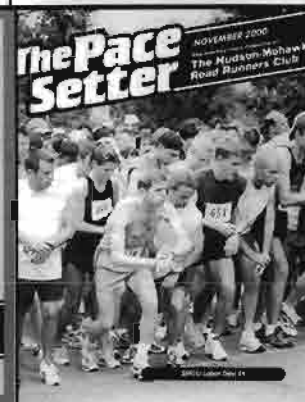
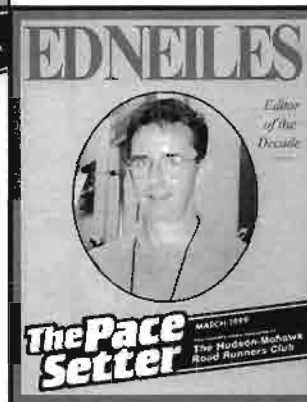
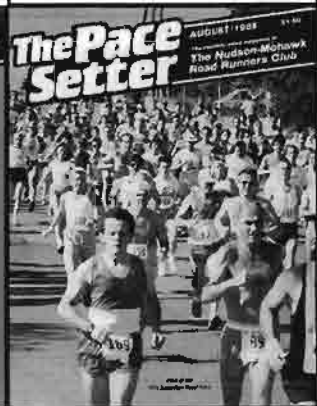
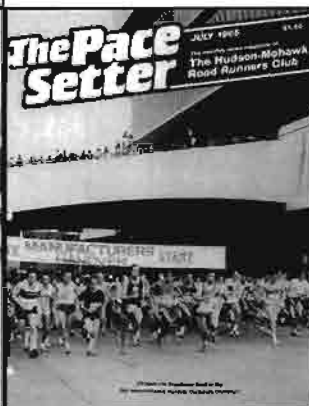


The Pace Setter

September 2011

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

HMRRC Turns 40!



ROAD RUNNER'S CLUB

HUDSON - MOHAWK ASSOCIATION

NEWSLETTER, OCTOBER 18, 1971



Important Notice: The 5 and 10 Mile Running Events originally planned for Poestenkill on Sunday October 24, have been moved to the SUNY Campus in Albany. The Date remains Oct. 24, but the starting time has been moved up to 10 am. Prizes will be awarded in both events. Entry fee is fifty cents. Come dressed to run.

RESULTS OF THE RRC 5.64 MILES HANDICAP RUN

October 10, 1971 at the Campus of the State University in Albany, N. Y.

NAME & PLACE	FIRST LAP		SECOND LAP		HANDICAP	POSITION BY TIME
	Elapsed Time	Actual Time	ELAPSED TIME	ACTUAL TIME		
1. Bill Ghiorse	13:25 24:07	18:07	43:05	37:05	6:00	6
2. Al Mc Kinley	24:35	18:35	43:29	37:29	6:00	7
3. Dick Berkum	22:07	20:37	43:29	41:59	1:30	9
4. Fanstin Baron	28:18	15:48	44:14	31:44	12:30	1
5. Mick DeMarco	28:25	16:10	44:52	32:37	12:15	2
6. Tom Osler	28:27	15:57	45:54	33:24	12:30	3
7. John Plant	28:24	18:24	46:02	36:32	10:00	5
8. Vern Hoffman	28:40	17:40	46:48	35:48	11:00	4
9. Lindsay Childs	28:40	17:40	47:42	37:42	10:00	8
10. Makcola Sherman	24:06	23:06	DNF		1:00	

NOTES: The second race sponsored by the newly formed Hudson - Mohawk Road Runner's Club saw a field of 10 starters in spite of the heavy rain which persisted throughout the race. Bill Ghiorse won the race from a handicap of 6:00. Fanstin Baron came all the way from Utica to take best time prize. The wet road gave several runners problems with their shoes. Vern Hoffman had to stop on the second lap to retie his shoes. Although John Plant and Vern Hoffman each ran 20 mile workouts the previous day, handicaper Don Wilkin was unimpressed and gave each 10 and 11 minute handicaps.

On Saturday-Sunday, Oct. 2 - 3, eight members of the Mathematics Department at the State University in Albany formed a relay team and covered 205 miles 245 yards on the SUNY Track in a 24 hour period. Runners started at 8 am Sat. and finished 8 am Sun.. Participants included Lindsay Childs, Richard Hornblower, Edward Thomas, Donald Wilken, Alfred Tong, Louis Brickman, Melvin Katz, Malcolm Sherman. Most of these Professors are members of the Hudson Mohawk Road Runner's Club.

Oct. 2, 1971. Several Capital District Runners competed at Lake Placid, N. Y. Fred Cooper finished fifth in the 5 Mile Run. Paul Durbin finished first in the Ten Miler, but failed to enter and so did not get first place Trophy. A beautiful, but tough 26 Mile Marathon was run from Paul Smith's College to Lake Placid. Area men took the first ~~five~~ places as only nine starters appeared. 1. Tom Osler, 2:46:07; 2. Gary Nelson, 2:47:05; 3. Vern Hoffman, 3:10; 4. Don Gray, 3:40; 5. Jeff Plant, 4:02; 6. Al McKinley, 4:30.

On Oct. 3, 1971, area ace Tom Robinson ran the tough Van Courland Park 5 mile X-Country course in 26:40. His time was fourth best in the Handicap event.

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— **Been There, Done That**

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— **Senior Running**

Ed Gillen

— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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The Pace Setter

SEPTEMBER 2011

- 4 President's Message
- 5 What's Happening in September
- 5 Training Group News
by Cathy Sliwinski
- 7 Short Circuits
- 9 Been There, Done That
- 11 Profile of a Runner: Ronnie Senez
- 11 New HMRRRC Members
- 14 2011 40th Anniversary Distinguished Service Race
by Mark Warner
- 16 17th Komen NENY Race for the Cure®
- 17 Supporting a Community of Runners
by Josh Merlis
- 25 The Running Doctor: The Law of Maximals
- 25 How to Survive a Long Run on the Treadmill
by Jen Masa
- 27 2011 Utica Boilermaker Runners' Forum - Ask the Experts
by Bob Kopac
- 28 The Athlete's Kitchen: Why Is Weight Loss So Hard?
- 29 Running Over the Hill
by Ken Orner
- 32 Meeting Minutes of the HMRRRC General Meeting - July 13

Inside cover features the very first club newsletter.

Happy 40th Anniversary, HMRRRC!

Photos in this issue by Donna Davidson and and Ray Lee. Cover design by Bill Meehan.

Cover coordination by Diane Fisher.

Much thanks to Don Wilken for donating his collection of club newsletters.

HMRRRC Mission Statement

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

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

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President's Message

by Jon Rocco

Nixon is President. The cost of gas is \$.40 a gallon. The Microprocessor is invented and the first pocket calculator is released. The price of a stamp is \$.08. The voting age is lowered to 18. The Attica prison riots take place. Walt Disney World opens in Florida. Cigarette advertising on television ends. Lance Armstrong is born and Jim Morrison of The Doors is found dead. Apollo 14 lands on the Moon. Joy To The World by Three Dog Night and All In The Family top the radio and television charts while The French Connection tops the big screen. Frazier beats Ali and the Pirates win the World Series. It all happened in 1971.

Well luckily for all of us, 1971 was also the year that the Hudson Mohawk Road Runners Club was founded. Forty years later and we are still running strong. One of the reasons the club was founded was to increase running awareness in the Capital District and to have the ability to put on and participate in races. As our mission statement notes, 'we believe in encouraging participation in running events for individuals of all levels of running abilities.' Today membership increasing, several races are setting participation records, and a race can be found on 10% of the days on the calendar.

In order to put on a race, the other key is volunteers. It is apparent the founders knew right away that volunteering would be a key to the success of the club. The first Distinguished Service Award was given in 1972. As our mission statement would note decades later 'volunteer participation is a foundation upon which HMRRRC exists.' Special thanks go out

to Marcia Adams, the Volunteer Coordinator, Mark Warner, the Race Committee Chair, and the hundreds of volunteers involved in pre-race, race day, and post race activities. Special thanks go out to a special group of volunteers-the race directors!

Fall Race Directors (September-November): John Parisella, Pat Glover and Ken Skinner, Jim Thomas and Russ Hoyer, Cathy Sliwinski and Rob Sliwinski, Vince Juliano, and Al Maikels.

Winter Race Directors (December-February): Doug Bowden and Ken Skinner, Brian DeBraccio and Cheryl DeBraccio, Will Dixon and Ed Gillen, Josh Merlis, Patrick Lynskey, Dana Peterson, Ken Klemp, and Ed Neiles.

Spring Race Directors (March-May): Ed Gillen, Marcia Adams and Tom Adams, Jim Tierney, Dave Williams, and Pete Newkirk.

Summer Race Directors (June-August): Mark Warner and Angela Warner, Frank Myers (Colonie Summer Track and Dynamic Duo), Roxanne Gillen, John Haley and Megan Leitzinger, Ken Skinner, Pete Newkirk, Doug Bowden, Todd Mesick, Mike Kelly, and John Kinnicutt.

In looking back at 40 years of our history, I want to pay special recognition to nine individuals who have the distinction of being named to the HMRRRC Hall of Fame, for being a recipient of the Distinguished Service Award, and for serving as Club President. Special thanks and recognition to these dedicated individuals for their distinct accomplishment and devotion of their time, energy, and vision provided to our Club.

Member	Hall of Fame Inductee	Distinguished Service Award	President
Diane Barone	2008	1985	1985-86
Paul Murray	2010	1983	1981-82
Ed Neiles	2002	1991	1995-96
Ray Newkirk	2002	1984	1982-83 & 2005-06
Paul Rosenberg	1999	1976	1975-76 & 1977-78
Chris Rush	2006	1990	1988-89
Ken Skinner	2007	2000	2000-01
Ed Thomas	2006	2003	1973-74
Don Wilken	1999	1975	1972-73 & 1986-87

Perhaps these three categories could comprise the HMRRRC Triple Crown. There are almost two dozen others who have accomplished two of the three and undoubtedly many of them will join the aforementioned class of nine in the coming years. □



What's Happening in September

by Al Maikels

Summer ends after Labor Day so you might as well get over it with a good 5k race.

The 23rd SEFCU Labor Day 5k will be held on Monday, September 5 at 9 a.m. at SEFCU Headquarters on the Washington Ave side of the State Office Campus. There is no day of race registration available for this Grand Prix race so an early sign-up is encouraged.

The HMRRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.6 miles (Grand Prix race) and 2.8 miles, these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 40th anniversary celebration will be held on Sunday, September 11 at 9 a.m. at SUNY and feature day of race registration only.

Half marathons are plentiful on the September calendar with such regular events as the Dutchess Classic Half Marathon, scheduled for Sunday, September 18 at Wappingers Falls. This is a personal favorite of mine and I encourage anyone looking for a nice ride and a good run to make the trip down the Taconic Parkway. The Saratoga Palio features the Melanie Merola Memorial Half Marathon and 5k run/walk on Sunday, September 18 starting at 8 a.m. at City Hall in Saratoga Springs.

There are also some fine shorter distance races in September, located closer to home. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 24 at 10 a.m. at the Cobleskill Fairgrounds. This year the FAM Run features 2 tickets to the Proctors Family Series as the raffle grand prize. Other fine 5k runs include the Dunkin Run on Sunday, Sep-

tember 18 at 8:30 a.m. at the Albany Jewish Community Center and the 10th Annual Teal Ribbon 5k on September 12 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 10 at 9 a.m. and the Crossings 5k Challenge on Sunday, September 25 at 10 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 14 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in Jon Rocco's presidency and all club members are welcome. □



Training Group News

by Cathy Sliwinski



On Tuesday, July 19th, the Adidas/Fleet Feet Albany/HMRRRC Training Group held its first of three training clinics leading up to the Mohawk Hudson River Marathon and Half Marathon on October 9th. Eighty people attended "Nutrition for Distance Runners" with speaker Marci F. Murphy, adjunct professor and athletic trainer at the Sage Colleges. Marci discussed sports nutrition basics and how to apply those basics in deciding what to eat before, during and after the race. Barb Gillen of Fleet Feet Sports Albany was on hand with sports nutrition manuals and cookbooks for runners. Adidas Running Rep Paul Curtis had the latest Adidas running shoes for participants to test. Participants enjoyed a post-presentation raffle by Adidas. Congratulations to the lucky winner, Joy Leslie. Thanks to Marci Murphy, Training Coach Jim Thomas, Adidas and Fleet Feet Albany for making the evening a success. Thanks also to all who attended and donated to the Regional Food Bank of Northeastern New York.

