

The Pace Setter

April 2010

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**





FINALLY, YOUR CHANCE TO TELL THE BOSS TO PICK UP THE PACE.

Ready. Set. Go. Set your watch for the CDPHP® Workforce Team Challenge on Thursday, May 20. 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. Last year was a record turnout, attracting upwards of 7,700 runners/walkers and 432 participating companies and organizations. We invite you to join us by assembling your team, from the CEO to the new guy in the mail room. Just remember which one signs your checks.

Visit www.cdphpwtc.com for more information.



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— **Profile of a Runner**

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— **Short Circuits**

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— **Kopac's Korner**

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— **Let's Talk About It**



The Pace Setter is the official monthly news-magazine of the Hudson-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 a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C. Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@csallen.com). All other matters should be directed to the editors. ©2009 HMRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

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Photos in this issue by Tom Adams, Donna Davidson and Ray Lee

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

Editor's Note: The article "My 2009 NYC Marathon Experience" by Andy Allstadt in the February issue of *The Pace Setter*, was first published on the USATF Adirondack website.

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by Mark Warner

As we enter the spring racing season of warmer temperatures and longer days, it is a good time to look at HMRRRC's support of youth running. The Capital Region is a hotbed of running for high school cross country and track, and much of this success can be attributed to the many running opportunities available to our youth. HMRRRC has made a commitment to our youth through grants, scholarships and an abundance of kid's races.

HMRRRC has decided to add a new youth program, Just Run! The pilot effort will be led by Ken Skinner. Just Run was created by the organizers of the Big Sur International Marathon to assist schools and youth organizations to encourage youth fitness and healthy lifestyle changes. It allows school age children to work together to accumulate mileage. The mileage is tracked on the Just Run website (<http://www.justrun.org>). The goals for the Just Run program are to encourage healthy eating, good citizenship and pride in accomplishment. The HMRRRC is piloting the program with a non-profit youth organization, Trinity Institute, and a local school, Sand Creek Middle School. Upon successful completion of the pilot this spring, the HMRRRC will look for additional opportunities to expand the program. Many thanks go to Ray Newkirk and Cathy Sliwinski for getting this pilot off the ground.

A highlight of many local HMRRRC races are the kids' runs. These are all non-competitive events to encourage participation in running. Currently thirteen HMRRRC races also host kids' races. Some of the most popular kids' runs are the Delmar Dash, Valley Cats Home Run Race, SEFCU Labor Day Race and Stockade-athon. Many of the club's shorter races such as the Tawasentha Cross Country Series and SEFCU Labor Day 5K are used by many middle school and high school runners to prepare for the cross country season. Others such as the Father's Day Race are used as goal races for students to run at the conclusion of their school running programs.

Although not an HMRRRC event, the Freihofer Run for Women has historically been a huge supporter of youth with an extremely popular kids' run in addition to having hundreds of young girls running the 5K. The Summer Track Series at Colonie High School has been another great opportunity for our local youth to compete at multiple distances on the track. For those looking for a more competitive kid's run, the Troy Turkey Trot includes a kid's

mile which gets more than 600 entrants. For a extensive list of kids' runs in the capital region, go to the HMRRRC website (<http://www.hmrrc.com>).

Over the past ten years, HMRRRC has provided scholarships to twenty-five high senior runners. This year the club has set aside \$10,000 to be shared by four scholar athletes. The club spent \$5000 on youth grants in 2009 and has budgeted \$10,000 in 2010 in support of local youth running programs. I think all of you will agree that supporting youth running thru scholarships and grants should continue to be a HMRRRC priority for now and the foreseeable future. HMRRRC's commitment to its youth will lead to a stronger club in the future ☐.





What's Happening in April

by Al Maikels

The Spring racing season kicks off with the 22nd Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, its 22 years later and the race is a solid fixture on the spring schedule, with Marcia and Tom Adams directing the race. This year's race will be held on Sunday, April 11 at 9:00 a.m. at the Bethlehem Middle School in Delmar. This race always has a sharp, long-sleeve T-shirt, a fast course, good refreshments, Grand Prix status and is highly recommended. There is no day of race registration for this race, so sign up early if you plan on running. The Delmar Dash is also host to an HMRRRC Kids mile, starting at 10:00 a.m. at the Delmar Dash race site.

The other club race in April is reserved for the over-40 set, which, by my calculations is approximately 70% of the club membership. The 30th Bill Robinson Masters 10K Championship will be held on Saturday, April 24 at 10:00 a.m. at the Guilderland High School. This race is held on a tough hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race and it is also part of the USATF Grand Prix series.

Other April races of note are as follows:

- 8th Dodge the Deer 5k and Mile Fun Run on Saturday, April 17 at the Schodack Island State Park. The Chase the Chipmunk Mile Fun Run is at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

- The 9th Annual Sean's Run 5k is set for Sunday, April 25 at 1 p.m. at the Chatham High School in Columbia County.

- The 2nd Annual Cherry Blossom 5k Challenge will also be held on Sunday, April 25 with a 10:15 a.m. start at the corner of Eastern Parkway and Ashmore Ave. in Schenectady, utilizing the familiar terrain of Central Park.

- The grand daddy of all marathons is also held in April. Monday, April 19 is the date for the 114th Boston Marathon. The HMRRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be held on Wednesday the 14th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □



Submissions for the June Issue of *The Pace Setter*

Articles:

Deadline is April 25th. Submit to: Editor, pacesetterarticles@verizon.net

Advertisements:

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

Ads should be sent to:

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

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



The 7th Annual St. John's/St. Ann's Spring RUN-OFF

To Benefit St. John's/St. Ann's Outreach Center

Co-sponsored by the City of Albany, Mayor Jerry Jennings

Date: **Saturday, April 24th 2010**
 Location: **Albany's Hudson River Way Amphitheatre**
 Time: **10K.....8:30 am**
5K and Family Fun Walk (1 mile)10:00 am

Application Available At
www.springrunoff.com
 or
www.active.com

Course
 Albany's Hudson River Way
 Corning Preserve Bike Path

Race Day Registration
 Begins at 7:30 am.

T-Shirts
 Free to the first 300 registered entrants.

Prizes
 Prizes will be awarded to the top three male & female finishers in the 5K & 10K race as well as winners in each age division.

Benefits
 St. John's/St. Ann's Outreach Center.

Packet Pick-up & Pasta Dinner
 Friday, April 23 from 5-7pm — *Pick up your race packet and T-shirt, and join us for a free pre-race pasta dinner (sponsored by D'Raymonds Restaurant) on the night before the race. Each registered runner can reserve 2 spots by checking the appropriate boxes on the entry form.*

St. John's/St. Ann's Center
 88 Fourth Avenue, Albany, NY.

Information 518-472-9091

5K & 10K: \$15/person, per race (If received by April 14, 2010)

All Walk-in Registration Fees: \$20/person
 (If received after April 14, 2010)

Family Fun Walk (1 Mile): \$10/Adult, \$5/Child

PHANTOM RUNNER: Interested in supporting the Outreach Center, but unable to make it on race day? **Register as a phantom runner.**

Mail Entry Form with Enclosed Fee To:

Spring RUN-OFF
 St. John's/St. Ann's Church
 88 Fourth Avenue, Albany, NY 12202-1945

Race results will be posted at
www.springrunoff.com

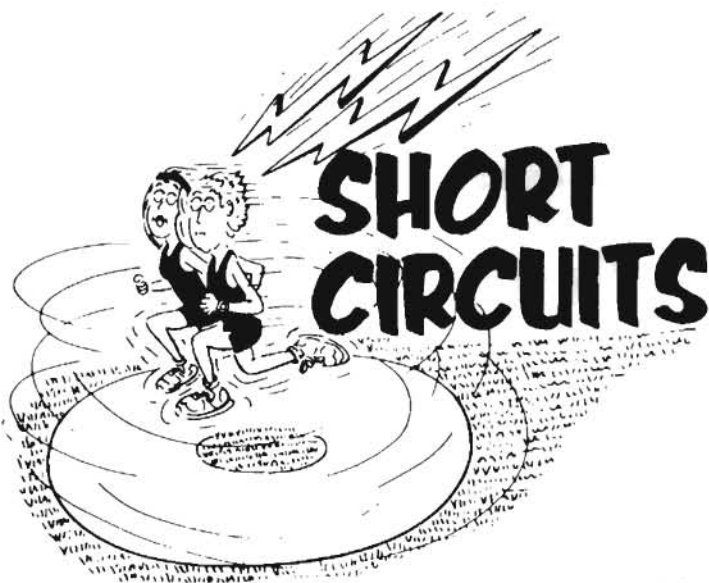
----- ONE ENTRY FORM PER RUNNER -----

Name _____ Age _____ ☐ Male ☐ Female
 Address _____ City _____ State _____ Zip _____
 Phone _____ Event ☐ 10K ☐ 5K ☐ Family Fun Walk
 Phantom Runner _____ Circle Shirt Size: **Adult S M L XL**
 Attending Friday Night Packet Pick-up Pasta Party? Email Address _____
☐ Yes ☐ No ☐ Bringing a guest Amount Enclosed _____

Make Checks Payable To: St. John's/St. Ann's

I hereby, for myself, my heir, executors and administrators, waive and release any rights and claims for damages I may have against the organizers and sponsors and the agents for any injuries suffered by me from or out of my participation. I also confirm that I am physically fit and that my condition has been verified by a physician. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby. I understand that no dogs, skates or bikes are allowed during any of these events. I also understand photos taken at the race may be used in any promotional materials, posters, pamphlets or on the official Spring Run-Off website.

SIGNATURE: _____ PARENT SIGNATURE (if under 18): _____



There was an unusual delay in promulgating the results for the "Run Off That Turkey" Trot 5K. The race director went looking for walkers that did not finish. He eventually found them, picking weeds in a field. After the pickers returned to the finish, the results were announced.



Ed Whitlock of Ontario, Canada holds over 20 age-group world records including the first person 70 years or older to break 3 hours in the marathon. Ed has also set several age-group records at the Gazette Stockade-athon. Recently Ed revealed his training secrets. Ed runs a half mile loop at a nearby cemetery for almost 3 hours a day. That's 40 repeat loops at an 8 minute pace. 140 miles per week. He never varies his routine. He runs only to race. If he didn't race he would not run. "All people are strange in different ways," according to Ed.



Ed at 79, still leading the pack

The U.S. Olympic Marathon Trials for Men and Women will be held on January 14, 2012 in Houston, Texas.



The City of Myrtle Beach city fathers freaked out when a forecast for snow was issued the day before the scheduled Myrtle Beach Marathon. "Our city is just not equipped to handle snowfall." They cancelled the marathon at 10:30 p.m. Friday. The marathon was scheduled to begin at 7 a.m. the next morning. Many of the 6600 pre-registered runners, including Christine Martino of Albany, arrived at the starting line not knowing the race had been cancelled.

Around 3 inches of snow had fallen and the streets were already snow-free but wet at race time. Race organizers have refused to refund the \$85 entry fee to runners but have offered reduced entry fee (50%) to next year's marathon.



Warming up for the cancelled marathon

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

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



Santa at the Winter Marathon: check out those legs; Santa has been working out

Fam 5K "Fund" Run/Walk Featured in Magazine

The *Wall Street Journal* featured the FAM 5K "Fund" Run/Walk in an article, "Funding Good Causes." The piece highlighted Fenimore Asset Management, the investment advisor to FAM Funds, along with three other firms who "... donate a portion of their profits to charity. That might be one reason – but not the only reason – to consider investing with them."

The half-page article also had a large photo of the FAM 5K's start line. "With all the negative news in the investment world for more than a year now, it was nice to be part of some positive coverage," said Fenimore's President David Pollitzer.

This year's FAM 5K Run/Walk in Cobleskill is September 25. Visit: fam5k.com. □

Literacy Run/Walk 2010

Sunday, May 2

Rensselaer Tech Park,
Children's Museum of Science and Technology

8:00 a.m. Registration, pre-registration fee \$15;
race day registration \$20

9:00 a.m. Children's Fun Run registration fee \$6

9:30 a.m. Youth Mile, registration fee \$10

10:00 a.m. 5K Run/Walk

11:15 a.m. Awards Ceremony



Early packet pickup and pre-registration at
CMOST side entrance, Saturday, May 1, 12:00-1:00 p.m.

For complete information: www.lvorc.org
Literacy Volunteers of Rensselaer County
(518) 274-8526



Register online at Active.com

The Weak Foot Theory

In numerous columns I have discussed the role of the foot in running and jumping, and often mentioned the use of the six foot drills to better prepare the foot for the stresses of training and competition. This is all part of what I call my Weak Foot Theory.

Each foot consists of 26 bones that are moved by some 33 muscles and held together by over 100 ligaments. The largest bone is the heel or calcaneus and the largest muscle is about the size of your thumb. Throughout the phases of gait, the foot acts as both a rigid lever for propulsion or braking during toe-off and heel strike and as a mobile adapter where the body balances on the foot, as in mid-stance.

The concepts of balance and proprioception are central to this discussion. Ultimately our brain is the structure which registers balance and proprioception. Sensory input can come from several areas. Our eyes register spatial relationships and are one source. Our ears have fluid levels that maintain balance. In fact, any in-coordination between what we see and the fluid levels in our ears can lead to a spinning sensation called vertigo.

A third area, equally important to balance and proprioception, is the balance information that comes from the muscles and joints of the body. The musculo-skeletal system comprises up to 60% of the body's weight. The musculo-skeletal system is a tremendous potential source of information for the brain to process. But the problem is it must be developed. The old adage – use it or lose it applies here.

If there is any doubt that our muscles provide balance try these two simple experiments. Perform a maximum bench press or do the bench press to fatigue on a machine. Now get a spotter and try to duplicate that feat with free weights. The difference is usually significantly less with free weights – why? The machine eliminates the need of the secondary, intrinsic muscles to balance the weight as you push.

