Oh, by the way, we also had a 5K race.

In the men's race, we crowned a new champion as Kevin Treadway of Guilderland toured

the course on this humid day in 16:14. Second place went to Thomas O'Grady of Latham in 16:26, with Aaron Knobloch of Guilderland coming in third in 16:50.

Other men's race notables included 2006 champion Ryan Walter placing 8th overall in 17:35; Bob Irwin, runner up in 2007 by one second to Victor George – returning after an injury in an outstanding time of 18:37, placing 18th; Bob Giambalvo of Delhi at 62 years old posting an 18:20; Jim Moore, 71, of Niskayuna winning the 70-74 age group in 24:23; and the battle in the 80 plus age group between Ken Orner, 81 and Ken Glickman, 80.

But with all that excitement in the men's race, there was history being made in the women's race.

Courtney Tedeschi of Westerlo, a member of the Berne-Knox-Westerlo cross-country team, won her third straight A5K while posting the 6th fastest time ever in the event, winning in 18:32. Courtney is the first woman and only winner, male or female, to win the event three times.

Meghan Davey of Rotterdam was the second female finisher in 19:46, with Nina Armstrong of Lake Placid coming in third in 20:43.

Women's race notables included Kimberly Miseno-Bowles of Amsterdam winning the 40-44 age group and placing 4th overall in 20:47; Allie Tedeschi of Westerlo winning the 13-16 age group in 21:23; and Betty Langevin of Cohoes, Joan Rasmussen of Schenectady and Gerri Moore of Niskayuna our top three finishers in the 70-74 age group.

The walk was again won by Pete Wells of Ulster Park in 34:36, and our female winner was Patty Aldrich of East Berne in 36:25.

All results are available on the HMRRRC website or our website at www.altamont5k.org.

Next year's 15th annual Altamont 5K is already in the works with the date set for August 25, 2012. We are planning on some additional events to mark the 15th anniversary of the race. So, if you have run A5K before come back, if not, come try it out – you won't be disappointed.

Next up is the 4th annual ROTT 5K (Run Off That Turkey - Trot), set for Saturday, November 26, 2011, starting and finishing at St. Lucy's Parish Hall on Grand Street in Altamont. Running gloves to the first 175 that pre-register, door prizes and 5 year age group awards, plus lots more. Email holidayclassic@nycap.rr.com if in need of information or an entry form. ☐

Adirondack Marathon Distance Festival 2011

by Bob Kopac

It was Man and Woman versus Nature at the 2011 Adirondack Marathon Distance Festival (marathon, half marathon, 10K and 5K) at Schroon Lake and Chestertown, NY the weekend of September 25. For Nature, it was the aftermath of Hurricane Irene, with floodwaters covering Tyrrell Road. The officials certified a contingency route, but fortunately the waters receded by race day.

The course is a Boston Marathon qualifier; there are flatter qualifier courses, but few as scenic. The first half ascends through woods before descending to Schroon Lake where the half marathoners start, and also where this year there was an unusual swarm of mosquitoes due to Irene.

For Man and Woman, there was the innovation of Joel Friedman and his committee, who constantly improve the races. Registration fees are waived for many military on active duty, Reserve and Guard. A few years ago the marathon relay was instituted. Last year the course was modified to go through the Word of Life camp, where enthusiastic young campers cheer on the full and half marathoners.

This year the race introduced the marathon Pace Bears: pacers for each 15-minute interval from 3:30 to 4:45. Laura Clark solicited volunteers from the Albany Running Exchange and from running web sites, resulting in pacers from the U.S. and Canada, including some "50 Staters". Many were drawn by the beauty of the area.

For Woman, there were many more female finishers than males in the half marathon (62.5% versus 37.5%) including Noirin Lucas of New York City, who was running with metastasized breast cancer. (See her July 2011 *Runner's World* article, now on the Web.) Noirin finished in 2:03:51.

Many women were part of a large contin-



gent of Team In Training runners. Kelly Holzworth of Saratoga Springs, NY, the 2nd female finisher, along with her husband Casey, ran the marathon to raise money for a more personal charity: "Team Wadie Pie". Wade DeBruin, 2 years old, has neuroblastoma, a malignant tumor of embryonic nerve cells. He has to undergo multiple sessions of chemotherapy, surgery, and an eventual bone marrow transplant. See the <http://wadiapiemarathon.bbnw.org> web site.

Jeremy Shortsleeve, age 34 of South Burlington, VT, was the only handcyclist. He finished in 1:44:47.

Tim Murphy of Ronkonkoma, NY won the half in 1:15:34. He said, "It was kind of hilly.

The first 5 or 6 miles are pretty flat. Once we got back on Route 9, the hills started to kick in. I knew they were coming, I guess I just wasn't ready for them yet. I just turned 40, so I am happy I am still in shape."

Ashley Gorr, age 24, of Albany, NY finished 2nd overall in the half in a time of 1:22:18. She told me, "I would have liked to have run closer to 1:18. I am looking to qualify for the Olympic Trials at the upcoming Hartford Marathon. I definitely underestimated the toughness of this course. Once I realized it was unrelenting with the hills, I put 1:18 out of my mind and treated it more as a training run."

