

# ***The Pace Setter***

**December 2010**

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





**It takes a whole community to put on a marathon and a half! HMRRC and the MHR Marathon and Half Marathon Race Committee would like to thank the following for their help in making the races a success:**

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**Water Stop Volunteers:** Averill Park High School Cross Country Team, Union College Cross Country Team, Niskayuna High School Cross Country Team, Shaker High School Cross Country Teams, Art Dott & the Key Club, Colonie High School Cross Country Team, Sand Creek Middle School, Coach Kiera Hovey and team, John Gaffey and team, University at Albany Fraternity Beta Alpha Psi, Delmar Track and Field Club, Albany Running Exchange, Team In Training, and the Fleet Feet Sports team. Thanks also to the individual and family volunteers who helped man these stations.

**Course Bikers:** Del and Susie Browne, Karen Casper, Paula DeVantier, Judy LeComb, David Murphy, Kimberly Noyes, Tara Patton, Michelle Patton, Gary Robinson, Pat Rush, Scott Suba, Mark Vermilyea, Craig Weidman and Mary Wilsey

**Course/Expo/Registration/Finish Line Volunteers:** Siena College Cross Country Team, Columbia High School Girls Field Hockey Teams, RPI Fraternity Delta Tau Delta, Upsilon Chapter, and over a hundred individual volunteers who helped by cleaning up the course, putting race packets together, working at the Expo, and assisting on race day.

**And Special Thanks to:** Mark and Jay Kruger, Ann Harrison, Tom Daubney and the Crowne Plaza Hotel, Don Lawrence, Courtyard by Marriott Wolf Road staff, John Haley, Darryl and Mona Caron, USATF Adirondack, and the the US Marine Corps Reserve.

**THANK YOU!!**

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Photos in this issue by Jack Berkery, Michelle McDonald, Paul Turner, Phil Borgese, Ray Lee and Bob Briskie

## HMRRC Mission Statement

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

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



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**www.hmrrc.com**



*by Jon Rocco*

It is hard to believe that the 2010 year and running season is fast coming to an end and 2011 is just around the corner. As I write my opening message as HMRRRC President, the Fall running season is winding down and winter is all too soon approaching.

When I ran 'The Best Of' series last year, the overwhelming choice for favorite running season was Fall. Certainly the cooler weather, scenic surroundings, and plethora of races offered around the Capital District and within our club have a lot to do with the choice.

The club annually offers seven competitive races spread throughout the Fall season. The races are of varying distances and include some non-traditional distances. It all begins on the first Monday in September with the SEFCU Labor Day 5K under the direction of the new Executive Vice-President, John Parisella. Later in the month, the Anniversary Races are held at UAlbany with distances of 2.82 and 5.64 miles. The race recognizes the inception of the club, which began in September of 1971. The SEFCU Labor Day 5K and the longer distance Anniversary Run both serve as Grand Prix events.

As October begins, and the feel of Fall starts to take effect, we have the Town of New Scotland 7.1 mile race. The scenic, hilly course which was held for the 31st time provides a Fall favorite in homemade apple pie awards to age group winners. In 2011, the Town of New Scotland 7.1 mile race will make a return from its past to become part of the Grand Prix Series, but only for our younger core of runners under the age of 40.

While the 10/10/10 symmetrical date marked a once in a century event, it was also the date of our club's Mohawk Hudson River Marathon. I wonder if Alison Black of Natick, MA felt if it was going to be a lucky day when she picked up her assigned bib- # 1010. The race brought runners from 30 other states and 4 countries to the starting line in Schenectady's Central Park. Simultaneous with the marathon start, the Mohawk Hudson River Half Marathon began at the Town of Colonie Park with runners from both races destined to reach the Corning Preserve in Albany.

It seems almost certain that the October 9, 2011 marathon will close out quicker than it did this year (some three months prior to race day). This is a trend that appears to be occurring throughout the country with marathons.

With the Boston Marathon closing out eight hours after registration opened, the Mohawk Hudson Winter Marathon held eight days earlier is one of the last marathons to try and secure a needed qualifying time. The club's Fall marathon, with the exception of Boston itself, has the highest percentage of runners qualifying for Boston.

In staying with Central Park race starts and as I put the finishing touches on my article, Vince Juliano is undoubtedly putting the finishing touches on the popular and competitive Stockade-athon, set to be run for the 35th time. The November 15K, voted as the favorite Fall race in 'The Best Of' survey, is the last big club race of the season and is also the finale to the Grand Prix scoring.

After a busy Fall racing season, the club offers a nice low key event in the Turkey Raffle Run, which in the last few years has found a new home at The Crossings in Colonie. The hour long loop run provides an opportunity to bring home frozen turkeys and many other festive food items and after sixty minutes of running, perhaps less guilt when Thanksgiving Day arrives.