All HMRRRC members are invited to the upcoming clinics on Injury Prevention (August 2) and Mental Training for Runners (September 6). The clinics are free, but registration is required. Register at members.hmrrc.com/, click on "Meetings and Events". □

Submissions for the November Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is October 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.

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

Where Ambition, Compassion, and Dedication Run Together



THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Saratoga Palio

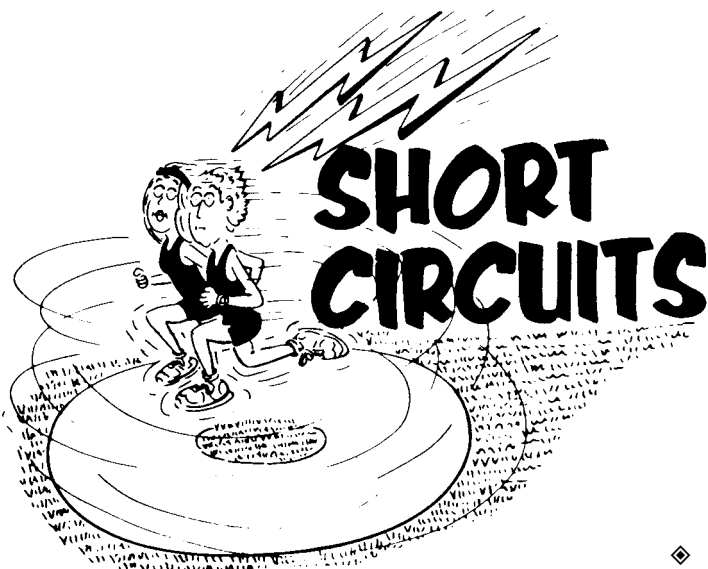
Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk • Sun., Sept. 18, 2011, 8 AM
Run, walk, pledge, or volunteer • www.thesaratogapalio.com

Melanie lived an inspiring life dedicated to helping others. To honor her, The Melanie Foundation invites you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York.



**Franklin
Community
Center, Inc.**

Proceeds will go towards The Melanie Foundation's scholarship fund for graduate students in the mental health field, as well as a donation to support the Franklin Community Center, a nonprofit human service agency that provides basic needs and services to less fortunate individuals and families.



The Montana Ultra-Marathon, 100 miles through the Flathead National Forest, was cancelled in July due to heavy snow on the route that made the course too dangerous for runners and likely prevent anyone from finishing within the required 36-hour limit.



Cancelled



The world's longest footrace: 3100 miles, run around one block in NYC over a period of 62 days, was shut down for one day in July due to extreme heat.



No running today



The Albany Running Exchange's Summer Trail Run Series often brings several natural hazards to the runners' path. At a July trail run in Thatcher Park a runner stepped on a bee hive. About a dozen runners were stung, some multiple times. The bees were still angry the next weekend stinging runners at the HMRRC's Indian Ladder Trail Races.



Runner with a few bees



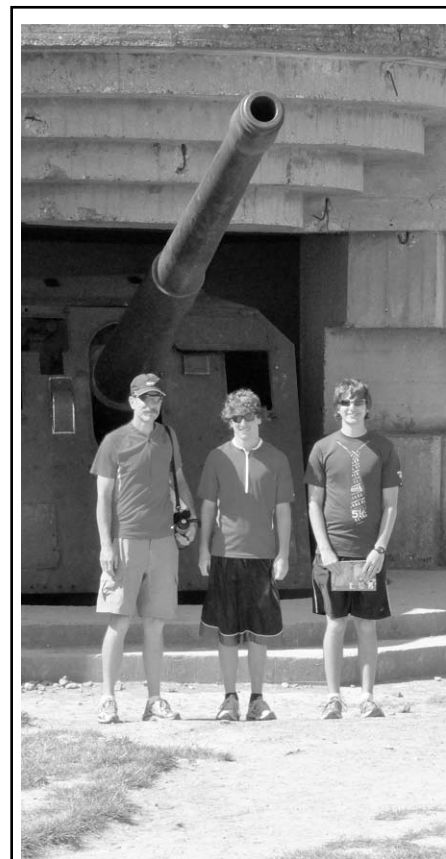
Pat Peterson of Albany nearly broke her own 200 meter American record at the 2011 USA Masters Outdoor Track & Field Championships in Cleveland. Earlier in July in California Pat ran 51.43 to demolish the previous record of 60.31 for women 85 and older. In Cleveland Pat ran 51.73, winning the gold medal and coming incredibly close to her own American record.

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

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



Pat wins gold



HMRRC's Father's Day 5k storms Normandy! Running enthusiast Michael Krisher shows off his 2011 Father's Day 5k shirt in front of a concrete bunker at Normandy Beach in France. Left to right: Bill Krisher, David Krisher, Michael Krisher



3rd Annual Race Away Stigma 5K Race and Fun Walk

Help "Race Away" the stigma that surrounds Mental Illness



Saturday, October 15, 2011

**Hudson Valley Community College
Joe Bruno Stadium**
80 Vandenburg Avenue
Troy, NY 12180



Registration begins at 8:30 a.m.

Race/Walk begins at 10 a.m.

Awards and Post-Race Snacks at 11 a.m.



Sponsored by Hudson Valley Community College
in collaboration with:



Online Registration and forms:

www.hvcc.edu/cct/race.html

www.active.com

OR

Mail form and entry fee to:

HVCC: Race Away Stigma 5K
Center for Counseling and Transfer
80 Vandenburg Avenue
Troy, NY 12180

(Checks payable to HVCC Project Aware)

Entry Fee: \$17 HMRRC Members, \$20 Non-Members

(Shirt, Raffle Prizes, Post-Race snacks included)

\$25 Day of race registration includes above. Shirt based on availability.

Name _____

Address _____ City _____ State _____ Zip _____

Shirt Size S M L XL XXL Age: _____ Sex: _____

Waiver: In consideration of my entry fee and permitting me to attend therein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damage I may now, or in the future, have against Hudson Valley Community College, and the sponsors, their representatives, agents, and assignees, for any/all losses and injuries suffered by me in association with this event.

Signature _____

Date _____

Contact and Questions: Carrie Zurenko, (518) 629-7176, c.zurenko@hvcc.edu • Larry Ellis, (518) 629-7175, l.ellis@hvcc.edu

"BEEN THERE, DONE THAT"

by Mike Becker

September 1971...Forty Years Ago

- The club is founded with a meeting of nine runners at the Albany YMCA on the 17th.
- The very first club race is held on the 26th at SUNYA with a total of 15 runners. Tom Robinson and Marbry Pulver are the winners of the 5.64-mile race, today commemorated with the annual club Anniversary Race.

September 1976...Thirty Five Years Ago

- The Bilbo and Frodo Birthday 7.6-mile Run is held at Olana in Hudson on the 18th. Marty Kittell runs a 43:52 to beat Barry Hopkins by more than two minutes. Just 20 men run the race, which is rumored to be hilly. There is also a 1.5-miler for the ladies, and Mary Beth White wins with a 12:36.
- A five-mile cross country race is held at SUNYA on the 26th between teams of SUNY Alumni and (Pat) Glover's Gorillas. The Gorillas beat the Alumni, 30 to 27. The fastest times are turned in by Tom Robinson and Carlo Cherubino, at 26:04, both from the Alumni team, but the Gorillas had more top ten finishers.

September 1981...Thirty Years Ago

- *The Pace Setter* is a special tenth anniversary issue, with a long article by Don Wilken on the history of the first ten years of the club and an article by Paul Rosenberg on "HMRRRC - Ten Years of Change."
- Ed Thomas is profiled. Ed was one of the club's founders and was an early club president along with being the previous author of this column. Among his best performances are a 3:14 Boston Marathon and a 59:12 nine-miler.
- Pat Glover wins the 5.64-mile Anniversary Race with a 29:15, almost two minutes ahead of Frank Ripple. Diane Myers runs a 34:05 to break the women's course record, beating Casey Ahearn by over two minutes. Five of the runners also participated in the very first club race, a 5.64-miler ten years prior.
- Tom Bulger and Dave Barsalow are winners of the 12-mile and 7.1-mile races in the Town of New Scotland on the 27th.

September 1986...Twenty Five Years Ago

- Ed Sparkowski runs a quick 14:46 to win the Labor Day 5K in Albany on the first. Kathy Brandell-Champagne is the female winner with a 16:39.
- Pat Glover edges Bill Robinson in the Distinguished Service Race eight-miler on the seventh. Denise Herman is the female winner.
- Dale Keenan and Denise Herman are the winners of the 5.64-mile Anniversary Race on the 21st. Mike Griffen and Mary Beth Steffen take the 2.82-miler.
- Dale Keenan wins the eight-mile South Bethlehem Road Race on the 28th with a 43:30. Anny Stockman wins the female division with a 54:40.



September 1991...Twenty Years Ago

- Dale Keenan wins the SEFCU Labor Day 5K in Schenectady's Central Park on the second with a 15:33, with Vinny O'Brien and Vinny Reda taking two-three. Nancy Nicholson is the female winner with an 18:12.
- Chris Rush is honored with the Distinguished Service Award on the eighth. Dale Keenan wins the Kathy Carrigan-directed eight-mile race with a 42:23, and Inge Aiken wins the female division with a 50:50.
- Tom Dalton wins the Arsenal City 5K in Watervliet on the 22nd with a 14:49, nine seconds ahead of Dan Predmore. Inge Aiken is fastest female with a 16:54. An impressive 106 runners (out of a total of 432 finishers) break 20 minutes.
- Dale Keenan strengthens his lead in the Grand Prix series with a victory in the 5.64-mile Anniversary Race on the 29th, clocking a 29:29, with Denise Herman running 35:05 for female honors.
- An item in Short Circuits mentions Chet Tumidajewicz's running streak has reached 4,600 days, over 12.5 years.

September 1996...Fifteen Years Ago

- Club officers include Ed Neiles – President, Mike Fazioli and Bert Soltysiak – Vice Presidents, Elaine Humphrey – Secretary, and Lori Christina and Paul Turner – Treasurers. Ed Neiles served double duty as editor of *The Pace Setter*.
- Gordon Neysmith and Amy Herold-Russom are winners of the SEFCU Labor Day 5K on the second in Schenectady, running 15:12 and 17:36, respectively.
- Dale Keenan again wins the 5.64-mile Anniversary Race on the 15th with a 30:32. Erin Pezzulo is the top female with a 35:55.
- Age group winners in the Arsenal City 10K in Watervliet on the 22nd include Jon Rocco, Jim Bowles, Ernie Paquin, Jim Tierney, Danielle Cherniak, and Jo-Ann Spinelli.
- Carl Urrey and Amy Herold-Russom are winners of the FAM 5K "Fund" Run in Cobleskill on the 28th.

September 2001...Ten Years Ago

- The Old Chatham Hunt Country 5K is

held on the eighth on a hot day, with a large field of 1,178 runners competing. Birger Ohlsson runs a 15:09 to edge Nick Conway by five seconds. Michele Kelly runs an 18:00 for female honors to top Tonya Dodge.

- Bob Irwin wins the Eighth Annual Niskayuna Fall 5K Run on the 15th with a 16:13. Lori Hewig is the top female with a 17:00, good for third overall.
- Ben Greenberg and Emily Bryans are winners of the 5.64-mile Anniversary Run on the 16th.
- Ken Plowman and David Twarog both run 37:03 to win the Arsenal City 10K on the 23rd in Watervliet. Danielle Cherniak runs a 40:55 for female honors over Lori Weaver.
- Dan Rodbell runs a 42:37 to beat Mark Warner by two seconds in the Voorheesville 7.1-mile Grand Prix race on the 30th. Monica Green edges Danielle Cherniak for the female win.