Paul Allison, age 25, of North Creek, NY, won the marathon in 2:41:55, winning by over 15 minutes. He said, "This is my second marathon. I ran here last year. Being only 15 minutes away from here, it is a beautiful place for a marathon. I got off to a quick start, probably a little faster than I should have (sub-six minute miles for the first half). The first half of the marathon has a lot more hills and is more technical. But by the time you get on your last 5 miles, regardless what marathon it is, it is such a struggle."

Virginie Poritzky, age 43, of Greenfield Center, NY was the 1st female and 9th overall in 3:17:24. She said, "I ran this marathon 8 times. I won as first woman 4 times (1998, 2005, 2008, 2011), collecting the different (carved wood) bears. I like to come up here. It is a great scenic marathon. I love the course. It is hard, but it is definitely a great way to run if you are going to run 26 miles." (Laughs) "It is a beautiful course."

So, this year, in spite of Hurricane Irene, Man and Woman beat Nature. □



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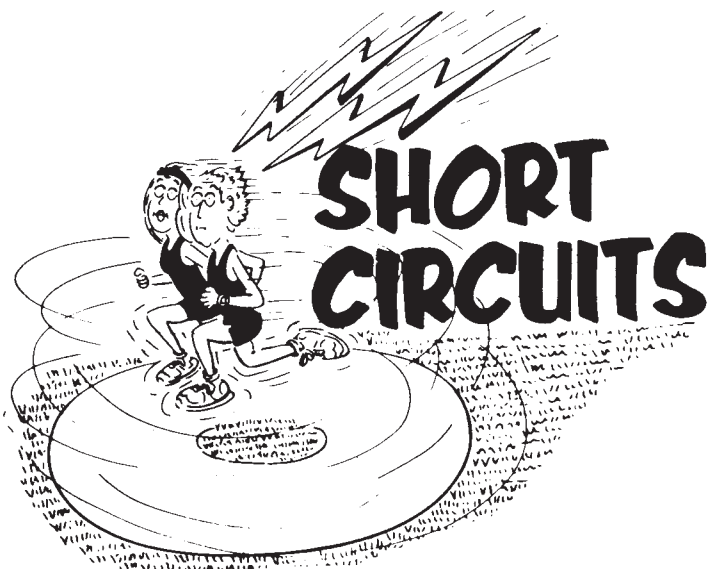
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Just before the start of the HMRRRC 40th Anniversary Races in September, long-time member Paul Rosenberg was introduced wearing the original HMRRRC running shirt, or at least that is what he thought. Until another long-time member described the original shirt, not at all matching the shirt worn by Rosenberg. Sheepishly, Rosenberg ran home but returned all smiles, wearing the authentic original shirt.



Rosie and the original

The Tokyo Marathon Foundation announced that entries for 2012 Tokyo Marathon, scheduled for Feb. 26, reached a new record in Tokyo's six-year history. As of the Aug. 31 entry deadline, 282,824 people had applied for the 29,400 spots in the field.

Josh Ripley, an Andover (Minn.) High School cross-country runner, was competing in a 2-mile junior varsity race in September when he heard a loud scream. Most of the other runners didn't pay much attention to Lakeville South runner Mark Paulauskas, who was writhing on the ground, as they passed by.

Paulauskas was bleeding profusely, having been spiked in the heel by another runner. Ripley, believe it or not, picked the injured runner up and carried him while running a half-mile back to the start where help was summoned. Then the talented Mr. Ripley resumed racing from the start. Paulauskas was taken to the ER, recieved 20 stiches and was placed in a walking boot.



Mr. Ripley comes to the rescue

An ultra marathon (100 K) in western Australia in September ended in tragedy as four runners were trapped by a fast moving brush fire and seriously burned. The runners attempted to climb the sides of a gorge to escape

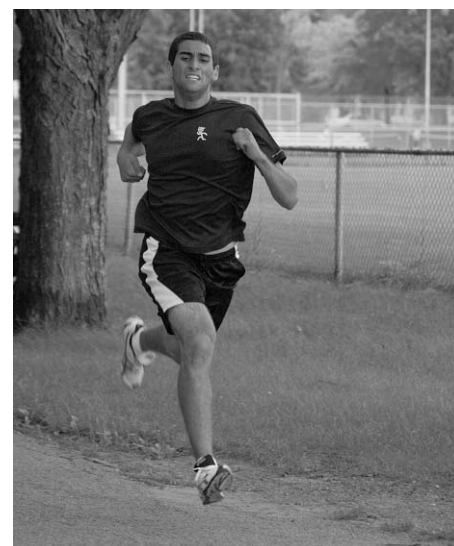
A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

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

the fire but were forced to run back through the flames. The race was part of the Racing the Planet series. Race organizers are being investigated for failures in event plannig and not notifying local officials. □



Start of ill-fated race



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Meeting Minutes of the HMRRRC General Meeting - September 14, 2011

Attendance: Jon Rocco, John Parisella, Ken Orner, Rob Moore, Barb Light, Marcia & Tom Adams, Cathy Sliwinski, Chuck Terry, Wade & Anny Stockman, Tom Ryan, Louis Tobias, Doug Bowden, Ray Lee, Diane Fisher, Jonathan Golden, Maureen Cox, Ken Skinner, Vince Juliano, Nancy Briskie,

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

Reading and approval of August 10, 2011 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by Ken Orner. Motion passed.