The second experiment is to stand on one leg for 30 seconds. In time you will note a quiver that takes place at your ankle. This is your subtalar joint (between the calcaneus and talar bones). The quiver is the body's attempt to glean proprioceptive information from the foot to the brain, coincidentally the longest pathway in the body. Note which foot you choose. The foot chosen is not a random selection. If unguided, we opt for our "best" foot or the foot with the clearer, more developed neuromuscular pathway. Coincidentally this is also your strongest leg.

The neuromuscular pathway is another concept central to this discussion. Coordinated efforts, where the muscles fire and move the joints in a smooth and sequential manner, is a direct result of clear and well-established neuromuscular pathways. How do these pathways get clarified? Through practice, particularly through fundamental movement patterns that

are perfectly practiced on a daily basis.

Now that you have an understanding of how muscles and the nervous system control and register balance, several questions are probably arising. If we stand all day, why is not our balance and proprioception already trained to a very high level?

The answer to this most important question is two-fold – shoes and surfaces.

The shoes that most people wear who live in industrialized nations are usually too small and essentially represent a soft cast on the foot. When any area of the body is casted, movement, by design is significantly restricted. This leads to a poorly developed neuromuscular pathway. The restricted movement leads to muscular atrophy, which leads to decreased sensory input from the affected muscles and joints, and ultimately negatively affects one's balance.

If you are still having trouble with this concept, go watch a biddy basketball game. Watch the nine and ten year-olds run around the gym in designer shoes that would more aptly be called boots. A strong, stiff shoe does not allow the small intrinsic muscles of the foot to develop. Contrast this with an athlete from the third world, the Kenyans for example. These athletes are lucky to have one pair of shoes in their childhood. In a culture of bare feet the development of the intrinsic muscles of the foot is great.

A second area of concern is seen in surfaces. If there is one overriding reality about living in an industrialized nation, it is that people in these countries live the majority of their lives on hard, level surfaces. Review your own day – the floors in your house are flat, the sidewalks, your driveway, your office or classroom or shop floor are all flat. This is done to accommodate the smooth running of the machines that drive the industrialized nations, to the detriment of the human's balance and proprioception.

Why is this a detriment to humans? Because a constant smooth, flat surface does not offer the foot any challenges. Each footstrike is essentially the same 5-10,000 times a day. Without that variation in footstrikes it is similar situation to lifting on a machine. We lose the partial function of the secondary stabilizers, the intrinsic muscles that aid balance and proprioception.

Initially this all may seem terribly dire. You probably have no immediate plans to move to the third world, and living your life without shoes is just not an option. The solution to the problem is simple and the effects are profound. In fact I will go on record as saying that a daily application of the six foot drills will eliminate shin splints, Achilles tendonitis, plantar fasciitis and knee problems and should you sprain an ankle it will generally be less severe. This is a bold statement, particularly in the light that

one famous study of runners found that 79% of running injuries are from the knee down. Characteristically, the teams I coached had little to no knee and foot problems.

The six foot drills are performed daily. They can be done inside or outside. A grass surface is preferred but any dry, clean, clear surface will do. It is very important that they be done barefooted or in socks, not with the shoes on.

The drills are done for 25 meters and take all of three minutes to complete. The first drill is to walk 25 meters on the outside of the foot, 25m on the inside of the foot, 25m toeing in and 25m toeing out, 25m backwards on the toes or forefoot and finally with shoes on 25m on the heels. The reason the last drill is done with shoes on is to protect the heels from bruising.

Don't expect immediate results. Also, more is not better in this case. What we are doing is slightly challenging the system and going on to practice. Over the course of 2-3 weeks you should note several things will happen, most notably is the ability to "corner" (run around a street corner) with more force. Ground contact is steadier, which allows for a more forceful push-off.

After a few weeks were you to go back and try to balance on the foot for a period of time I think you'd note that your balance has improved, and there would be less of a quiver. So what, you might say. Consider for a second that at each footstrike there is a slight quiver. That quiver represents lost time. Even if that lost time represents only 1/100th of a second, repeated for 50 steps that is 1/2 second. It takes about 50 steps to run 100m and oftentimes the difference between the winner and last place in the Olympic final is 1/2 second. Google the men's results from the Athens 2004 100m.

Another interesting point – remember the comment about putting your best foot forward? The fact is that the weaker foot has a greater quiver. This quiver places greater stress on the insertion sites for the ligaments, muscles and tendons in the area. The weaker foot will tend to have a greater chance of overuse injuries such as shin splints, Achilles problems and plantar fasciitis.

Somebody might ask – won't orthotics help this? Yes, orthotics will help. Some people have such glaring foot problems an orthotic may be necessary for added support and protection. Taping of the area may also help. Realize that both these solutions serve as a crutch. Neither really strengthens the foot. While I have long been a proponent of orthotic use I would still recommend the athlete do the foot drills.

The body adapts to the stresses placed upon it. Aerobic training and training at the anaerobic threshold develop cardio-vascular fitness to the point where racing performance will improve. But the cardio-vascular system is only one link in the chain. Time, effort and energy must be spent developing the musculo-skeletal system through calisthenics and weight training, which in turn will develop the balance, proprioception and dynamic stability of the body.

All forward force is eventually generated

Continued on page 11

The Pace Setter – 9

30th ANNUAL HMRRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

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

10 KILOMETERS Certified (NY98008AM)

SATURDAY, APRIL 24, 2010 - 9 A.M.

3 awards for each 5-year age group

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

USATF # _____

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

TECHNICAL SHIRTS TO FIRST 75 REGISTERED RUNNERS

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

REPORT TO:

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

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

Day of Race: **\$15.00**

Refreshments following the race.

MAIL ENTRY TO:

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Age (as of 4/24/10) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female

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

Signature _____ Date _____

Off The Road, continued

by the foot. It is unfortunate that this area is almost universally neglected in terms of athletic development. Six short drills taking three minutes a day is all it takes to counteract the weak foot that our industrialized society creates.

Russ Ebbets, DC is the editor of *Track Coach Magazine*, the technical journal for USA Track and Field. He is author of *Supernova*, a novel on the famed Villanova running program. Copies are available for \$10.95 plus \$2. Shipping and handling from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com □



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**

New Membership Director: Diane Fisher

When Mike Kelly wrote about the need for volunteers in the September issue of *The Pace Setter*, I felt compelled to step up and answer his call. I inquired about how I might be able to help, and before long I was asked if I would like to assume the membership chair position, so current chair Ed Gillen could devote more time to directing races. Ed promised a smooth transition, and went above and beyond to make good on that promise. I hope to continue the wonderful work he has done the past couple of years!

Membership Dues – Frozen in Time

Mike Becker reported in his January “Been There, Done That” article that club membership are exactly the same as they were 1985: \$12 for individuals, \$15 for couples/ families. 25 years without an increase! In addition to the award-winning *Pace Setter* and discounts on races, you now also get 13 FREE races each year and access to the club’s website, www.hmrrc.com, filled with race information and results, discussion boards, tips, and more!

Renew/Join Online

Did you know you can renew or join online? It’s easy, and saves an envelope, stamp, time and the environment! To renew, select “record maintenance” from the Members Only drop down menu, and log in using your e-mail as your username. If you have forgotten your password, you can request a new one. Click on profile to see your status and renew your membership. You will also receive an e-mail reminder about 6 weeks before your renewal is due. Encourage a friend or colleague to join online by visiting www.hmrrc.com and scroll-

ing down until they see the link to join the club on the right side.

Spread the Word!

HMRRC has implemented two social networking tools to help spread the word about the club and improve communication to and among members. The club now has a Facebook page (www.facebook.com/hmrrc) which will be used to keep members up to date about what’s going on in the club and allow interaction between members. Become a “fan” of the club by clicking on the “Become a Fan” icon at the top of the page.

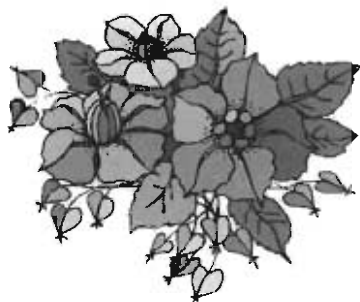
You can also follow us on Twitter (www.twitter.com/hmrrc) to get club updates on the go!

Volunteer

Volunteers are the lifeblood of non-profit organizations, and HMRRC is no different. We are fortunate to have such dedicated members serving on our board and committees. It takes a stellar effort to coordinate volunteers for the 30-plus races the club puts on each year, and Volunteer Coordinator Marcia Adams makes it look easy. She created a volunteer recognition program to reward those who give their time and energy to help ensure each race goes off smoothly. And now, it’s easier than ever to express your interest in volunteering – just log into hmrrc.com and click on Meetings and Events. Select Volunteer Form – Upcoming Races. Here, you can sign up for one race, a few races or all the events.

If you have any questions or comments, please feel free to contact me at hmrrcdiane@gmail.com. Happy spring! □





30th Annual **(HMRRRC)**
Mother's Day Race 3.5 Mile

FOR WOMEN & THEIR CHILDREN

SUNDAY, MAY 9, 2010 • 10:00 a.m.

Hamagrael School, McGuffey Lane, Delmar

Directions: Take Rt. 32 South (Delmar Bypass), right onto Murray Ave.,
take immediate right onto Parkwyn Dr., bear right at fork, staying on
Parkwyn Dr. for ½ mile. School is on right.

**ENTRY FEE – \$12.00 HMRRRC members; \$15.00 non-members if postmarked by April 30th
\$20.00 after April 30th & Day of Race 8:30 to 9:45 a.m.**
KIDS RACE – 11:00 a.m., Distances: ½ Mile & ¼ Mile (sign-up day of race)

ENTRY FEE FOR 3.5 MILE RACE INCLUDES –

- Awards to the top three finishers and awards for top three finishers in each 10-year age group category (no repeat winners)
- Mother-daughter/Mother-son team awards for top three teams.
(Teams need to pre-register in order to be eligible for team awards.)

Name: _____ Age Day of Race: _____ Phone: _____

Address: _____ City, State, Zip: _____

☐ I am a member of a mother-daughter team.

☐ I am a member of a mother-son team.

☐ Name of second team member is: _____

(Submit separate entry form for each entrant and enclose BOTH entries in same envelope)

Please send application and entry fee, payable to HMRRRC, to
MDR, c/o HMRRRC, PO Box 12304, Albany, NY 12212
Visit www.hmrrc.com for more information
or contact Sharon Boehlke at 439-4498 or email Racewithus@mindspring.com



APPLICATION WAIVER

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including (high heat and humidity/hypothermia or frostbit - insert whichever is applicable to your race), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, (insert other entities you need to include in waiver), their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification.

Signature: _____ Signature of parent/guardian if under 18 _____



Registration, Packet Pick-up:	7:30 a.m. to 9:15 a.m. at the Crossings of Colonie, 580 Albany Shaker Road Parking on Metro Drive off Wolf Road and in the park
Entry Fees:	<ul style="list-style-type: none">• Pre-registered HMRRC and CRFCU members, \$12• All other pre-registered, \$15• Day of race registration, \$20
Pre-race registration deadline:	Mail-in entries must be postmarked by June 14 th . Online registration is available through June 16 th
Course:	Flat, fast USATF Certified course through a beautiful park Chip timing by Albany Running Exchange Event Production
Technical Race Shirts:	Guaranteed to the first 600 pre-registered 5k runners
Awards:	<ul style="list-style-type: none">• Top 5 Father-Son and Father-Daughter Teams• Overall Male and Female and Overall Male and Female Credit Union Members• Top 3 Males and Females in 5-year age groups
Father-Child Teams:	Lowest combined age graded times for Father-Son and Father-Daughter teams
Kid's Races:	Awards to top male and female 1 mile finishers <ul style="list-style-type: none">• 8:00 a.m. to 8:30 a.m. Registration (Race day sign up only for Kid's Races)• 8:45 a.m. Kid's Race up to 5 years old: 50-75 meters - FREE• 9:05 a.m. Kid's Race 6 to 10 years old: 1/2 mile loop - FREE• 9:15 a.m. Kid's Race 11-15 years old: 1 mile loop - \$1

[illegible]

City: State: Zip:

Phone: - - T-Shirt Size (adult unisex): **S** **M** **L** **XL**

[illegible]

Sex: M F Age on 6/20/2010: Birthdate:
Month Day Year

Father-Child Team Members:

(Enter the name of the father and each child. Separate applications are needed for each participant and team applications must be submitted together)

✓ Yes, I would like to make a contribution to this year's charity of choice, Capital District Community Gardens! \$ _____

CDCG operates 46 community gardens where low income inner-city families grow \$1,500 worth of organic produce, plants trees to improve our urban environment, and operates the Veggie Mobile: www.cdcg.org.