September 2006...Five Years Ago

- Jamie Rodriguez and Roxanne Wegman are winners of the SEFCU Labor Day 5K in Albany on the fourth with times of 15:42 and 18:09, respectively.
- Daniel Predmore (18:00) and Eileen Combs (18:17) finish first and second at the Bruegger's Bagel 5K Run in Albany on the 17th, with Combs winning \$400 for her effort.
- Aaron Knobloch wins the Melanie O'Donnell Memorial Half Marathon in Saratoga Springs on the 23rd with a time of 1:20:17. Christina Ardito runs a 1:36:53 for top female honors.
- Nick Conway and Renee Catalano are winners of the Arsenal City 5K in Watervliet on the 24th. The race was the USATF Adirondack Men's 5K Championship. Also finishing in the top ten are familiar names Chuck Terry, Andy Allstadt, Lou DiNuzzo, Bob Irwin, Victor George, Jim Sweeney, and Tom Dalton. □



GRENO INDUSTRIES INC.

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Run for the

*All proceeds benefit the
Mollie Wilmot Radiation Oncology
Center of Saratoga Hospital*



NEW THIS YEAR!
Chip Timing by A.R.E.
Event Productions and
personalized
Runner Bibs!

Sunday, October 2, 2011

at 11:00 a.m.

Children's Event at 10:15 a.m.

Application Fee: \$20 pre-registration by **September 23** or \$25 after that date and on race day.

Description: 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 400 registrants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

Day of Race Registration: 9:00 am at the Grandstand, Historic Saratoga Flat Track, Union Avenue, Saratoga Springs.

Course: 5K loop through beautiful, historic Saratoga Flat Track Grounds.

Awards: Prizes and awards will be given to the overall top three male and female runners. Special "ROC" awards for the top three male and female in each age group.

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____ Date of birth ____ / ____ / ____ Age _____

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

How did you find out about this event? ☐ Website ☐ E-mail ☐ Magazine ☐ Newspaper
☐ TV ☐ Radio ☐ Other

Register Directly Online at: http://www.areep.com/online_reg/registration.php?eventID=132
or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 23, or \$25 after that date)

Send application and check to:

Saratoga Hospital Foundation/Run for the ROC

211 Church Street

Saratoga Springs, NY 12866

For more information e-mail: rwheatley@saratogacare.org
or visit www.saratogahospitalfoundation.org

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration.
Medals & Goodie Bags
for all kids!

★ Early Race Packet Pickup on Friday, September 30, 4-7 p.m. ★

at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs

*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature

Parent/Guardian Signature (if under 18)

Profile of a Runner

RONNIE SENEZ

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

Special Education teacher at Harmony Hill School in Cohoes age-58 years young originally from Brooklyn and Long Island, currently living in Clifton Park other sports I enjoy: kayaking, golfing, biking, fishing, snowshoeing, XC skiing, swimming, hiking. I am an avid reader!! I am never without a book.

When and how did you get started running?

Started in the early 80's when my then boyfriend, now hubby Bob said I could never run 3 miles. So I entered the Freihofer's to prove him wrong and have been running it nearly every year. Got my first training through a program called "On the Run" taught by Pat Glover. I used to start training for the Freihofer's Run each year in April and then after the race, I wouldn't run again until the following April. I never ran in the summer because it was too hot. I didn't run in the winter either because it was too cold. When I joined Fleet Feet's No Boundaries program 2 years ago I started running, and I haven't stopped!!! ran the entire winter doing the HMRRRC winter series and decided I loved running in the cold. My daughter was impressed when I showed up for the first winter series race when the temp was 32 degrees and pouring! I enjoyed every minute of it and came back for more.

Do you have a favorite race or races?

Love any race done at the Crossings of Colonie. I enjoy running there and racing the trails. I also enjoy the Freihofer's Run for Women. I have run that race more than any other. The Great Pumpkin Run in Saratoga was great. The Saratoga State Park is just beautiful to run through in the fall.

What are your most memorable races?

Any races where my husband Bob and my kids (Jenn and Chris) are running with me. I love having my family together at races. Father's Day Race at the Crossings-2010 and 2011 at the 2010 race, Bob was recovering from a heart attack, but all 4 of us were able to do it together. In 2011, we did it again. Crossing's Challenge 2010- first time I ever received a medal (2nd place in my age group) - I guess it pays to be old! Cohoes Turkey Trot- both Jenn and Chris finished and then came back to help me finish the race.

How do you train? Do you have training partners?

Sometimes I run with people I have met from No Boundaries. I have some friends from school, Kelly and Joann, that I convinced to start running and can usually talk them into a morning or after school run. I enjoy running with my kids when they are around especially



at trail runs. When I run with my son Chris, he always asks me if I want to do the hills first or last. I used to say "No hills at all", but now I say "let's do them first!" My daughter pushes me very hard and if I start to slow down in a race, she just won't let me! She is a great motivator and is always talking me into new challenges. I am not very fast (yet), but I am persistent and persevering.

What are your current goals?

To complete 2 half marathons this fall and to avoid being injured!

Do you have any future running goals?

To meet and make new friends to run faster and further when I grow up, I want to run like Jenn and Chris!! My children are fabulous runners. Jenn is so determined and Chris is unbelievably fast. They inspire me to stay in the game as long as I can. I am so proud of them!!

Do you have a philosophy of running?

Persist, Inspire, Achieve. That is what I have imprinted on my runner's ID. When I am having a tough time finishing a run, I look at my ID and tell my legs to keep on running and run faster!

Any funny stories?

I ran the Tawasentha Mud Mania this year

with my daughter Jenn, my friends Kelly and Joann, and Joann's daughter, Jessica. They knew that I don't really like to get dirty, so when we reached the end of the mud pit (I still had very little mud on me), they yelled "Mud Fight" and I was the target. Last year my kids gave me an unusual birthday present. They sent me to the ARE's Trail running camp in Dippikill, even though I had never done trail running and I don't like camping. I wasn't sure I was going to like it, but ARE's Ginny Mosher took good care of me. I met a lot of new people and wound up having such a great time that I am going back again this summer. For my birthday this year, my kids (who obviously have a lot of confidence that I can do this) entered me in the Palio Half Marathon in September. They are going to run along side of me and help me finish. I am afraid to think about what they might get me next year! ☐

New HMRRRC Members

Christina Allen-Koons
Juan Angel
Deborah Arndell
Alice Carpenter
Sheila Conant
Chris Condiles
Kara Deiana
Michelle Devine
Lisa DiCocco
Caroline Ennis
Andrew Falkenstein
Michael Ford
Annie Grzywaczewski
Carol & Tim Healey
Joseph Kelly
Cassie & Levi Kranick
Michael Lair
The Martin Family
Helene Meckler
Ryan Nix
Mark Nunez
Laraine Putman
Jenna Rogowski
Beth Rue
Christine Shields
Guy Spiers
Nancy Stoliker
Brenda Taylor
The Young Family

Saturday, September 24th



10:00 Race Starts - Cobleskill Fairgrounds
30 minutes from the Capital Region

Benefits Catskill Area Hospice and Palliative Care

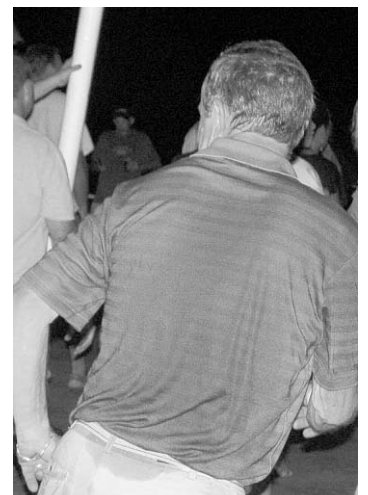
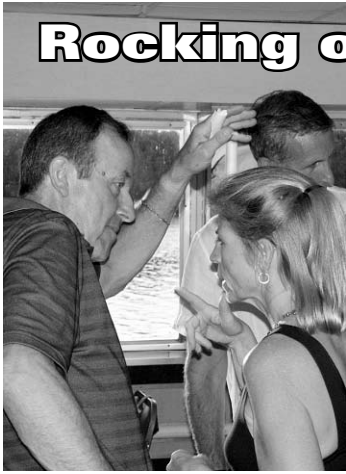
8:15-9:30 Race Day Registration or REGISTER ONLINE!
See application at **FAM5K.com**

RAFFLE GRAND PRIZE
6 Tickets to Proctors Family Series



The FAM 5K is sanctioned by the
Adirondack USA Track and Field

Rocking on the River Cruise, August 5, 2011



2011 40th Anniversary Distinguished Service Race

by Mark Warner

The 2011 40th Anniversary Distinguished Service Race held on June 12th was a rousing success led off by the presentation of the Distinguished Service Award to Cathy Sliwinski. Club President, Jon Rocco, presented the award to Cathy for her many years of outstanding service to the Hudson-Mohawk Road Runners Club. She was the club's 50th recipient of the award. Cathy is a past President (2007-2008) and Vice President (2006-2007) of HMRRC. Her many contributions to the club include serving as Race Director of the Mohawk-Hudson Marathon and Half-Marathon along with her husband Rob, serving as Chairperson of the Long Range Planning Committee, coordinating all race insurance for the Race Committee and leading the club's recycling efforts. Cathy is the volunteer coordinator for the CDPHP Workforce Team Challenge and has volunteered at numerous other races. Cathy has distinguished herself as an outstanding HMRRC volunteer and her efforts are greatly appreciated by the club as demonstrated by her selection as the 50th Distinguished Service Award winner.

Due to construction at the SUNY campus, a new course was designed. The course had to stay on asphalt roads and sidewalks and avoid the lake loop, an annual favorite of the runners. The flatter course and cool, overcast morning made for fast times. As a result 151 runners finished, easily besting the highest number in the race's 40 year history. Thomas O'Grady repeated as race winner improving on his 2010 time by one minute, twenty seconds finishing in 43:04. Early leader Justin Bishop finished 2nd in 43:44 followed by Richard Messineo in 46:08. On the women's side, 28 year old Kristina Gracey won in 48:52 the third fastest woman's time in the history of the race. Master's runner Emily Bryans finished 2nd in 51:02 with Crystal Perno third in 52:05.

There were several excellent performances among the women's age group winners. 79 year old Anny Stockman once again repeated her win in the 75-79 year old age group finishing in 1:22:55, the third best age graded time of the day. The 60-64 year old age group had the most talented field of the day with Martha DeGrazia winning in a time of 59:23, the second fastest age-graded time of the day, finishing in front of Judy Phelps and Susan Wong who had the 4th and 6th best age-graded times of the day. Kari Gathen, the fourth woman overall, won the 40-44 year old division with a time of 54:21. Ginny Pezula finished 9th in the age-graded division in winning the 65-69 year old division in 1:07:57. 74 year old Eiko Bogue won the 70-74 year old division in 1:37:20. Additional age group winners included Katrina Hines (20-24) in 55:43, Liz Chauhan (25-29) in 57:46, Mary

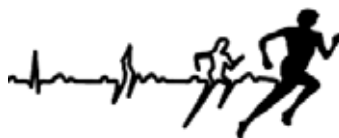
Jane McPherson (30-34) in 55:25, Sally Drake (35-39) in 55:58, Roxanne Gillen (45-49) in 1:09:06, Debra Jane Batchter (50-54) in 58:49 and Joan Celentano (55-59) in 1:08:21.

The men's competition had a number of outstanding age-group races. The best race may have been in the 60-64 year old age-group where two new 60-year olds battled it out with Paul Forbes beating Paul Bennett by 30 seconds in 52:47; the 7th and 10th best age-graded times of the day. Derrick Staley ran the fastest age-graded time of the day in winning the 50-54 year old age group. Another competitive age group was the 55-59 year old group where Richard Clark (53:07) edged Rob Colburn (53:35). Repeat winners from 2010 include Jon Rocco (40-44) finishing 9th overall in 47:54, Jim Moore (70-74) running 1:06:25 and Wade Stockman (75-79) completing the race in 1:05:55. Ahmed Elasser finished 5th overall and 5th in the age-graded results in winning the 45-49 year old age group in 46:41. Joe Corrigan was the oldest finisher in winning the 80 and over age group in 1:44:55. Other age group winners included Andrew McCarthy (25-29) in 47:48, Chris Mulford (30-34) in 47:21, Aaron Knobloch (35-39) in 47:36 and Norman Doveberg (65-69) in 1:05:41.