Reports of Officers

President (J. Rocco): 8/31/11 Press release went out for CDPHP donation to charities and also announcement put on webpage. 40th anniversary Grand Prix series with Distinguished Service and Anniversary run-both races broke records from 1983. Shirts given out to participants in both races. Additional shirts are available for \$6.00. Grand Prix Series based on age female/male-winners Tom O'Grady, and Kristina Gracey, age graded winner was Judy Phelps. Each will get plaques and gift card for HMRRRC apparel.

Executive Vice President (J. Parisella): SEFCU race went well and weather cooperated. Discussed race director report.

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

2.4 Secretary (B. Light): no report

2.5 Treasurer (P. Zentko): no report

Reports of Committees

3.1 Membership (D. Fisher): 2480 members currently up 25 from last month, 237 from last year.

Volunteers (M. Adams): Looking for volunteers for Marathon, Half Marathon, Stockade-athon. Contact Ed Gillen to volunteer at the Marathon and Half Marathon for day of race, Marcia Adams for registration. Cleanup on October 1st from 1-4PM in the Watervliet area. If you can volunteer, please let Marcia know. Pizza party after. 620 volunteers in April listed, that is about 25% of the club. That is great for the club and club feels that it helps giving recognition to them.

Public Relations (R. Moore): Sent press releases about marathon to news stations and papers. Press

release sent about CDPHP to news stations and Times Union. Oct 1st will have booth at Run for the Cure and a recycle booth for shirts and sneakers. Schenectady mission will have a truck. Oct 2nd SEFCU community for not for profits at SUNY Albany from 10-2PM. Oct 1st will go to Eastern Mountain Sports Club day. November 19 & 20th will be at the Adirondack Sports Winter Expo. Ray Lee will be at the Adirondack Expo September 24th at Schroon Lake.

Race Committee (M. Warner): Race Director for CDPHP is Mike Rabideau. He was a committee member and helped with Friehofer Run for Women. Transition meeting was held last week, race is set for May 17th, 2012. Will be working on Charities of Choice. We do need a treasurer for the race. More information will follow. Race Committee meeting this month he will let the Race Director know when and will send out agenda. Have dates all set for next year races-just waiting for a couple of confirmation. Tawasentha XC Series was a success, entries down from 2010, first race was humid, 2nd race extremely wet, 3rd week was ideal conditions. Thank you John Kinnicutt for directing races. SEFCU race was held and the Anniversary run-198 finishers, 48 in the shorter race, 150 in longer race. Broke record by 7 people. 2 races-Town of New Scotland Race on October 2nd. May need a few volunteers for that race. Will put out an email blast the week of the race. Marathon and Half Marathon coming up in October. The Albany section of the bike path is closed due to mud. There are sections that have 6" of mud and County DPW will try to clear it off for the race. There are 2 trees down that have to be cut and moved.

Race Committee Treasurer (N. Briskie): see attached reports.

Pace Setter (R. Nagengast/K. Zielinski): no report. Jon thanked them for the Anniversary issue-it was a great job.

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)-process of registering schools for Fall competition or the Spring com-

petition. Sand Creek School won't be involved and not sure about Trinity Institute. All other schools will participate. Berne Knox Westerlo school had some issues with the hurricane so will probably not do the Fall XC Series. New school Eagle Point School will be signing up. Still working on Lansingburgh School. Grammar school in Broadalbin Perth will participate in the Spring, and Greenfield Center Elementary School.

Election Committee (M. Adams)-It is official-the slate as proposed has been elected. John Parisella-President, Jon Rocco-Vice President, Charles Terry-Vice President of Finance, Barbara Light-Secretary.

Unfinished Business: None

New Business:

Road Race Management Webinar Review (C. Sliwinski)-attended webinar for general information for Running Clubs-tax issues, insurance issues, etc. Cathy has notes if you would like them let her know and she will email them to you. Top tips develop professional team, lawyer, accountant, insurance agent to go to if needed. Doesn't matter that we are non-profit State and Federal laws still exist that we must follow. Recommend that we keep good records- know where they are, and write things down. Recommend that we should have a conflict of interest policy in force which we do. One interesting point was music licensing-when you play music in public-music is copyrighted so events are required to have licensed music to play. Marathon and CDPHP race will have to look into this policy. As Race Directors we need to be aware of this policy. Several states are requiring that they pay tax on entries fees that are paid. Consider using job descriptions and keep good records on personnel issues. Oral contracts are generally binding but get everything in writing. Have records on who has authority to act on behalf of the club.

Vote: \$2500 Special Purpose Grant for Rail Trail-Doug moved to take off the table, seconded by Ken Skinner, motion passed. Marcia made motion to vote on motion, seconded by Ray Lee, motion passed. Jon will get a hold of Dan Rain to arrange for check. Maureen asked how we would follow up on work done? Vince suggested that whoever takes possession of the

money should follow up with the club within 60-90 days after receiving the money. Vince also noted that with recent storms a lot of bike paths have been damaged, so more people may be coming forward. Louis Tobias asked if we could draft memorandum of agreement when we hand out checks. Write out a description of what the money is to be used for. It helps keep things clarified.

