

The Pace Setter

August 2015

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



44th ANNUAL DISTINGUISHED SERVICE RACE HONORING MAUREEN COX

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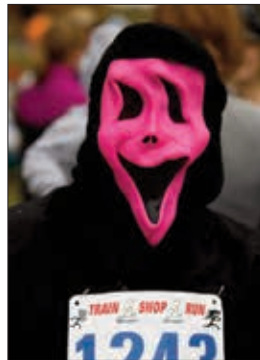
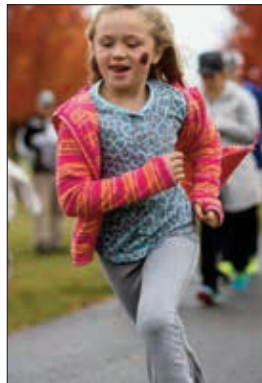
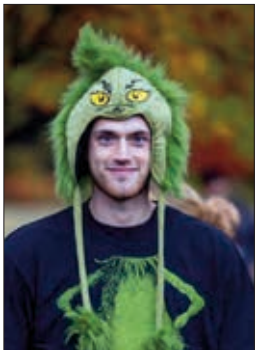


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— **What's Happening**

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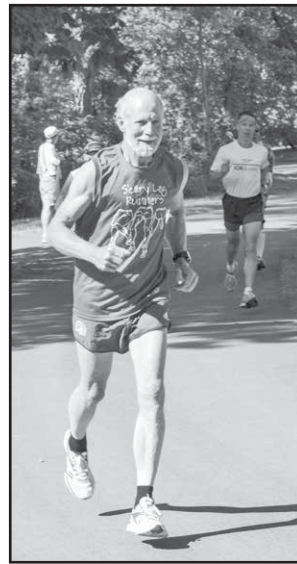
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The Pace Setter

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HMRRRC Mission Statement

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

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

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President's Message

by Meghan Mortensen

As we enter the month of August, the bitter-sweet reality that our long summer days are starting to dwindle and the start of a new school year is around the corner begins to set in. For six student-athletes from the Capital District, August, however, signifies the transition from high school into college cross-country and track season. Before these incredible young runners toe the line at their first college meets, I would like to take a moment to highlight this year's winners of the Bill Shrader, Sr. Scholarship Award. This year, the award continued to prove to be a competitive honor, with fifty-six deserving applicants vying for the \$3,000 cash reward. Scholarship Committee members Joan Celentano, Ken Skinner, John Parisella, Chris Rush and Jon Rocco had the difficult task of selecting six outstanding individuals worthy of this scholarship. Scholarships were presented at school awards banquets, assemblies, and even at our June 2015 HMRRRC club meeting. Student-athletes and parents alike thanked HMRRRC for making this scholarship available as a way to acknowledge the hard work and dedication these students have put in both on and off the trails and track.

This year, the female winners were: Courtney Breiner from Emma Willard; Rebecca Miceli from Guilderland High School; and, Janelle Rothacker from Burnt Hills-Ballston Lake. Courtney Breiner plans to attend and run for Boston University this fall. She is very involved in cross-country, track and road races of varying distances and has competed in events from the 400m to the half marathon. Courtney has broken nearly every school record at Emma Willard. She is an HMRRRC member and has participated in our events to keep her in shape in the off-season. She is respected as a leader who has a passion for running and getting others involved. Last year, she organized a 200-mile relay team of 12 girls. Courtney reports that running gives her clarity, stating, "Running will always be what I return to on the bad days, and it will always be the best part of my good ones because it solves the confusion in my head."

Rebecca Miceli, who plans to run for and attend Wheaton College in Massachusetts in the fall, describes developing a love and passion for running in a way different than most. At an early age, Rebecca remembers wanting to do something different, something the rest of her family didn't do. She wanted to make a name for herself, she wanted to stand out. Her quest to do something different ended as an "epic failure" because her parents along with her two siblings also caught the running bug since she began running for Guilderland in the 7th grade. However, her resume makes it

pretty clear that she has certainly made herself stand out. As captain of her cross-country team, Rebecca organized a volunteer day for her teammates at the Mohawk-Hudson River Marathon and Half Marathon in 2014. Also, it turns out Rebecca and I have something in common other than a love for running; we both have donated our hair to Locks for Love multiple times over the last decade! Rebecca's cross-country coach explains that her positive attitude is contagious and she will be a valuable asset to Wheaton's running program.

A former soccer player, Janelle Rothacker began her high school running career with a horrific knee injury that required surgery and six months of rigorous therapy and healing. Unable to return to soccer, Janelle poured her heart and soul into running and became extremely competitive on the local level. She aided her team to a 2014 Class B Cross-Country championship and was named 2014 Section II Girls Indoor Track Athlete of the Year. Janelle's friend and teammate, Allison Fernandez, describes her as being that student-athlete always willing to go that extra mile. "The summer mileage, the rigorous distance run paces, the voluntary tempo runs are all demonstrative of Janelle's relentlessness and dire need to do her very best. All of which she completes with poise." Janelle is attending High Point University in North Carolina in the fall where she will continue her running career.

The male winners were: Lukus Becker from Berne-Knox-Westerlo; Izaiah Brown from Amsterdam High School; and, Jeremy Spiezio from Greenwich. Lukus Becker is a student-athlete who was involved in various clubs throughout his high school career. When you look at the various leadership positions he has held, including, President of the Students Serving Society, Vice President of the National Honor Society, Key Club President and Historian of his 2015 class, it is no surprise that after his college running days are over, he hopes to one day become a coach! His former high school cross-country and track coach remarks about the popularity of his "positive outlook, unselfishness, and humble approach" amongst his teammates. He is a well-respected young man with a very bright future on and off the track, trails and roads.

Our next winner, Izaiah Brown, has been someone to look out for since his freshman year at my alma matter, Amsterdam High School. Running has given Izaiah chances that he may not have had otherwise. He was the first individual in his family to graduate from high school and will now be the first in his family to attend college, not to mention on a

Continued next page



What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? Do you harbor a secret desire to run through a stream and try to make it up a slippery, muddy hill? If you answered yes, the HMRRC has races for you in August. Cross country racing returns to the hills and streams of Tawasentha Park for its August meeting. The 5k races will be held on Monday, August 10, 17 and 24. The races will start at 6:30 p.m. and the August 17 race will be a Grand Prix event. These races are challenging and are a great workout.

A good warm up for the Tawasentha series can be found at the Indian Ladder Trail Runs, set for Sunday, August 2 at Thacher Park in the Town of New Scotland. There is a 15k race, followed by a 3.5 mile run and a 1 mile kids run, with the 15k starting off at 9 a.m.

Another August highlight is the 37th Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday, August 1 and is a pursuit race with the men running first and then the women going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities.

The Colonie High track meets continue into August with the last meet on Tuesday August 4. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:00 p.m.

There are local road races to be found on the August schedule. The Camp Chingachgook Challenge will be held on Saturday, August 15 and features a half-marathon and a 10k race. The half starts at 8 a.m. at Lake George High School and finishes at Camp Chingachgook; the 10k starts at 9 a.m. and is out and back course from Camp Chingachgook. The Castleton Kiwanis host the Clove Run on Saturday, August 15, with a 10 mile run going off at 9 a.m. and a 5k set for 9:15 a.m. from the Castleton Elementary School. Fans of the 5k can choose from the Fox Creek 5k, held on Saturday August 8 at the Berne Town Park with an 9 a.m. start. Later in August the 18th annual Altamont 5k will be held; the race is set for Saturday, August 29 at 9 a.m. at the Bozenkill Park in Altamont.

August is the month in which I celebrate my birthday. I am three years away from find-

ing out whether anyone will still need me or feed me.

The club's business meeting for August is scheduled for Wednesday, August 12 at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave. Extension. All club members are encouraged to attend these meetings. □



President's Message, *continued*

full athletic scholarship to Rutgers University, a college he chose over UCLA, USC, Michigan State and Penn State. He has been a role model not only for his teammates, but also for his younger sister. Izaiah will be a true asset to Rutgers because he brings a strong focus on academics, while also possessing world class track credentials. He has won 13 event sectional titles and four state championships since his freshman year. Izaiah set the NYS Freshman record in the 400m in 2012 with a time of 47.80 seconds. He holds the second fastest time by a junior in NYS history in the 400m at 46.61 seconds. Izaiah's coach wrote, "He motivates athletes to raise their levels and instills in them a love for running."