A number of past Distinguished Service Award winners joined Cathy Sliwinski in participating in the race as either a volunteer or racer. Cathy ran the race along with past Distinguished Service Award winners Nancy Briskie ('09) and Tom Adams ('10). Volunteers included Marcia Adams ('10), Vince Juliano ('06), Ed Thomas ('03), Ken Skinner ('00), Jim Tierney ('99), Doug Bowden ('98), Al Maikels ('93), Charlie Matlock ('92), Ed Neiles ('91) and Chris Rush ('90).

This year's race was successful not only because of the many competitive runners, but even more so due to the great help of the volunteers, many coming back to volunteer year after year. Along with a record number of runners, this year's race had more volunteers than ever before. Each volunteer makes a difference and certainly ensured the race's 40th running was a great success. In recognition of the 40th anniversary of the HMRRC, the club is giving technical shirts to all those who participated in this race as a runner or volunteer and who also participate in the 40th Anniversary Run on September 11th.

Let's give Cathy one final thanks for her years of dedication to the Hudson-Mohawk Road Runners Club. THANKS CATHY! □



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17th Annual 5K Run & 2 Mile Family Walk
Sleep In for The Cure®

Saturday, October 1, 2011
Empire State Plaza - Albany, NY

2011 Komen NENY Race For The Cure® Entry Form

FIRST NAME _____ LAST NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE NUMBER _____ EMAIL ADDRESS _____

AGE ON RACE DAY _____ GENDER ☐ M ☐ F

Please check your event ☐ Co-ed 5k Race ☐ Co-ed Family Walk ☐ Sleep In for The Cure

Would you like to be recognized as a breast cancer survivor by receiving a complimentary pink cap and t-shirt? ☐ Yes ☐ No

FOR SLEEP IN FOR THE CURE® INDIVIDUALS AND TEAM MEMBERS ONLY
(includes runners, walkers, and sleepers): All team members must sign the Race Release below.
TEAM ENTRIES MUST BE POSTMARKED BY SEPTEMBER 17, 2011

TEAM NAME _____

TEAM DIVISION ☐ Schools ☐ Businesses ☐ Family & Friends ☐ Colleges

TEAM CAPTAIN _____ STATE _____ ZIP CODE _____

Check t-shirt size required: Adult ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL Children ☐ S ☐ M ☐ L

Entry fees

_____ \$25 per individual
_____ \$30 at Packet Pick-up on 9/29/11 and 9/30/11
_____ \$35 on Race Day on 10/1/11
_____ \$10 for children under 12
_____ \$25 Sleep In for The Cure®

Make check payable to
and mail to:

Komen NENY Race
For The Cure®
P.O. Box 13535
Albany, NY 12212-3535

PHOTOGRAPHIC AND RESULTS RELEASE AND WAIVER AND RELEASE OF CLAIMS

I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.

I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen for the Cure ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number).

I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident THAT may occur during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY FUNDRAISING ACTIVITIES associated with the event) or while ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"). TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASEES"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (i) KOMEN, Northeastern New York Affiliate of the Susan G. Komen Breast Cancer Foundation D/B/A Northeastern New York Affiliate of Susan G. Komen Race for the Cure AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (ii) ANY EVENT SPONSORS; AND (iii) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASEES MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE. I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF MY FUNDRAISING ACTIVITIES.

This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

PARTICIPANT'S NAME _____ SIGNATURE _____ PARENT'S OR GUARDIAN'S SIGNATURE IF UNDER AGE 18 _____ DATE _____

To register for the Northeastern NY Race For The Cure visit www.komenneny.org or to volunteer call 518-250-5379

17th Komen NENY Race for the Cure® Benefits Breast Cancer Research, Treatment through a Great Experience for Runners



It's no coincidence that the Susan G. Komen Race for the Cure – held on October 1st this year in Albany – follows the 5K USAT&F Certified Course (NY09032JG) of the Freihofer's Run for Women. The Komen Race for the Cure benefits research into the second leading cause of cancer deaths among women, and it supports treatment programs for those stricken by this killer.

In 2010, nearly 4,500 ran, walked or "slept in" in the Race for the Cure. For the second year, start mats for chip timing will enable runners to see their times accurately from start to finish. However, overall results and awards will be based on gun times.

"This is a simply great race experience, run over an exceptional and very familiar course, by runners united in their support for an undeniably compelling cause," said Lynette Stark of the Northeastern New York Affiliate (NENY) of Susan G. Komen for the Cure. "It is also a celebration of life by many breast cancer survivors who run the race and a memorial for the loved ones we have lost far too early from breast cancer."

Nearly 40,000 women will die from breast cancer this year, and more than 230,000 new cases will be reported.

Fighting breast cancer since 1982, the Susan G. Komen for the Cure has become the world's largest grassroots network of breast cancer survivors and activists, united to save lives by empowering people impacted by the disease, ensuring quality care and energizing scientific research into prevention and treatment. The organization has invested more than \$1.9 billion toward these goals, including \$2.4 million since 1995 in this area alone for local breast health programs. Of total net proceeds, 25 percent support the Susan G. Komen for the Cure Grants Program fostering breast cancer research projects in the U.S. and around the world.

Last year alone, the Susan G. Komen Race for the Cure raised \$280,000 in northeastern

New York, benefiting breast cancer programs in the 11-county region that includes Albany, Clinton, Essex, Franklin, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties. Some remote areas of these counties are medically underserved, adding special importance to the organization's crucial mission.

The Komen NENY Affiliate granted \$277,889 to more than a dozen local cancer programs this past year including: the Adirondack Medical Center, Glens Falls Hospital, To Life!, Capital Region Action Against Breast Cancer! and others.

Of course, runners from these counties typically dominate the race; however it also draws runners from other counties, states and nations. Runners participate for several key reasons, and they are often motivated by more than one factor. The survey of 2009 runners found 38.9 percent participated because they believe in the cause, 27.7 percent because they enjoy running, 27.3 percent because they are (or a family member is) a cancer survivor and 22.6 percent because a friend or relative had died of cancer. Runners often wear special signs as they race, proudly signifying their efforts are "In memory of" or "In celebration of" loved ones. Breast cancer survivors run the race wearing their distinctive pink Zeta Tau Alpha caps and T-shirts.

Runners raise funds for Komen through their own donations and those they collect from friends, family and co-workers. Now in its 17th year, the Race also attracts support from sponsors such as Eric Mower & Associates, United HealthCare, St. Peter's Breast Center, Dunkin' Donuts, Price Chopper, SEFCU, Genentech, Hannaford Supermarkets, The Record, Newschannel 13, The Crush 105.7 and others. In addition, area leaders rally around the cause. This year's Honorary Chairs are U.S. Rep. Paul D. Tonko (NY-21, the Capital Region), and WNYT News Anchor Benita Zahn (also host of WMHT's Health LINK and an award-winning



health advocate). They serve as advocates and ambassadors for the race, speaking out on its importance.

"The work done by this organization to fight breast cancer and save lives provides hope and serves as inspiration for a great many people," said Tonko.

"The work done by the organization to raise awareness about and funds to defeat breast cancer, married to the stories of courage and delight in life shared by breast cancer survivors, make this one of the most important events I can take part in," said Zahn.

The 5K Race for the Cure begins and ends on Madison Avenue in Albany at the NYS Museum overpass. Runners can register online at www.komenneny.org through Sept. 28.

Runners can also register by mail using the form in this magazine. The postmark due date is Sept. 17 for teams and Sept. 24 for individuals.

Send to:
Komen NENY Race for the Cure
P.O. Box 13535
Albany, NY 12212-3535

In addition, runners can register during Package Pickup at the Empire State Plaza southeast concourse on Sept. 29 and 30th from 11 a.m. to 7 p.m. and before the Race on Race Day.

For runners who will have to miss the Race for the Cure due to an injury or out-of-town business or vacation travel, the Sleep In for the Cure provides an easy way to participate. Just register online through Oct. 1st.

"Breast cancer touches everyone, and I hope the appeal of the Race for the Cure touches every runner with the compelling message of our cause," said Lynette Stark of the Northeastern New York Affiliate (NENY) of Susan G. Komen for the Cure. □



Supporting a Community of Runners

by Josh Merlis

In 1988, I ran my first 5k. First grade was starting and my dad felt it was time that I move up from kids' races to the main event. Other than finding myself at about eye level with the rear ends of most others in the races, I simply tagged along and it was always fun to zip past tall people (basically, anyone over the age of six) at the end of races. It wasn't easy being the little kid though, elbows of other runners always seemed to be aiming for my head, and I had to reach up to get cups from water stops. After realizing that if I mentioned this to my dad that he would file a motion for races to adopt some type of "ADA-esque compliant" regulations, I stopped talking about it and just went about my business of being the short kid that kept popping up on the start line. By the end of elementary school, "we" had "done" a half marathon, which meant that I ran it while my dad bounced around the course with a video camera, documenting the destruction a 13.1 mile race does to an eleven year old. Truth be told, I loved the experience and even though my dad definitely received some bizarre (put kindly) glances from others, there was no threat if I didn't do it, and it was a lot of fun to go to race expos, read the race guides, and plan our strategies for the big day.

As a young child, I was unaware of how other kids lives were outside of seeing them at school and at sports practice. By the age of seven, my father and I were running in races every weekend, and often my brother, sister, and mom would come along. My brother and sister sometimes ran in the races too, with mom always getting the joyous task of holding our stuff. My dad always emphasized giving it your all at the finish line, but typically he gave more than his all – or better put, "his all" would often exit out of him in the form of bullhorn-loud gasping and a capability to sweat that resembled projectiles rather than droplets. I wasn't always overly proud of seeing him drown the finish line volunteers in his sweat as they helped his limping body exit the finish chute, but he also had a basically perfect record of never being passed in the final straightaway of a race. If I were a bit wiser back then, I would have chastised him for always saving too much for the final tenth.

Around the age of ten, my father put me on a youth track team and, in addition to running 5ks and 10ks quite regularly, I was also participating in kids' track meets with others my age. Occasionally we'd have the "opportunity" to do both on the same day – with the challenge (to him) never being if I physically could handle it, but rather if there would be enough time for him to speed from the morning road race to the afternoon track meet. Needless to say, he was able to turn just about anything into a competition or contest, and so that was how I grew up – go to school during the week and

run races on the weekends. We had a TV, but strangely enough, the main use we found for it was replaying videos my dad would either take of us running or his own attempts at becoming an actor – and having his children critique his performances before sending off the videos in hopes of being the next big movie star. It's funny to think back on that now, asking a nine year old to critique a Shakespeare soliloquy.

I remained on the youth team until eighth grade, which was a year after I joined the school team. I ran every season of XC/indoor/outdoor track through high school, at which time I moved to Albany to attend the University at Albany. I ran for the school my freshman and sophomore years but then elected not to rejoin the team once the fall came around. It would be my first time in ten years – 50% of my life – that I would not be on a running team, and nor would I have my father nearby to join me at the races. What to do?

Strangely enough, I had never heard of the Hudson-Mohawk Road Runners Club during my first two years living within a quarter mile of the school track, the site of numerous HMRRC races. It would not have been practical for us to run in the HMRRC races during the school year as we were always traveling to cross country and track races anyway, but I was unaware that those events even existed. Upon returning for my junior year of college and finding myself with no set race schedule, I decided to poke around the Internet and see what running opportunities there were in the Albany area. As fate would have it, that very weekend, on September 15, 2002, was the HMRRC 31st Anniversary Race – and it was literally right where I lived! Heck, in realizing they offered a double perimeter option, I realized that I could run from my Empire Commons apartment to the start, run past my building twice, and not even have to drive anywhere. My then-girlfriend was doing an overnight at the on-campus Five Quad Volunteer ambulance, so upon running the race and finishing second to Chuck Terry, I jogged over to the Five Quad building and excitedly showed her the pie I won. She wasn't as excited as I was about the pie, but then again, she actually knew how to cook and could make her own pie if she wanted one. As for me, I was hooked! The HMRRC was onto something! I'd won trophies before, and knew I couldn't eat them – but winning food... now that was pure brilliance!