As my opening message hits your mailbox, the calendar says December. Soon the Winter Series is set to fire up. It is a perfect time of year to enjoy these low key races and have the opportunity to gradually build your miles up if the HMRRRC Winter Marathon or another Spring marathon is in your plans. The Winter Series also signifies it is time to add a layer or two, break out the tights, hats, and gloves, rekindle your friendship with loops of the State Office Campus, push through a head wind or two, and most importantly to thank the volunteers out there braving the cold and wind as well. It is also a good time to consider becoming what 67 club members did last year and 40 did the year before- become an official Winter Series Participant. Awards are given to those who volunteer at one of the five Winter Series races and either volunteer or run in the other four.

I also want to take the opportunity to thank Mark Warner for his dedicated service and leadership over the past year as club president. Mark will continue to be an asset to the club not only as Race Director for the Distinguished Service Race in June, but he is also stepping into the very key role of Race Committee Chairperson. □





# What's Happening in December

by Al Maikels

December brings the start of winter, marking the end of all outdoor activity, as we know it. It's too cold to run outside, it gets dark too early and it's just not safe to run in the winter. While that may be the traditional line of thought, there are a few hardy folks that annually test this inalienable fact of nature. For those brave souls, the HMRRRC offers the Winter Series, a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (except for the New Year's Day races) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 12 at 10 a.m. and features a 5K and a 15K. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals that participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this

year's prize will compare in value to the other years and I urge all members to attend these races.

The City of Albany celebrates the season with a Winterfest and a 5k race is a big part of the celebration. The Winterfest 5k will be held on Saturday, December 18 at 5:00 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The City of Saratoga still has a First Night celebration and also has First Night race. The Saratoga First Night race will be held on Friday, December 31 at 5:30 p.m. and features a 5k at Skidmore College.

December marks the end of the year and brings us the holiday season. I would like to take this opportunity to wish everyone a happy, healthy New Year and best wishes of the season.

The club business meeting for December will be held on Wednesday the 8th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meeting. □

## New HMRRRC Members

Christina Camp  
Kelly Camp  
Mary Beth Conroy  
John Couch  
Sheila Couch  
Joyce Curry  
Aissa Feldmann  
David Fernet  
Cynthia Finnegan & Family  
Sarah Fisk  
Ashley Gibbons  
Jacqueline Gibbons  
Sean Gibbons  
Kathie Hillard  
Jennifer Kane  
Tenley Klouse  
Matthew Landy  
Bryan Nunziato  
Valerie Plamondon  
Michael Smith  
Erin Stevens  
Glenn & Carolyn Thompson  
Brett Upton  
Kevin & Sarah Valois



## You Are Here: Suggested Places To Run

### Mohawk Towpath Scenic Byway

by Eva Barsoum

As I lace up my sneakers on a clear and crisp sunny day in October, I mentally prepare myself for the long run ahead on the Scenic Byway, a discovery I made over a year ago traveling to Saratoga, and now one of my favorite places to run. The route can be found by driving north on route 9. 5.5 miles past the Latham Circle Mall. Across the Mohawk River bridge, turn left at the traffic light following the Mohawk Towpath Scenic Byway signs. If driving south on Route 9, turn right at the traffic light 1/4 mile past the Tire Warehouse. About 200 meters on the left at the fork in the road you'll see a Scenic Byway sign and a parking area. That is where the adventure begins.

For the first two miles the path runs parallel to the Mohawk River, past a tranquil boat club-staying on the right side of the road look for a wood fence and a mound of gravel which leads you to the trail (say hello to Seabiscuit, the horse that lives at the house on the corner with the wood fence). As you run down the road you'll pass a serene estuary/swamp area where I believe two herons reside. Follow the Scenic Byway sign on the right, taking you over the hill to the end of the road where you turn left and proceed across a small highway overpass. As long

as you have no fear of heights, there is something exhilarating about having traffic passing underneath you at 70 mph. The next mile or so entails a scenic country road on a slight incline which takes you to the entrance of the Vischer Ferry Nature Preserve. The map at the entrance provides details and distance for the area that meanders through the proverbial jungle. So, in GI Jane or GI Joe fashion, I suggest you prepare for the trail ahead - being careful of the uneven terrain. Continue straight as you run the initial part of the trail and you'll discover an area that someone has kindly graded and lined with logs; however, after this part of the trail beware! If you have no sense of direction, either bring a compass, popcorn or something to remember which direction you're going, because the impending maze has virtually no signs - which is part of the challenge. After you've had your Rambo-like adventure and you've made it out safely without falling, twisting, or breaking any necessary body part return in the direction you came from. Feeling invigorated and relieved that you made it out alive, run, walk or crawl the remaining miles to the Stewart's on the corner of Route 9 and buy yourself a cup of java.