Vote: Reallocate unused Grant monies for Fall Just Run Program-motion made to take off table by Marcia seconded by Nancy Briskie. Motion amended to read reallocating monies not spent in the youth grant program to the Just Run Program for the Fall program. Motion seconded by Vince Juliano. Motion passed.

Marcia Adams made motion since there is money remaining in the volunteer budget from the River Fest, and since a large number of HMRRRC members volunteer at the Marathon and Half Marathon; I propose that we transfer \$975 from the Volunteer Recognition program to the Marathon budget for the purpose of a volunteer party after the event. Motion seconded by Rob Moore. Jon asked about special event line in budget for \$2500-he thought money could be used for that purpose. Louis asked if \$975 would be enough, Marcia was still working on the numbers but it should help. Vince noted that for his volunteer party it is about \$1000. Motion was passed.

Marcia Adams made motion since there is money remaining in the Volunteer budget from the River Fest, and since a large number of HMRRRC members volunteer at the Stockadeathon; I propose that we transfer \$450 from the Volunteer Recognition program budget to the Stockadeathon for refreshments at that event. This is not to be confused with volunteer party put on after the race. Volunteer party is paid for but could use help with food for the volunteers before and during the race. Ken Skinner seconded motion, motion passed.

Nancy Briskie-Athletic Directors for Schoharie and Middleburgh CSD are in need of help. Nancy gave her grant information to apply for a grant, but they are looking for \$1000 to each of the school districts for running equipment, team uniforms, and shoes. Middleburgh

Continued on page 22

The Pace Setter – 17

ANNIVERSARY RACE





Grand Prix Update

Race #8 SEFCU/Labor Day 5K, Sept. 5, 2011

Men

Male Open

- 12 Chuck Terry
- 10 Kevin Treadway
- 8 Tom O'Grady
- 7 Aaron Lozier
- 6 Jordan Pantalone
- 5 Andrew McCarthy
- 4 Jason Lange

Male 30-39

- 12 Mike Roda
- 10 Justin Bishop
- 8 Eamon Dempsey
- 7 Mathew Nark
- 6 David Tromp
- 5 Matt Zappen
- 4 Dan Murphy

Male 40-49

- 12 Jon Rocco
- 10 Ed Hampston
- 8 Bruce Beesley
- 7 Blaine Freadman
- 6 Sam Mercado
- 5 John Sestito
- 4 Rich Homenick

Male 50-59

- 12 Derrick Staley
- 10 Rob Colborn
- 8 Steve Conant
- 7 Rick Munson
- 6 Jack Nabozny
- 5 Steve Sweeney
- 4 Dan Cantwell

Male 60-69

- 12 Paul Bennett
- 10 Juergen Reher
- 8 Norman Dovberg
- 7 John Stockwell
- 6 Bob Ellison
- 5 Pete Cowie
- 4 Darryl Ferguson

Male 70+

- 12 Jim Moore
- 10 Wade Stockman
- 8 Chris Rush
- 7 Bob Knouse
- 6 Ken Skinner
- 5 Charles Bishop
- 4 Richard Eckhardt

Women

Female Open

- 12 Kristina Gracey
- 10 Crystal Perno
- 20 – The Pace Setter

- 8 Meghan Davey
- 7 Liz Chauhan
- 6 Alica Bousa
- 5 Julie Nabozny
- 4 Rachel Swyer

Female 30-39

- 12 Kari Deer
- 10 Sally Drake
- 8 Amy Drucker
- 7 Jennifer Merritt
- 6 Jessica Mitchell
- 5 Colleen Murray
- 4 Sara O'Grady

Female 40-49

- 12 Kimberly Miseno-Bowles
- 10 Nancy Nicholson
- 8 Peggy Egan
- 7 Regina McGarvey
- 6 Brenda Lennon
- 5 Sue Motler
- 4 Eileen Catlin

Female 50-59

- 12 Janice Phoenix
- 10 Nancy Taormina
- 8 Debra-Jane Batcher
- 7 Karen Gerstenberger
- 6 Susan Burns
- 5 Joan Celentano
- 4 Nancy Piche

Female 60-69

- 12 Judy Phelps
- 10 Martha DeGrazia
- 8 Erika Oesterle
- 7 Susan Wong
- 6 Judy Lynch
- 5 Katherine Ambrosio
- 4 Linda Keeley

Female 70+

- 12 Anny Stockman
- 10 Liz Milo
- 8 Eiko Bogue
- 7 Joan Corrigan
- 6 Harriet Thomas

Age Graded

Runner Age	Gr
12 Judy Phelps	60 F
10 Derrick Staley	52 M
8 Martha DeGrazia	59/60 F
7 Anny Stockman	78/79 F
6 Susan Wong	63 F
5 Kristina Gracey	28 F
4 Erika Oesterle	60 F

Race #9 HMRRRC Anniversary Race 5.9 Miles, September 11, 2011

Men

Male Open

- 12 Tom O'Grady
- 10 Richard Messineo
- 8 Paul Mueller
- 7 Jason Cordeira
- 6 Paul Cox
- 5 Daniel Jordy
- 4 Chuck Terry