Jeremy Spiezio is an intelligent young man who has a passion for volunteerism and running. He will be attending Princeton University this fall, and his resume highlights the numerous reasons why! Jeremy volunteers for the Tour de Cure, Relay for Life, various fundraisers promoting business in his small town of Greenwich, and helps out at the local food pantry. There is nothing more amazing than watching young individuals learning how to give back to their communities! Athletically, Jeremy is a three-time state

On the Web!

The Hudson Mohawk Road
Runners Club is on the Web

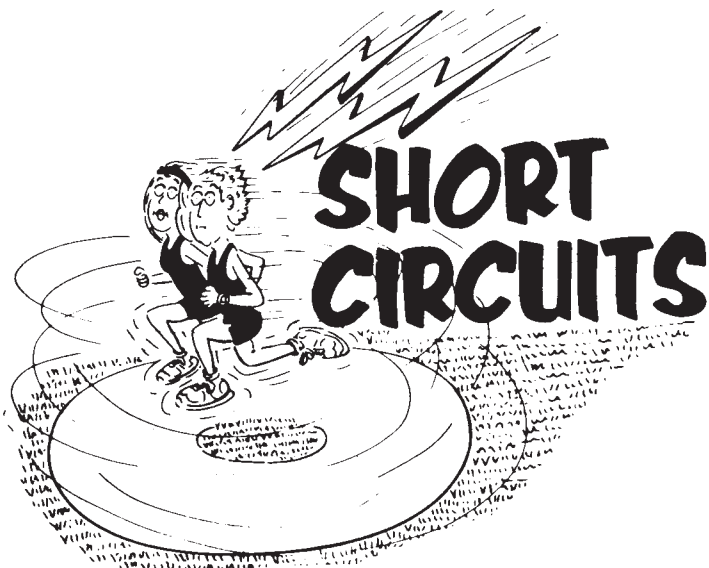


- Complete Race Schedule
- Grand Prix Update
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champion in the mile with a PR of 4:09, has placed 2nd at the Millrose Games, qualified for the Nike Cross Country Nationals, and has PR's of 1:55 in the 800m and 9:07 in the 2 miler. He realizes that although the titles are nice, they are only a tidbit of his overall running experiences. Worded perfectly, Jeremy states, "Running has an uncanny ability to both melt and empower the soul. It has been brutally humbling but shown me more success than I have ever imagined. It is this spiritual balance that I most cherish out of all my growths as a runner."

As impressive as the lists of accomplishments is for these 6 runners are, what's more impressive to me is the respect amongst their peers, love for running, and optimism that running will take them to high places in their futures. Their most notable work though is not what they have done on the track, but instead the impact they have made off it. As fellow runners, I know many of you have similar on track accomplishments, but I hope you will join me this month and take a minute to reflect on your impact off it as well. We come from, and run on many different roads, but no matter where we were, or where we going, we can always work to make a positive impact. □



If you have an item you would like to share with our readers, please email it to: BishopPaceSetter@gmail.com

- The race catapulted to fame, receiving national attention, in 1983 when marathoner Bill Rodgers took part and won with a time of 44:38.

- In 2015, the Boilermaker raised \$136,970 for charities.

The Art of Sneakers

The sleek design, utility, and cultural impact of athletic shoes has been recognized by the Brooklyn Museum of Art in its exhibi-



Shoes or Works of Art!

tion, "The Rise of Sneaker Culture," and in its lavishly illustrated book about the show. The presentation features 150 iconic sneakers and will be running until October 4. The book is available on Amazon.

Swoosh Goes the CEO



Nike's chairman and co-founder Phil Knight will be retiring from day-to-day operations at Nike in 2016. He and Bill Bowerman started Nike, originally called Blue Ribbon Sports, with \$500 each and shoes imported from Japan. Today Knight's investment will yield him at least \$22.3 billion. from stock options. Knight envisioned creating a running shoe company as a class project at Stanford University's graduate business school and carried it from there. In several years, the name was changed to Nike and the Swoosh logo was designed by a girlfriend who was paid the royal sum of \$35 for the now world-famous design.

Left High and Dry – A Runner's Nightmare



The Revel Rockies Half Marathon, billed as an "incredibly fast and remarkably beautiful road race that takes runners from the forests and canyons of the Rocky Mountains to the



Boilermaker 2015

Boilermaker Footnotes

The 38th running of the Boilermaker Road Race took place Sunday, July 12, 2015.

The following runners from the Albany area are to be congratulated for their fine performances.

Top Ten Men: 1) Tom O'Grady, age 30, Latham, 51:10; 2) Evan Quinones, 20, Saratoga Springs, 51:23; 3) Aaron Lozier, 26, Albany, 52:18; 4) Ryan Mackerer, 19, Chatham, 53:15; 5) John Farley, 26, Albany, 52:59; 6) Benjamin Fishbein, 19, Delmar, 53:07; 7) Ethan Hausmann, 20, Cohoes, 53:37; 8) JonathanValle-corsa, 21 Latham, 54:4; 9) Matthew Gokey, 41, Delmar, 55:23; 10) Anthony Erno, 18, 55:42.

Top Ten Females: 1) Kristen Quaresimo, 35, Ballston Lake, 1:02:26; 2) Terri Artese, 49, Scotia, 1:02:52; 3) Brina Seguine, 25, Rensselaer, 1:05:23; 4) Emily Burns, 18, Slingerlands, 1:05:52; 5) Karen Dolge, 44, Valatie, 1:05:57; 6) Liz Chauhan, 30, Albany, 1:08:21; 7) Bethany Hawke, 29, Albany, 1:08:51; 8) Sally Drake, 42, Albany, 1:08:42; 9) Chelsea Desalvatore, 30, Ballston Lake, 1:08:57; 10) Cara Sherman, 6 – The Pace Setter

18, Rotterdam, 1:08:59.

Honorable mention goes to HMRRC Race Committee Chair, Jon Rocco, 48, who came in fourth out of 593 in his age group.

Interesting facts:

- Along with the Boston and New York City Marathons, the Boilermaker has forbidden the use of any drones during its race. This was done to protect runners from accidental injury by these drones.

- The top male, Eliud Ngetich and female, Mary Wacera, both from Kenya, won \$7,000 apiece.

- Men's open record of 42:46 was set in 2010 by Lelisa Desisa, who won this year's Boston Marathon.

- HMRRC member Anny Stockman holds the woman's record for the 70-74 year age group with 1:27:03.

- Boilermaker Road Race Headquarters on Court Street in Utica houses the National Distance Running Hall of Fame.

- The first race in 1978 had 800 runners and cost \$750.

foothills of Denver,” failed to deliver on July 19, when it left 1,700 racers stranded. Buses came at the appointed time, enough to take 1,200 to the marathon and 100 to the half marathon. The other 1,700 waited and waited but no further buses arrived. Supposedly, all would be fully reimbursed if the organization has enough money.

Dry and High

Hold your hats, but the great opportunity to run miles in heat over 100 degrees and



soaring altitudes is back with the resumption of the Badwater 135 Ultramarathon in Death Valley National Park. Last year, park officials cancelled the race in Death Valley, citing the health risks, but in a turnaround with supposedly better safety precautions in place, runners can once again start their trek in Death Valley, which is below sea level, and then cross mountain ranges, ending at 8,300 feet above sea level on Mt. Whitney. This event occurred on July 28, 2015. Usually around 100 start, with about 80 finishing. Good luck.

Down but Still Up



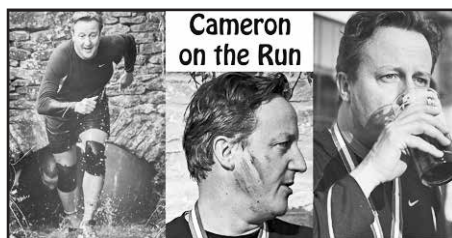
The number of finishers in road races in the United States fell for the first time since 1990, when data was first compiled by Running USA. However, the number is still extremely impressive. In 2014, there were 18,750,000 finishers, down from 19,025,000 in 2013. The only areas that saw increases were the marathon (up 2%) and half marathon (up 4%). The race results from our area on the HMRRC and ARE websites indicate that the number of races and finishers has increased markedly each year. The figures cited by Running USA are for the country as a whole.

Also in this category are the funds raised by charities for the 2015 Boston Marathon. In total, an impressive \$28.3 million was taken in, with about 20% of the runners taking part. However, \$38.3 million was amassed in 2013 when there were 6,000 more runners. As notable as these donations are, they are eclipsed by those from the London Marathon, which has perfected the art of fundraising. For the past eight years it has broken the Guinness World Record for one-day charity fundraising events.