That very week, I received emails from freshmen Chris Chromczak and Nick Ng inquiring about the running club they heard I was going to start. In truth, it wasn't so much that I was completely set on starting an on-campus running club so much as others wanted me to and kept telling others that I would be starting one soon. After a little more prodding, I decided "What the heck?" and went to the Student As-



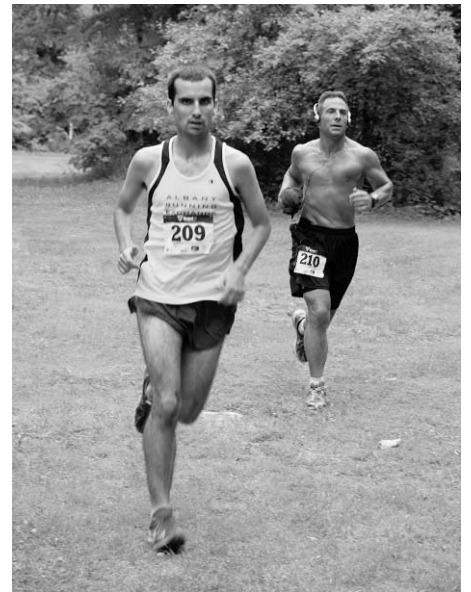
sociation office to file paperwork to start a running club. I was already signed up to run the Philadelphia Marathon in November, and as my two original partners had since backed out, I was desperate to find some training partners for legitimate fear of actually being able to finish the race. On Tuesday, October 1, 2002, the first meeting for the Albany Running Exchange was held, and two weeks later I attended my first HMRRC meeting.

Tom Bulger was finishing up his HMRRC presidency with Jim Gilmer about to take over the reins. I was very nervous about attending the meeting for a few reasons, perhaps the biggest being simply not having any expectation of it would be like – and also being the one random 2-year old in a room filled with "real adults." Combine that and a slight case of not being very good at sitting still, and I was on my best behavior to make sure I didn't say anything or do anything that would draw negative attention. It's funny to think about it now – and think about it to yourself – at the age of 20, the only adults you've ever really been around are your parents, teachers, coaches, and bosses. It was my first real solo outing. ☐

All that apprehension was immediately neutralized with friendly faces and a welcoming atmosphere. Yes, if my age were doubled I still would have been about the youngest in the room, but no one seemed to mind or make a joke questioning why a barely-out-of-teens kid was showing up at a club business meeting. And I was there because I wanted to know what HMRRC was all about. What runs were held? When were the races? What other activities? How could I get involved?

During the first few weeks of October, I roped Chris and Nick (both of whom were barely eighteen) into running the Philadelphia Marathon with me. While I'll admit I used somewhat misleading tactics to do so, (i.e. This is a GREAT idea! Think of all the damage that you will do to your body if you DON'T run this marathon!) I was happy to have the training partners and we immediately began logging lots of miles in the Pine Bush Preserve. On one particular run in the Pine Bush, Chris and I brought up the idea of holding our own race and began brainstorming ideas. We figured we would hold it in the Pine Bush because we ran there so often, it was across the street from campus, and we found it a great place for people to run safely and enjoy nature. We didn't know what to call it though,

Continued on page 20







until a deer ran in front of Chris, and I yelled to him, "Dodge the Deer!" He looked back at me and said, "That's a great idea for a race name!" as he crashed into the deer. Truth be told, that's not exactly how it all happened, but we figured Dodge the Deer would be a cute name for it. For bonus points, we'd try to convince one of the other students in the club to dress up as a deer and go around getting in people's way, forcing them to Dodge the Deer. But...I had no idea how to put on a race.

At the November HMRRRC Meeting, I approached Jim Gilmer, who was in the first month of his Presidency, and asked him, "How do I direct a race?" Knowing what I know now, Jim was a true martyr. Directing a race is not easy and answering that question is not simple, but Jim took me under his wing and provided the information and infrastructure for me that, in many ways, formed the basis and underpinnings of where I am and what I do today.

I don't remember all of my initial interactions with some of the HMRRRC meeting regulars, although I do remember always finding Tom Bulger to be an entertaining character with great stories and a generous laugh, Doug Bowden to forever be calculating the precise amount of water an event will need based upon distance, number of water stops, and expected attendance, and many others who truly seemed committed to ensuring that the club remain professional and successful.

I asked Jim for help because he was the President of the club, which also meant that he was the person that everyone was asking for everything, but he never made me feel like I was asking too many questions or not worth his time. When I learned that Jim not only directed the Indian Ladder Trail Races but was also the event founder, I was further enthused considering that he would be the perfect resource as I looked to add another trail event to the area. He efficiently guided me through the steps required, starting from the very beginning of how to get permits, go after sponsorship, and the basics of course measurement. As fate would have it, a few years later Jim would become the USATF Road Race Technical Chair and also the certifier of scores of courses throughout the Capital Region and beyond.

While going about these items, I learned of HMRRRC's Winter Series, also staged from UAlbany. You've got to be kidding me! I can wake up fifteen minutes before the start, jog the quarter mile over, and still have time to reg-

ister and use the bathroom? This is heaven! It also meant that these HMRRRC events would be an absolutely perfect avenue for introducing students to road races. Almost no one in the ARE owned a vehicle, so getting to races definitely wasn't going to be easy, unless the race was where we lived. And so the HMRRRC Winter Series became our official bi-weekly Sunday run. When the other students in the club learned that the prizes were food, they upped their training in hopes of victory. (To a college student, food is currency.)

As I began to attend more HMRRRC meetings and events, I learned more about the history of the club. I was most excited to learn that many of the original members were math professors at UAlbany, which I was attending as a math major. Familiar names, and ultimately professors that I had, included Lindsay Childs, Ed Thomas, Ted Turner, and Don Wilkin, with Ed and Don still actively participating in events and attending meetings. I was in awe at what they had created and it further motivated me to work hard in their classes as I respected them not only as my professors, but also as fellow runners.

When I saw some of them at races and meetings, I didn't know what to call them. I took a couple of classes with Dr. Edward Thomas and he was always, "Dr. T" to me; but at these meetings, others simply called him Ed. What was I supposed to do, call him Dr. T during the day and Ed at night? I wasn't sure what to do and surely was too embarrassed to ask what the protocol was, so I mainly utilized hand gestures and non-verbal communication when trying to get his attention at the meetings. I probably looked like an unemployed ventriloquist who clearly never had a knack for his supposed trade.

As the months passed, and I continued to attend more meetings and meet with my professors (to talk about running, of course), Paul Rosenberg's name kept popping up. A math student in the '70s, he also joined the HMRRRC during college and came to create many events within the HMRRRC. I never asked what happened to him, but eventually our paths crossed through music and dancing and it was great to speak with him and learn about the races he created, the funny contests he inspired, and his all-around zeal for different ways to make running fun.

On April 13, 2003, we held our Dodge the Deer race. It was a chilly but clear day at Rensselaer Lake Park, and we had 162 finishers, most of whom I did not know at the time but many of whom had since become great friends and fellow running partners. I was beyond nervous that morning – not just with hoping that everything would go according to plan, but in questioning if I even knew what the plan should be. Thankfully though, Jim had been there every step of the way, and with him there to help on race day and a strong team of mostly dedicated eighteen year olds, we pulled it off and it was an incredible experience. Not only had Jim been a tremendous day-to-day resource, but HMRRRC provided us with a race clock and other items that we needed.

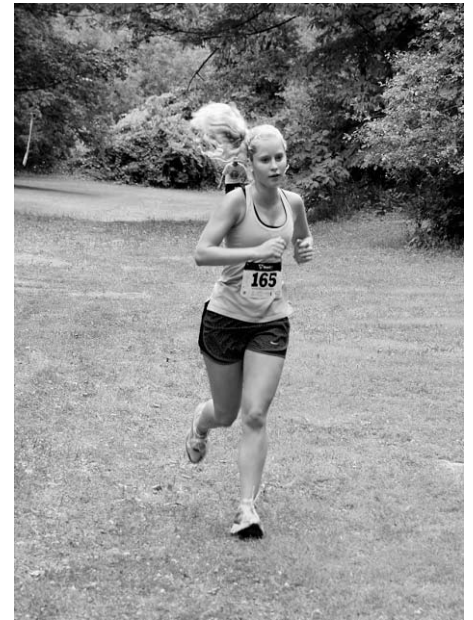
A few months later, it was mentioned at a

meeting that the club was looking for a director for Winter Series #4. Certainly still nervous about race directing, but excited about the opportunity to direct one in which all the students in the ARE could give back to the HMRRRC and the running community at large, I volunteered to take it on. When I was preparing for Dodge the Deer, Jim, who was the director of Winter Series #2 at the time, invited me to shadow him that day, which provided a great first look at some of the components of putting on a race.

Winter Series #4 was held on Sunday, January 25, 2004, which was the first Sunday after the second semester started at school. With the event being on campus, the volunteers were able to walk from the dorms to the PE Building, and while they certainly weren't excited about the temperature, everyone carried out the respective task with precision and some even were creative by setting up tip jars at their water stations. (In addition to food being currency to college students, so is real currency.) Unfortunately, even though the economy hadn't burst yet, donations were low that day.

The HMRRRC Race Schedule quickly became what I and the other students in the ARE relied on as our motivation for training. Based on our experience directing a few events, it also became clear not just that volunteers are needed, but a lot of them are really necessary to ensure a safe and enjoyable event. Marcia Adams, who has been the HMRRRC volunteer coordinator the last few years (among many tasks she performs for the club) really nails it when she says, "Without volunteers, there would not be races." For many of us, volunteering became our way of staying involved when injured; it's unfortunate that it often takes an injury for one of us to give back and not toe the line – hopefully that will change in the future.

In the nine years that have passed since I joined the HMRRRC, I have had the pleasure to attend nearly every club event held, and work directly in a variety of capacities with dozens of individuals that I would not otherwise know. The club truly offers numerous opportunities and programs to allow anyone who desires the chance to become more involved with the club and with the sport. If there is one thing that the club could improve, it would be to make more members aware of just how generous an organization it is. From issuing grants to running groups and races, to scholarships and youth programs, and the Charity of Choice program that is part of the CDPHP Workforce Team Challenge, it really is committed to not only improving itself, but to those around us. And for as much as I use the word "it" above, it really should be we. Because we, the members, are the organization, and it is up to us to propel it forward as it celebrates this special birthday and moves ahead. No puzzle can be complete without all its pieces, and we are the pieces. Whether you run, walk, crawl, assist the club as an administrator, volunteer for race prep, or volunteer at a race whether it's ninety-eight degrees or negative eight degrees, let's continue to work together to keep this puzzle beautifully visible for generations to come. □



Town of New Scotland 7.1 Mile Race

Sunday, Oct. 2, 2011

10:00 a.m.

32nd Anniversary

- | | |
|---------------------|---|
| Entry Fee: | \$8.00 for HMRRRC members
\$10.00 for non-members |
| Registration: | 8:00-9:45 a.m., day of race only,
Town Park on Swift Road |
| Awards: | Overall, Age Group, Town Residents
NO DUPLICATION |
| Race Time & Course: | 10:00 a.m. – Town Park
Course is challenging and follows scenic hilly country roads. |
| Location: | Town Park on Swift Road in Voorheesville
Swift Road runs between Routes 85 and 85A. |

For More Info Call
Jim Thomas 518-477-8489
Russ Hoyer 518-817-6623



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

5K RUN / 3K WALK / KIDS FUN RUN REGISTRATION

First Name _____ Last Name _____ Date of Birth ____/____/____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Gender M / F Are you a YMCA member? Yes / No If YES, what branch? _____

I hereby release the Capital District YMCA and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2011 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(if under 18)

RACE & PAYMENT INFORMATION

DATE	LOCATION	TIME	5K	3K	COST	KIDS RUN (FREE)
Aug. 16	The Y, Clifton Park	6:30p	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 5:30p
Sept. 10	Brenda Deer Memorial	9:00a	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 8:30a
Oct. 29	The Y, Troy	9:00a	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 8:30a
					Subtotal \$_____	
					Total Due \$_____	

PAYMENT METHOD

☐ VISA ☐ MASTERCARD ☐ DISCOVER
☐ AMEX ☐ CHECK # _____

EXPIRATION ____/____

SIGNATURE _____

Make checks payable to:
Capital District YMCA
465 New Karner Rd
Albany, NY 12205
or return to any YMCA member
services desk



SAVE TIME – REGISTER ONLINE AT CDYMCA.ORG



Saturday, October 8th 2011 **GEICO** **BBL**

Third Annual

COXSACKIE P.A.L. (Police Athletic League) 5k Run/Walk

Sponsored by GEICO Insurance/BBL & OTB

Join us for the third annual P.A.L 5k run/walk – a percentage of the proceeds will go to Addictions Care Center of Albany (ACCA) and the remainder will support the P.A.L. program. P.A.L is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers and youth.