✓ Yes, I would like to purchase a book of raffle tickets for \$10 to benefit CDCG and ten chances to win airline tickets! \$

✓ HMRRC member - \$12 entry fee before June 14th ✓ CRFCU member - \$12 entry fee before June 14th \$ _____

✓ \$15 entry fee before June 15th ✓ \$20 Entry Fee after June 14th for everyone \$ _____

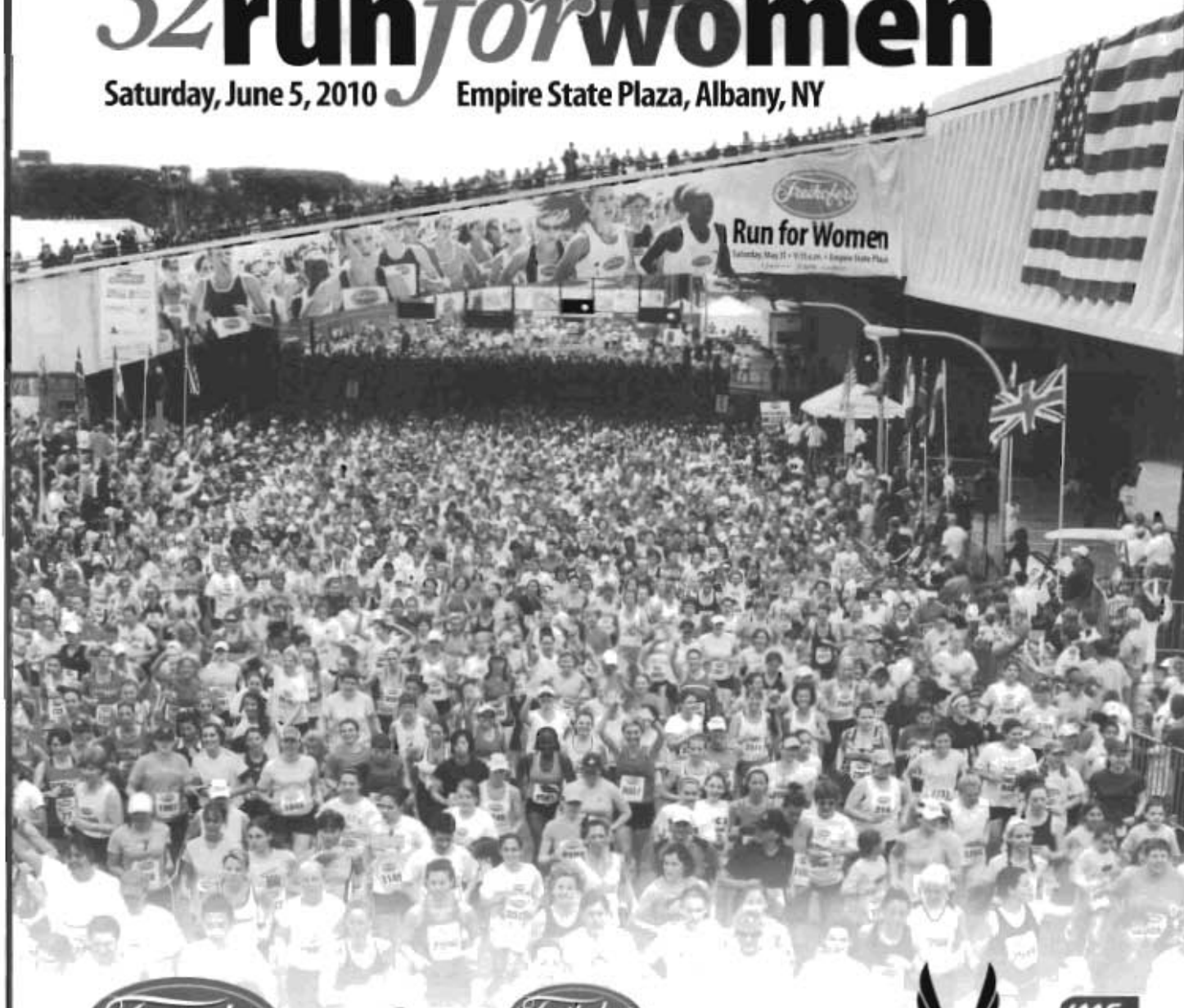
Make checks payable to: HMRRRC and mail to: Father's Day 5k, PO Box 12304, Albany, NY 12212 Total \$ _____

I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all of the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, the Town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the personnel or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. In addition, I agree to pay \$25 for an unreturned timing chip.

Signature: _____ Parent/Guardian (if under 18)

Online registration available at www.hmrrc.com, www.communityresource.coop and www.cdc.org

Freihofer's
32nd run for women **5km**
Saturday, June 5, 2010 Empire State Plaza, Albany, NY



Freihofer's 22nd
community walk

Freihofer's
KIDS' RUN!



Sign up today at www.freihofersrun.com • NEW TIME 9:30 a.m.



USATF Adirondack Honors Its 2009 Grand Prix Winners

by Jon Rocco



It offers a competitive series of races that is attractive to regional athletes while providing a tangible benefit for runners who purchase a USATF membership. It also highlights many of the USATF Adirondack Region's best running events at a variety of road race distances throughout the year. These are just some of the goals of the USA Track and Field Adirondack Grand Prix Road Race Series.

The USATF/Adirondack Association held a banquet on January 24 at Fleet Feet in Albany to present awards to USATF members who finished in the top five of the divisions of the 2009 Grand Prix Race Series.

The 2009 Grand Prix Series consisted of a dozen races ranging from 1 mile to the 26.2 mile marathon distance. The twelve races were made up of ten different distances. To be eligible for the Series, one must be a USATF member and must also meet age requirements for the USATF. There were three competitive divisions each for males and females. The open men's division is from ages 16-39 while the open women's division is from ages 14-39. The masters division for both genders is ages 40-49 while the age-graded division for males and females is 50-plus.

The 2009 Grand Prix Series allowed one to compete in up to nine of the twelve races. The reason for this is that two of the races were for open scoring only while two others were for masters scoring only. The schedule also had two races that were run simultaneously. A runner's point total will be his or her best five of the nine scoring races. Points are awarded to the top eight in each group. A first place finish in your age category will score you 10 points while second place will earn 8 points. Position three will score 6 points with 1 point less for each spot as you move from places fourth down to eighth. The races were scattered throughout the region, with Glens Falls and Lake George to the north, Kingston to the south, Utica to the west, and Green Island and Watervliet to the east. Four of the twelve races are also HMRRRC Grand Prix Races.

The Series kicked off with the Runnin' of the Green 4M on March 7. This race has also

been confirmed as the kickoff race for the 2010 USATF Grand Prix Series and is set for March 6. It will typically draw close to 500 runners in a very competitive field on a fast and flat course. It serves as the USATF Championship race for the 4M distance. The next race up on the '09 Series was the Bill Robinson 10K in Guilderland on April 25. The race is for masters only and is run on a hilly course starting at the Guilderland High School. The race drew just under 100 runners in its 29th year. The third scoring race was the Kingston Classic held on April 26. This was the second 10K distance in the Series and allowed for open scoring only. The race, known for its finishing lap on the track of Dietz Stadium, had just over 400 finishers in its 28th running. Memorial Day brought us the fourth and the shortest race, the Memorial Mile in Glens Falls. The race had just over 100 runners. It was run right down Glen Street, starting in the heart of the city and finishing in Crandall Park. The fifth event headed west to Utica for the Summer Sizzle 5M, which was held on June 21, the first day of summer. The event separates the men and women in two fields with the women having an 8:00 a.m. start and the men going an hour later. The race, which begins at the campus of Mohawk Valley Community College, drew 81 women and 82 men. The halfway point in the series took runners to Lake George for the Adirondack Distance Run 10M a week later on June 28. The point-to-point scenic race with its rolling hills from Lake George to Bolton Landing along Route 9N drew just under 500 finishers. The race is the USATF 10M Championship.

The second half of the Series took us into autumn with back-to-back 5K races. The first of the two 5K races was for open scoring only while the succeeding was strictly for masters scoring. The Brueggers Bagel 5K in Albany was held on September 13 and served as the USATF 5K Open Championship while September 25 was the Arsenal City 5K in Watervliet. The Arsenal City 5K, which moved to a Friday night two years ago, is the USATF 5K Masters Championship. The races drew 361 and 417 finishers respectively. Race number nine took

runners back to the home of the Distance Running Hall of Fame with Utica's Falling Leaves 14K. The race, which starts and finishes in Utica's downtown business district, but with much of the course winding through the scenic hilly South Woods, drew 350 runners in its 35th running on September 27. The simultaneous events and numbers ten and eleven were the USMC Half Marathon and the Mohawk Hudson River Marathon, which were held on October 11. The two events combined for just over 1500 finishers with each race having record turnouts. Both races finish at the Corning Preserve in Albany. The final event took us to Schenectady's Central Park for the Stockadeathon 15K on November 8. The oldest major 15K in the USA and *New England Runner's* 2005 "Race of the Year" drew a record number of finishers with 1268. This race had the most finishers of the Grand Prix Series.

The total prize money available for the race series was \$5,000. The money awarded is the result of generous sponsorships from Fleet Feet (\$1,500) and the Hudson Mohawk Road Runners Club (\$1,000). The remaining \$2,500 comes from each of the competing races kicking in a fee based on the size of the race from the previous year's number of finishers. Of the \$5,000 purse, \$2,300 is disbursed to the open division category while \$1,350 each is disbursed to the masters and age-graded divisions.

Approximately 150 athletes scored points in the '09 Series with 30 sharing in the prize money. The top 5 in each category were:

Open Men: Andy Allstadt, Chuck Terry, Justin Bishop, Volker Burkowski, and Emory Mort.

Open Women: Eileen Combs, Crystal Cammarano, Karen Dolge, Kimberly Miseno-Bowles, and Christina Ardito.

Masters Men: Ben Greenberg, Jon Rocco, Thomas Kracker, Paul Humphrey, and Ahmed Elasser.

Masters Women: Mary Buck, Emily Bryans, Kari Gathen, Nancy Nicholson, and Anne Benson.

Age-Graded Men: William Venner, Derrick Staley, Dale Keenan, Ernie Paquin, and Carl Matuszek.

Age-Graded Women: Judy Phelps, Martha DeGrazia, Susan Wong, Nancy Briskie, and Anny Stockman.

Special thanks to those who contributed to the Series and banquet: Emily Bryans (Women's Long Distance Running Chair) scoring, Vince Juliano (Men's Long Distance Running Chair) scoring, Pat Glover (VP of LDR and Cross Country) scoring, Chris Rush ('09 USATF Adirondack President) scoring, Don Lawrence ('10 USATF Adirondack President) banquet emcee, Rick Tuers (Race Walk Chair) photography, Bruce Vandewater (Office Manager) who checks entrants for membership and maintains the results on the website, HMRRRC for its sponsorship, and Charles and Arlene Woodruff for the Fleet Feet sponsorship and for providing the banquet site!

For more information on the USATF/Adirondack, its membership and Grand Prix Series including 2010 Series schedule and updates, go to www.usatfadir.org. □



12th Annual Kinderhook Bank

OK 5k

Saturday — June 12, 2010 — 9:00 AM

2010 USATF Adirondack Grand Prix Road Race

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.
Registration	Web http://www.kinderhookrunners.org or form below. email: ok5krace@hotmail.com
Entry Fee (5K Race)	\$15.00 before June 4th. \$20 after June 4 th and day of race \$12.00 Students on or before June 4th KRC Club Members receive \$2 discount: www.kinderhookrunnersclub.com to join.
Packet Pickup	Friday, June 11, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 12 – Village Square -7– 8:30 AM. No Race Day registration after 8:30
Awards	Age Groups and 3 Member Teams - No Race Day Registrations for Teams. See Website for Award Details.
USATF	Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552
OK 1 Mile Run Ages: 6 to 13	Sponsored by: FairPoint Communications 8:30 AM – Finishers' Medals for all. Starts in Village Square. Fee: \$2.00
Ages: Under 6	8:45 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.
Food Pantry	Please bring a non-perishable food item to help replenish the local Food Pantry.
Babysitting	Provided by Ichabod Crane Cross County Team for a donation – see website for details

RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each team member separately fills out form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (checks payable to: OK 5k)

OR REGISTER ONLINE AT: <http://www.kinderhookrunners.org>

5K REGISTRANTS, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ USATF # _____

KRC Member Circle One: Y N

Email: _____

FOR TEAM MEMBERS ONLY:

Team Type : ☐ All Male ☐ All Female ☐ Mixed (Co-ed) Team Name (10 characters or less): _____

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

Signature _____

Date _____

Signature of Parent (if under 18) Tom and Marcia Adams

Date _____

Could You Use a Running Shrink?

by Norman Dovberg

Most people, when they think of psychiatrists, think of the old adage, "it takes one to know one." The stereotypes of shrinks and their patients need not be expanded on here.

As runners, we are subjected to similar stigma. Most "normal" people are happy to point out to us that you have to be "a little nuts" to put your body through the pain we embrace as though it were pleasure. So as a runner AND a shrink, I am doubly stigmatized. And loving it, I might add. My personal adage is if you are doing something right that is different from what the masses see as normal, be proud and keep doing it.

At the same time, no matter how good something is, we can all develop problems around it. Competitive sports, especially individual sports, where you are not only competing against others but also yourself, and not only yourself but your younger self, can set us up for some heavy angst.

As a lifelong athlete, coach and sports instructor who happens to be a shrink, I am no more immune from these issues than anyone else. But my special knowledge about these things and about human psychology has helped me to regain perspective when things have started to get a little out of whack. I have also helped other athletes, "on the couch" (no, there is really no couch in my office) and, more often, informally (with no implication of it being "treatment,") with their various emotional issues around their sports.

That is why, when I read John Furgele's article in the January *Pace Setter* titled "When?" it really resonated with me. It would not be surprising if it aroused the same reactions in a lot of readers. While it is good for our health, physical and mental, to run, as competitive runners we think of the health benefits as a secondary reason for what we do. We assume we will be in great shape. It makes us feel better in many ways, but this is just a happy side effect of pursuing the challenge and excitement of pitting ourselves against the clock and our peers in the purest and most fair competition there can be. Both reasons are valid and important to us in our development as human beings. The competitive drive is deeply rooted in our genes. Competitive sports are a uniquely human and civilized mode of expressing it.

John's problem struck me in particular, since I have also been trying to work through some of the same issues, with a slightly different, and maybe less healthy, approach.

Those of you who know me or who have read my articles in *The Pace Setter* in the past know that I switched from competitive swimming to running about 5 years ago, ran Boston 18 months after taking my first steps, finished as high as 3rd in the Grand Prix, beat the great (but probably out of shape) Bill Rodgers in the Stockade-athon, and, in the process, incurred a thousand times more medical bills than I did in 40-plus years of swimming. After coming



back from injury over and over again, I finally came to the conclusion that I had nothing more to prove in running, and, if I kept going at the same pace, might cripple myself and never be able to run at all. Just enjoying running for fitness would be enough to keep me happy.