Evidence of this is that there are more booths for charities than sportswear manufacturers at their expo. Guinness World Records also partners with the London Marathon to encourage people to break a record while raising money for a charity of their choice. In 2015 runners were encouraged to dress as a plant (record to beat 4:30:00), a crustacean (3:55:13) and a toilet (2:57:28). These canny strategies and antics helped bring in over \$90 million in 2015 for charity. Way to go!!

Carry on Prime Minister!



British Prime Minister David Cameron is notable as a competitive runner in both sports and politics. Wherever he lives or visits he can be seen racing with his security detail and this has made him sport for photographers. Recently, while doing an arduous sweat-inducing run, he unwittingly photo bombed a popular BBC morning cooking program that was taking place live on London's South Bank. When the TV hosts realized who was running by, they tried to get him on camera by offering him one of their newly created smoothies, but as a true athlete, he kept on going to finish his morning routine.

Last December, Cameron ran into the press when he was involved with mudslinging and more at the Great Brook Run in the Cotswolds. The race has lots of obstacles and oodles of oozing mud before it reaches the final stretch that spans a raging brook. In the warning about the brook section, which can be three feet deep in parts, there are loose stones and large tree roots, along with eye-level brambles and nettles lining the sides of the brook and the fields leading to it that can present problems. Cameron came in 64th out of 138 finishers and celebrated along with other finishers in a local pub with a refreshing pint of British brew.

Speaking of Brits!

Kate Middleton, the Duchess of Cambridge, has a very athletic sister, Pippa, who has accomplished amazing feats lately. As a warm up for a grueling marathon, Pippa took part in a 54-mile cycling event for charity with her brother, James. Several days later she flew



to Kenya to run the 16th annual Safaricom, noted for its high altitude and high heat. The marathon is sponsored by the Tusk Trust, an organization whose royal patron is none other than her brother-in-law William. The fund is designed to protect and preserve African animals, create sustainability and promote education in impoverished areas of Africa.

Broadcast nationally throughout Kenya, the marathon started with 1200 participants and ended with 100 finishing. The winners, Elijah Mbongo (2:20:18) and Fridah Lodepa (2:50:26), were both from Kenya. Pippa came in 30th overall and first among international females in 3:56:33. She said after the race, that she was exhausted but persevered by thinking about the “schoolchildren, the rhinos, elephants and lions, the incredible Tusk projects—the reason I was doing this. It was...tougher than anything I'd been faced with before.”

Out to Sea



Adidas is trying to tackle environmental problems that threaten the globe with creative solutions. In our oceans there are islands of plastic trash floating around. Birds and mammals eat the plastic bags and choke, or become enmeshed in the discarded plastic fish nets. To help alleviate this problem, Adidas is collecting the plastic garbage and having it turned into fiber to create fiber for shoes. Adidas has partnered with Parley for the Oceans, a group formed to find sustainable ways to improve the health of the planet's oceans. The prototype shoe is a soft ocean blue color and will be available for purchase by the end of 2015.

Fads Up, Doc!

In the perennial quest to run at body-defying speeds for untold distances, runners are turning to intravenous saline water transfusions some with fancy pharmaceutical cocktails added. People who use them are convinced that they work, but scientists are skeptical. In fact, there is no medical evidence so far to prove their efficacy but that has not been a de-



terrent to those seeking miracles. Some firms market it as a way to treat hangovers too.

The procedures have become popular with companies that will offer door-to-door service. A half-hour visit by a registered nurse with saline water infused can cost \$115, with the cost escalating depending on what pharmaceuticals are added. Certain health clubs offer group discounts to its members for the transfusions.

In 2011, a study reported in the *Clinical Journal of Sports Medicine* conducted on members of the NFL who were using this treatment showed that there was no certifiable benefit and that oral hydration was just as efficient and potentially less dangerous. In addition, if the World Anti-Doping Agency learns about an athlete using it, they better have a good excuse.

Another fad that seems a lot safer is drinking sour cherry juice to treat aching, inflamed muscles while adding natural nutrients to the body. Proponents claim that the high antioxidants in sour cherries are nature's way of treating inflammation and pain in the joints and are equivalent to taking ibuprofen or aspirin but without the side effects. Again, medical science has not validated this theory by tests done on millions or even thousands of people, but this has not stopped hundreds of professional and collegiate sports teams from having their athletes drink sour cherry juice before and during workouts. Other foods naturally high in antioxidants are blueberries, raspberries, grapes, nuts, dark green vegetables, sweet potatoes and orange vegetables, tea, whole grains, beans and fish. □



HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN 2.95 M & 5.9 M*

*Grand Prix Race for HMRRRC Club Members • Commemorative Glasswear for First 125 Registrants

Location: University of New York at Albany - *Gymnasium near Western Ave. Ent.*

Date & Time:

Sunday, September 13, 2015

9:00 a.m.

FEE: **FREE** for HMRRRC members, \$5 non-members — *Day of Race Registration Only*

Come join us for the 44th Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and
Top Male and Female finishers in each of 14 five-year age groups in the 5.9 Mile Race

For more info, or to volunteer, call Pat Glover at 877-0654 or email pjglove@aol.com



Energy Bars, Gels and Electrolyte Replacers: Are they essential sports foods??

"I don't like gels, so I only drink water on my long runs — but how can I keep myself from bonking at mile 18?"

"I'm training for an Ironman triathlon. Which products are best to replace the electrolytes I lose in sweat?"

"Do PowerBars have special performance-enhancing ingredients?"

If you are among the many runners who have no idea which engineered sports foods are the best choices to fuel your long runs, welcome to the club! Advertisements have led many active people—not just marathoners and triathletes, but anyone who breaks a sweat—to believe that energy bars, gels, and electrolyte replacers (among other commercial sports foods) are a necessary part of a sports diet. While there is a time and a place for pre-packaged sports foods, many runners needlessly spend a lot of money misusing them. The purpose of this article is to help you become an informed consumer.

Pre-exercise energy bars

While fueling with a pre-run "high performance" energy bar is one way to energize your workout, you could less expensively consume 250 calories of Fig Newtons or a granola bar. All will offer the "magical" energy source that muscles need for a high-energy workout: carbohydrate!

The best pre-run snacks are foods that digest easily and do not talk back to you. Standard supermarket foods can do that as well as engineered products. Experiment to determine which foods settle best in your body during exercise.

Gels

While some runners love the convenience of gels (such as Gu, Clif Shots) during training

sessions that last longer than 90 minutes, others dislike their consistency or the way they might create digestive issues. Gels generally offer 100 calories from some form of sugar. If your body is not accustomed to digesting that particular type of sugar, you might end up with undesired pit stops. Always experiment with new products such as gels during long training sessions!

Some popular alternatives to the 100 calories of carbohydrate (sugar) in the gel include gummy candies (Swedish fish, gummy bears), twizzlers, gumdrops, peppermint patties, marshmallows, whoppers, M&Ms, maple sugar candy, and/or swigs of honey or maple syrup. The trick is to figure out how to carry the fuel (and how to keep it from melting in the heat). During long runs, you want to target 200 to 300 calories per hour (after the first hour, which gets fueled with your pre-run snack). The amount your body needs depends on your weight and exercise intensity. Read the label's Nutrition Facts to determine the correct portion to bring with you.

Electrolytes

You can find an abundant amount of electrolytes (electrically charged particles, most commonly known as sodium, calcium, magnesium, and potassium) in "real foods" – including fruits, vegetables, grains, meats, and dairy foods. These real foods are generally far less expensive electrolyte replacers.

Sodium enhances fluid retention and helps keep you hydrated better than plain water that goes in one end, out the other. Yet, sports drinks are actually low in sodium compared to what you consume in your meals. Many sodium replacers have far less sodium than you may think.

Runners who sweat heavily might lose about 1,000 to 3,000 mg sodium in an hour of hard exercise. Here are options for replac-



ing these sodium losses:

Replacing electrolytes is most important for runners who sweat heavily for extended periods in the heat. This includes double sessions of triathlon training, as well as summer running camps with repeated bouts of exercise in the heat. Yet, these athletes often are able to ingest lots of sodium in the pre-, during and post-exercise food they consume in order to sustain that level of endurance. For example, the triathlete who has a high-sodium ham and cheese sandwich with mustard and dill pickles can bypass the Gatorade at lunch.

When you know you will be exercising in hot weather, choose some salted foods (i.e., sprinkle salt on a omelet, pasta, or sweet potato) before you exercise in the heat. Getting a hefty dose of sodium into your body before you even start to run has been shown to retain fluid, delay the rate at which you might become dehydrated, and enhance endurance.