Male 30-39

- 12 Aaron Knobloch
- 10 Bill Davis
- 8 Chris Mulford
- 7 Mathew Nark
- 6 David Tromp
- 5 Jonathon Golden
- 4 Andrew Rickert

Male 40-49

- 12 Ahmed Elasser
- 10 Jon Rocco
- 8 Craig Weidman
- 7 Jeff Loukmas
- 6 Joseph Sullivan
- 5 Rob Paley
- 4 John Williams-Searle

Male 50-59

- 12 Derrick Staley
- 10 Ken Evans
- 8 Steve Conant
- 7 Mark Warner
- 6 Robert Wither
- 5 Rick Munson
- 4 Tom McGuire

Male 60-69

- 12 Paul Bennett
- 10 Paul Forbes
- 8 Juergen Reher
- 7 John Stockwell
- 6 Norman Dovberg
- 5 Tom Adams
- 4 Pete Cowie

Male 70+

- 12 Jim Moore
- 10 James McGuinness
- 8 Wade Stockman
- 7 Charles Bishop
- 6 Ken Orner

Women

Female Open

- 12 Kristina Gracey
- 10 Karen Bertasso

- 8 Meghan Davey
- 7 Liz Chauhan
- 6 Christina Jordy
- 5 Erin Rightmyer
- 4 Katrin Auyer

Female 30-39

- 12 Sonya Pasquini
- 10 Sally Drake
- 8 Mary Jane MacPherson
- 7 Stephanie Wille
- 6 Sara O'Grady
- 5 Stacey Kelley
- 4 Jessica Mitchell

Female 40-49

- 12 Kari Gathen
- 10 Kimberly Miseno-Bowles
- 8 Chris Varley
- 7 Regina McGarvey
- 6 Heather Machabee
- 5 Connie Smith
- 4 Christa Dederick

Female 50-59

- 12 Debra-Jane Batcher
- 10 Joan Celentano
- 8 Susan Burns
- 7 Jenny Lee
- 6 Pia Sanda
- 5 Karen Dott
- 4 Cathy Sliwinski

Female 60-69

- 12 Judy Phelps
- 10 Martha DeGrazia
- 8 Susan Wong
- 7 Katherine Ambrosio

Female 70+

- 12 Anny Stockman
- 10 Eiko Bogue
- 8 Joan Corrigan

Age Graded

Runner Age	G
12 Judy Phelps	60 F
10 Martha DeGrazia	59/60 F
8 Ahmed Elasser	48 M
7 Anny Stockman	78/79 F
6 Kristina Gracey	28 F
5 Tom O'Grady	25/26 M
4 Derrick Staley	52 M

Total After 9 Races

Men

Male Open

- 68 Tom O'Grady
- 40 Andrew McCarthy
- 40 Chuck Terry
- 35 Richard Messineo

33 Jason Cordeira
 16 Brad Lewis
 16 Paul Mueller
 16 Jim Sweeney
 15 Daniel Jordy
 14 Paul Cox
 13 Zach Russo
 12 Pat Cullen
 10 Kevin Treadway
 9 Connor Devine
 9 Jordan Pantalone
 7 Justin Bishop
 7 Aaron Lozier
 7 Josh Merlis
 6 Jonathon DiCesare
 6 Kahil Scott
 6 Ryan Walter
 5 Jonathon Auyer
 5 Andrew Coy
 5 Sean Hannon
 4 Brian Gyory
 4 Jason Lange
 4 Michael McClure
 4 Zach Russo
 4 Greg Stevens

Male 30-39

50 Chris Mulford
 47 Eamon Dempsey
 41 Aaron Knobloch
 37 Matthew Nark
 34 Justin Bishop
 33 Jon Catlett
 33 David Tromp
 32 Mike Roda
 28 Brian Northan
 12 Ken Plowman
 10 Bill Davis
 9 Dan Murphy
 9 David Newman
 8 Todd Smith
 7 Anthony Giuliano
 7 Jonathon Golden
 7 Matt Mallet
 7 Dennis VanVlack
 6 Jeff Andrews
 5 Clay Lodovice
 5 Matt Zappen
 4 Matthew Lindow
 4 Andrew Rickert

Male 40-49

70 Ahmed Elasser
 64 Jon Rocco
 51 Ed Hampston
 23 Robert Paley
 18 Christian Lietzau
 17 Kevin Creagan
 17 Thomas Kracker
 15 Jonathon Bright
 15 John Williams-Searle
 12 Bruce Beesley
 12 Ed Menis
 12 Craig Weidman
 10 Larry Poitras
 9 Blaine Freadman
 9 Joseph Sullivan
 8 Richard Cummings
 8 Craig Dubois
 8 Russ Lauer
 7 Brian DeBraccio

7 Jeff Loukmas
 7 Chuck Racey
 7 Wayne Richardson
 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
 41 Richard Clark
 35 Steve Conant
 34 Ken Evans
 29 Rob Colborn
 28 John Parisella
 19 Robert Wither
 18 Bob Somerville
 16 Patrick Culligan
 12 Jack Nabozny
 12 John Noonan
 10 Art Reilly
 9 John Haley
 8 Jim Devine
 8 Jim Newlove
 8 William Ports
 7 Lee Pollock
 7 Steve Vnuk
 7 Mark Warner
 6 Dale Broomhead
 6 Peter Gerardi
 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