So far, sounds a lot like John, doesn't it? But wait. Compared to John, I'm ready to be taken away by the guys in the white coats, because, being so intensely competitive, I am incapable of racing for the "fun" of it. If I'm not training and racing with 100% commitment, I won't race at all. So far fitness running has been enough to keep me happy, but, truth be told, the whole thing was pushed along by my developing another obsession to take the place of running, another huge challenge to take the place of Boston. Maybe bigger. After many years of guitar playing with mediocre results, I happened, out of the blue, to come upon an opportunity to play lead guitar for rock band, Otto Road. So, what is every red blooded American boy's biggest fantasy besides winning an Olympic gold medal? (Get your minds out of the gutter, guys.) Rock God, of course. The amount of practice necessary to get up to speed on a couple of hundred songs, most of which I had never played before, made training for a marathon look easy. Getting up on stage in front of people made pre-race jitters seem like, well, just jitters. Training for racing just took too much energy away from the new project. So, I am still running a lot by "normal" standards, but now my massage therapist spends more time on my arms and hands than on my legs.

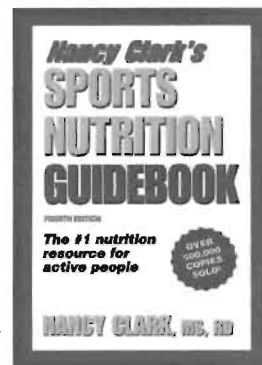
I'm not suggesting that this would be the solution for anyone else, but there is a solution for every individual. So if you would like to talk over some of your running issues with somebody who knows what you're going through, be aware that "the running shrink" is available, and, yes, as the stereotype goes, he's crazier than you are. Maybe even your health insurance would pay for it. After all, everyone knows that we runners are all nuts, right? □

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2009: The Year of the “Runner”

by Bob Kopac

January: We celebrate our 34rd wedding anniversary (Lynne was a child bride) by going to Sam Dahnert's bar mitzvah (our first bar mitzvah) and Claire and Marvin's New Year's Eve party – all on January 3rd. Procrastinators of the world ...wait, I'll think next week of something they do.

February: There is a Shoebox birthday card where an old man says to a young boy, "...and that, Jimmy, is the tale of my very first colonoscopy..." and the caption reads, "Welcome to the gross personal stories years." Speaking of which, Bob has his yearly medical checkup and, during the prostate exam, the doctor says, "Interesting." Interesting is not a word one wants to hear during a prostate exam.

March: Bob takes photos while directing traffic (a duathlon – two things) at the MHRRC Ed Erichson Run. If he gets run over by a driver, he has photographic evidence.

April: Lynne starts training for her first duathlon -- run, bike and run – which are three things, so how can it be a "duathlon"? We go to Sean's Run and watch Marathon Project kids run in circles during the Battle of the Belts before the 5K. Lynne is a model at the American Cancer Society Fashion Show; she wears pants because there are no dresses available that are small enough to fit her runner's body. (This is true.)

May: Lynne works pre-registration at the Miles of Hope Breast Cancer Foundation 5K, and then she runs the race wearing her pink wig and pink wings; Bob takes photos of the runners and of Susanne O'Neil and Marathon Project kids at a water stop by the water. They do not use water from Furnace Pond.

June: Lynne runs, and Bob directs traffic and takes photos at the Bridge Fever River Run while workers continue work on the Walkway Over the Hudson. We go to MHRRC member and friend Pat DeHaven's 60th birthday party under a tent; the tent attracts a torrential downpour (cause and effect). Bob undergoes a prostate biopsy. "Welcome to the gross personal stories years." Bob sends the results in an e-mail to our German friends: "B9. I am very happy." One friend asks his German doctor friend what "B9" means; the doctor does not know and does an unsuccessful Internet search for the medical meaning of "B9". Another German friend replies to Bob's e-mail as follows: "I2." I explain to the first friend that "B9" means "benign."

July: We participate in a Marathon Project team building event at Beacon High School. One exercise is to line ourselves up by our age without saying a word. Bob ends up last in line, supposedly the oldest person, demonstrating how inaccurate the results can be. At least, that's Bob's story, and he's sticking to it.

August: We are Marathon Project mentors at the Dutchess County Fair. No kids are

lost. We do not do as well as we wanted in the photo competition. Bob quotes Paul Newman from the movie *Butch Cassidy and the Sundance Kid*: "I have vision, and the rest of the world wears bifocals." Perhaps Bob needs to submit photos of runners next year.

September: Lynne does very well in her first duathlon at the Vassar Brothers Hospital Triathlon/Duathlon. Bob sees the Yankees play in their new stadium; Bob walks around the concourse, and he is bombarded by loud and relentless advertising. That is why they are called the Bronx Bombers. The Yankees buy ex-Cleveland Indians Cy Young winner CC Sabathia and other players, thus buying the World Series. Don't get Bob started.

October: For the 400th anniversary of Henry Hudson's discovery of a river that fortuitously had the same name as he did, an abandoned railroad bridge built in 1887 reopens as the Walkway Over the Hudson, the country's longest pedestrian walkway over water. We participate in the Oct. 2 Illumination Parade, the Oct. 3 Walking on Air Parade, and the Oct. 4 Treetops to Rooftops 5K directed by Mary Phillips and Susanne O'Neil. Running greats Roger Robinson and Kathrine Switzer as well as over 700 runners run across the bridge. The bridge remains standing. Bob takes photos on the bridge at the Newburgh-Beacon Bridge Run. (Notice a theme?) Bob takes photos in the rain at the Billy Goat Run. No runners fall down, showing they really are billy goats. Bob does a slide show of MP kids at the Marathon Project victory party.

November: During a routine test, Memorial Sloan-Kettering Cancer Center tells Lynne her white blood cell count has plummeted in the past year. Lynne is ordered by her doctor to eat meat and to exercise less.

December: Lynne's white blood count goes up from eating meat and exercising less. Bob tells Lynne she should write a book called "Eat Meat and Exercise Less." It would be a best seller. □



2010 Winter Series Participants

Marcia Adams
Tom Adams
Chris Abowd
Karen Brady
Mike Becker
Jack Berkery
Frank Boderick
Eiko Bogue
Jim Bowles
Susan Bright
Coleen Breiner
Nancy Briskie
Frank Boscoe
Diana Cesta
Donna Choiniere
Lisa Cianceta
Lisa Conroy
Michael Conroy
Dave Cole
Eileen Combs
Sean Combs
Pete Cure
Donna Davidson
Craig DeBois
Karen Dott
Sally Drake
Martha DeGrazia
Ahmed Elasser
Sharon Fellner
Douglas Fox
Leigh Ann Gilson
Lee Hilt
Jessica Hageman
Ian Hutchinson
Allison Kerr
Brenda King
Aaron Knobloch
Ed Gillen
Ray Lee
Megan Leitzinger
Peggy McKeown
Tom McDermott
Jill Mehan
Al Maikles
Rick Morgan
Ron Montesi
Paul Mueller
Jack Nabozny
John Parisella
Martin Patrick
Jenny Pezzula
Steve Ponant
Suzanne Pris
Erin Rightmeyer
David Pickel
Jon Rocco
Jim Russo
Jennifer Senez
Elisa Schneider
Mark Streb
Joe Sullivan
Chris Treadway
Jim Tierney
Roxanne Wegman
John Winch
Susan Wong
Amanda Wright

VOLUNTEER RECOGNITION PROGRAM

Point tabulation FOR ANNUAL RECOGNITION will remain the same as for previous version and is included here for reference:

HOW TABULATED: Awarding of points will be through the use of the volunteer waiver forms signed at time of the race, information regarding coordinators gathered from the race directors, minutes of the Club meetings, and appointments and election of persons to various positions.

POINT SYSTEM

- 30 points Club officers: President, Executive Vice President, Vice President for Finance, Treasurer, Secretary, and Race Committee Treasurer; Managing Editor - Pace Setter
- 25 points Race Directors, all Committee Chairpersons, Webmaster, Volunteer Coordinator, Clothing Coordinator, Public Relations Coordinator, Editor(s) and Associate Editor(s) - Pace Setter, Production Editors - Pace Setter, Photographer Coordinator - Pace Setter, Advertising/Business Directors - Pace Setter, and volunteers with regular scheduled duties (for example, mail retrieval).
- 15 points Volunteers who serve as Assistant Race Directors and Race Coordinators, working with race directors in strategic positions at races; Digital Clock and Timer, HMRRRC Picnic Coordinator(s); and Banquet Coordinator(s)
- 10 points Volunteers who serve on subcommittees; volunteers who organize club presentations and/or public relations events (for example, booth at Freihofer's or the Adirondack Sports and Fitness Expo); Pace Setter contributors - articles, photos, etc. when articles or photos are published in *The Pace Setter*
- 5 points All other volunteers at races; members attending the monthly club meetings and all other non-classified volunteers

RECOGNITION: Recognition is on a calendar year basis - January to December, and point accumulation will be for all efforts during each calendar year. Recognition awards for 2010 will be a \$10 gift certificate to a local restaurant for those winning the race awards and a \$25 gift certificate for those reaching the accumulated recognition point level.

There will be two levels of award recognition. The first is the ANNUAL ACCUMULATED RECOGNITION. Volunteers who acquire 120 points or more, of which a minimum of 5 points had been earned through race and/or meeting participation, will earn the accumu-

lated recognition award for the year.

The second level of award recognition will be EVENT AWARDS and will be awarded at the conclusion of each event upon submission of the volunteer waiver forms to the Volunteer Coordinator. Winners will be determined by random drawing from the volunteers who have signed the waiver forms for these races. Drawings will be held at a Club meeting or at the race wrap-up meeting for that event, if one is held.

The number of winners per race is determined by such factors as number of persons participating in the race, number of volunteers needed to organize the race, length of the race, etc. The assigned number of awards are as follows:

Summer Track Series, Turkey Raffle Run and Colonie Mile: 1 award for each event

Winter Series, Summer Series, and all races under 15K except Workforce Team Challenge: 3 awards per event

Winter Marathon, Indian Ladder Trail Run and HMRRRC Picnic, Marathon and Half-Marathon, Stockade-athon: 6 awards per event

Workforce Team Challenge: 12 awards, one for each major concentration of volunteers

Total number of Event Awards: 96 □



Change is Good

by Marcia Adams,
Volunteer Coordinator

Change, to me, is exciting and good when it results in fun for all. After two years under the old volunteer program, it seemed to me it would be more fun and exciting if we modified it so there was more "immediate" gratification as well as a long term reward.

For 2010, you should remember to sign the Volunteer Waiver form at each race you work. Not only is this how I credit you with points for a recognition award but this year it enters you into a raffle for a gift certificate for that particular race. In our large races, multiple gift certificates will be awarded. The gift certificate will be to a local restaurant, so someone else can serve you as you have served HMRRRC!

We are still in negotiations with local restaurants and hope to name the location by the next Pace Setter, as well as winners for the races conducted thus far! Gift certificates from the races will be mailed when possible or given to the race director to get to the winning volunteer.

Thanks again for volunteering in 2009 and for your anticipated services in 2010! See you at the races! □

NEW!

**Members can now
sign up to volunteer
for races online!**

Upcoming Races That Need Assistance:

Delmar Dash
April 11

**Bill Robinson
10K Masters**
April 24

Mothers Day Race
May 9

**Anyone can qualify as a
volunteer.**

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

We pay with smiles and thank yous and the occasional T-shirt!

Either call me (356-2551) or email me (madams01@nycap.rr.com) or mail me the following information:

Name

Address

Telephone #

Email (if available)

Mail to:

Marcia Adams,
HMRRRC Volunteer Coordinator,
1009 Tollgate Lane
Schenectady NY 12303

VOLUNTEER RECOGNITION POINTS

Data collection is continuing. The list below is through Distinguished Service, but does not include GHI or meeting attendance.

Persons earning 150 or more points in 2009

Marcia Adams
Tom Adams
Doug Bowden
Nancy Briskie
Ed Gillen
Vince Juliano
Mike Kelly
Ray Lee
Barbara Light
Al Maikels
Josh Merlis
Ed Neiles
Cathy Sliwinski
Jim Tierney
Mark Warner

Persons earning 75 to 149 points are in BOLD

Dan Abatto 5
Nancy Abatto 5
Ted Abriel 5
Brittany Adams 10
J. Thomas Adams 15
Taylor Adams 5
Dora Anderson 5
Dick Andress 5
Nancy Andress 5
Jim Armbruster 5
John Axten 6
Dick Bailey 5
Richard Baker 5
Tyler Banks 10
Sandra Barry 5
Mike Bartholomew 25
Chuck Batchner 5
Debra Batchner 15
Scott Baxley 5
Ellen Baxter 5
Gail Bayley 5
Debbie Beach 70
Mike Becker 20
Joe Benny 30
Anne Benson 20
Jack Berkery 25
Jeff Bettinger 5
Alicia Bialy 5
Charles Bishop 30
Justin Bishop 10
Leanne Blair 5
Eiko Bogue 10
Paul Bohl 15
Frank Boscoe 15
Ron Boutin 5
Mary Bovenzi 15
Melissa Bredice 5
Sara Brenner 15
Rob Briskie 15
Robbie Briskie 10
Robert Briskie 35
John Bristol 5
Mark Bristol 5
Miranda Bristol 5