....To be continued □

## Back Issues of The Pace Setter Needed!

Mike Becker, current author of the "Been There, Done That" column, needs the following back issues of *The Pace Setter*:

January 2005 (one issue)

January 2006 - December 2008  
(36 issues)

January 2009 - July 2009 (seven issues)

If anyone is willing to donate all or some of these issues to the club to make a complete collection of *Pace Setters* going back to 1971, contact Mike at 456-4630 or via e-mail at [mike@nybeckers.com](mailto:mike@nybeckers.com) □



# The HMRRRC Annual Awards Banquet

SATURDAY, FEBRUARY 12, 2011

**THE DESMOND**

660 ALBANY SHAKER ROAD, ALBANY, NY

**MARK WARNER**

to be inducted into the HMRRRC Hall of Fame

**SOCIAL HOUR: 6:00-7:00 P.M.**

CASH BAR PLUS  
IMPORTED AND DOMESTIC CHEESES • FRESH FRUIT • ASSORTED CRACKERS

**DINNER BUFFET: 7:00 P.M.**

FRESH FRUIT • CAESAR SALAD • EXOTIC GREENS WITH RASPBERRY VINAIGRETTE  
SUN-DRIED TOMATO & MOZZARELLA SALAD • VEGETARIAN BLACK BEAN CHILI  
CHICKEN BREAST HUNTER STYLE • SIRLOIN AU POIVRE • AU GRATIN POTATOES  
SEASONAL VEGETABLE MEDLEY • WARM BREAD PUDDING  
CHOCOLATE LAYER CAKE • MINI VIENNESE PASTRIES

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*Music provided by The Running DJ a.k.a. Brian DeBraccio*

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**NUMBER OF RESERVATIONS @ \$35.00 \_\_\_\_\_ X \$35.00 = \_\_\_\_\_ TOTAL ENCLOSED**

# Commercial Sports Foods: A Source of Confusion?

Have you ever wondered which is the best sports drink, energy bar, or gel? The answer is the best choice is the product that pleases your taste buds and settles well in your stomach. You simply need to experiment to determine which products (if any) work best for your body.

A multitude of businesses have jumped on the bandwagon to create sports foods that appeal to a variety of athletes, including runners with special diets (such as gluten-free or vegan) to marathoners who are just plain hungry and want a "healthier" cookie (most energy bars!). While busy runners enjoy the ease of using pre-wrapped sports foods, these commercial products tend to be more about convenience than necessity. Certainly, there is a time and place for these products, but "real" food (such as raisins, gummi bears, chocolate milk) can do the same job at a lower price. And please don't underestimate the power of peanut butter, bananas, and honey!

Below is an extensive (but incomplete) list of various types of sports fuels. Perhaps the information will help you untangle the jungle of choices. Don't be swayed by a product's name; it might be more powerful than the sports food itself!

## SPORTS DRINKS:

*With sodium (and perhaps other electrolytes):* Gatorade, PowerAde, Edge Energy, Hydro-Boom!, GU2O, CytoMax, Infinit, Vit-alyte

*All natural, without dyefood coloring:*

Carb BOOM! Electrolyte Drink, First Endurance EFS, HEED, Clif Quench, Recharge, Coconut Water

*Extra sodium (if you plan to exercise for >2 hours in the heat):*

Gatorade Endurance, PowerBar Endurance, E-Fuel, First Endurance EFS, Clif Shot Electrolyte Drink, E-Load, Hydro Pro Cooler, Motor Tabs, GU Brew Electrolyte, Infinit, UCAN, Powerbar Ironman Perform

*Added "buffers":* Cytomax, Perpetuem, Revenge Sport

*Extra carbs:* Perpetuem, Carbo-Pro

*Added protein (may reduce post-exercise muscle soreness):*

Amino Vital, Perpetuem, Accelerade, Revenge Pro, UCAN

*Sports drinks for dieters (i.e., lower calorie):*

G2, PowerAde Zero, Ultima Replenisher, Propel, Nuun, Nathan Catalyst, Elixir

## GELS:

(Test these during training; they often con-

tribute to diarrhea)

Gu, Carb-BOOM!, Clif Shot, Honey Stinger

*Extra sodium:* PowerBar Gel, Crank Sports e-Gel, EFS Liquid

Shot, Gu Roctane

*Added protein:* Accel Gel, Hammer Gel, EFS Liquid Shot, Gu

Roctane, Endless edge

*Added caffeine:* GU (most flavors), Rocktane (most flavors), Clif Shot Gel (Mocha, Double Espresso, Chocolate Cherry, Citrus, Strawberry); Carb-BOOM! Chocolate Cherry, Hammer Gel Espresso, PowerBar Gel (Double Latte, Tangerine, Chocolate, Green Apple and Strawberry-banana); Honey Stinger Ginsting and Strawberry

*Added extras:* EAS Energy Gel (taurine)

## SPORTS SNACKS FOR ENDURANCE EXERCISE:

Jelly Belly Sports Beans, Gu Chomps, Clif Shot Bloks, Carb BOOM! Energy Chews, Sharkies, SPIZ, FRS Healthy Energy Chews