68 Paul Forbes
 51 John Stockwell
 48 Juergen Reher
 46 Paul Bennett
 45 Bob Ellison
 18 Norman Dovberg
 16 Pat Glover
 15 Jim Bowles
 14 Joe Yavonditte
 12 Ed Bown
 12 Bob Giambalvo
 11 Pete Cowie
 9 Tom Adams
 8 Terry Smith
 7 Ray Lee
 7 Frank Myers
 6 Jim Fiore
 6 George Jackson
 6 Ed Litts
 6 Jim Thomas

5 Leo DiPierro
 5 Rick Morse
 4 Darryl Ferguson
 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

68 Kristina Gracey
 49 Crystal Perno
 48 Meghan Davey
 37 Karen Bertasso
 31 Liz Chauhan
 24 Ada Lauterbach
 24 Roxanne Wegman
 23 Katie Vitello
 12 Erin Ring
 16 Erin Rightmyer
 10 Brina Seguire
 9 Rachel Swyer
 8 Katie Auyer
 8 Payton Czupil
 8 Kathryn Hines
 7 Allison Kerr
 7 Cheyanne Munson
 6 Alica Bousa
 6 Kelcey Heenan
 6 Christina Jordy
 5 Julie Nabozny
 5 Christine Sloat
 4 Kate Thomas

Female 30-39

53 Sally Drake
 46 Shelly Binsfeld
 38 Gretchen Oliver
 30 Stephanie Wille
 26 Stacey Kelley
 20 Mary Jane MacPherson
 17 Kari Deer
 16 Jessica Mitchell
 16 Heidi Nark
 16 Sara O'Grady
 12 Eileen Combs
 12 Sonya Pasquini
 11 Susan Bright
 11 Deanne Webster
 10 Christine Ardito
 10 Stef Pitts
 8 Amy Drucker
 8 Candice Panichi
 7 Jennifer Merritt
 7 Laura Smith
 7 Martha Snyder

6 Kelly Crandell
 6 Colleen Murray
 5 April Russell
 5 Angela Squadere
 4 Allison Lynch

Female 40-49

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

Female 50-59

64 Debra-Jane Batcher
 43 Joan Celentano
 33 Susan Burns
 30 Jenny Lee
 26 Peggy McKeown
 25 Karen Dott
 24 Martha DeGrazia
 21 Deb McCarthy
 19 Cathy Sliwinski
 18 Karen Gerstenberger
 17 Erika Osterle
 16 Donna Charlebois
 12 Joyce Goodrich
 12 Janice Phoenix
 12 Lori Santos
 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 Pia Sanda
 5 Kathleen Goldberg
 5 Mary Wilsey
 4 Marryanne McNamara
 4 Nancy Piche

Female 60-69

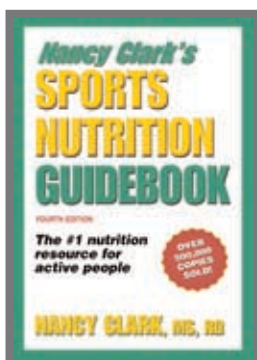
72 Judy Phelps
 62 Matha DeGrazia
 56 Susan Wong
 39 Katherine Ambrosio
 27 Ginny Pezzula
 18 Judy Lynch
 9 Linda Keeley
 8 Erika Oesterle

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Grand Prix, continued from page 17

- 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
43 Susan Wong	63	F
37 Ahmed Elasser	48	M
30 Anny Stockman	78/79	F
22 Paul Forbes	60/61	M
20 Tom O'Grady	25/26	M
13 Ada Lauterbach	21	F
13 Chuck Terry	29	M
12 Jonathon DiCesare	14	M
12 Bob Giambalvo	61	M
12 Kristina Gracey	28	F
12 John Noonan	51	M
11 Emily Bryans	43	F
10 Anne Benson	46	F
8 Justin Bishop	30	M
8 Rick Munson	54	M
8 Ken Plowman	37	M
7 Pat Cullen	24	M
7 John Parisella	53	M
6 Daniel Jordy	27	M
6 Nancy Nicholson	49	F
5 Karen Bertasso	27	F
5 Ginny Pezzula	65	F
5 Chris Rush	75	M
4 Erika Oesterle	60	F

Minutes, continued from page 17

CSD lost a lot during the hurricane and Schoharie CSD also was affected by the flood. Jon noted that we have to be careful with this because it could open the club up to lots of requests and we are not in a position to do that. Ray Newkirk needs to be informed of this and discuss it. Tom noted that we gave money to Katrina as a donation. It was noted that was to an agency and not a specific group. It was decided it should go through Grant committee and given to Ray Newkirk. Marcia noted that maybe we could partner with Fleet Feet to help out with starting up a donation fund. Vince noted that maybe we should put it on the webpage or write an article for the Pacesetter to get the word out.

Ken Skinner-Albany Police Athletic League needs financial assistance for Cross Country program for Kids in City. Suggested they go through Youth Grant. Youth program needs to go through Ray Newkirk. Ken will remind him that he was benefitted from the CDPHP Workforce Team Challenge.