The bottom line

While sports foods have their time and place, make sure you actually need them before you spend your money on them! Not every runner needs to pay the price for pre-wrapped convenience.

Sports nutritionist Nancy Clark MS RD CSSD has a private practice in the Boston-area (Newton; 617-795-1875), where she helps both fitness exercisers and competitive athletes create winning food plans. Her best-selling *Nancy Clark's Sports Nutrition Guidebook*, and food guides for marathoners, cyclists and soccer players, as well as teaching materials, are available at www.nancyclarkrd.com. For workshops, visit NutritionSportsExerciseCEUs.com. □

Pre-exercise Snack	Calories	Cost	Cost/100 calories
PowerBar Performance Energy Bar	240	\$1.49	\$0.62
Clif Bar	240	\$1.25	\$0.52
NatureValley Granola Bar (1 packet)	190	\$0.32	\$0.17
Fig Newtons (1 pkt)	200	\$0.54	\$0.27

Commercial Sports Food	Sodium	Salty food	Sodium
Endurolytes, 1 capsule	40 mg	Dill pickle spear	350 mg
PowerBar Electrolytes	250	Beef Jerky, 1 oz	600
Gatorade, 8 oz	110	Salt, ¼ tsp	600
Gatorade Endurance, 8 oz	200	Bouillon cube, Herb-ox	1,100

HMRRC HALL OF FAME

HMRRC's Hall of Fame Committee is looking for candidates for the 2015 HMRRC Hall of Fame

HMRRC's Hall of Fame honors individuals who have earned extraordinary distinction as a member of HMRRC. Candidates should have been, or continue to be, active members of HMRRC and recognized leaders of the local running community in running performance and/or service.

Selection Criteria for Induction:

The guidelines used to select a candidate include (but are not limited to):

1. Historical significance to HMRRC
2. Performance as a competitive runner in HMRRC races
3. Noteworthy performance as a competitive runner at the local, regional, national, or international level
4. Service to HMRRC as an elected officer
5. Service to HMRRC as a staff member or writer for *The Pace Setter* over a period of time
6. Service to HMRRC or the larger running community as a race director
7. Volunteer service over an extended period of years to multiple club events
8. Service over an extended period of years to local running events
9. Service to HMRRC or the running community as a mentor, coach, or educator of local runners
10. Service to the larger running community as an officer of local, regional, national or international running organizations.

If you would like to recommend a member for this honor, send the candidate's name and appropriate supporting information by August 15th to:

HMRRC Hall of Fame Committee
c/o Mike Kelly
47 Silver Creek Drive
Selkirk, NY 12158
Or Email: mjk3ny@gmail.com



BRENDA DEER MEMORIAL 5K RUN • 3K WALK • KIDS FUN RUN

Saturday, September 19, 2015
Register @ www.FinishRight.com



This event is named for Brenda Deer, a mother of 3, Guilderland resident, avid runner, and popular teacher's aide at the Guilderland Elementary School. Brenda was tragically killed on July 30, 2000 when she was struck by a drunk driver as she was running with her husband, John, on Route 155.

JOIN US!

Join us for our 13th Annual Brenda Deer Memorial 5K Run/3K Walk and Kids Fun Run. Enjoy our FREE Member Appreciation BBQ after the race. The Kids Fun Run includes a 100 yard dash, a ½ mile run, and 1 mile run. Kids also enjoy a bounce house, face painting, petting zoo and pony rides. Please register by Tuesday, September 15, 2015.

Free Long Sleeve Race Shirt

The first 100 pre-registered for the 5K are guaranteed a gender specific dry fit weave long sleeve race shirt.

NEW CHIP TIMING AND ONLINE REGISTRATION

WHEN:	Saturday, September 19, 2015	
WHERE:	Guilderland YMCA 250 Winding Brook Drive	
TIME:	8:00am	Registration
	9:30am	Kids Fun Run
	10:00am	5K Run and 3K Walk
COST:	Pre-registration	
	\$20	5K Run
	\$10	3K Walk/Run
	FREE	Kids Fun Run
	Day of Registration	
	\$25	5K run
	\$10	3K Walk/Run
	FREE	Kids Fun Run

**For other Capital District YMCA races
visit www.CDYMCA.org**



SUNDAY, SEPTEMBER 27, 2015

CLIFTON COMMONS

CLIFTON PARK, NY

Northway to Exit 9, West on Rt. 146

Left on Vischer Ferry Rd. On left.

IN HONOR OF KENDRA SISCO!

REGISTRATION BEGINS AT 10:00AM!



PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

**NICK'S DASH—11:00AM NICK'S MILE—11:15AM ZUMBA—11:45AM 2-MILE WALK—12:00PM
5K RUN—1:15PM**

Prizes given to top overall male & female finishers and 1st & 2nd place in the following male & female categories:
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Parking for everyone. No strollers/dogs/bikes/scooters allowed on 5K run. Lunch/refreshments included for participants. Food is available for purchase and proceeds go to NFTBHF.

For more info. Contact Liz Fox at (631) 645-4801 or email nicksrun@fighttobehealed.org

2-mile walk & 5K Run Pre-registration: Per person \$20 (\$25 day of event)

(Walkers/5K Runners who pre-register by September 10 guaranteed dri-fit t-shirt—size upon availability)

Nick's Dash (6 & Under) and Nick's Mile (7-10): \$5 per child

(Nick's Dash and Nick's Mile Participants may only register via mail or day of event)

Prizes for every Nick's Dash & Nick's Mile participant!

Walk registration ends at 11:45am, 5K run registration ends at 1:00pm

**NFTBHF supports local pediatric cancer patients & is a 501 (c) 3 organization.
Register online at www.fighttobehealed.org or make check payable to: NFTBHF
Mail to: Liz Fox, c/o NFTBHF, PO Box 217, Rexford, NY 12148
Fee must accompany application. \$3.25 processing fee for each online registrant.**



Official use only: Bib # _____

Please Print

Entrant's Name _____ Age _____ Gender _____ Phone _____

Address _____

Email _____ DOB _____

Pre-registration: Walk \$20 _____ 5K Run \$20 _____ Team Name _____

Day of Registration: Walk \$25 _____ 5K Run \$25 _____

Nick's Dash (6 & Under) \$5 _____ Nick's Mile (7-10) \$5 _____

Receive Runner's hat with logo for additional \$15 donation (Quantity) _____ Will be \$20 day of event

By submitting this form you have read, understood and agreed to this waiver.

WAIVER: In consideration of accepting your 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 might have against Nick's Fight to be Healed Foundation, the Town of Clifton Park, and any officials and promoters of this event.

Signature _____ Date _____

Parent/Guardian Signature (if entrant is under 18) _____

The 6th Annual Malta Business & Professional Association 5K



GLOBALFOUNDRIES®



Malta Business & Professional Association

Malta 5K

Come run/walk through
Malta's two technology parks
and on Global Foundries' campus.
Great goody bags!

CASH PRIZES PROVIDED BY:

FLEET FEET
Sports

Proceeds to Saratoga
Rural Preservation
Company &
Town of Malta EMS
First Responders

Saturday, September 12

Pre-Registration - \$25

Day of event registration - \$30

Registration opens 7:30AM: Race starts at 8:30AM

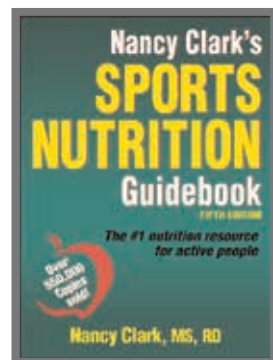
register online: www.malta5k.com

HVCC- TEC SMART • 345 Hermes Road Malta, NY



EAT WELL, RUN WELL

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missing
link...*

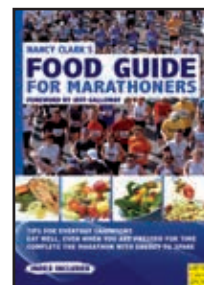


- *enjoy better workouts*
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energy to
spare—and
even lose
weight at the
same time!*



*Worried about
hitting the
wall? Learn
how to fuel
for the long
run.*



TO ORDER:

- ___ Food Guide for Marathoners \$22
- ___ Food Guide for New Runners \$22
- ___ Sports Nutrition, NEW 5th Edition \$26

Name _____

Phone _____

Address _____

Order online: www.nancyclarkrd.com

Or, send check to Sports Nutrition Services

PO Box 650124, West Newton MA 02465

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Running Away

by Kathy Barlow



Have you ever run a race that was so visually splendid that you lost yourself as the miles rolled by? I have! The Newport (Rhode Island) Half-Marathon takes you through rolling hills and deep green forests, alongside crashing waves and sandy beaches, past stately mansions and handsome horses, quaint farms and glacier smooth rocks. And, the marathon also is a Boston qualifier course! All this and more in a single race!