## ELECTROLYTES (to add to beverages):

Succeed! S Caps, Salt Stick, Endurolytes (Hammer Nutrition), Thermolytes, LavaSalts

## RECOVERY DRINKS (Carbs with a little protein):

Amino Vital, First Endurance Ultragen, EAS Endurathon, Perpetuem, PowerBar Recovery Drinks, Recoverite, Endurox R4, Gatorade Nutrition Shake, Hormel's Great Shake, GNC's Distance, Clif Shot Recovery Drink, First Endurance Ultragen, Gu Brew Recovery

## ENERGY BARS (for extra energy, not a meal replacement):

*All natural/organic ((have no added vitamins or minerals):*

Clif Nectar, Clif Mojo, Lara Bar, Optimum, Honey Bar, Odwalla Bar, PowerBar Nut Naturals, KIND Bars, Zing Bars, NRG-Bar, Honey Stinger Bars, Kashi Bars, Peak Energy, Perfect 10, Gnu Bar, Raw Revolution Bar, Olympic Granola Bar, Pure Bar, Pro bar, Sun Valley Bar

*Caffeine-containing bar:* Peak Energy Plus

*Dairy-free:* Clif Nectar, Clif Builder's, Olympic Granola, Pure, Bonk Breaker Energy Bar, Gnu Bar, Fit, Perfect 10, Larabar, AllergyEnergy Bar, Soy Rocks Bar

*Grocery store options:* Nature Valley Granola Bar, Nutri-Grain Bar, Quaker Chewy Bars, Fig Newtons

*Fructose-free:* JayBar

*Gluten-free:* Larabar, Perfect 10, Hammer

Bar, EnvirKids Rice Cereal Bar; Omega Smart Bars, Extend Bar Delight, Zing Bar, BoraBora Bar, Wings of Nature Bar, Elev8Me. Wheat-free but may not be gluten free (due to cross-contamination with wheat products in the manufacturing plant): Odwalla Bar, Clif Nectar, Clif Builder, Bonk Breaker

*Kosher:* Pure Fit, Larabar, Extend Bar, Balance Bar, HoneyBar

*Meal replacement bar (with 10-15 g protein):* Kashi Go Lean Bar, MetRx Mr. Big, MetRx Big 100 Colossal, Balance Satisfaction

*Nut-free:* AllergyEnergy Bars, Metaballs

*Peanut-free:* Soy Rocks, AllergyEnergy bar, Larabar

*Protein bars (soy, whey, egg, or blended protein source):*

PowerBar ProteinPlus, EAS Myoplex Deluxe, High 5 Protein Bar, Maximuscle Promax Meal, Tri-O-Plex, Clif Builder's Bar, Detour Bar, Honey Stinger Protein Bar, Pure Protein

*Raw food:* Raw Revolution, Pure Bar

*Recovery bar (4:1 carb:pro ratio):* PowerBar Performance

*Soy-free:* Larabar, Perfect 10, Clif Nectar, KIND Bar, Bumble, Gnu Bar, Raw Bar, Zing Bar, NRG-Bar, AllergyEnergy Bar

*Vegan:* Pure Fit Bar, Larabar, Hammer Bar, Clif Builder's Bar, Pro Bar, Vega Whole Food Raw Energy Bar, Perfect 10, Soy Rocks Bar

*Vitamin+protein-filled candy bar:* Marathon Bar, Detour Bar

*Women's bars (fewer calories; soy, calcium, iron, folic acid):*

PowerBar Pria, Amino Vital Fit, Luna Bar, Balance Oasis

*40-30-30 Bars:* Balance Bar, ZonePerfect

If you intend to purchase energy bars instead of more bananas, consider supporting entrepreneurs who have developed yummy products: [www.NRG-Bar.com](http://www.NRG-Bar.com), [www.zing-bar.com](http://www.zing-bar.com), [www.SunValleyBar.com](http://www.SunValleyBar.com), and [www.OlympicGranola.com](http://www.OlympicGranola.com). A dad (with 8 kids!), triathlete, and three dietitians will appreciate your support!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com)



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# "BEEN THERE, DONE THAT"

by Mike Becker

## December 1975...Thirty Five Years Ago

- Don Wilken is profiled. He is a math professor at SUNYA and is the driving force behind the math department runners, the largest group of faculty runners in the area. He usually aims for the Boston Marathon, and he trains hard over the winter, running 75-80 miles per week. He considers his 1973 Boston (2:45 in hot weather) and his 1975 Boston (2:35) his best performances. He says his main reason for running is not for health or enjoyment, but as preparation for racing.

- The Seventh Annual Pearl Harbor Day Memorial Race is held at SUNYA on the 7th. A total of 49 men (no women) run a five-mile race with winner Don Larson (25:28) beating Pat Glover by one second. Twenty-two finishers break 30 minutes including Bill Shrader, Jr., Mark Mindel, Bill Robinson, and Tom Greene.