Tyler Bristol 5
Frank Broderick 5
Kathleen Bronson 30
Dale Broomhead 5
Del Browne 5
Emily Bryans 45
Mary Buck 15
Bob Buff 10
Noreen Buff 5
Tom Bulger 30
Ben Bumaghim 5
George Burke 5
Chris Burns 5
Dennis Burns 5
Sue Burns 5
Anne Butler 5
John Butler 5
Tracy Callaghan 5
Dan Cantwell 20
James Carberry 5
Alice Carpenter 5
Ruben Castro 5
Alissa Caton 5
Eric Champine 5
Donna Charlebois 20
Chris Chartrand 30
Ray Chauhan 5
Daniele Cherniak 25
Donna Choiniere 15
Joe Choiniore 5
Jonathan Church 5
Lisa Ciancetta 25
Nancy Clark 130
Rich Clark 5
Don Cohen 5
Dave Cole 10
Brian Collins 5
Meghan Collins 5
Eileen Combs 30
Shawn Combs 20
Terri Commerford 25
Sarah Conboy 5
Ed Conway 10
Kathy Conway 5
Harry Cooke 5
Jim Corrigan 10
Joan Corrigan 10
Joe Corrigan 10
Earl Costello 5
Jim Costello 5
Maureen Cox 35
Paul Cox 5
Laurie Cronin 5
Jessica Cruz 5
Patrick Culligan 5
Howard Cummings 5
Sharon Cupoli 5
Linda Cure 5
Pete Cure 5
Joyce Curry 5
Candie Cuttle 5
Frankie Daidozok 5
Lisa D'Aniello 5
Jim David 10
Donna Davidson 45
Janet Davignan 5
Ken Davis 5
Margaret Day 5
Brian DeBraccio 55
Cheryl DeBraccio 40
Darryl Decker 5
Larry Decker 15
Martha DeGrazia 10
Marty Delaney 15
Mike Della Rocco 5
Frank DeMasi 15
Mark Devenpeck 10
Joanne Devlin 5
Anna Y. Dickerson 15
Brian Dillenbeck 5
Breaja Dixon 5
Will Dixon 40
Alicia Dott 5
Art Dott 5
Karen Dott 35
Kathleen Dougherty 5
Sally Drake 5
Marge Duffy 5
Susan Dufour 5
Deanna Dugan 10
Russ Ebbets 40
Jim Edwards 5
Terri Egan 5
Nancy Egerton 5
Ahmed Elasser 5
Laura Farley 5
Tim Farley 5
Ralph Feinstein 15
Sharon Fellner 25
Scott Ferguson 20
Denise Finn 5
Taryn Fischer 5
Diane Fisher 10
Patrick Fitzgerald 10
Ryan Flood 5
Mike Ford 10
Patrick Foti 5
Mark French 15
Sue Fritts 5
Matt Fryer 5
John Furgle 10
David Galdun 10
Jim Gallegher 5
Dan Gargano 5
Margaret Garris 5
Kari Gathen 80
Adam Gaynar 5
John Gebhardt 5
Nancy Gerstenberger 5
Otto Gerstenberger 5
Bob Giambalvo 5
Ellen Giambalvo 5
Laura Gibbs 5
Jim Gilmer 20
Scott Ginsberg 25
Amanda Glover 5
Jamie Glover 5
Nancy Glover 5
Pat Glover 50
Kathleen Goldberg 5
Randy Goldberg 5
Melissa Gordon 5
Lois Greene 5
Melissa Haggerty 5
John Haley 95
Lynne Haley 15
Ed Hampston 5
Cathleen Hanlon 5
Mary Harding 5
Alexander Harris 5
David Harris 5
Jean Harris 15
Anne Harrison 25
Kathy Hart 10
Charlotte Hayden 10
Colleen Hayden 5
Tina Hayden 15
Linda Hayen 10
Joe Hayter 5
Gail Hein 10
Joseph Hein 135
Bill Herkenham 5
Peter J. Heltrich 5
Paul Hillengas 5
Lee Hilt 5
Patrick Hilt 5

Kevin Hoag 5
Richard Homenick 5
Brian Hotaling 5
Sara Howard 5
Elaine Humphrey 45
Chris Imperial 15
Robert Ingersell 5
Dick Irving 10
Bob Irwin 45
Harriet Jaffe 5
Vicki James 10
Nancy Johnston 5
Christine Jordy 5
Daniel Jordy 5
Josh Katzman 5
Jadin Kavanaugh 5
Shawn Kavanaugh 5
Joanne Kearney 5
Dale Keenan 10
Stacey Kelley 15
Beth Kelly 5
Kevin Kelly 10
Paul Kelly 5
Mike Kelly Sr. 5
Elena Kessler 5
Tom Kieran 5
John Kinnicutt 90
Nathan Kipness 5
Ken Klapp 5
Ken Klemp 80
Frank Klose 5
Aaron Knobloch 10
Bob Knouse 40
Bob Kopac 50
Brandon Krupunich 5
Jean Lange 5
Armand Langevin 5
Betty Langevin 10
Mike Langevin 5
J.D. Lanyuth 5
Ken LaPenta 10
Billy Lasch 5
Kacey Lasch 5
MaryLynn Lasch 5
Don Lawrence 5
Richard Leach 10
Pat Legere 5
Megan Leitzinger 40
Matt Lesniak 10
Richard Levesque 5
Bill Lloyd 5
Donna Lustenhauer 10
Luke Luykx 10
Liz Lvov 5
Judy Lynch 55
Patrick Lynskey 15
Amy MacGregor 5
Sarah MacGregor 5
Sydney MacGregor 5
Tom Mack 5
Tim Maggs, MD 40
Hillenvon Maltzahn 5
Dayna Maniccia 10
Brandon Marigan 5
Tracy Maroney 5
Maryanne Martel 5
Charlie Matlock 5
Elin Mattfeld 5
Andrew McCarthy 10
Donald McCarthy 5
Tom McDermott 5
Michelle McDonald 5
Bob McFarland 5
Tom McGrath 5
Andrea McGuire 5
Phil McGuire 5
Tim McGuire 5
Tom McGuire 20
Frank McHale 5
Nancy McKiernan 5
Chris McKnight 5
Karen McLaughlin 5
Cameron McLean 15
Mike McLean 40
Maureen McLeod 15
Bill Meehan 90
Jill Mehan 30
Rudy Meola 5
Michele Mercadante 5
Lori Mesick 15
Todd Mesick 65
Laura Milak 5
William Milak 5
Matt Miller 5
Thomas Miller 15
Liz Milo 35
Jessica Mitchell 5
Joan Montgomery 10
Lowell Montgomery 10
Gerri Moore 30
Jim Moore 125
Jimmy Moore 10
Robert Moore 130
Jack Moran 10
Will Moran 5
Daniel Morgan 10
Eric Morgan 5
Rick Morgan 15
Jack Moroney 5
Tracy Moroney 5
Elaine Morris 5
Sarah Morris 5
Ginny Mosher 15
Jim Mudge 5
Paul Mueller 35
Rika Murray 10
Mike Murtagh 5
Stacey Muscato 5
Jack Nabozny 40
Julie Nabozny 10
Robin Nagengast 50
Joe Natale 5
Melanie Nedeau 5
Pete Newkirk 30
Ray Newkirk 40
David Newman 95
Karen Noonan 20
Mary Noonan 5
Robert Norman 10
Brian Northan 5
Chris Nowak 5
Robert Oates 5
Paul Oberting 5
Thomas Opraake 5
Ken Orner 30
Don Orr 5
John Owens 5
Kelly Owens 5
Nora Owens 10
Rachel Owens 10
Steve Owens 30
Candice Panichi 10
John Pantalone 10
Elizabeth Paola 5
John Parisella 30
Martin Patrick 10
Larry Peleggi 15
Sara Peloquin 5
Bob Pery 5
Femke Peters 5
Laural Petersen 25
Dana Peterson 35
Ginny Pezzula 65
Bernie Phillips 5
Dave Pickel 30
Brian Pittelli 5

Lee Pollack	10	Hank Steadman	25
Dan Pollay	15	Lindsey Stevens	5
Cynthia Poolen	5	Anny Stockman	40
Joe Premo	10	Wade Stockman	55
Jurwer Priddle	5	Timothy Stowell	5
Hemwatie Ramasami	5	Michael Strohecker	5
Stephen Randolph	5	Michael Styne	5
George Regan	10	Scott Suba	5
Mike Reger	20	Joseph Sullivan	5
Juergen Reher	5	Jim Sweeney	5
Arleen Reyell	25	Steven Sweeney	20
Joyce Reynolds	5	Al Tamont	10
David Rhodes	5	Brenan Tarrier	25
Joe Richardson	15	Alan Taylor	5
Greg Rickes	10	Rhonda Teal	5
Erin Rightmyer	5	Susan Teitelbaum	5
Bill Robinson	25	Charles Terry Sr.	105
Debbie Robinson	15	Denise Terzian	5
Gary Robinson	25	Ed Thomas	120
Jon Rocco	95	Jim Thomas	5
Terry Rodrigues	5	Kate Thomas	25
Diana Rodriguez	5	Tom Tift	15
Katie Rossetten	5	Monica Trabold	5
Todd Rowe	15	Christine Tremblay	5
Chris Rush	50	Ethan Tremblay	5
Jim Russo	15	Carol Trombley	5
Zack Russo	10	Dave Trombley	5
Tom Ryan	35	David Tromp	5
Jamie Salm	5	Paul Turner	20
Ralph Sansarico	5	Barbara Ulmer	5
Jacob Saray	5	Paul Valento	5
Andrew Sattinger	5	Chris VanBaaren	5
Dave Scheid	5	Bruce Vanderwater	5
Joordon Scheid	5	Kathy VanValen	10
Chris Senez	5	Christine Varley	5
Jennifer Senez 60		Angela Vasilakos	5
Robert Senez	5	Barbara Vernon	5
Ronnie Senez	5	Colton Vickery	5
Charles Settens	5	Ed Viglucci	5
Larry Seward	20	Alison Vogelien	5
Chad Sharladd	5	Bill Wade	5
Darius Sheldon	5	Jeanne Walsh	5
Josiah Sheldon	5	Ryan Walsh	5
Travis Sheldon	5	Sue Walthers	5
Wynonna Sheldon	5	Angela Warner	25
Jay Shelgren	10	Liliya Warner	5
Jessica Sherry	10	Margaret Warner	5
Trey Silver	5	Victor Warner	5
Matthew Sissman	5	Megan Welsh	5
Ken Skinner	85	Donovan White	5
Elisse Sliwinski	10	Tom White	5
Robert Sliwinski	35	Ken Wilkes	5
Paul Sloan	5	Don Wilkin	15
James Smith	5	Carol Willsey	5
Karen Smith	5	Charles H. Willsey	5
McDonald Smith	5	Diane Wilms	5
Melanie Snay	30	Mary Wilsey	5
Ellen Snee	15	Joe Wilson	5
Chris Soblosky	5	Deb Winslow	5
Nicole Soblosky	5	Robert Wither	5
Nick Solomus	5	Susan Wong	35
Barbara Sorrell	45	Roxanne Wunsch	90
Cynthia Southard	10	Leigh Ann Zeller	5
Patrick Spooner	5	Pam Zentko	65
Angela Squadere	5	Carol Zupan	5
Wes St. Riders	10		



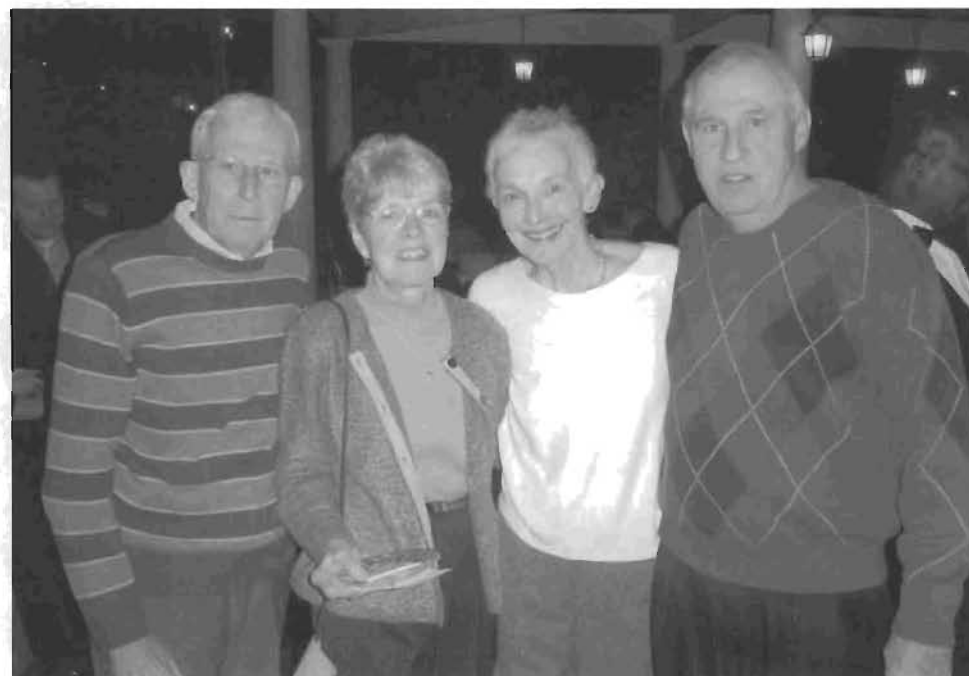
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Race Directors' Corner

by Nancy Briskie

Meet Tom and Marcia Adams Race Directors, Delmar Dash



I asked Marcia how Tom got his start with running and it's a pretty amazing story. I train with Tom quite a bit and he is an animal! He trains hard and he trains often. He loves this sport more than anyone I know. Here's Marcia's response.

"It is hard to remember just how it began with running. What Tom can remember is that he was a former smoker, weighing in at about 265 pounds. In his first attempts at running, he could not make it between two telephone poles without resting. This, obviously, has improved with age and training. At 66, he has completed 5 marathons to date and has two on his calendar for this year. His running philosophy is to beat Tom Adams – to try to better his own time each time he competes in an event and to meet at least one new person at each event."

Tom's not-so-formal training began when he worked the 11 p.m. - 7 a.m. shift at the U.S. Post Office General Mail Facility in Colonie. With nothing to do on "lunch hours" – 2 a.m. in the morning – he and several buddies began jogging. Initially, for Tom, these were walks but, with encouragement from running buddies Gary Graber and Ron Bagnoli, he gradually was able to handle a jog and traded his work boots for running shoes. One of the first races he entered was in Schoharie, a run by the ARC, where he met Larry Peleggi for the first time. During Tom's early running career, he also ran the Clydesdale Division of the Stockade-athon.

Prior to joining HMRRRC, Marcia's first volunteer ventures were the Stockade-athon, where we met for the first time working registration, and the Altamont 5K, when it was at the fairgrounds.

It was not until Tom and Marcia moved to Rotterdam about 7 years ago that they decided to join HMRRRC. They both felt it was important to become a part of the Club, so they began to attend meetings and volunteer at races. It was after a meeting for the Fall Marathon at Siena College that Doug Bowden approached them regarding the Delmar Dash. According to Doug, if new race directors could not be found, there was a possibility that this race would come to an end. Since Tom had raced Delmar a few times previously and enjoyed it, he and Marcia stepped forward. Their first year was as assistant directors with Joe Richardson and they have taken the reins ever since – this

will be their 4th year as directors.