Announcements:

October refreshments- Marcia & Tom Adams

Vince noted that Hall of Fame received four nominees: Nancy Briskie, Pete Newkirk, Frank Myers and George Regan. Meeting was held and discussed each candidate-sent out to Hall Of Fame Members for vote-currently going on and will be sending back ballots to Vince. Should have conclusion in process by next meeting. Ken noted that at the meeting they were impressed with the all the candidates.

Cathy thanked Jon Rocco for his service of being President this past year. His hard work was well appreciated and he did a great job.

Adjourn: Motion made by Ken Orner to adjourn, seconded by Marcia Adams meeting was adjourned at 9:12PM. □



Submissions for the January Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is December 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.

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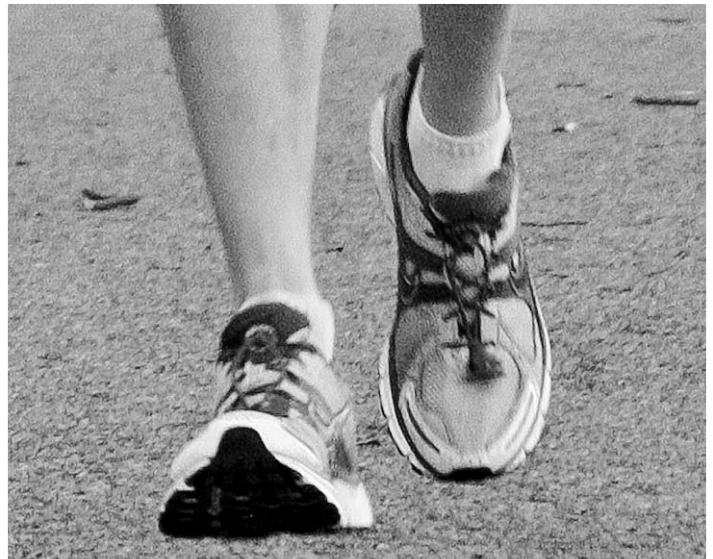
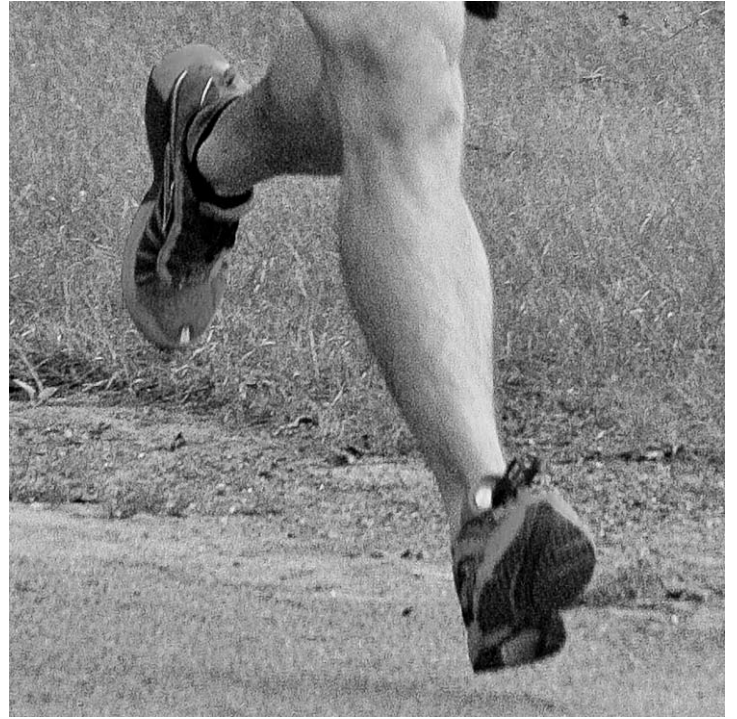
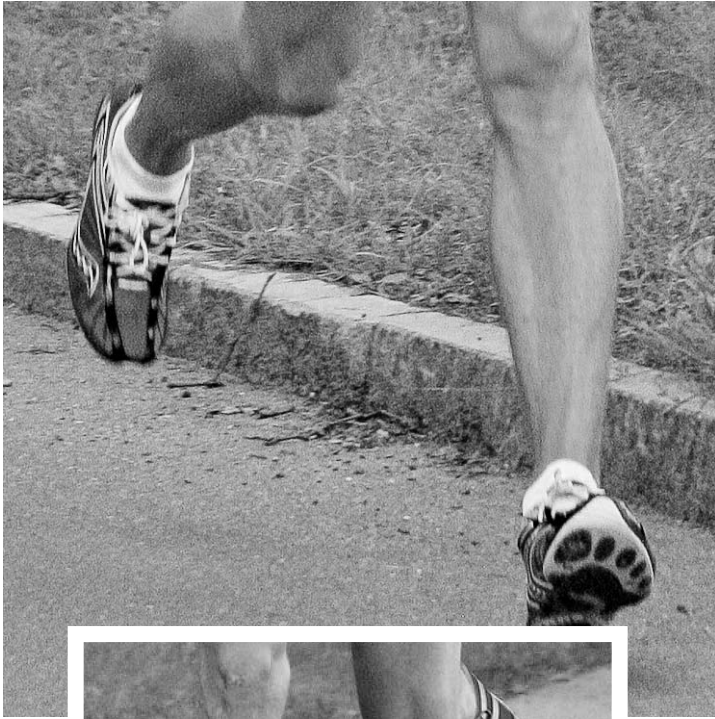