## December 1980...Thirty Years Ago

- A large turnout of 125 runners compete in the Winter Series three and nine-mile races on the 14th, directed by Steve Sweeney. Mark Sullivan wins the men's nine-miler with a brisk 48:14, two minutes ahead of Bill Robinson. Casey Ahearn tops the women with a 68:50, with Susan Cohen and Anny Stockman second and third. Chris Burns runs a 16:05 in the men's three-miler to beat Fred Kitzrow by two seconds. Diane Myers easily wins the women's three-miler with a 19:06, a minute faster than Denise Herman.

- Bill Robinson writes an article about racing on hills. He states that developing the ability and confidence to run hills HARD during a race will give you a decided advantage over 90% of those competing against you who run in a "typical" manner. He suggests running hills HARD daily, even on easy days. The goal is to hit a hill hard and then settle back into your normal pace without slowing down.

## December 1985...Twenty Five Years Ago

- The Winter Series sponsored by Anaconda-Kaye kicks off on the 15th at SUNYA. Pat Glover and Denise Herman win the 15K, and Kiernan Boyle and Betsy Horth win the 5K. Among those running good times in the 15K are Bill Robinson, Jim Burnes, and Wade and Anny Stockman.

- Grand Prix winners for the year are Dale Keenan and Denise Herman in the Open Division and Lee Wilcox and Marge Racjewski in the Masters Division.

## December 1990...Twenty Years Ago

- An item in Short Circuits refers to a recent study revealing that although exercise will not prevent colds or the flu, it will help curtail them. The subjects that exercised had shorter bouts with their colds, five days instead of eleven days for non-exercising subjects. It concluded that exercise stimulates the disease-



fighting part of the body.

- Newly elected club officers include Al Maikels – President, Nick Solomos – VP for Finance, Steve Jones – Executive VP, Charlie Matlock – Treasurer, and Nancy Egerton – Secretary.

- One hundred-forty-nine runners compete in the first Winter Series races on the 16th at SUNYA, directed by Doug Bowden and Larry Decker. John Ford and Lori Hewig take the 15K, with Lori fewer than two minutes behind John and fifth overall. Brian Hickey and Mindy Hayes win the 5K.

## December 1995...Fifteen Years Ago

- Grand Prix winners are announced. Women Open – Mary Buck, Submaster Women – Mary Beth Steffen, Master Women – Martha DeGrazia, 50-Plus Women – Susan Caccuitto, Open Men – Zach Yannone, Submaster Men – Dan Cantwell, Master Men – Pat Glover, 50-59 Men – Ed Bown, 60-Plus Men – Gerald Barney.

- The first snowstorm of the season on the 9th causes many runners to call the club asking if the first of the Winter Series races were still on. This is of course before the club had a web site! The races went on as scheduled and were held on mostly plowed and wet roads. One snowplow driver refused to give way to runners as they rounded a corner, forcing many runners over a concrete construction barrier into shin-deep snow.

- The Holiday Classic four-mile Run For Hunger is held in Hudson on the 16th and directed by Phil Carducci. Ian DeGiovine wins with a 22:28 and Amy Herold is top female with a 23:50, good for fourth overall.

## December 2000...Ten Years Ago

- Local finishers in the 13th Annual Memphis Marathon on the 3rd include Jim Thomas

(3:15), Martha DeGrazia (3:26), Susan Elderbrook (3:32), and Dick Green (3:46).

- Over 300 runners compete in the First Night Albany Last Run 5K on the 31st. The course goes through the Holiday Lights in Washington Park and is one of the few local runs occurring at night. Dan Lee runs a 16:57 to win by over a minute, and Julia Murphy runs a 21:57 to top the women. The First Night Saratoga 5k is similarly held at night on New Year's Eve and draws over 500 runners.

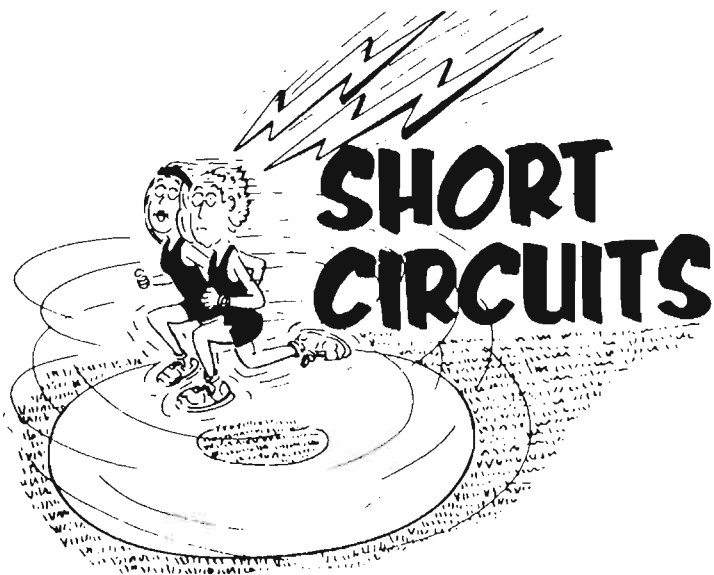
## December 2005...Five Years Ago

- Dale Keenan is profiled. His college running highlights include racing in Madison Square Garden at the Olympic Invitational and winning the IC4A Cross Country Championship at Van Cortlandt Park. He lists among his favorite races the Bilbo & Frodo Birthday Run, the Escarpment Trail Run, and the Boston Marathon. His philosophies of running include "run cheap" (\$30 running shoes) and "run to eat." His current goals are to make presentable efforts in six of the club's Grand Prix events and peak as a member of the Adirondack Athletic Club for the Master's 5K national cross country championship.