Marcia's involvement as a volunteer is consistent with their family's commitment to be supportive of each other. It was something she did not receive as she was growing up and that both she and Tom felt important to their children and to each other. Because of the "inconvenience" of osteoarthritis and a full knee replacement, Marcia is not a runner, but is an avid follower of the sport. An amateur analyst of running, she has read many articles on the topic and shares the information with Tom to help him in his running. Her physical activity tends to be on a multi-speed tricycle, which she frequently rides to support Tom and running buddies on training outings.

Currently, Marcia is the Volunteer Coordinator for HMRRRC, works registration at various races, and holds coordinator roles in others. In addition to holding coordinator positions, serving on the photography staff and volunteering

at races, Tom's current volunteer effort is caretaker of the Club's new equipment van. Both Marcia and Tom were currently involved in locating and equipping the van for use at races.

Perhaps their most notable HMRRRC contribution is their soup making for the Winter Series. Their first soup efforts were at the Delmar Dash, since there are limited facilities for providing warm beverages at that race. Then the request came for soup at the Hangover Half and the rest is history.

When asked what keeps them so involved, they both respond "the people – we love the people we meet and those little personal encounters that make it worthwhile. The diversity of our running club is so exciting and challenging. You never know who that person in the running shorts next to you is in their 'other' life and it is so much fun to find out. It keeps us young at heart and mentally active." Their advice to others: Get involved; if not with HMRRRC, with something. Pay forward with random acts of kindness and you will be surprised with the personal rewards you will receive. Many thanks to this incredible couple for all they do with Hudson Mohawk! □





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Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black S,M,L,XL	\$24	_____
Coolmax Singlets:		
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Short Sleeve Coolmax Shirts:		
Royal blue , Unisex, XL	\$13	_____
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New! Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$17	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
V-Notch , 3" inseam, S,XL	\$17	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L	\$22	_____
Easy , 4" inseam, S,M,L	\$18	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal; L black	\$18	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$18	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$23	_____
Easy , 4" inseam, S,M,L,XL	\$20	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
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"BEEN THERE, DONE THAT"

by Mike Becker

April 1975...Thirty Five Years Ago

- On the 21st, Jim Bowles runs the Boston Marathon in 2:19:25, which was 19th overall and the fastest time for a New York State finisher. This is one of the fastest times by a Capital District resident in a marathon and is one of the best performances by a Capital District athlete in any sport. Also turning in good times in Boston are Don Wilken (2:35), Ed Thomas (3:14), and Burke Adams (3:18).

April 1980...Thirty Years Ago

- An article in *The Pace Setter* by Paul Murray recounts the first Boston Marathon, held on April 19, 1897. Fifteen men dressed in heavy boots and treader pants lined up on a dirt road in Ashland, Mass. and headed toward Boston, 25 miles distant. Two hours and 55 minutes later, John J. McDermott of New York arrived in Boston covered with dust, nearly exhausted, but victorious. McDermott got caught in a funeral procession, had to rest five times, and lost ten pounds. At the finish he said "I doubt I shall ever again run in a marathon race."

- Eleven local men break 3 hours in the Boston Marathon on the 21st, including Don Wilken (2:41) and Paul Murray (2:46). The top local female finisher is Diane Barone with a 3:32.

April 1985...Twenty Five Years Ago

- Races of one, three, and six miles are held on the 7th (Easter Sunday) at SUNYA and directed by Paul Rosenberg. A total of 80 runners compete, with Chris Callaci winning the 6-miler with a 32:03 and Michael TerMaat winning the 3-miler with a 14:38, eleven seconds faster than Dale Keenan. Denise Herman was the top female in the 3-miler with a 17:26. Seventeen year-old Mark LaPointe ran away with the 1-miler in 5:03.

- A note from the club monthly meeting minutes on the 10th under "old business": Paul Rosenberg moves that HMRRRC no longer pays for the beer at club meetings. The motion is defeated.

- From an item in *Short Circuits* – from the International Runners Committee: It took a little over 2 hours to run the New York City Marathon and more than three years to have it remeasured. Unfortunately, the course fell some 150 meters short, invalidating Alberto Salazar's pending American record of 2:08:13 and also removing Allison Roe's then-world best of 2:25:29 from the record list.

April 1990...Twenty Years Ago

- The Delmar Dash was held on the 22nd on a perfect day for running: sun, no wind, 55 degrees. Rich Coughlin (24:36) beat course record holder Tom Dalton by 19 seconds. Dale Keenan finished third. Beth Gottung (31:16) beat Jeryl Simpson by five seconds for top female honors. A number of Boston Marathon



veterans from the previous Monday participated in the race, quite a tribute to their conditioning.

- The 28th was a very hot day for the Tom Robinson Masters 10K race in Guilderland, on one of the toughest 10K courses in the area. Seventy-five runners finished the Grand Prix race with Rich Stark winning in 34:58, followed by John Pelton and Charlie Parmalee. Maureen McLeod was top female with a 42:46, nearly four minutes ahead of Judy Swasey and Julie Wilcox.

- A note in *Short Circuits* lists celebrities that enjoy our sport of running: Paula Abdul, Bruce Springsteen, Carol Alt, Ingemar Johanson, Floyd Patterson, Mike Post, Senator Allen Cranston, Meredith Baxter, David Birney, Jack Scalia, Ronnie Cox, Mary Hart, and Michael Palin.

April 1995...Fifteen Years Ago

- The Delmar Dash is held on the 9th under cloudy skies and 40 degree temperatures. Tom Dalton beats Dave Twarog by nearly a minute to win his 4th Dash. Linda Kimmey (30:14) beats Jen Fazioli by three seconds for top female. Age group winners include Dan Cantwell, Vinny Reda, Ed Bown, JoAnn Spinelli, and Regina Tumidajewicz.

- The Masters 10K is held on the 29th and directed by Ed Neiles. Dale Keenan repeats as winner with a 34:03, a little over a minute faster than Jake Kearney. JoAnn Spinelli is top female with a 43:55, while Martha DeGrazia is second in 45:26.

April 2000...Ten Years Ago

- April Fool's races of 5K and 10K are held on the 1st in Salem. Nick Conway wins the 5K (16:33) and takes 2nd in the 10K (34:00), while Dan Dix wins the 10K in 33:38. Heather Cox was top female in the 5K and 10K with times of 19:32 and 41:12, respectively.

- Rich Cummings tops local finishers in the Boston Marathon on the 17th with a 2:42, and three other locals finish in under three hours.

Jim Bowles runs a 3:49 a quarter of a century after his historic 2:19.

- The Delmar Dash is scheduled for the 9th. Unfortunately the Capital District is dumped with 12-16" of snow that day, so the Dash is postponed three weeks until the 30th. The numbers were down about 100 runners from the previous year due to the postponement. Vincent O'Brien wins with a 26:20, 12 seconds ahead of Charlie Casey. Dale Keenan is top Masters finisher in 27:54 (6th overall). Judy Guzzo tops the female finishers with a 31:53, and Marcia Whitney is top female Master with a 34:39.

April 2005...Five Years Ago

- The 3rd annual Dodge The Deer 5K trail race is held on the 10th and directed by the Albany Running Exchange. Matt Wood runs a 17:14 to beat Dave Vona by three seconds. Kara-Lynne Kerr is top female with an 18:57, which is 11th overall. A total of 289 raced the course in the Pine Bush at Rensselaer Lake. This was the last year this race was held at this venue, as the size of the field overwhelmed the course.

- The 11th annual Law Day 5K Run/Walk Against Domestic Violence is held on the 29th in Washington Park. A total of 292 runners/walkers finish with Dave Vona (17:10) beating Jim Maney by 30 seconds. Kari Gathen takes female honors with a 20:12 (14th overall).

- The 2nd annual St. John's/St. Ann's Spring Runoff is held on the 30th. Races of 5K and 10K use out-and-back courses on the Corning Preserve bike path. Forty-five runners finish the 10K, and sixty-three runners finish the 5K. Adam Harding (34:12) wins the 10K by more than three minutes over Bradley Lewis. Jessica Van Alostyn is top female (8th overall) with a 41:57. Tom Kracker (17:38) wins the 5K by nearly two minutes over Chris Burns, while Gretchen Oliver (20:17) takes female honors in the 5K. □



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The "Late" Ken Orner

by Ken Orner

I had signed up for the Susan Komen Race for the Cure early in December 2009, although it wasn't scheduled until January 30th in West Palm Beach, Florida. This race traditionally attracts about 2500 male and female runners as well as approximately 20,000 walkers. Prior to this year, the male and female runners went out separately about a half-hour apart. This year was the first time we all went off together at about 7:30 a.m.

Because I registered early for this race, the T-Shirt, the bib number and the electronic paper strip (to go around one's shoelaces) were mailed to me well in advance of the race.

The Friday night before the race I set my alarm clock for 5 a.m. so that I would have plenty of time in the morning to have a light breakfast, take care of the morning necessities and arrive at the race venue about an hour before race time, at 6:30 a.m. But of course, "the well-laid plans of mice and men (and me) often go awry". The alarm didn't go off and I woke at 6:30 a.m. So I scrambled to get dressed, grabbed a bottle of Gatorade and a Power Bar and ran out the door, down the stairs and to my car parked outside. I drove two blocks west on Gateway Boulevard to I-95 and headed north to West Palm Beach, which is about 10 miles away.

Traffic was light until I exited the expressway and drove east on Okeechobee Boulevard towards downtown West Palm. The drive is only a few miles long, but traffic was now bumper to bumper in four parallel lanes. Apparently I was involved with all the folks driving into West Palm for the 5K walk at 8:30 a.m. These folks were headed downtown this early because they probably wanted to arrive early to find a parking spot near the start.

I gradually worked my way over to the left lane so I could exit on Olive Street and go north to look for a parking spot near the race start. I forgot to mention that, because it was this early in the morning, it was still relatively dark outside. As I drove north on Olive, I normally would have headed to the corner of Banyan Boulevard and Olive where there is a parking garage which is located a few short blocks from the race start. However, I figured that the garage was probably full by this time and so I turned west on a side street heading towards South Dixie Highway. Halfway up the block, I miraculously found a parking spot on my right. I carefully pulled alongside the car ahead and parallel parked in the spot on my first try. I ate the Power Bar, drank some Gatorade and opened the trunk of my car and put on my running shoes. Then I jogged towards the start. On my way, I passed a restaurant that was open and letting runners use their restrooms. I scooted inside and after short wait in line, I was able to get in and "take care of business."

It was now 7:15 a.m. and in the next ten minutes I ran towards the starting line and

soon was safely in the mob of runners waiting for the signal to GO! After the playing of The Star Spangled Banner and a short prayer, we were off running north on Flagler Drive along the intra-coastal waterway, not far from the ocean.

The odd thing about running is that no matter how scenic the route, I can't seem to enjoy the view when I am running as hard as I can especially in a short race like a 5K. Do you have the same perception or is it just me? The weather was perfect: the temperature was in the mid-sixties, partly cloudy with relatively low humidity or is low relative humidity?

After about a mile and a half out, we did a 180 degree turn and headed back, but not to the start. The finish line is located several blocks further south so you have to continue running for about a 1000 yards past the start line to the Finish. After I finished, I was handed a bottle of water with which to hydrate. I did not stop at any of the water spots on the course, although there were several.

After having a bagel and some orange juice, I wandered around in the crowd and came upon several runners that I had come to know from many previous races here in southern Florida. My friend, Howard K., told me that in addition to posting the lists of all the finishers, there was a unique electronic device that had a large footpad in front and a large video screen standing behind the pad. Then if you placed your foot on the pad (the one with the electronic strip on your running shoe, the following information miraculously appeared on the screen: your name, your age group (mine is 75-79), your time and how you finished in your age group. I was shown as 3rd out of nine male runners. The data on the screen showed several runners at the same time; have you ever seen this before? It was the first time for me and I could not believe how fantastic it was. Incidentally, Howard K. ran the 2010 Miami Half Marathon January 31, after running the 5K in West Palm the day prior. But that isn't all: he had open heart surgery this past August and has made a remarkable recovery.

My time was 34:19 and each year I get slower and slower, but I was thrilled to have finished third in my age group. I checked and found out that awards would be given out at about 9:30 a.m. so I had a 45 minute wait. I had time for another bagel and time to chat with some of my fellow runners. When the awards began the announcer, Dave Ragsdale (a local celebrity), started with the cancer survivors first, then the master runners and, of course, the youngest age groups first. After about 20 minutes, Dave got to my age group (i.e. 75 to 79) and my name was announced as third and I received a very attractive little plaque. Incidentally, there was an age group for 80 and over and there was only one man in it, so he was awarded the plaque for first place. Most races in Florida have 5 year age groups

that top out with "70 and over", a few have a 75 to 79 age group but this race is the only race that I am aware of that recognizes the "80 and over" age group.

Now the EXCITEMENT BEGINS:

You will recall that the title of my article is THE "LATE" KEN ORNER.

AND as I previously related to you, I was running late to get to the race, I hastily parked my car and stupidly failed to pay attention to where I parked. I thought I had a general idea where I left the car, I wasn't too panicky, yet, but I started walking up and down the streets off Olive St. but was unable to locate my vehicle. I went up and down Evernia, Daturia, Hibiscus, Fern and Banyan but I was completely lost. After about a half hour of wandering and despairing at my plight, I finally tried Clematis St. although I did not think I was that far north off of Olive. But, EUREKA, I had parked there and you can imagine how relieved I was to find the car and be able to drive back home.

I recently read that if you are going to try cross-country running, start with a small country. It is well documented that for every mile that you jog, you add one minute to your life. This enables you to live to age 85 and spend an additional six months in a nursing home. The advantage of running regularly is that you die healthier. And did you hear about the guy whose first job was selling running shoes? He tried, but just didn't fit. Then he got a job working in a gym and the boss said he wasn't fit for the job.