Race Information:

Saturday, October 8th 2011

9am Packet Pick-up & Registration

10am 5k Race/Walk (3.1 miles)

Entry Fee: Application fee \$17 or \$20 on day of race

T-Shirts to the first 150 entrants

Start and Finish site: USATF Certified Course starting at Spencer Blvd. /ending at 119 Mansion St.
Coxsackie (Village Bldg.) - Parking at the Village Building

Course Description: Residential area flat and paved with mile markers and water stations

Awards: Trophies to top male/ female finisher and awards will go to winners in each age division.

Contact: For further information please contact Sergeant Bill Obrien @ 518-731-8122

Chip timing and entertainment by ARE Event Productions. Please register online at www.AREEP.com or complete and send in the registration information below. Award Ceremony at the finish line immediately following the race. Plenty of parking, restrooms and refreshments.

Please complete and return to

PAL 5K C/O AREEP

P.O. Box 38195, Albany, NY 12203

Please do not mail application after October 1, 2011

Name _____		Age (on 10/8/11) _____		<input type="checkbox"/> Male <input type="checkbox"/> Female	
Address _____			Email _____		
City _____			State _____	Zip _____	
Phone _____		Race <input type="checkbox"/> Walk <input type="checkbox"/> 5k		Shirt size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have may have against the ARE Event Productions, P.A.L, Village of Coxsackie, and any sponsors or volunteers involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to a course that may have uneven terrain, rocks, roots, and other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the ARE to use any photos, videos, or any other record of this event for any purpose whatsoever.</small>					
Signature _____		Date _____		Parent's Signature _____ (if under 18)	



The Law of Maximals

This past summer, I had just completed mowing my lawn and wanted to have my 10 year old son, Tim, help clean up. I actually enjoy the simple task of cleaning up after myself, but I know it's my job to teach my kids about work and all that other important stuff.

So, the driveway is covered with grass clippings, and I have him grab the broom and shovel, along with our garbage can on wheels. Tim's a smarter than average 10 year old, which only means he'll say "yes" to anything I ask, and then decide what really needs to be done. His decision is always less than my request.

I ask him if he's ever heard of the Law of Maximals and the Law of Minimals. I knew he hadn't, since I was basically making it all up as I went along. "No dad, never heard of either". By the time I finished explaining my newfound Laws, I saw the application in my own life. Kind of like hearing your own confession.

The Law of Maximals

I told him that in life, you will be called upon many times to perform a task. Although we all grow up thinking success is based on intelligence, looks, who you know, or some other extraneous factor, the truth is, success is based largely on how well you perform each and every task you're asked to do. "On each task, you can either do the minimal amount of work needed, or you can do the maximal amount, which would speak volumes about who you are. It's that simple", I told him. I went on to tell him the world is made up of people who follow the Law of Minimals, while the world is begging for more people who follow the Law of Maximals. "Make sure every piece of grass is picked up. Make sure some innocent bystander wouldn't know if I just mowed the lawn or not. That's the job you want to have your name associated with".

Our Health Care System

I've treated a few people over the past thirty plus years. If I had to define what the difference is between those who succeed with injuries, pay fewer dollars over the years and have a higher quality of life, it would be the person who follows the Law of Maximals. If you want to know who spends more money, is sitting on the sidelines watching events more than participating and has a lower quality of life, it's the person who follows the Law of Minimals. It's really that simple, and unfortunately, it's never taught in school. This is what Obama should be talking about in his new healthcare plan.

The Law of Maximals Principles

Be Proactive. See your dentist every 6 months. Have your eyes examined at least every 2 years. Get a physical every year, including blood tests. Over 50? Think colonoscopy.

Finally, learn your biomechanics (Structural® Fingerprint Exam) before you break down. Fix what you can before you get injured. When injured, learn the cause and correct it, don't just treat the symptoms. Yes, that takes longer, but "you'll thank me in the morning".

Your Finances. There's 2 ways to become wealthy; make more money, or want less. Wanting less is the more attractive pathway, because it leaves you with a clearer mind to recognize and enjoy those things in life that are free. Take a walk, go to a museum, help someone else or work in your garden. Own a garage with nothing in it. Maximal joy with minimal stress.

Sleep. The body needs more rest than most of us allow for. Sleep is the "cure-all" of life, and with enough sleep, everything from our immune systems to our sense of humor improves. Secondly, 8 hours from 11p.m. to 7 a.m. is far more beneficial than 4 a.m. to 12 p.m. Throw in a nap here and there, and it's like money in the bank.

Relationships. When younger, you think "more friends" is the answer. However, as we grow older, "real friends" is the key. If you have anyone in your life who is unconditional, you can call them at anytime and they'll stop what they're doing to help, you're blessed. If you have more than one, you're double blessed. However, to ever have someone who is unconditional, you need to nurture a relationship and give unconditionally in the building process. This takes time, caring and the understanding of the value of unconditionalism.

Training. As runners, we are basically an irrational and psychotic bunch. We don't want to follow the laws of nature or the laws of injury and healing. We want to go hard every day, and when we're reminded with injuries that we've overdone it, we want to scream as though there is some court of law that will hear our case against Mother Nature. Preparation, logical training and recovery are mandatory for the long haul. This simple formula could probably cut our healthcare expenses in half if we'd all follow the rules, but for some reason, it's a challenge.

In the end, check each aspect of your life, and ask yourself, "Am I living the Law of Maximals or the Law of Minimals? Am I giving it my all?". What you'll always see is that your return on investment will be proportionate. Have a great month.

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

How to Survive a Long Run on the Treadmill

By Jen Masa



Throughout training, long runs are best done outside, at least for me. I really enjoy the fresh air and the constant change of surroundings when I'm hitting the pavement. But sometimes weather and other factors get in the way and some of my runs have to be on the treadmill. When I was training for the Boilermaker 15K, it started pouring the morning of my last long run, so I headed to the gym to get the miles in. Here are some tips that help me get through the run without going crazy.

Listen to tunes

I always run with music, but the having my iPod during my run on the treadmill definitely helps keep me motivated since I don't have the change of scenery that I get when running outside.

Watch television

Thankfully the gym I was at had a personal television on every treadmill! I was able to watch TV while I ran, and it made the miles go by a bit quicker. If you're at home you could always pop in a movie and that will help the miles go by, too.

Break the run up into sections

I found running the first few miles and then taking a quick break to stretch helped me continue on. After the break I ran a few more, and then stopped the treadmill again to stretch. Then I finished my run!

There are also a few bonuses to running on a treadmill. For example, my water bottle is right there when I need it. Usually I don't bring water when I'm running outside since I don't like carrying it, but on the treadmill I can keep it right next to me. Also, there are always bathrooms nearby in case I need a pit stop. That's not always the case outside. Treadmill running can be boring but when outdoor running isn't convenient, it does have its perks. □



The 11th Annual



To Benefit

saratoga bridges

Saturday, October 22nd, 2011

Saratoga Spa State Park Columbia Pavilion

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5K & 10K Walk/Run 9:30 AM

Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by October 1, 2011!

NEW FOR 2011! - NET Chip Timing

5K & 10K Fees

\$22 (before 10/1); \$25 (before 10/22); \$28 (day of)

Kids Fun Run Fees (12 & under)

\$5

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More information: 518.587.0723



Sanctioned by USA
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Packet & Chip Pick Up

A \$20 fee will be assessed for any chips that are lost, broken or not turned in to volunteers at the event.

Friday 10/21 from Noon—6pm @ Saratoga Bridges offices located at
16 Saratoga Bridges Blvd. or Day of 7:30 AM— 9 AM at the event

*For a printable registration or pledge form and 5&10K maps, please call us at
518.587.0723 or go to our website at www.saratogabridges.org.*

www.saratogabridges.org

2011 Utica Boilermaker Runners' Forum – Ask the Experts

by Bob Kopac

The best part of the Utica Boilermakers Runners' Expo, which is held the day before the Boilermaker 15K, is the Runners' Forum. This event should not be missed. For 1 ½ hours, a panel of running experts respond to written questions with informative, educational, and often very humorous responses.

This year's panel consisted of Bill Rodgers, 4-time NYC Marathon and 4-time Boston Marathon winner; Kathrine Switzer, breaker of the sex barrier at the 1967 Boston Marathon, driving force behind the Avon women's race series, and TV and radio commentator; Roger Robinson, holder of age-group running records, professor, author, historian, and this year's winner of the Les Diven Award for outstanding media coverage of the Boilermaker; Dane Rauschenberg, ultrarunner, author, lecturer, and runner of 52 marathons in 52 weeks; Michelle Easterly, official nutritionist of the Boilermaker; and sports medicine doctor John Colianni. They provided the following answers to some of the written questions.



Roger Robinson and Kathrine Switzer

Nutrition

- Bill recommended sports drinks for their electrolytes. He made the disclaimer that a sports drink company is one of his sponsors. As an alternative, when he was running 137 miles a week, he would drink pickle juice. He said he should have marketed it because recently he saw an advertisement for pickle juice.

- Dr. Colianni said that a recent study showed that swishing a sports drink and then spitting it out could boost performance by 3-5% in races. The rest of panel then asked why not swallow the drink? He replied it was a scientific study just to show you do not have to drink it to get the benefit. He also said that research shows drinking chocolate milk works just as well as sports drinks. Personally, I wouldn't recommend spitting it out, though. My friend Andrea wondered when the next weight loss plan will be to chew the foods you like and then spit them out... now that we know you can absorb some of the nutrients while swishing sports drinks.

- Michelle recommended 30 grams of protein per meal to maximize protein synthesis for



Dane Rauschenberg

lean body mass.

- As the panel spoke about nutrition, in the background was a vendor stand for fried dough, smoked German franks, shaved rib-eye steak subs and Italian sausage. On the plus side, this year the Boilermaker pasta dinner provided "Utica Greens", a signature escarole dish of the area.

What to eat and drink before a race

- All panelists agreed you should not change what you eat right before a race, but eat as you did during training.

- Kathrine Switzer said her pre-race food regimen is coffee, toast, honey and a banana.

- Roger Robinson warned about hydrating too soon. He once overhydrated the day before a NYC Marathon and paid the price when he attended the Saturday matinee of Les Misérables and sat in the middle of a row for the very long first act.

What is the best time of day to run?

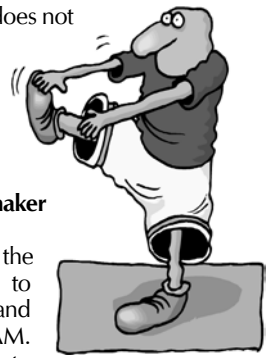
- All panelists agreed there is no right answer; it is a personal preference.

- Kathrine said when she was training to run a 2:50 marathon and juggling a job, she had no choice except to run early in the morning and in the evening.

- Bill emphatically answered, "I have strong religious objections to running before breakfast!"

- Dane said the first time he met his hero Bill Rodgers was in the week before a race they both were running. Bill asked if Dane wanted to run with him. Dane was incredulous and immediately agreed. Later Dane asked why Bill wanted to run with him and not elite athletes such as Brian Sell who also were running the race. He said Bill replied, "Because you are

the only one who does not want to run the first thing in the morning!"



Suggestions for beating the traditional Boilermaker race day heat

- Bill noted that the Boilermaker used to start at 10:30 AM, and now it starts at 8 AM. He told attendees to run through the many sprinklers along the course.

- Kathrine recommended soaking your hair before the race but did not suggest putting your head in a bucket.

- Dane suggested they pass legislation to dome all of Utica.

To stretch or not to stretch

- Bill is not a fan of stretching. Instead, he recommended deep tissue massage which has worked for him the past 30 years.

- Roger said he has seen many fads come and go in running. In the early days, stretching was almost mandatory, and he hated it. He would stretch against a tree, and people often asked if he was trying to push down the tree. He said he for one was glad to see stretching losing its popularity. He recommending not stretching or massaging a cramp, which only inflames it more. Instead, he suggested dangling your leg from a bed to loosen it up. This advice came in handy when my wife Lynne suffered a leg cramp the following day after the 15K.

- Dane admitted the last time he stretched was in the year 19something when he dated a yoga instructor. He then quipped, "Isn't that what the first 20 miles of an ultramarathon are for?"