- Fifteen-year-old Roland Graves wins the Winter Series 15K on the 4th with a time of 60:08, 26 seconds faster than top female Kara-Lynne Kerr. Eamon Dempsey and Evelyn Marrero win the 3-miler. Anny Stockman and David Hayes are age-graded winners of the 15K and 3-miler, respectively.

- Chuck Terry and Kara-Lynne Kerr win the First Night Albany Last Run 5K on the 31st. High-schoolers Steve Murdock and Nicole Blood win the First Night Saratoga 5K with times of 15:49 and 17:11, respectively. □





And you thought Women's Only Races were a serious matter. Think again. At the Long Island Diva Half Marathon in October the runners stopped and picked up their tiaras and boas before they reached the finish line!



*After the diva stop*

"My times before probably meant that I should be a 2:09 guy if I could figure it out. But now my times tell me that if I can get it 10 – The Pace Setter

right I can run 2:05. The numbers don't lie. It is easy to say you can do it, but until I do I am still a 2:10 guy. I hope to change that soon."  
– Dathan Ritzenhein 12:56 5K PR, 2:10 marathon PR

Queensbury's Lee Pollock became only the 17th person worldwide to run a marathon under 3 hours in each of five decades. The 58-year-old Pollock reached this milestone at the Mohawk Hudson River Marathon in October, finishing in 2:57:24. On the same day Lee reached this mark Joan Samuelson became the first woman to achieve this feat. Lee's other decades:  
1978 - Empire State Games, 2:32:38  
1980 - Mile High Marathon, Denver, 2:26:23 (1st Place)  
1992 - NYC Marathon, 2:49:15  
2007 - Philadelphia Marathon, 2:57:12



*Lee Pollock (left) with Mike Morrissey following the Mohawk Hudson River Marathon*

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](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

Gail Hein was jogging down Hurst Road in Guilderland recently without her usual companion, Alex, a Brittany dog. But to her surprise she found another four-legged friend running along side her – a Red Fox. She shoed the fox away but it continued running with her but further in the woods.

The latest from Nike, "Space Cabin," the 21st century's answer to the ice bath. Step inside this metallic cylinder and liquid nitrogen-cooled air (-170°) rushes in and cools your skin to a chilly 30 degrees, yet penetrates just a half millimeter. You slowly rotate for two and a half minutes, holding your hands up and out of the freeze, wearing socks on your toes, and at least some underwear to cover your privates.

Coach Alberto Salazar and Nike are using this device to cool runners down after workouts. It helps sore muscles recover much faster. It is said to particularly effective to help healing after surgery. □



*Nike Ice Maker*

# Running Over The Hill

by Ken Orner

I started running twenty years ago, and in all the years leading up to that day, I vowed I would never waste my time running and getting nowhere at the same time. But up until that day I was always active in sports. In my adult years, it was either swimming, basketball, tennis or racquetball.

Then at age 55, after being smacked in the face playing basketball, I decided to erase that sport from my workout routine. About that same time I quit swimming on a regular basis and primarily played tennis (in the summer) and racquetball. (in the winter). Bill Kogan, an attorney with the Attorney General's Office, was my regular partner. Then when I reached sixty, Bill got an appointment with the Federal Government as an Administrative Law Judge (ALJ) and was given his first assignment in Huntington, W. Virginia.

Being unable to find another partner that could play down at my level, I was convinced by a friend and co-worker to try jogging as a workout replacement. Reluctantly I told my friend and colleague, Earl Costello, that I would try jogging but there were three things that I would never do:

1. Never run two days in a row; I would only run every other day.
2. Not run in the street; I would run on the sidewalk.
3. And I would never participate in any races.

WELL! The rest is history because in less than six months, I had broken all of the above promises.

So here I am twenty years later and still running on pavement, running in races and occasionally running on consecutive days.

I CAN HONESTLY SAY THAT I NEVER RAN A RACE THAT I DID NOT LIKE. Let me expand on that statement by telling you that there were many races that I hated while I was out on the course or on the trail BUT, after the race was completed I loved being able to say that I completed it.

I do have one comment that I would ask all race directors to consider at this time. HMRRC has many runners that are in their sixties, seventies and even eighties. And when you plan the awards for your race, PLEASE keep this in mind and be sure that your award categories include all of the SENIORS in our great running club.