Finally, I believe that John Wooden, former UCLA basketball coach, said it best:

"Things turn out best for those people that make the best of the way things turn out." □





2010 Rotary Run



Sponsored by the Rotary Club of So. Rensselaer County



**Yuv Got to
MOOOOve it!**

Sunday May 16th

**At Green Meadow
Elementary School
Routes 9 & 20**

***Opposite Schodack Plaza
Supporting East Greenbush
Central School District***

30th Annual BOB SMITH Challenge

Adult 5 Mile Run - Starts at 8:30 - \$16

\$50 Cash Prize for Overall Male and Female Winners - Awards Immediately Following

The COACHES CHALLENGE - Kids/Adults 5K Run

- Starts approximately at 10:00 - \$16

CHILDRENS' 1 Mile Run - Starts approximately at 10:45 - \$13

ONE LAP WONDER Event - Starts approximately at 11:00 - \$13

T-shirt included with entry fee - while supplies last. Register by May 14th to guarantee T-shirt.

Name _____ Age _____ Sex _____

Race: _____ Adult 5 Mile (\$16) _____ 5K Run (\$16) _____ 1 Mile Run (\$13) _____ One Lap Wonder (\$13)

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In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in the event. I am physically fit to participate in the race event(s) indicated. (Parent signs for entrant less than 18 years of age). Children may only run in one event, either 5K, one mile, or one lap wonder.

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Figuring Out Your Sports Diet: Tips for Label Readers

"What percent of my calories should come from carbs, protein and fat?"

"Orange juice has 24 grams sugar. Isn't that bad...???"

"I stopped eating peanut butter; the label says it has 16 grams of fat!!!"

If you are like many runners, you feel totally confused about what to eat. You listen to a plethora of nutrition experts, read food labels, and then try to piece the information together to build a better sports diet. Yet, you end up with lots of questions, like what percent of calories should come from carbs, protein and fat: 40-30-30% or 60-15-25%?

According to the American Dietetic Association's Position Stand on Nutrition & Athletic Performance, percentages are not the way to calculate a sports diet. Here's one example why:

If you are a trying to drop five pounds to be lighter for a race and are eating only 1,600 calories a day, 10-15% of calories from protein translates into 160-240 calories of protein. That's the equivalent of 40-60 grams protein. (There are 4 calories/gram protein.) That's way too little. The runner who weighs 140 lbs. would need almost double that amount, because dieting athletes should target about 0.8 grams protein per pound of body weight (1.7 g pro/kg).

Assessing your diet

Instead of getting overwhelmed by percentages of calories, I suggest you envision a dinner plate. The goal is for 2/3 to 3/4 of the plate to be filled with carb-based foods (such as brown rice and broccoli) and 1/4 to 1/3 filled with a protein-rich food (such as a piece of fish). The plate method is far easier than calculating grams of carbs, protein and fat!

But, if you are curious about your food intake and want to learn more about what you eat, you can track your diet on websites such as www.MyDailyPlate.com, www.fitday.com or www.sparkpeople.com. One critical key when assessing your diet is to weigh and measure your food so you know exactly how much you actually eat and not just guess. (Hmm. I guess that's about 1 cup of oatmeal.) Be honest now; people tend to change what they eat when they have to record it. Be sure to include the Munchkin someone brought into the office, the Hershey's Kiss from the candy jar, the French fry you snatched.

By tracking your intake for three or four days, you'll get a good snapshot of your training diet. Ideally, an runner who routinely trains hard wants to consume about:

- 2.5 to 4.5 gram carbohydrate/lb body weight (6 to 10 g/kg)
- 0.5 to 0.8 gram protein/lb body weight (1.2 to 1.7 g/kg)

- the rest of the calories from fat (no less than 20% of calories from fat).

If you are consuming more than 2,000 calories a day from primarily nutrient-dense food, a diet analysis will help you discover you likely consume abundant vitamins and minerals—and get more than 100% of the Daily Value. (This may lead you to question if you actually need that vitamin pill after all!)

Making sense of information on food labels

Here are some food label questions runners ask me about the carbs, protein and fats in their diets. Perhaps this information will help address your confusion as well.

Q. Is it OK to have 2% milk (with 5 grams fat) on my cereal instead of watery skim milk (with 0 grams fat)? It tastes better and is more satisfying.

A. Yes, as long as you budget the rest of your day's fat intake. That is, if you enjoy 2% milk on cereal, then simply choose less mayo, cheese and fatty foods at other meals. Even dieting runners should consume at least 40 grams of (primarily healthful) fat per day.

Q. Should I avoid peanut butter because it has 16 grams of fat?

A. No! About 25% of your calories can appropriately come from fat. That means the typical female runner can enjoy 600 calories (~65 grams) of fat per day. Peanut butter can easily fit within your fat-budget. Plus, peanut butter's fat is health-protective. People who enjoy peanut butter and nuts five or more times a week reduce their risk of heart disease and diabetes by more than 20%. Perhaps you want to enjoy peanut butter twice a day?!

Q. The label says 2 tablespoons of Skippy peanut butter has 3 grams of added sugar. Isn't that bad?

A. Three grams of sugar equates to 12 calories of sugar. This is far less than the jelly that goes on a PB&J sandwich, as well as a fraction of the sugar in sports drinks and jellybeans. A standard guideline is 10% of calories can come from refined sugar. That equates to about 240 to 300 calories (60-75 grams) of sugar for most runners. You can choose how you want to spend those sugar grams.

Q. Should I avoid orange juice because it has too much sugar?

A. All the calories in orange juice come from sugar, but along with that (natural) sugar, you get abundant vitamin C (to boost your immune system), potassium (to protect against high blood pressure), folate (to protect against birth defects) and numerous other health-protective nutri-

ents. The sugar in orange juice (and any type of sugar, for that matter) fuels your muscles. The nutrients that accompany that natural sugar are like spark plugs and help your body's engine run stronger.

While eating the whole orange is preferable to drinking the juice, any form of fruit is better than none. That is, if you aren't going to make time to peel an orange, grabbing a glass of OJ for a morning eye-opener is a handy alternative—and is far preferable to grabbing just a coffee-to-go.

Q. The label on my protein bar says it contains 20 grams of protein. How many of these bars should I eat in a day?

A. What makes you think you need any protein bars at all? Most hungry runners get the protein they need through normal meals and snacks. Consuming excess protein is a needless expense for most athletes.

Athletes who might benefit from protein bars include vegetarians, dieters or college students who eat limited meat from the dining hall. If that's your case, track your protein intake by using the websites mentioned above to see if your protein intake comes up short. If it does, make the effort to eat extra Greek yogurt, tuna or cottage cheese—excellent sources of protein with a lower price (and better taste).

Q. How many grams of protein should I eat in a day?

A. For most runners, I recommend 0.5-0.8 grams protein/lb body weight (1.2 -1.7 g/kg). This equates to a moderate serving of protein-rich food at each meal (such as milk on breakfast cereal, sandwich at lunch, yogurt for a snack, fish for dinner). Even if you want to build muscle, your need for additional carbs to fuel the heavy lifting is higher than the need for extra protein. Be sure to enjoy carb-protein combinations that allow you to fill up on carbs and enjoy protein as the accompaniment. Filling up on primarily protein will leave your stomach full but your muscles unfed. That means, recover with a fruit-yogurt smoothie instead of a protein shake!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For help balancing your diet, read her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and cyclists, available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

Reference:

Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Amer Diet Assoc* 109(3):509-527. □

RUN LIKE A GIRL.



GUYS, TRY TO KEEP UP IF YOU CAN.

Female runners and walkers make up over half of all our entries. Our 9th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,500 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. You will feel it.

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5K- 1:00PM CHATHAM HIGH SCHOOL



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Meeting Minutes of the HMRRC General Meeting - February 10, 2010

Attendance: Mark Warner, Jon Rocco, Ed Gillen, Jim Tierney, Barb Light, Chuck Terry, Theresa Felton, Tom Adams, Marcia Adams, Diane Fisher, Rob Moore, Cathy Sliwinski, Rob Sliwinski, Judy Lynch, Wade Stockman, Anny Stockman, Josh Merlis, Jennifer Senez, Dave Newman, Ray Newkirk, Vince Juliano, Doug Bowden, Ken Skinner, Tom Ryan, Don Lawrence, Cindy Applebaum, Michael Conroy, Chris Rush, Frank Myers, Gretchen Oliver, Harris Oberlander

Meeting Call to Order (M. Warner): Meeting called to order at 7:30PM

1. Reading and approval of January 13, 2010 minutes (B. Light): Motion made by to approve minutes as written by Marcia Adams, seconded by Cathy Sliwinski.

2. Reports of Officers

2.1 President (M. Warner): Refreshments by USATF tonight as a thank you to the club for our partnership in all the races we have worked together on. We have also been presented with a new license plate holder for the new van. A donation will be made by the club to the Heart Association in memory of Dave Nealon, a member of the club. We have received thank you notes from the regional food bank for our food drive efforts during the Winter Series Races. In our donation to Haiti we received over 300 pairs of running shoes, and shirts. They were very appreciative of the clubs efforts.

- Announcement of new Membership Chair: Diane Fisher is new Membership Chair.

- Banquet Report (for D. Beach): Very successful banquet; had 112 in 2009 had 120 this year. The banquet is scheduled for the same time and place for next year; Mark will check on date so it won't be a night before a Winter Series race. Club added \$2590 for the banquet; recommendation is to increase ticket by \$5 next year;

2.2 Executive Vice President (J. Rocco): Distinguished Service—we have received 3 nominations so far with one month to go; no applicants for Schrader scholarship—too soon yet.

2.3 Executive Vice President – Finance (C. Terry): Working on year-end financial reports; need to get info from John Kinnicutt; waiting on Marathon and Half mara-

thon report. Hope to have report next meeting.

2.4 Secretary (B. Light): Chi Running Presentation (T. Felton) Chi Running-propose workshop for spring for members. Barb Light proposed to have club spend \$250 to put on workshop; Tom Adams suggested that it would be good for members and we should look into. Ed Gillen suggested attaching workshop to business meeting to encourage more members to come to the business meeting; Chuck Terry suggested we put in the Pacesetter to see or on website to see if there is any interest. Do we have money in budget for seminars, conventions; Chuck didn't think there was; Vince noted health expo at Stockade-athon would be a great spot to have this type of demonstration; Fleet Feet also has sessions. Chuck Terry noted that part of club mission is to promote running and educate, Barb will follow up on interest level to see what can be put forward.

2.5 Treasurer (J. Kinnicutt): URL has all updated financial information; Mark will follow up with John for future meetings.

3. Reports of Committees

3.1. Membership (D. Fisher): current membership is at 2181- 1512 primary 669 secondary; 68 new members since last month. Facebook group is up and running-129 fans as of now; Diane thanked Ed for smooth transition.

3.2. Volunteers (M. Adams): Volunteers online is working well; email from Florida State University from a PhD Candidate in sports program—he wants to do a survey on volunteer management in sports. He would use online survey for volunteers to participate; examine volunteer's motivation and experience for future volunteers. Takes no more than 15 minutes to participate; Mark noted that if someone wanted to do this from the club it would be fine.

3.3. Public Relations (R. Moore): Press releases for Winter Marathon and Running of the Green sent out; Adirondack Summer expo is on April 24, & 25 at Saratoga City Center; HMRRC will have table there; he received an email last week about new outdoor expo at the Empire State Plaza—Rob not able to do this year. Possibly do next year it is a big time commitment. Rob also

noted that Times Union has started a Running Blog.

3.4. Race Committee (N. Briskie): Winter Series #4 held on January 24th-148 finishers in the 15K compared to last year's 84; 129 finishers in the 3 miler compared to 74 last year; 48 finishers in the 30K compared to 39 finishers last year. Our thanks to Josh Merlis. Winter Series #5 was held on February 7th-170 finishers in the 10 miler compared to 128 last year; 21 finishers in the 20 miler compared to 20 last year; 122 finishers in the 4 miler compared to 116 last year. Our thanks to Patrick Lynskey. Upcoming on the race calendar is the HMRRC Winter Marathon and Marathon Relay on 2/21; Running of the Green on 3/6—Ed Gillen is new Race Director—please contact Ed if you are able to volunteer.

3.5. Race Committee Treasurer (P. Zentko): See attached. Noted Stockade-athon up \$1700 from last year; Vince noted that calendar project Nancy Briskie did was paid by club not race so if calendar project was included that would have lowered profit to be on par on what was done in the past. Doug noted it was just a transfer; race made \$2570. Still waiting reports on the Fall marathon and half marathon—Mark will get with Elaine to find out where reports are.

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

3.7. Conflicts Committee (C. Terry): no report

3.8 Safety Committee (V. Juliano): no report

3.9 Grants Committee (R. Newkirk): Grant committee awarded 4 general purpose grants; Ray will send out report; Stride 5K by HVCC; ARE supporting Winter Series events; Fulmont RR Club for tent; Empire Orienteering club to produce maps of parks offered in exchange we will get an orientation and an advertisement in the Pacesetter on how orienteering works. Developed new logo and will start having organization put logo on their materials if possible. This would be in recognition for our support. Jim Tierney asked about youth grants—Ray said we haven't received any yet so we need to get grant committee together to publicize the grants. Declined applications to 3 organizations.

3.10 Long Range Planning Com-

mittee (C. Sliwinski): No report

3.11 Truck Acquisition Committee (T. Adams): All signage done on the truck; process of getting generator for truck for finish line. Presently getting equipment in.