The Newport Marathon offers both a half and full marathon option. This half marathon is one of my favorite races (don't I say that about most of the races that I run?) because of all the reasons I mentioned above and because it has such variety. In addition to the aforementioned scenery, the half marathon runs through part of downtown Newport and cuts through the campus of Salve Regina College, one of the prettiest college campuses in the northeast, at mile 12.

The race begins at Easton Beach on the east side of Newport. We rented a house about a block away from the start line, walking distance and very convenient to downtown Newport yet private with a view looking west over Easton Bay. There is a great variety of restaurants in Newport, specializing in seafood, pizza and Portuguese foods, a nod to the founders' history. Running a race in a city like Newport is exciting because you can make the weekend a mini-vacation and enjoy both the race, the ocean and the city.

After the gun signals the start of the race, you climb slightly up hill, heading west on Memorial Blvd. A left hand turn on the well-marked course brings you down Annandale Road through roads steeped in colonial history. I took a walking tour of the colonial homes and buildings in Newport and was amazed to find out that this city, founded in the mid-17th century, celebrated diversity long before most of New England did. Sephardi Jews, who emigrated from Portugal, built the great Touro Synagogue, the oldest synagogue in the Western Hemisphere. Quakers, persecuted as heretics

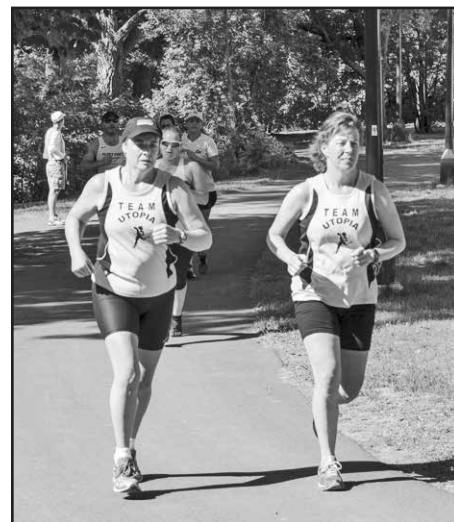
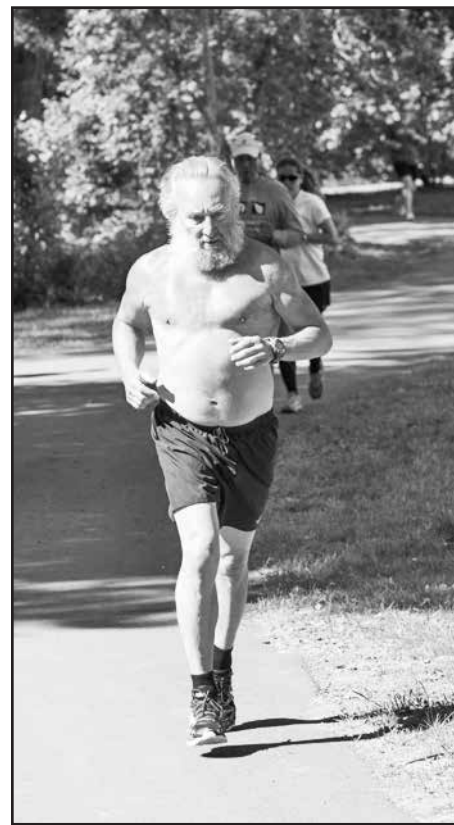
in Boston, moved south to Newport and built the Great Friends Meeting house, the oldest house of worship in Rhode Island. Tolerance in 17th century New England was minimal and Newport was the cutting edge for women's rights and religious freedoms.

By mile 4 you are clear across town, running through Fort Adams State Park on Newport Harbor. There are bathrooms in the park, a welcome relief from the usual porta-johns! Water and gatorade were also available at the entrance to the park. The park is located at the mouth of Newport Harbor and is home to the Newport Jazz Festival, the first outdoor music festival continuously held every summer since 1954. Leaving Fort Adams State Park and the ocean behind for a few miles, you run through horse country and stately old farms, past lanes that stick in my memory because they bore the names of two of my favorite aunts, Janet and Ella. With the happy memories of my aunts in my heart, I descended the hill to Ocean Avenue and what has to be my favorite part of the race, Brenton Point State Park. The first time I ever went to Brenton Point State Park was for a lobster bake as part of a conference I attended. I didn't know anyone and went alone on a bus with other attendees at the conference. It was one of those magical June nights, where the sun explodes over the ocean with shades of pink and orange and red before setting amidst the crashing waves. A full moon rose to take the sun's place in the sky, providing light and ambiance and making everything feel right in the world. By the end of that evening, we all made new friends and acquaintances. A few years later, I was in Newport for my daughter's college soccer game and I brought my father along. We took a ride out to Brenton Point State Park. He was struggling to walk and Brenton Point is an accessible park that allows visitors to easily take in the views and breathe the salt air. The park angles out at the ocean, giving you the feeling of being at the tip of the world. It's also the halfway point in the half marathon, letting you feel the miles behind

you fade away as you ramp up your speed to finish the race.

Leaving the park behind, I made my way down Ocean Avenue around mile 11 until it met up with Bellevue Avenue, home to the famous mansions of Newport. Although some of the homes are gated or behind walls, you can still glimpse the facades of these grand old houses and marvel at their luscious gardens. The race continues into the campus of Salve Regina College before returning to Annandale Road and the finish at Easton Beach.

The Newport Rhode Island Half-Marathon is a fun, fast, friendly race that satisfied my need for ocean, history and a bit of sentiment. It's generally held on the second Sunday in October, a perfect time to enjoy the visual splendor that is Newport, Rhode Island. □





Monday, September 7, 2015
SEFCU @ Patroon Creek
Race / Walk Start: 9:00 a.m.

Location: Race/walk starts and finishes at SEFCU, 700 Patroon Creek Blvd., Albany

HMRRC Entry Fee for 5k Race/Walk*: ☐ \$15 for HMRRC members and SEFCU members who pre-register
☐ \$20 for all others who pre-register
☐ \$25 day of the race registrants
☐ \$30 for HMRRC fee and a donation to the non-profit recipient of the race funds
Applications must be received by Friday, September 4, 2015.

HMRRC Entry Fee for Kids*: \$1 per child; 1 mile; approximate 10 a.m. start
Event day registration only
Separate application for team competition is available at sefcu.com

Race Prize Structure: Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU members. No duplication of prizes.

Shirts: Commemorative SEFCU 5k T-shirts will be given to all participants.

Refreshments: Complimentary fruit, drinks, etc. available at end of event.

Results: Posted 15 minutes after event and available the same day at www.hmrrc.com.

For More Info: Call 518-464-5341, or visit www.hmrrc.com.

Name _____ I will participate in:

Address _____

City _____ State _____ Zip _____ ☐ 5k Run

Age _____ Sex Male ☐ Female ☐ Phone _____ ☐ 5k Walk

SEFCU Member ☐ HMRRC Member ☐ Where did you hear about this event? _____

*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ _____
Mail donations to: SEFCU Community Support Program, 700 Patroon Creek Blvd., Albany, NY 12206.

Signature Parent/Guardian (if under 18)

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, their sponsors, officials, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications or other marketing materials.

Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: HMRRC c/o John Parisella, 117 Elmer Avenue, Schenectady, NY 12308.

You may also register online at <http://members.hmrrc.com/event-1967097>

Applications cannot be accepted at SEFCU locations.

Directed by 

FAM 5K “Fund” Run/Walk Saturday, September 26, 2015



Saturday, September 26, 2015

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region
Schoharie County ARC (2014 Charity)

8:15 - 9:30 Race Day Registration or
REGISTER ONLINE!

Visit FAM5K.com

 **FAM 5K “Fund” Run/Walk**

Awards | Kids’ Run | Music | Brooks BBQ | Refreshments | Massage Therapists



The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*
Host of the 2015: **USATF Adirondack 5K Open Men’s Road Race Championship**



EVENT DETAILS:

- Race Start & Finish Location:
CYC's Rudy A. Ciccotti Family Recreation Center
30 Aviation Rd. Colonie
- Parking: Available at CYC's Rudy A. Ciccotti Family Recreation Center 518-867-8920

TIME:

- 8 a.m. - Registration Opens
- 10 a.m. - 5K Challenge Run/Walk
- 10:45 a.m. - Kids Fun Run
- 10:45 a.m. - Kids Competitive Run

PROCEEDS BENEFIT:

CAP COM Cares Foundation
4 Winners Circle Albany, NY 12205
518-458-2195 x 3553

AND

Colonie Youth Center, Inc.
21 Aviation Road Colonie, NY 12205
518-438-9596

All kids get a medal and are entered to win a Ciccotti pool party for 20 for participating in the Fun Run or Competitive Kids 1 Mile!