I have been serious enough and now, if you let me, I would like to share with you some bits of humor that I have collected over the years. Some tidbits you probably have seen before but perhaps there are a few that you haven't seen and may bring a smile to your face:

The fastest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much PI.

I thought I saw an eye doctor on an Alaskan Island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he

loved her still.

A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.

No matter how much you push the envelope, it is still stationery.

A dog gave birth to puppies near the road and was ticketed for littering.

A grenade thrown into a kitchen in France resulted in linoleum blown apart.

Two silk worms had a race and they ended up in a tie.

A hole was found in the nudist camp wall. The police are looking into it.

Atheism is a non-prophet organization.

Two hats were hanging on the hat rack in the hallway. One hat said to the other, "you stay here and I'll go on a head."

I wondered why the baseball kept getting bigger and then it hit me.

A sign on the lawn at the drug rehab center said "KEEP OFF THE GRASS".

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

When cannibals ate a missionary, they got a taste of religion.

If you jumped off a bridge in Paris, you'd be in Seine.

A vulture boards an airplane carrying two dead raccoons. The flight attendant looks at him says, "I'm sorry, only one carrion per passenger."

Two fish swim into a concrete wall. One turns to the other and says, "OH DAM".

Two Eskimos are sitting in a kayak and became chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes I'm POSITIVE!"

Did you hear about the Buddhist who refused Novocain during a root canal? His goal: TRANSCEND DENTAL MEDICATION.

And finally

There was this person who e-mailed ten puns to an old sourpuss friend of his hoping that at least one pun would make him laugh.

No pun in-TEN-did.

I'm leaving for Florida to spend the winter, but plan to keep running while there. See you in the spring. ☐



# Winter Series 2010-2011

by Ed Thomas

The 2010-2011 Winter Series will kick off on Sunday, December 12th at 10 AM. As usual the first race features the option of a 3 Mile or a 15 K. Following tradition, WS 1 is directed by Doug Bowden and his hand picked and star-studded crew of volunteers. A schedule of the other races in the Winter Series can be found elsewhere in *The Pace Setter* and on the Club website.

We are always very fortunate to have a cast of experienced and capable race directors and they, in turn, rely on the dozens of Club members who volunteer to set up the courses, act as course marshals, work at registration, results and refreshments, and then end the day by helping to clean up. So ... check your calendars, pick a race, and contact the race director to volunteer your help where it is needed.

All those who volunteer for at least one race and either volunteer or complete the other four races will receive a Winter Series Participant Award. Forms will be handed out at WS 4 and the awards will be given out at WS 5 and at the Marathon/Marathon Relay in February. Thanks to all of you in advance and have a great Series! ☐

## Second Annual Food Drive to Coincide With HMRRC Winter Series

The Winter Series will once again coincide with the HMRRC food drive to raise awareness for the continuing food needs of area families. Each Winter Series event will provide an opportunity for runners to bring a non-perishable item to a table located near registration. The items will then be brought to area food banks and pantries to alleviate the difficult times area families are still facing, particularly during the winter months with high heating costs placing demands on limited budgets.

Last year's food drive resulted in a total collection of 770 items and we hope to exceed that amount for the 2010-2011 drive. Thanks in advance for your participation and contribution! ☐



*Thank you one and all for volunteering over this past year!*

*We could not do what we do without each and every one of you.*

*May your holidays be filled with much happiness and the warmth of friends and family!*

### **WANT MORE INVOLVEMENT?**

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

**IF INTERESTED,  
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MARCIA ADAMS,  
VOLUNTEER  
COORDINATOR  
at 356-2551 or  
madams01@nycap.  
rr.com**

***It's not just about running....***



**HMRRC**



## **THE WINTER SERIES**

University at Albany • Physical Education Building

Date	Time	Event
Dec. 12, Sunday	10 a.m.	Winter Series 1 (3M, 15K)
Jan. 1, Saturday	12 noon	Winter Series 2 (13.1 mile, 3.5 mile)
Jan. 9, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 23, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 6, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Register day-of-race only
- Winter Series Races are free for HMRRC members and \$6 for non-members
- Low-key races & informal atmosphere
- Awards for overall and age-group winners
- Post-race refreshments & hot showers
- *Winter Series Participant* eligibility: participate in all five events - volunteer for one
- More info at [www.hmrrc.com](http://www.hmrrc.com)



# MARATHON EXPO





# Champions of the 2010 Mohawk Hudson River Marathon & Half Marathon

by Amanda Oliver

The beauty (and popularity) of the Mohawk Hudson River Marathon is the offering of both the half and the full distance at the same time. For those who don't quite make their full marathon goals, they can always fall back on the half. For those who train hard for the half, the realization of this accomplishment is a feat in itself. And for those full marathoners who desire to qualify for Boston, it is a supremely satisfactory flat course that is optimally suited to do so. All these runners, with all their varying abilities, gathered for a chilly 10/10/2010 start either at Schenectady's Central Park or the Colonie Town Park. 10/10/2010 itself is a date not to be ignored, but rather celebrated with a remarkable achievement of some sort, and running a half or full marathon is just that.