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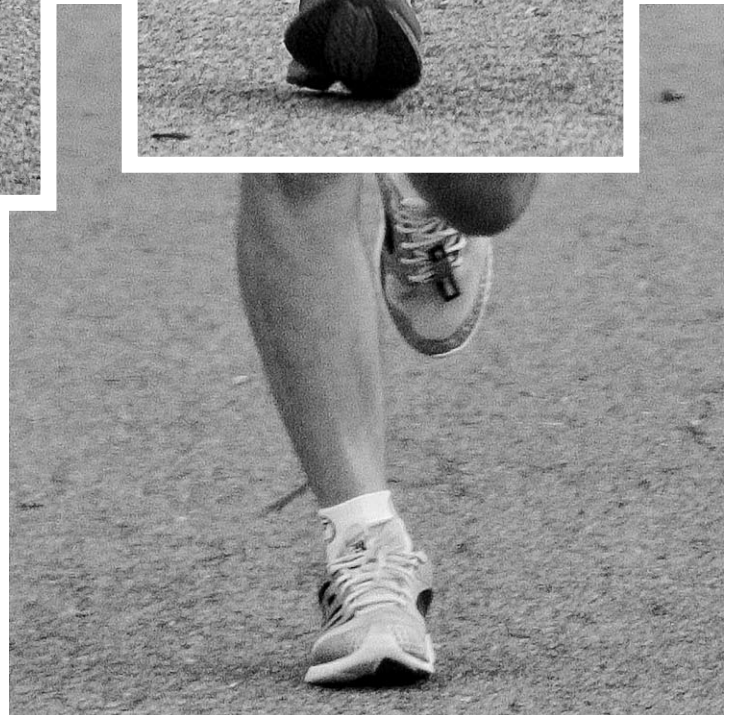
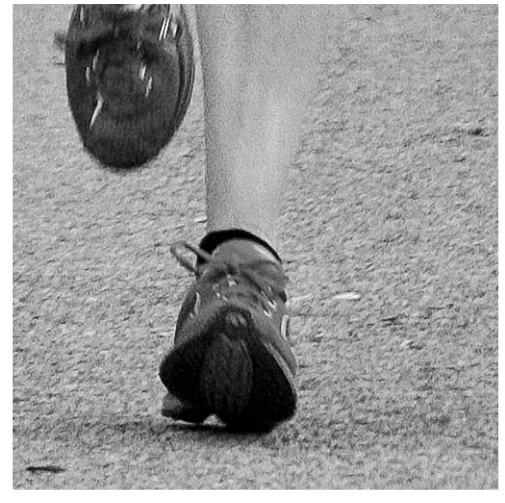
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Circle size and color where applicable

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

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

Knit Hat, navy, black, light blue

Thermax Gloves, black

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

Long Sleeve Coolmax Shirts:

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

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

Coolmax Singlets:

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

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

Short Sleeve Coolmax Shirts:

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

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

Shorts with white club logo

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

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

Easy, 4" inseam, S,M,XL

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

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

Running Cap, embroidered logo, white, white/royal

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Event Schedule

Date	Time	Event	Contact	Location	Email
11/6	9:00 AM	The Fall Frun 10k	Josh Merlis	Shenendehowa Campus	info@areep.com
11/11	11:00 AM	Veterans Day Dash 5K	Fred Hance	Shenendehowa HS East	fhance@nycap.rr.com
11/11	10:00 AM	6th Annual Valatie Veterans 5K Run	Jon Meredith	Glynn Square	jmeredith@nycap.rr.com
11/13	9:00 AM	36th Stockade-athon 15K [GP]	Vince Juliano	Central Park Schenectady	hamletbryans@nycap.rr.com
11/20	10:00 AM	HMRRC Turkey Raffle Run 1 Hour	Al Maikels	The Crossings -- Colonie	afmcpa1040@yahoo.com
11/24	8:30 AM	James Hinchliffe 5k Run/Walk for ALS	Dillon Hinchliffe	Travelers Building	dillguitar@yahoo.com
11/24	9:00 AM	OUR TOWNE Bethlehem 5k Turkey Trot	John Guastella	Bethlehem Middle School	John@ourtownebethlehem.com
11/26	10:00 AM	Run Off That Turkey 5K	Phil Carducci	St. Lucy's Parish Hall	holidayclassic@nycap.rr.com
12/3	10:00 AM	Jingle Bell Run 5K	Rainbow Doemel	The Crossings Park	rdoemel@arthritis.org
12/11	10:00 AM	Winter Series Race #1: Doug Bowden 15K and 3M	Al Maikels	Ualbany	bowden@nycap.rr.com
2/5	11:00 AM	Saratoga Winterfest 5K Snowshoe Race	Laura Clark	Saratoga Spa State Park	laura@saratogastryders.org
2/11	10:30 AM	Camp Saratoga 8K Snowshoe Race	Laura Clark	Wilton Wildlife Preserve & Park	laura@saratogastryders.org

Hudson Mohawk Road Runners Club

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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