FUN FOR ALL! MUSIC, FOOD, AWARDS

5K Challenge Run/Walk

- FREE dri-fit long sleeve shirt guaranteed to participants registered by Sept. 4.
- 5K run/walk is a fairly flat and fast course down Aviation and through the Crossings Park.
- Chip timing provided by ARE Event Productions.
- Strollers are OK for registered walkers ONLY.
- Awards-1st, 2nd, and 3rd place overall male and female finishers and the same for the following age groups: Under 15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over.

Kids Fun Run

- FREE ¼ mile Kids Fun Run for ages 13 and under.
- Must be registered to participate.
- Youth short sleeve cotton t-shirt available for a \$10 donation while supplies last.

Competitive Kids 1 Mile Run

- \$10 registration for a 1 mile competitive run for ages 13 and under.
- Youth short sleeve cotton t-shirt with all paid registrants while supplies last.
- Chip timing provided by ARE Event Productions.
- Awards -1st, 2nd, and 3rd overall for boys and girls.

Register online at www.zippyreg.com, drop off at the Ciccotti Center or mail entry form to:

Colonie Youth Center, Inc. 21 Aviation Rd. Colonie, NY 12205 (One entry form per person, entry fees are non-refundable)

CROSSINGS 5K CHALLENGE PARTICIPANT

☐ 5K Challenge Runner ☐ 5K Challenge Walker

\$22 Early Registration

\$25 After 12pm on 9/23 up to race day

Free dri-fit shirt guaranteed to participants registered by Sept. 4.

Adult Shirt Size (Circle Preference) S M L XL XXL

KIDS FUN RUN PARTICIPANT

☐ Free ¼ mile Kids Fun Run

☐ Short sleeve cotton shirt available for a \$10 donation while supplies last
Shirt Size (Circle Preference) YS YM YL AS AM AL

KIDS COMPETITIVE 1 MILE PARTICIPANT

☐ Competitive/Chip Timed Kids 1 Mile Race. Short sleeve cotton shirt while supplies last. \$10 registration through race day
Shirt Size (Circle Preference) YS YM YL AS AM AL

PARTICIPANT

How did you hear about this event? _____

First Name: _____ Last Name: _____ Business: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____

DOB: ____/____/____ Age: _____ Male/Female (Circle)

PAYMENT INFORMATION

☐ Check enclosed, please make payable to CYC

Credit Card (Please Circle) Name on Card: _____

    Credit Card Number: _____ Expiration Date: _____

READ BEFORE SIGNING

In consideration of my entry to this race/event, I hereby release and waive any and all claims for injury/damages against the Colonie Youth Center, CAP COM Cares Foundation, CAP COM Federal Credit Union, ARE Event Productions and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race/event. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record for this event for any purpose.

Signature _____ Date _____ Emergency Contact _____

Signature _____ Date _____ Emergency Phone # (____) _____

(OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18)

Youth Hides a Lot of Sins

by Dr. Tim Maggs

This title applies to many aspects of the lives of adolescent athletes, but to none more than their musculoskeletal system, which is at greatest risk in all sporting activities but that is virtually ignored by our current healthcare system.

All kids are required to go through a pre-season physical in order to play on a school sporting team, but this exam is medical in nature, looking at eyes, ears, nose, and throat. There is little to no testing done to determine the integrity, balance, and function of the musculoskeletal system. Often, for young athletes to ever see a healthcare provider, they need to become injured first. The dilemma then begins – who to take them to? The pediatrician seems like the obvious choice, but pediatricians have very limited knowledge of the musculoskeletal system. Pediatricians have grown used to this uncomfortable situation where they're not quite sure what to do, but must come up with a suggestion to the hovering parent.

The options here are to recommend the athlete take two weeks off or refer them directly to the physical therapist or orthopedist. There are many reasons why each of these choices are detrimental to an athlete's well-being. But, due to the fact that youth hides a lot of sins, and young athletes heal in spite of an injury, they may fully recover.

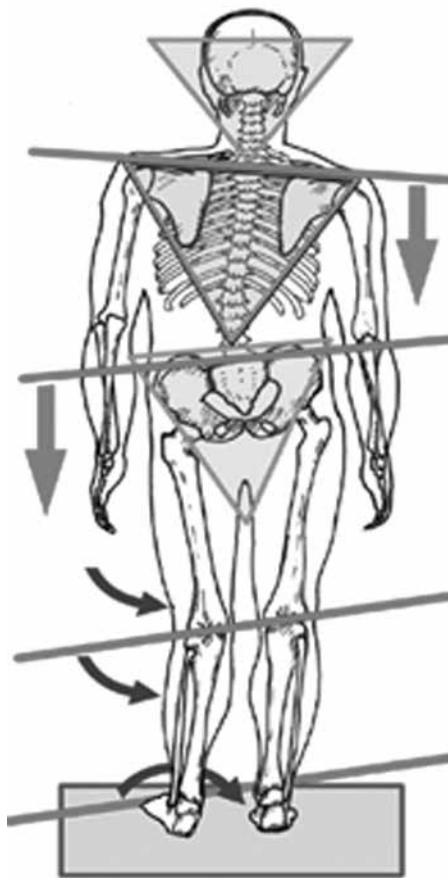
But, herein lies the problem. The athlete doesn't really fully recover because the testing and treatment provided by any of the above is limited only to the site of injury, with a goal of only removing the symptoms. The question, "what caused it and how do we prevent future re-injuries" is never asked. This is because musculoskeletal is the least known department in healthcare and few doctors will actually tell us what they don't know.

Structural Biomechanics

Most people have structural imbalances, weaknesses, and distortion patterns in their biomechanics, which provide predictors for what types of injuries they may sustain over the course of their lifetime. An example of this can be seen in Fig. 1, a graphic we call Crooked Man. We see the imbalances originate in the feet, and there is a domino-like effect going up the structure. Combined with young athletes' unique sport and position and prior injuries, there are many susceptibilities young athletes must deal with in their athletic career.

Tissue Tolerance

There is an accumulation of stresses in all tissues in the body that occurs as a result of mere living. Depending on your biomechanical imbalances and the sport you participate in, the repetition will overload specific tissues in the body, regardless of whether it is bone, muscle, tendon, discs, cartilage, or ligaments. Once the tissue has accumulated enough stress to reach a breaking point, injuries occur. Taking two weeks off, allowing the tis-



sue to reduce in inflammation and heal, will never be the preferred approach, as the athlete is only going to resume the activity with the same biomechanical faults they had, and very predictably, the same injuries will occur. Unfortunately, this recommendation is given far too often from the doctor who does not know.

All young athletes have biomechanical faults, some more than others, but because their tissue is young and not as abused as an older athlete, a lot of them can skip through their sport or a given season without injury. This by no means suggests they are structurally sound. It means the clock is ticking, and at some point, tissue tolerance will be overloaded and injuries will occur. The injuries that are most common in the middle and high school athlete are ankle problems, shin splints, stress reactions and stress fractures, knee pains, hip and low back pains.

In the past 25 years, I've performed thousands of biomechanical exams on this age group, and we typically find major structural imbalances immediately after the athlete stands. Their feet roll in (pronation), their knees roll in (increased Q angle) and their leg lengths, in many cases, are different. The lordotic curve of the low back is not normal, and their centers of gravity are way off. In fact, stress fractures of the low back have grown to be quite common in this age group.

The orthodontists have made great strides in teaching parents the importance of good alignment of the teeth, and how future health will be adversely affected if misalignments are ignored. It's time parents learn more about their child's muscular, skeletal, and nervous systems which are inter-connected, under the influence of gravity, have movable joints, and are under constant stress. We can't continue to assume everyone has perfectly balanced biomechanics and let injuries be the motivator to take action. It's time we become proactive and find these "sins" before they become injuries.