Miscellaneous Maxims

- Roger said he always followed the same routine before a race so that his body and mind knew what to expect.

Kathrine said it is not what happens to you, but rather how you handle a situation is what matters. For example, her encounter with • Jock Semple at the 1967 Boston Marathon, when he tried to remove her from the course, made her angry and inspired her to create opportunities for women runners. She noted that this year, for the first time, the Boilermaker 15K had more female entrants than male entrants.

- Bill said running is better than other sports because in running you are never on the bench.

- Dane avoids post-marathon blues by continuing to run without taking a break. However, although being an ultrarunner, he does not run long distances in training. He said if you are obsessed with high mileage, you should switch to counting kilometers instead – that creates a much larger number.

See tinyurl.com/2011BoilermakerByBobKopac for 2011 Boilermaker photos. □

Why Is Weight Loss So Hard ... ?

How to lose weight is the number one reason runners choose to make a nutrition appointment with me. They express frustration they "cannot do something as simple as lose a few pounds." While none of these runners are obese, their frustrations match those of dieters in the general population.

At a conference presented by Harvard School of Public Health, Harvard Medical School, and the Boston Nutrition Obesity Research Center (July 13-14, 2011), researchers addressed some of the issues that contribute to difficulty losing weight. Perhaps the following highlights might offer insights if you are among the many runners who struggle with shedding some unwanted body fat.

Why gaining weight is easy

- To the detriment of our health, we are living in a food carnival. No wonder today's kids enter adulthood 20 pounds heavier than in 1960! By the time kids are 4 to 5 years old, 60% of them have lost the ability to self-regulate food intake.

- Most people believe that obesity is a matter of will power, but it's not that simple. For example, in obese people, the brain's response to food odors and flavors is often blunted. Compared to lean people, they need more of a food to experience a positive brain response.

- When stressed, obese people (more so than their lean counterparts) seek high fat foods. Chips, ice cream, fries...

- Impulsivity, a genetic trait, is a risk factor for obesity. That is, obese people (more than their lean counterparts) tend to impulsively eat, let's say, the whole plate of cookies.

- Food advertisements are designed to encourage impulsive consumption.

- Food advertisers know that marketing "works" — and kids who watch TV are a prime target. The average child sees an average of 13 food ads a day on TV; most of these foods are high in sugar, salt, and saturated fat.

- Research with children who watched TV with four ads for food ate 45% more Goldfish Crackers (100 calories more) when exposed to the ads for food as compared to when they watched four ads for games. The kids who liked the taste of Goldfish ate even more calories!

- Foods marketed with a character (such as Scooby-Doo) sell better. Fifty-two percent of pre-schoolers said the character-food tasted better (as opposed to 38% who said it tasted the same, and 10% who said food without the character tasted better).

- The standard supermarket diet is rich in sugar, saturated fat, and sodium. It causes obesity in rats. That is, rats fed standard rat chow maintained a normal weight. But rats fed a standard supermarket diet ended up overweight—until researchers took away that food. The rats then lost weight when they returned

to eating rat chow. There's little doubt that fats, sugar, and salt stimulate us to eat more than we need!

- When the calories are listed near a food, as is happening in many fast food restaurants, some people choose the foods with higher calories, believing it will be yummier. That response certainly negates the intention of the calorie campaign!

- People make an average of 200 food choices in a day; all these decisions can deplete our limited mental "resources" that govern self-regulation. That's one reason why, at the end of a hectic day, you can more easily overeat. You lack the mental resources to say "no" to that tempting cookie...

- The food industry's bottom line is always profits. When Pepsi started marketing more of its healthy products, sales of the unhealthy products dropped. The stockholders complained—and that puts the food industry in a bind.

Weight loss tactics:

So what's a hungry athlete to do???

Drugs are not the answer. For the past 20 years, no successful weight-loss drugs have been developed and none are in sight in the near future. Drugs that regulate appetite impact many other regulatory centers and create undesired side effects. Hence, we need to learn how to manage the obesity problem at its roots—and that means prevent excessive fat gain in the first place, starting in childhood. Here are a few tips on how to do that.

- You can reduce your food intake by using your imagination. That is, if you imagine eating a food, let's say, ice cream, you can end up eating less of it.

- Technology offers a glimmer of hope in the battle of the bulge. A free application for I-phones called Lose It! has created a thriving weight loss community, as measured by 7.5 million free app downloads since October 2010. The web version, www.LoseIt.com, is just as popular. LoseIt! members can conveniently and easily track their food and calorie intake.

- Lose It! includes a social network. Dieters seem to prefer online support from people they do not know, as opposed to involving their family and friends with their dieting progress (or lack thereof). LoseIt!'s social groups are created according to goals. Dieters can easily (and anonymously) connect with and get support from others with similar goals. In fact, the best predictor of weight loss success with LoseIt! is having three or more Lose It! buddies.

- Food advertisements are designed to trigger certain pleasure centers. (For example, McDonald's is associated with happiness.) We now need to learn how to advertise healthy foods. The baby carrot campaign to "eat 'em like junk food" has boosted sales 10%—includ-



ing a new demand for baby carrots in school vending machines.

- We can change our brain circuits by substituting food with another stimuli, such as exercise. Exercise does more than burn calories to control weight; exercise changes the reward systems in the brain.

- Exercise supports self-control. That is, people who exercise have greater control over what they eat. They also have more control over sticking with their exercise program. Successful exercisers are able to make exercise a habit, and not a choice. Having one less decision to make bolsters their mental resources so they can cope better overall.

A final thought:

Somehow we need to change the perception that eating supermarket foods loaded with sugar, salt, and saturated fats gives us satisfaction. A few years ago, we changed the perception that smoking is satisfying. Parents stopped smoking when kids came home and said "Mom, Dad, please don't smoke." Today, we need kids to start saying "Mom, Dad, please don't take me to McDonald's." Will that day ever come?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes. Her office is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com. □

Running Over the Hill

by Ken Orner

An expression often said is that ALL MEN AND WOMEN ARE CREATED EQUAL. In July, we celebrated Independence Day which we know derives its beginning on July 4, 1776 when our forefathers declared our independence from England and issued the Declaration of Independence. At the beginning of the second paragraph are the following words:

"We hold these truths to be self-evident that all men (and women) are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness --- that to secure these rights Governments are instituted among men (and women)* deriving their just powers from the consent of the governed."*

My first comment is to agree that all men and women are created equal. However, I would add that there are men and women among us that are "MORE EQUAL" than others. What do I mean by more equal?

Don't we all know that there are individuals in this world who are brighter, faster, more creative, politically adept, more scholarly and you can add to the list and it would go on ad infinitum? So what is the point that I am trying to make? The point is that ALL RUNNERS ARE NOT CREATED EQUAL AND I, FOR ONE, ADMIRE THE MANY GREAT RUNNERS IN THE WORLD AS YOU PROBABLY DO.

But while we are not all equal and some are more equal, we can treat all runners equally, especially as it pertains to the awards that Hudson Mohawk Road Runners Club gives its participants. In the past at club meetings I have proposed such a rule and it was voted down because each race director decides on who will be eligible for an award. For example, in the Indian Ladder Trail Run, the awards go only two deep in each age group (please forgive me Mike Kelly. I am not picking on you; I am just using your race as one example). There are a

great many HMRRC races that differ in age groups and how high they go in age groups. For instance, Jim Tierney in his HMRRC Bill Robinson Masters10K Championship Race has five year age groups ending with a category for age 80 & over. The Delmar Dash five-miler is similar with its age groups.

But, there are other club races that have ten year age groups and have an upper age group of 70 and over. Of course, the Grand Prix competition is not a race but has the same age groups as I just mentioned. So Ken Orner, where are you going with all this verbiage? That's a fair question. Now let me take you back to the Declaration of Independence and the statement as modified by me: ALL MEN AND WOMEN ARE CREATED EQUAL.

When men and women age, they generally run a little slower each year, except for perhaps, Chris Rush, who recently ran the Colonie Mile in a little over six minutes, at age 75, but Chris is an exception. He certainly is MORE EQUAL than many other runners in a great many age groups. My point is that not only do runners slow down as they age, they also have fewer races left in them. This, of course, is due to their mortality which will eventually end their days of running.

So, HMRRC, once more I will ask you to make the Declaration that all races be created equal in terms of five year versus ten year and add an age group for 80 and over runners, male and female. Doesn't the HMRRC treasury have the assets to do this without creating any financial hardship? The cost of awards, especially if they are not dated, should be a minor consideration in a race budget.

Please put this proposal on the agenda and create all men and women more equal.

Thank you for your patience and understanding.

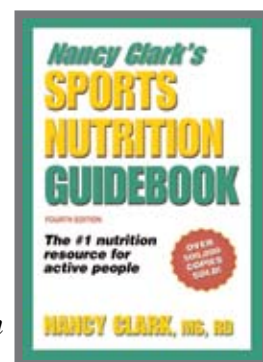
PS: After many years of trying to find steady work, I finally got a job as a historian, and then I realized there was no future to it.

* added by the author. □



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9:30AM

SUNDAY, OCTOBER 30, 2011

THACHER STATE PARK, NY

FEATURED IN RUNNERSWORLD OCTOBER 2009 AND PART OF THE ARE AND WMAC GRAND PRIX SERIES

WHAT YOU NEED TO KNOW

This highly popular event typically draws runners from over ten states. It is one of the largest trail races in the northeast and participants range from national-class to those brand-new to trail running. The course is a roller-coaster ride with mud, muck, roots, steep drops, big puddles—and the occasional grave that may have your name on it.

Many runners compete in costume—be it simply wearing a ridiculous outfit to an all-out, performance-inhibiting full body uniform of sorts. This event is about having fun and we guarantee that you will. Be sure to consider entering one of the special categories.

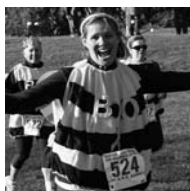


AWARDS

Custom-made awards await the top 3 overall male and female finishers. Delicious gorilla and squirrel cookies await the top 3 males and females in: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Additional categories (if you dare!)

Best: Gorilla Impersonation - Costume - Pumpkin Carving; Finisher carrying the most bananas.



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

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA "MEDAL" TO ALL FINISHERS IN THE HALF



☀ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrely 6m and Hairy Gorilla Half Marathon
11:00am: Squirrely 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Early Registration: Postmarked by October 22.
Do not mail after 10/22. Checks out to AREEP

We highly encourage you to register online.

There are no additional fees and ARE members receive a discount when registering through the ARE members page.

AMENITIES

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

HALF MARATHON CUT-OFF TIME

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.



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NAME _____	____/____/____ BIRTHDAY	AGE (ON 10/30/11) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____	EMAIL _____		
CITY _____	STATE _____	ZIP _____	
PHONE () _____	RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	RELAY PARTNER (IF APPLICABLE) _____		
In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	

ARE Event Productions' Inaugural

Fall Frun 10K

to benefit the Albany Medical Center Children's Hospital

Join us for the area's newest event that features great entertainment, disposable chip timing with split mats and a LIVE results monitor, phenomenal refreshments, awesome amenities, and all the while benefiting a most worthy cause. Be part of the first year of what surely will become a staple of fall racing in the Capital District. Visit our website and be part of the frun!

Coming Sunday, November 6, 2011 to Clifton Park, NY

www.FallFrun10.com

Like to race? The September ARE Event Productions' schedule has you covered. We'll see you at the races!