3.12 Just Run Program (K. Skinner) Ken agreed to be administrator for this program. Childhood obesity and lack of exercise in youth Just Run assists schools and organizations to help with administering program for the youth. Long Range planning committee worked on this program. We are doing pilot program in 2 locations—Gretchen Oliver teacher at Sand Creek MS will be one of the locations; hoping to start 2 pilots in early March; inner city site is Trinity institute and Perkins Center—still working out logistics of that program; getting group of kids from that location to a suitable site for training; Just Run Program has great website and we are considered a satellite for the program. We have to come up with name for our Just Run Program—working on and then to describe the region we want to cover—Saratoga Rensselaer, Albany and Schenectady. Pilots run to end of school year; Gretchen's program is focusing on Father's Day run; also planning on annual event at the school. Sand Creek is trying to link anti bullying program with the Just Run Program. Harris noted that this fits perfectly with their healthy living they promote at Trinity institute; we teach good nutrition; strength and conditioning program; very thankful to club for supporting them. Gretchen and Harris and Ken will have conference call with Just Run program administrator to answer any questions.

4. Unfinished Business: None

5. New Business:

- Town of Colonie Summer Track Series and Dynamic Duo Race (K. Skinner); Town of Colonie has decided not to support summer track series this year because of budget cuts. Looking to see if club can keep summer track series going—Ken Skinner noted that executive committee of the Adirondack USATF is very enthused to figure out way to continue Tuesday night meets. Gets a lot of youth involved. Dynamic Duo race—town sponsors this event; May rename the race to

Continued next page

How Not to Run a Marathon or Be Gentle... It's My First Time

by Jeff Andrews

Shortly after moving back to the Capital Region, I started looking toward the future and establishing some long and short term goals. Like many runners, a marathon made the list. Next to it, I placed the words "by my 35th birthday."

As with most goals, putting a "specific" accomplishment coupled with a 'specific' timeline to paper creates a vehicle for your mind and body to generate results. I was looking through a running magazine bought while at the airport to entertain myself while waiting for the taxiing flight and ran across the Walt Disney World Marathon. It was a few weeks prior to the start, so the opportunity of training and racing was adjusted for the 2010 race.

With my wife dealing with all the travel arrangements, I pulled together an eighteen week training program, started building some miles prior to kicking it into gear, and ran some early races (10 mile and half marathon) to assure my wife that we were not set up for failure. (The farthest race I had completed prior was a 10k.)

The 10 mile race went pretty well, while my first half marathon at the Camp Chingachgook really had me wondering what I was getting us into. The first eight miles flew by. I was hurting by mile nine and struggled through the remainder. I didn't walk, but sure was in the process of having my calves cramp through the last quarter mile.

When training started it wasn't consistent. At times, my three workouts were on back to back days in order to get them in with the travel for work and life's responsibilities. It was hard any week to meet the goals set for all three workouts and as the mileage grew in the long runs, it was evident things weren't coming together, as I consistently came in slower than expected.

The last of my psychological issues was my peak 20 mile run when the mix of low temperatures (6-7 degrees), lack of food and drink (I didn't ingest any while training), and lack of sleep (my youngest child is just over a year old) had me almost curled up on the side of the road sleeping just over 19 miles in. I walked the rest of the way and spent some time trying to talk myself into completing the task set out. With three weeks to go, there is a lot of time to do some irreparable mental damage.

My wife spent a lot of time the last few weeks building me back up as she consistently told me how proud she was. In her mind, entering was a big risk that should bring some pride, following the training plan was another, and competing in January would be paramount.

When the day came there were several things that were going against me. Traveling with two younger children, doesn't allow for resting periods, appropriate night sleeps, or the best pre-race meals. In order to make it to the

race, a 3:00 a.m. wake-up call was required. Unusual Florida weather caused the temperature at the start of the race to be 28 degrees with an approximate 18 degree wind chill. Bag check-in was scheduled for 4:30 a.m. with the race kicking off at 5:40 a.m. or 5:50 a.m. (I'm still not sure when the race got started.). An hour without additional clothes to throw away at the start tends to waste warm-up.

When the race started, I attempted to keep my typical pace. The problem was that with the marathon training and the reduction in mileage the last week, my body was rested and the effort seemed very easy. I crossed the mile marker approximately thirty seconds ahead of pace. I attempted to slow my pace without affecting my racing. I relaxed more and let my legs flow. The problem was that as my effort smoothed in "slowing down" my body was also warming up. Things were getting easier and I was actually running faster.

Just before the five mile mark, I realized the mistake of not training with fluids. With the cold weather and ice water, my bladder was about the size of a walnut and pressures were building. As a male it affords some opportunities to relieve this pressure in more discreet methods along the running path, but I found that this would occur another four or five times in the race.

In the Magic Kingdom, feelings were positive. There was a throng of spectators (Disney employees), music was playing, characters were posing for pictures, and near Main Street, the "mayor" was waving and welcoming runners. I knew I wasn't going to stop for pictures and a thought jumped into my head. It would be fun to give the "mayor" a high five as I passed. I zeroed in on his white gloves, picked up my pace, lunged into the air and came down with a high five and a tight hamstring. It took me a couple of strides to start to work it out. I didn't realize it at the time, but my stride started getting shorter at that point.

I reached the halfway mark running at a slower pace, but faster than I had finished the half marathon three months prior. I was feeling pretty strong and confident that I could keep the pace required to finish with my original goal.

Mile fourteen brought the banana station. Again, as I didn't ingest food in my runs, the banana was a new challenge. My stomach cramped and reduced my stride even further. By mile sixteen, it had passed and I was happy to get some gels as they came up.

At mile twenty, my gloves felt like they weighed about two pounds each. I dropped them and felt some immediate relief. I was "on pace" to run my dream race through mile twenty-one. At mile twenty-two, I was off by about fifteen seconds. I felt like I could pick up the pace in the last four miles and get in on

time. I started the effort and stopped it with my hamstring warning me heavily about going any faster than I already was. My last four miles were about two minutes slower than the first twenty-two. During that time, I could have used the warmth of the gloves thrown aside a couple miles prior.

In the end I crossed the line. I had achieved three of the four goals set out to accomplish. I had (1) finished the race (2) having run all the way (3) in a time that would have qualified me for Boston. Disney's year of dreams had wrapped up and this year, I was celebrating stepping out of my comfort zone and accomplishing one of my life goals and three of four intermediate goals.

After two additional days walking around Disney parks, applying ointment on abraded skin, and sleeping with elevated feet I was back to 85%. After three days I was at 95%. My wife became my assistance device and seemed to catch the marathon bug. Next time I intend to use these lessons to prepare and hopefully catch that dream finish. □

HMRRRC Meeting Minutes

concluded

to be HMRRRC Dynamic Duo race and just have the club sponsor it; Ray asked if club adopted race would need to prepare budget and vote upon it; he made a move that club adopt 2 person relay as club event; Vince seconded it; Vince noted that this event is a top quality event and anything the club can do to support it would be strongly recommended. Motion being considered about taking Dynamic Duo race over as a club race; need a financial picture for next month to vote; all in favor motion passed. Frank will come back next month with update. Race has been going on since 1978. First Saturday in August; Josh noted that we should check date so that it didn't compete with other club events.

Ken Skinner noted dilemma with summer series-Guilderland School not available redoing track; Ed Thomas contacting SUNY waiting to see if Giants are coming; they can't give an answer yet and not sure when that will occur; Ken Skinner looking for venues-CBA track may be available-Ken will look into; Tom suggested Mohonasen-Ken afraid not centrally located; Mark suggested Albany Academy-Ken will have to look into. Shaker High is another possibility; Ken will keep us posted.

• Announcements: March refreshments – Cathy Sliwinski

6. Adjourn: motion made to adjourn made by Marcia Adams; seconded by Rob Moore - meeting adjourned at 9 p.m. □

ALBANY COUNTY BAR ASSOCIATION
**16TH ANNUAL LAW DAY 5K RUN/WALK
AGAINST DOMESTIC VIOLENCE**

FRIDAY, APRIL 23, 2010
Kids Run (1 mile; 1/4 mile) At 5:30 P.M.
5K Run/Walk At 6:15 P.M.

COURSE: Washington Park - Start and Finish (Near Boat House), Madison Avenue Entrance

RACE AWARDS: Awards will be given to the top male and female finishers, and to the first & second place finishers in each age division. No duplication of awards. Awards will also be given in the wheelchair division.

5 K AGE DIVISIONS:

12 - 19 years	40 - 44 years	55 - 59 years
20 - 29 years	45 - 49 years	60 + years
30 - 39 years	50 - 54 years	Wheelchair Division

HEAVYWEIGHT T-SHIRTS TO THE FIRST 200 REGISTERED PARTICIPANTS!
Raffle and refreshments immediately following the Race!

KIDS RUN: All kids will receive a ribbon

ENTRY FEE: \$25.00 postmarked on or before April 26, 2010; \$30.00 after and day of race
Law Students and children (19 yrs. or under) \$15.00 postmarked on or before April 26: \$20.00 after and day of race.
\$2 for Kids Run
MUST BE POSTMARKED ON OR BEFORE APRIL 26, 2010

DONATIONS: Bring your old cell phones and chargers to benefit the victims of domestic violence

RAFFLE: Raffle Tickets sold before and after the race.
(All pre-registered runners will also automatically be entered in the drawing for door prizes).

DAY OF RACE REGISTRATION: 4:15 - 5:30 P.M.

Please make checks payable to **Run Against Domestic Violence**, mail to: Albany County Bar Association, The Stedman House, 1 Lodge Street, 2nd fl., Albany, NY 12207. Please contact Barbara at (518) 445 - 7691 with any questions.

----- DETACH AND SEND WITH PAYMENT -----

NAME (please print) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (day) _____ (evening) _____

AGE _____ DATE OF BIRTH _____ SEX (circle one): M F

Please ☒ your race selection: 5K Wheelchair Walker Kids Run (11 years old and under)

WAIVER: Please sign below

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against The Albany County Bar Association, City of Albany, and any and all sponsors and their representatives and any official or participant for any and all injuries I may suffer in connection with this race of the Albany County Bar Association. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Parking available in the Albany Medical Center Parking lot

Signature _____ Date _____

Parent or Guardian (if under 18) _____

I will not be able to attend, however enclosed please find my donation of \$ _____

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Running, Hiking, Bicycling, Paddling, Triathlon & More!

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Great Healthy Food from Esperanto & Kids' Activities!*

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Fitness, Clubs, Organizations,
Destinations, Events, Camps**

For Exhibitor List, Seminar/Pool Schedule & More:

AdkSports.com or (518) 877-8788

4/11	9:00 AM	22nd Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/11	9:00 AM	2nd Annual Hudson Valley 15K	Washingtonville	John Finnigan	jfinnigan@hvc.rr.com
4/17	9:00 AM	St. Peter's Keys Run	Saratoga Spa State Park	Laura Clark	laura@saratogastryders.org
4/17	9:00 AM	Peppertree 3rd Annual Furry Fun 5k Run/Walk	University @ Albany Campus	Catherine Kunz	catherinekunz@hotmail.com
4/17	10:00 AM	Dodge the Deer 5k and Kids Races	Schodack Island State Park	Josh Merlis	info@areep.com
4/18	9:00 AM	Fight for Air Stairclimb	Albany	Jennifer Sack	intern@alany.org
4/18	9:00 AM	Saints Race for Red Cross 5k/ 2 mile walk	Crossings of Colonie	Nikhil Godbole	sienclub@redcrossny.org
4/24	9:00 AM	Whale of a 5K Race	Rye NH	Nichole Rutherford	n.rutherford@seacentr.org
4/24	9:00 AM	30th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High	Jim Tierney	runnerjmt@aol.com
4/24	8:30 AM	St. John's/St. Ann's Spring Run-Off	Corning Preserve	Mary George	mgeorge7@nycap.rr.com
4/25	12:30 PM	5k and Youth Mile	Chatham	Mark D. French	MarkFrench@Fairpoint.net
4/25	10:15 AM	Cherry Blossom Challenge 5k	Niskayuna	Tim Fecura	afecura@nycap.rr.com
5/1	9:00 AM	RunAmuck 5K Mud Run	Rockville MD	Scott Johnsson	coordinator@runamuckfestival.com
5/1	9:00 AM	5K Wellness Run/Walk	Monticello High School	Douglas Murphy	dmurphy@K12mcsd.net
5/2	8:30 AM	Jog for Jugs 5K and Half Marathon	Duanesburg	Jessica Mitchell	jessica@powerhouseathleticsny.com
5/2	10:00 AM	JDRF 5K Run to Cure Diabetes	The Crossings of Colonie	Nancy May-Skinner	5kforjdrf@gmail.com
5/8	5:30 PM	22nd Annual Towpath Run 10K/2miler	St. Johnsville Marina	John Geesler	kgeese@telenet.net
5/8	9:00 AM	Miles of Hope Breast Cancer Foundation 5K & Kids Race	Tymor Park	Lori Cassia-Decker	mohrun@hotmail.com
5/9	10:00 AM	Habitat for Humanity Annual 5k Race Casa Dolce Casa	Schenectady	Jennalee Wright	wright.jennalee@yahoo.com
5/9	10:00 AM	30th Mother's Day 3.5 Miler	Hamagrael School Delmar	Sharon Boehlke & Jim Tierney	sharonruns@mindspring.com
5/15	3:00 PM	CCRC 5K Run/Walk/ BBQ and 1K Kids' Run	CCRC	Pat Glover	pjglove@aol.com
5/16	10:00 AM	Inaugural Spring MAY-hem 5K	Columbia-Greene Community College	Phil Carducci	springmayhem5k@yahoo.com
5/16	10:30 AM	Wally Waddle 5K Run/Walk	Vassar Farm Poughkeepsie	Joshua Perks	josh@myeyephoto.com
5/20	6:25 PM	34th CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza	Pete Newkirk	pnewkirk@newkirk.com
5/23	10:30 AM	SPAC 5K Rock and Run	Spa State Park	Alyssa McClenning	amcclenning@spac.org
5/23	10:00 AM	Third Annual Shack Attack 5k Race/Walk	University @ Albany	Jennifer Lawrence	shackattack_3@hotmail.com
5/29	8:00 AM	Sehgahunda Trail Marathon & Relay	Letchworth State Park	Yellow Jacket Racing	sehganundatrailmarathon@gmail.com
5/30	8:00 AM	Saratoga Lions Duathlon - 5k	Saratoga Springs	Dan Kumlander	dan@rkpcpa.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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



Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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