Dr. Maggs is a sports chiropractor who has been in private practice for over 36 years. He travels the country teaching his Concerned Parents of Young Athletes™ Program (CPOYA.com) and is the Director of Sports Biomechanics at Christian Brothers Academy in Albany, New York. He can be reached at RunningDr@aol.com, or by calling his office at 518.393.6566. □



2015 44th Distinguished Service Race

by David Tromp



The 2015 Distinguished Service Race held on June 7th began with Club Vice President, John Parisella, presenting the Distinguished Service Award to Maureen Cox for her many years of outstanding service to the Hudson-Mohawk Road Runners Club. Maureen has been a dependable club volunteer for many years, including past service as Club President and Vice President. She is at all of the Club races, and best known for her positive support of and direction to runners. Maureen's efforts are greatly appreciated by the club as demonstrated by her selection as this year's Distinguished Service Award winner. As an added touch, Marcia and Tom Adams again had a banner displayed at the finish line recognizing Maureen.

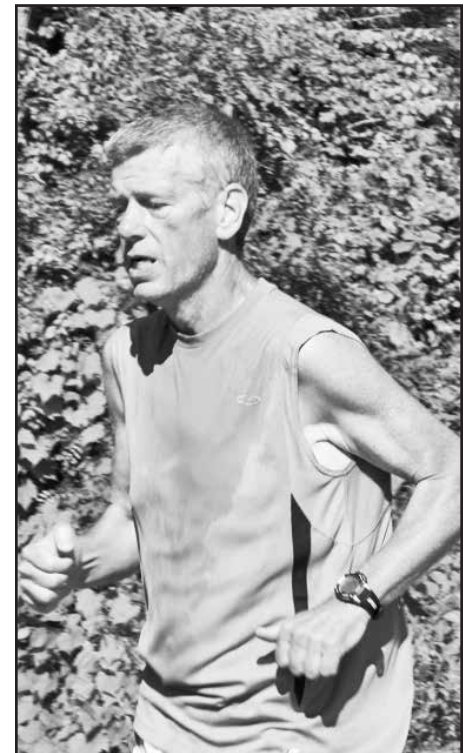
This year's course at the SUNY Albany campus included the scenic lake loop for the third consecutive year. Race day was warm and sunny but not overly humid, which helped bring out 127 finishers, the fourth largest crowd ever. Fortunately there was not another race held on the SUNY campus at the same time, unlike last year when five runners went off our course following the other race. Tom O'Grady won for the third time, previously winning in

2010 and 2011, with a time of 46:56. Second and third for the men were Chuck Terry in 48:13 and Joshua Korn in 48:22 respectively. Karen Bertasso repeated winning the women's race, finishing with Club President, Meghan Mortensen, in 56:56. Sally Drake was third for the women in 57:58.

There were several excellent performances among the women's age group winners. Anny Stockman won the 80 – 99 year old division again with a time of 1:43:43. The 60 – 64 year old age group winner was also the age graded winner, Judy Phelps with a time of 66:49. The 65 – 69 year old age groups was won by Ginny Pezzula with a time of 75:40. Nancy Briskie won the 55 – 59 year old age group with a time of 63:33, and Chris Varley won the 50-54 year old age group with a time of 65:05. The 40 – 44 year old age group winner was Stacia Smith with a time of 63:07, and the 45-49 year old age group was won by Emily Bryans with a time of 63:33. Liz Chauhan (58:46) and Jessica Northan (73:04) won the 30-34 and 35-39 year old age groups, respectively. Kaylee Lupino (74:59) and Lisa D'Aneillo (59:08) won the 20 – 24 and 25-29 year old age groups, respectively. Sidney Smith ran a time of 60:06

to win the 11 – 19 year old age group.

The men's competition had a number of outstanding age-group performances. Both last year's Distinguished Service Award winners, Jim Moore and Jon Rocco, won their age groups in 2014. Nothing changed this year as Jim won the 75 – 79 year old age group in 1:21:37 and Jon won the 45 – 49 year old age group with a time of 51:33. David Roy (54:59) and Juergen Reher (60:43) won the 60 – 64 and 65 – 69 year old age groups, respectively. The 50 – 54 year old age group was won by Thomas Kracker (50:10). Rick Munson repeated his age group victory from last year with a 55:41. Brian Northan just entered the masters division and won the 40 – 44 year old age group with a 52:31. The submasters had Jeff Long (53:24) and Erik Koenitzer (60:15) as the age group winners of the 30 – 34 and 35 – 39 year old age groups, respectively. Both twenty-year old winners went below 50 minutes. Eric Young (48:23) finished fourth overall and won the 20 – 24 year old age group. Ben Heller finished fifth overall and won the 25 – 29 year old age group with a 49:41. Brendan VanVlack (51:45) won the 11 – 19 year old age group. □



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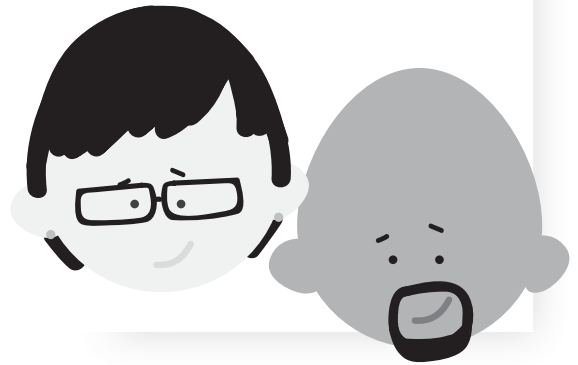
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14th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Research and Awareness Sunday, September 13, 2015 – 9:00 a.m. Washington Park Lake House, Albany NY

Entry Fee: Individuals:
\$17 until September 1
\$25 thereafter
Team Members:
\$15 until September 1
\$25 thereafter
Children:
\$5 ages 10 and under

Race shirts: first 600 participants

Race Awards: 1st, 2nd, and 3rd place overall male and female runners, and to overall winning runners in each age group. No duplication of runner awards.

Pledge Awards:
Top 5 individual pledges
Top 5 teams pledges
Top 3 teams with most walkers
Top 3 teams with most runners



Online Registration: www.finishright.com

Pre-Race Packet Pickup: Skip the line and pick up your packet(s) Saturday September 12, 2015
Fleet Feet
155 Wolf Road Albany
10 am – 2 pm

Timing: Timing chips for all runners this year!

Team Pledge Page: To start an online team page and collect donations:
www.firstgiving.com/CaringTogether

Schedule:
7:45am Registration
8:45 am Welcome/race line up
9:00 am 1 mile Walk start
9:10 am 5k Runners start
10:15 am Closing Ceremony/Awards

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For important race day and parking information, please visit: www.CaringTogetherNY.org
Contact Maggi Royle with any questions – maggi.royle@gmail.com or 518-439-6466

----- Mail Entry Form and Check Payable to: Caring Together, Inc., P.O. Box 64, Delmar, NY 12054 -----



Last Name: _____ First Name: _____ M.I. _____
Address: _____ City: _____ State: _____ Zip: _____
Email Address: _____ Home Phone: _____ Age on Race Day: _____
Sex: ☐ Male ☐ Female I am a: ☐ Runner ☐ Walker
Team Member? ☐ Yes ☐ No If yes, enter Team Name _____

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED *sizes not guaranteed
☐ **No Shirt** (please use all money towards research)
NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.

Signature _____ Date: _____
Signature of Parent or Guardian (required if participant is under age 18): _____

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**Date: Sunday, August 23, 2015
Time: 8:30AM (All Races)
Location: Thacher State Park**

**5k, 10K, 13.1M, 26.2M, AND 50K COURSES
www.ThacherParkRunningFestival.com**

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- Runnersworld 'The Trail' 2012**

**Date: Sunday, October 25, 2015
Time: 9:30AM (Both Races)
Location: Thacher State Park**



www.HairyGorillaHalf.com



THANK YOU

The Hudson-Mohawk Road Runners Club and CDPHP® thank the 10,237 participants, the team captains, the dedicated volunteers and sponsors, the Albany Police Athletic League Color Guard, and Arielle King (who lent her beautiful voice to sing the National Anthem) for making the 36th annual Workforce Team Challenge an overwhelming success. We would also like to thank Playin' With Fire, Big Fez & the Surfmatics, and the Albany High School Jazz Band for entertaining the crowd.