9/3 5k Run for Horses	Saratoga Springs, NY	9/17 Landis Arboretum 5k	Esperance, NY
9/4 Ironkids Triathlon	Avon, CO	9/17 Get Your Rear in Gear 5k	Saratoga Springs, NY
9/8 GE 5k/10k	Schenectady, NY	9/18 Doug Ellett 5k	Cohoes, NY
9/8 I Do Dash 5k	Colonie, NY	9/18 Hannah's Hope 5k	Clifton Park, NY
9/10 MBPA 5k	Malta, NY	9/18 Run for Dunkin 5k/10k	Albany, NY
9/10 Red Apple Run 5k/10k	Kinderhook, NY	9/18 Palio Melanie O'Donnell Half/5k	Saratoga Springs, NY
9/11 Tunnel to Towers 5k	Albany, NY	9/23 Watervliet Arsenal 5k	Watervliet, NY
9/11 Ironkids Triathlon	Alpharetta, GA	9/24 Schenectady County Pedal-Paddle-Run	Schenectady, NY
9/15 Blue Shield of NENY 5k	Malta, NY	9/24 Albany Law School Alumni 5k	Albany, NY
9/15 Schenectady ARC 5k	Schenectady, NY	9/25 Crossings 5k Challenge	Colonie, NY
9/17 Ossining Matters 5k	Ossining, NY	9/25 Adirondack Marathon Distance Festival	Schroon Lake, NY
9/17 Race Against Autism	Schenectady, NY	9/25 BrockTrot 5k/10k	Lenox, MA

ARE Event Productions is committed to providing professional and seamless services to events throughout the Capital District and beyond. In addition, AREEP recently produced its fourth annual Adult Trail Running Camp in the Adirondacks and is now proud to introduce its

Elite Developmental Program

If you are a competitive athlete who desires to be part of a team that values hard work, have a racing spirit, and above all else, a passion for the sport, visit the website below to find out about this special opportunity only available to residents of the Greater Capital District.

www.AREEP.com/team

Meeting Minutes of the HMRRC General Meeting - July 13, 2011

Attendance: Barb Light, Chuck Terry, Marcia & Tom Adams, Diane Fisher, Pam Zentko, Rob Moore, Ray Lee, Jon Rocco, Wade & Anny Stockman, Nancy Briskie, Ken Skinner, Mark Warner, Doug Bowden, Bill Meehan, Pete Newkirk, Aissa Feldmann, Cathy Sliwinski

Call to Order (J. Rocco): meeting called to order at 7:32PM

Reading and approval of June 8, 2011 minutes (B. Light) Motion made to approve minutes as approved by Marcia Adams seconded by Rob Moore.

Reports of Officers

President (J. Rocco): Video from Just Run Track Meet was presented. Once a master is made, Ken will present a DVD to each of the schools. Passing of Grace Tierney, please keep Jim Tierney in your thoughts and prayers. Club did send flowers to the funeral home. Jim sent thank you note to the club for all our support. Don Wilken delivered collection of Pacesetters & newsletters to Diane Fisher and she will be keeping. Jon sent Don a thank you letter on behalf of the HMRRC for his contribution. We are going to try and put the old newsletters on the website and putting the very first Pacesetter in for September. Robin & Kristin are looking for any articles or stories or comments to put in for the Anniversary issue of the Pacesetter. If you would like to contribute something please contact Robin or Kristin.

Executive Vice President (J. Parisella): Schrader Scholarship award winners article in the Pacesetter. Sam sent a Thank you letter to HMRRC for his scholarship.

2.3 Executive Vice President – Finance (C. Terry): 2010 Workforce Team Challenge audit went through all the records and found everything to be in order. The race committee has a good system of controls and found the records to be complete and accurate.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): Able to get all records in Quicken and have a budget. If anyone has any questions please see Pam.

Reports of Committees

3.1 Membership (D. Fisher): 2487 members currently, 20 up from last month, 206 up from 2010.

Volunteers (M. Adams): Looking for volunteers for the Hour Run, closing in on the Cruise-need 32 – The Pace Setter

applications-this is the last weekend to sign up. Indian Ladder-if you can volunteer, please let Marcia know.

Public Relations (R. Moore): Sent press releases to papers for track meets and Tawasentha meets in August. Here is a list of remaining expos that we will have a booth at. 10/1 Run for Cure - going to have sneaker/shirt recycle pickup booth. Expo held at Empire State Plaza concourse.

SEFCU Expo –date hasn't been posted on website yet. Believe it will be 10/2 at SUNY Albany SEFCU arena.

10/8 Our HMRRC Expo on 10/8 at the Crowne Plaza Downtown Albany

11/12 Stockade-athon Expo at Proctors Arcade downtown Schenectady

Race Committee (M. Warner): Distinguished Service race had 151 finishers, the substitute course worked well for the race. Father's Day Race had 583 finishers; everything went well for that race. Valley Cat race had 384 finishers, broke record for that race. Reaching new people by having races across the river. 46% were across the river, 36% were not HMRRC members for the Valley Cat race. Colonie Mile had 104 finishers; 5 heats. Last 2 years every race has had record number of people so this is great news. July we have a lot of races, Tuesday track series, next 3 Thursdays, Colonie Track, 2 people relay, hour run, and Decathlon. Indian Ladder Run and picnic and Dynamic Duo in August. Tawasentha races start August 8th. We have a need for Race Directors and this is the time of year that we need to get together with current race directors to see if staying on for next year and after that he will have a better picture of what races we will need directors for. Looking for race director for CDPHP Workforce Team challenge race. We will have Race committee meeting in early September to go over schedule for next year.

Race Committee Treasurer (N. Briskie): See attached reports. Noticed another decline in the Mother's Day race. Emergency fees and school rentals are very costly. Waiting on report from Father's Day and Valley Cat races. Should have them shortly.

Pace Setter (R. Nagengast/K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano) No report.

Grants Committee (R. Newkirk) No report.

Long Range Planning Committee (E. Neiles) No report

Just Run Program (K. Skinner) –wrap up report on Just Run program. Had 215 kids participate in the track meet. Will have to work out arrangement for a bus company next year because some of the kids couldn't attend because the schools couldn't provide transportation. Ray, Ed & Cathy will meet with leaders in August to go over how things went. Will have to work out how many more schools can be invited to participate. Will need to develop criteria to determine how schools can participate. Would like to get a school from Troy or Lansingburgh. Trying to get schools outside of Albany to participate. Westmere and Guiderland schools will reserve Tawasentha Park to have end of year run for the Cross Country program. Will have to see how many schools want to participate in the Fall.

Election Committee (M. Adams) – slate of candidates: John Parisella-President, Jon Rocco- Vice President, Charles Terry Vice President of Finance, Barb Light Secretary.

Unfinished Business: None.

New Business:

Recycling and Composting Options/Discussion (A. Feldmann)-Aissa Feldman discussed recycling and composting options. New member to club stepping up to take on the recycling of bottles. Wanted to know what club thought on the recycling of the bottles-one thought was to send proceeds to local clubs. Cathy Sliwinski would like to talk to Aissa about coming up with ideas for the club and for the marathon. Marcia thought it was great that someone is stepping up to do this. Mark would like her to come to race director meeting so that she can talk to the race directors about their race and what would be needed for the recycling. Composting would be another topic to discuss. A good start would be to start with individual races and move forward from there and develop a system. She did call Albany city recycling and they may be getting some bins that they could give out for events for recycling. John Parisella suggested that guidelines be printed up for Race Directors so that they know what needs to be done for their race. Cathy

noted there are websites available to help you set up recycling programs for races. Diane Fisher has a lot of contacts for recycling to help develop a program.

Indian Ladder Trail Run/Picnic-coming up July 31st. Desperately need volunteers to help out with the race. If you are not running please contact Mike Kelly. The race is held at Thatcher Park.

CDPHP Workforce Team Challenge Wrap Up Report (P. Newkirk) – Jon thanked Pete for his dedication from 2006-2011. He is stepping down as Race Director. Pete has brought the race to a new level and the race has helped out the club tremendously. Race has doubled in entries since Pete took over. Presented a plaque to Pete for his dedication and hard work for the Workforce Team challenge. We also have a plaque for Jean Ryan and Larry Decker. Joe Richardson, Jean Ryan and Larry Decker will not be coming back to the race next year. Entries were up, teams were up significantly from previous years. PAL raised \$4160 for the charity. Pete suggested that we return \$20,000 back to CDPHP and have them redistribute to the charity of choice and go back to the first three charities, and they will receive \$5000 each. Pete will talk to CDPHP and they will send out a notice when they are going to do the presentations and we will set up press releases to go out.

Announcements: Rob Moore noted that the Adirondack Expo will be Saturday, September 24th at Schroon Lake. Need someone to man the booth from 11AM-5PM. If anyone is interested, please let Rob know.

August refreshments- Robert Moore

September refreshments- Cathy Sliwinski

October refreshments - Tom & Marcia Adams

Adjourn: motion made by Marcia Adams to adjourn, seconded by Diane Fisher, meeting adjourned at 8:52 PM.

□



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CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

Knit Hat, navy, black, light blue

Thermax Gloves, black

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

Long Sleeve Coolmax Shirts:

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

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

Coolmax Singlets:

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

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

Short Sleeve Coolmax Shirts:

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

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

Shorts with white club logo

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

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

Easy, 4" inseam, S,M,XL

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

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

Running Cap, embroidered logo, white, white/royal

DeFeet Coolmax Socks, white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20

Smart ID tag, snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6

If ordering only this item, postage is \$.44

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Event Schedule

Date	Time	Event	Location	Contact	Email
9/17	9:30 AM	Landis Arboretum 5K Forest Run/Walk	Landis Arboretum, Esperance	Jonathan D iCesare	jdicesare@realtyusa.com
9/17	9:00 AM	16th Annual Run to Remember 5k	RPI ECAV, Troy	Marcus Fairchild	run2remember.rpi@gmail.com
9/18	9:30 AM	Doug Ellett Memorial 5k Run/Walk for Melanoma	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/18	9:30 AM	Josh Billings RunAground	Berkshires	Patty	patty@joshbillings.com
9/18	8:30 AM	The Dunkin' Run 2011--5K 10K & Kids Fun Run	Albany Jewish Community Center	Tom Wachunas	tomw@saajcc.org
9/18	8:00 AM	The Saratoga Palio: Half Marathon and 5K Run/Walk	Saratoga Springs - in front of City Hall	Maria Palmer	questions@thesaratogapalio.com
9/24	8:30 AM	Schenectady County Pedal-Paddle-Run (Biking: approx. 8mi Paddling: 1.6mi Running: 5K)	Collins Park, Scotia	Wendy Voelker	wendy.voelker@schenectadycounty.com
9/24	9:30 AM	Helpers Fund 5k 10k Races	Municipal Center, Chestertown	Race Director	racess06@helpersfund.org
9/24	10:00 AM	FAM 5K Fund Run/Walk	Cobleskill Fairgrounds	Peter Sweetser	sweetser@famfunds.com
9/24	9:00 AM	Waddle Toddle Run for Chenango Nursery School 5K one-mile and fun run	Chenango Nursery School 59 W. Kendrick Ave. Hamilt	Donna Jarcho	djarcho@twcny.rr.com
9/25	10:00 AM	Crossings 5K Challenge and Kids Fun Run	Rudy A. Ciccotti Family Recreation Center	Barbara Boodram	bboodram@colonieyouthcenter.org
9/25	1:00 PM	Nick's Run To Be Healed 5K	Clifton Commons, Clifton Park	Liz Fox	nicksrun@fighttobehealed.org
9/25	9:00 AM	Battenkill River Duck Run (5K 12K and 1K Fun Run)	West Arlington Covered Bridge Rt313 Arlington VT	Peggy at Happy Days Playschool	happydayspeggy@comcast.net
10/1	9:00 AM	Susan G. Komen Northeastern NY Race for the Cure 5K/2 Mile	Empire State Plaza, Albany	Lynette Stark	info@komenneny.org
10/2	11:00 AM	Greno Industries Run for the ROC 5K	Saratoga Springs	Rachael Wheatley	rwheatley@saratogacare.org
10/2	1:00 PM	Spencertown Shine On 5K	Spencertown NY @ Fire House	Spencertown Auxiliary	spencertownauxiliary5K@gmail.com
10/2	10:00 AM	32nd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas - Russ Hoyer	jth430@verizon.net
10/8	9:00 AM	Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School Burnt Hills	Paul Lewandowsk	ssalmonlew@aol.com
10/8	10:00 AM	5th Annual Falling Leaves 5k Run & Kids Fun Run	Ballston Spa	Heather Leggeri	dhleggeri@msn.com
10/8	10:00 AM	Coxsackie P.A.L. 5K Fun Run/Walk	Coxsackie	Sgt. William O'Brien	mrwjob@yahoo.com
10/9	8:30 AM	29th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski	cslwin@nycap.rr.com
10/9	8:30 AM	10th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Rob Sliwinski	cslwin@nycap.rr.com
10/15	10:00 AM	Race Away Stigma 5K Race and Fun Walk	Hudson Valley Community College	Carrie Zurenko	c.zurenko@hvcc.edu

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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!*