CDPHP WTC RACE COMMITTEE

Mark Warner (race director), Sheila Conant (race treasurer), Debbie Beach (race communications/volunteer T-shirts), Marcia Adams (registration/corporate sponsors coordinator), Ken Skinner (course coordinator), Ed Neiles (logistics coordinator), John Parisella (start/finish line coordinator), Maureen Cox (refreshment coordinator), Jon Rocco (water coordinator), Angela Warner (charity of choice coordinator), Tom Adams (corporate sponsors/van coordinator), Patrick Cremmins (volunteer coordinator), Arleen Reyell and Jill Mehan (T-shirt coordinators), Tracy Callaghan (medical coordinator), Don Wilken (course entertainment coordinator), and Bill Meehan (lead photographer)

CDPHP SPONSORSHIP REPRESENTATIVES

Fred Galt (SVP/general counsel), Lisa Stratton (community relations), Adele O'Connell (community relations), Candace Casucci (graphic designer - ads and T-shirts), Ali Skinner (public relations), and Deanna Amore (public relations)

SPECIAL THANKS

Al Maikels, Rob Moore, Barbara Sorrell, Cathy Sliwinski, Mike Lee, Kevin Cox, Tom McGuire, Pat Glover, Charlie Matlock, Jon Golden, Vince Juliano, Diane Fisher-Golden, Charles Bishop, Karen and Mac Smith and the Troy Radio Club, Ray Lee, Chris Bishop, Jason Rumpf and the New York State Office of General Services, City of Albany, Albany Police Department, Albany Fire Department, Hospitality House, the Kinderhook Running Club, Mohawk Ambulance, New York State Police, Times Union, All U, Inc., and National Grid

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Register to RUN, WALK or DONATE at:  www.raceforhopealbany.com

EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
08/01/15	Albany	The 37th Dynamic Duo Pursuit Race	8:30 AM	Frank Myers	FLYINGBB45@aol.com
08/01/15	Rensselaer	Ram Run 5K	9:00 AM	Pamela Harwood	Ph2976@yahoo.com
08/02/15	Albany	21st Indian Ladder Trail Run 15K & 3.5 Miler	9:00 AM	Mike Kelly	mjk3my@gmail.com
08/03/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/04/15	Albany	Colonie Summer Track #8 of 8	6:00 PM	Frank Myers	FLYINGBB45@aol.com
08/07/15	Schenectady	5th Annual Schenectady ARC 5K Walk/Run	6:30 PM	Douglas Secor	dougs@arcschenectady.org
08/08/15	Esperance	Landis Arboretum 5K Perennial Forest Run	9:00 AM	David Roy	David.Roy@ScaryLegRunners.com
08/08/15	East Berne	Fox Creek 5K - Hilltown Triple Crown Series	9:00 AM	LEAP	foxcreek5k@gmail.com
08/08/15	Schenectady	OLQP Festa 5K	9:30 AM	Carmela Pasquarella	Carmela.Pasquarella@gmail.com
08/08/15	Ballston Lake	DanRan 5K Run/Walk	9:00 AM	Michael Hale	mihale1@nycap.rr.com
08/09/15	Grafton	Run for the Roses 5K	9:00 AM	Cynthia Pulito	cynthia.pulito@yahoo.com
08/10/15	Albany	Tawasentha XC 5K #1 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/15/15	Ballston Spa	14th Annual Jailhouse Rock 5k Race	8:30 AM	Carolyn	admin@brooksidemuseum.org
08/15/15	Delmar	10 miles	8:30 AM	Jim Glavin	jimglavin@msn.com
08/17/15	GANSEVOORT	The Monday Night Mile (1 mile race)	5:30 PM	John Pecora	john.pecora@symca.org
08/17/15	Albany	Tawasentha XC 5K [GP] #2 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/17/15	Saratoga Springs	Saratoga Stryders Camp Saratoga 5K Trail Race	6:15 PM	Laura Clark	laura@saratogastryders.org
08/22/15	Altamont	Voorheesville 5K Run/Walk	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
08/23/15	Guiderland	VENT Fitness NXT 5K	9:45 AM	Michael Arce	marce@ventfitness.com
08/23/15	Altona	Half Marathon	8:00 AM	Thomas Brown	Fricfrom54@gmail.com
08/24/15	Albany	Tawasentha XC 5K #3 of 3	6:30 PM	John Kinnicutt	jkinnicutt@gmail.com
08/29/15	Altamont	Altamont 5K Run/Walk (18th)	9:00 AM	Phil Carducci	altamont5k@nycap.rr.com
08/29/15	Hanover	Trout 10K for Huntington's Disease	9:30 AM	Brenda King	BKing57@yahoo.com
09/05/15	Altamont	Voorheesville 5K Cross Country Challenge	9:00 AM	Phil Carducci	holidayclassic@nycap.rr.com
09/06/15	Duanesburg	Capital District Scottish Games 5K	10:30 AM	Rebecca Schenck	scotgames5k@yahoo.com
09/07/15	Albany	27th SEFCU Foundation Labor Day 5K [GP]	9:00 AM	John Parisella	jp2cella@me.com
09/12/15	Malta	Malta 5k Presented by Global Foundries & Malta BPA	8:30 AM	Paul Loomis	info@malta5k.com
09/13/15	Albany	44th HMRRRC Anniversary Run [GP]	9:00 AM	Pat Glover	piglove@aol.com
09/13/15	Delmar	Teal Ribbon 5K (14th)	9:00 AM	Jim Foley	contact@caringtogethermy.org
09/13/15	Slingerlands	WWAARC 5K & Kid's Run	10:00 AM	Michelle Bielawa	mbielawa@caparcny.org
09/13/15	Slingerlands	WWAARC 5K and Kid's Run	10:00 AM	Michelle Bielawa	mbielawa@caparcny.org
09/19/15	Niskayuna	Nisky Fall Fun Run 5K	5:30 PM	Lori Peretti	lperetti@niskayuna.org
09/19/15	Guiderland	Guiderland YMCA Brenda Deer 5K Memorial Run. 5k Run 3k walk and kids 1 mile run	10:00 AM	Ben Luke	bluke@cdymca.org
09/20/15	Saratoga Springs	Saratoga Palio Half Marathon	7:45 AM	Meghan Cozier	meghan.crozier@inventivhealth.com
09/26/15	Slingerlands	CRSS Race for Hope 5K	10:00 AM	Carla Sorbero	csorbero@capitalregionspecialsurgery.com
09/26/15	Cobleskill	FAM 5K Run	10:00 AM	Fenimore Asset Management	fam5k@famfunds.com
09/26/15	Johnson City	Bark For Life 5K Run	2:00 PM	Spencer Waldman	spencer.waldman@cancer.org
09/27/15	Albany	Dunkin Run 2015----5k	8:30 AM	Tom Wachunas	tomw@albanyjcc.org
09/27/15	Clifton Park	NICK'S FIGHT TO BE HEALED 5K RUN	10:00 AM	Liz Fox	nicksrun@fighttobehealed.org
10/03/15	Cohoes	Boght Fire Prevention XC 5K	9:00 AM	Katelyn Reepmeyer	bfd167@boghtfire.org
10/03/15	Albany	Susan G. Komen Race for the Cure	9:00 AM	Tori Roggen	info@komenenvy.org
10/04/15	Albany	35th HMRRRC Voorheesville 7.1 Mile [GP]	10:00 AM	Ed Hampston & Todd Smith & Martha Gohlke	edolfan@yahoo.com
10/04/15	Schenectady	Beat Beethoven! 5K Run/Walk	9:20 AM	Christine Mason	sso2@verizon.net
10/11/15	Albany	14th Hannaford Half Marathon	8:30 AM	Maureen Cox	racedirector@mohawkudsonmarathon.com
10/11/15	Albany	32nd Mohawk Hudson River Marathon [GP]	8:30 AM	Maureen Cox	racedirector@mohawkudsonmarathon.com
10/17/15	Kingston	Run4Me 5K to benefit Cerebral Palsy of Ulster	8:00 AM	Sarah	shurd@cpulster.org
10/18/15	Middletown	Hambletonian Marathon & Good Time Trotters Relay	8:00 AM	Kathleen Rifkin	info@hambletonianmarathon.com
10/18/15	Syracuse	Empire State Marathon/ Half Marathon & Relay	7:30 AM	K. Collins	info@empirestatemarathon.com
10/31/15	troy	Troy YMCA Monster Madness Dash	8:30 AM	Michael Malone	mmalone@cdymca.org
11/07/15	Clarksville	RUN 4 THE HILL	10:00 AM	Kathy Taylor	ktaylor@albanycounty.com
11/08/15	Albany	40th Stockade-athon 15K [GP]	8:30 AM	Vince Juliano	hamletbryans@nycap.rr.com
11/22/15	Albany	HMRRRC Turkey Raffle Run -- 1 Hour	10:00 AM	Al Malkels	afmcpa1040@yahoo.com
12/13/15	Albany	The Doug Bowden Winter Series Race #1 -- 15K and 3M	10:00 AM	Bart Trudeau	bart@truarchs.com

Hudson Mohawk Road Runners Club

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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.

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