Two women from Schenectady warm up at each start: one, a veteran; the other, a rookie. Emily Bryans, a famous local name in the Capital Region, has trained very hard for this marathon, logging more mileage than ever before. She's had some outstanding shorter races prior, but on race day, "you never know what's going to happen." 13.1 miles in front of her is a rookie, Shelly Binsfeld, who has not trained specifically for the half marathon distance, though she's put in several easy paced 12-mile runs in September. Shelly raced cross-country and track at Ft. Collins High, CO, and at Minnesota State University, but she took 8 years off while raising her family. Over the past 2 years she's "gently increased" her fitness level, and she began racing 16 months ago, joining the Willow Street Team in January.

Fellow teammate Emily Bryans lines up with 2009's 2nd place Mohawk Hudson Marathoner, Dave Vona. Dave's training was a little "less intense" than he had originally planned due to a hip flexor problem in August. Fortunately, he was still averaging somewhere around 120 miles a week in the 2 months prior! Lining up with Shelly at the half marathon start is last year's HMRRRC half marathon and record setting winner Andy Allstadt. Andy was originally slated to run the Chicago Marathon (also on 10/10/2010), but a late summer injury caused him to switch to the Marine Corps half and then sign up for the Philadelphia Marathon later this fall. A captain of UAlbany's track and cross-country teams, Andy is a 5-time Individual America East conference title-holder. On race day, he keeps a good attitude even after getting bitten by a dog during the warm-up. "Things can only improve from here!" he remarked. And they do!

None of these runners nor their fellow comrades could have asked for a more perfect day weather-wise, or a more organized race day. According to Emily, it is "a well-organized event that this area is lucky to have that does not require travel." The thing that distinguishes a runner from other athletes is the fact that the level of fitness can be very deceiving. An ama-

teur can look like an elite, but that can be so far from the truth, and vice versa. These facts become quickly distinguishable when the gun sounds and the front pack leads the way. There are few familiar faces on the starting line, so Andy doesn't really know what to expect. Sizing up his competition, he sees his Willow Street teammate Tom O'Grady and knows he has to watch out for him. For Shelly, the first mile is easy, and the second place female sets a good, "comfortably hard" pace for the next 10 miles. She's never used gel while racing and finds it to be quite helpful. She spots her husband and kids many times throughout, the course length giving them many opportunities to spot her and give her momentum. Emily, too, whose husband worked the start and didn't think he'd be able to see her before the halfway point, manages to spot him at the 8 mile mark, the halfway point, and then the 20 mile mark. She has a ton of support out on the course, including her teammate, Lori Kingsley, who has traveled from Pennsylvania; her coach, whom she spots just after she leaves the bike path in Cohoes; and her fellow friends from the Willow Street gang, not to mention all the volunteers along the way.

Dave's worst stretch comes between miles 8 and 12. He feels like he's dragging and that there's no way he's going to be able to hold his pace, but, thankfully, he keeps on grinding it out and everything falls back into place after the halfway point. His best stretch is from then on to mile 23. Meanwhile, Emily is losing focus on some of the roads through Cohoes and Watervliet. But when she gets back on the bike path shortly before mile 21, a spectator

tells her that there's a woman 20 yards back. This grabs her attention, and she works hard to hold her 7:15-7:00 pace. Shelly, too, is expecting a 7:15-7:00 pace, but an early 6:44 average race pace takes more out of her than expected. She's surprised how hard the last 3 miles are, though Dave agrees the last 3 are the toughest for just about everyone, especially those in the full marathon. In the last leg, the trail and leaves are beautiful along the bike path, but Shelly misses the cheering from the spectators. Having the lead by a ways, she challenges herself and pushes to pick up the next male runner. 20 minutes ahead of her, Andy Allstadt wins the half marathon title again in 1:08.

Dave experiences the fabulous feeling of breaking the tape at the finish line of the 10/10/2010 Mohawk Hudson River Marathon. He's won smaller races over the years, but nothing of this magnitude. It helps take some of the sting out of running a little slower this year. "That's the thing with racing, you never know who's going to show up!" Emily cruises in at 2:50 as the first female to finish the full marathon, thrilled with her time, grateful for all the support, and experiencing that exuberant feeling of finishing.

Seeing her family and friends during the last half mile gives Shelly a boost, and she finishes in 1:28 as the first female for the half marathon. The award of a pottery plate is special to her, now on display on a living room shelf, reminding her that "you never know what you can do until you try."

*Amanda is an avid road racer since '06. She just completed her first marathon (Burlington VT) in May and ran the MHHM in 1:47. □*

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## Articles to Reflect Upon 2010 Races

By Kari Gathen, Editor

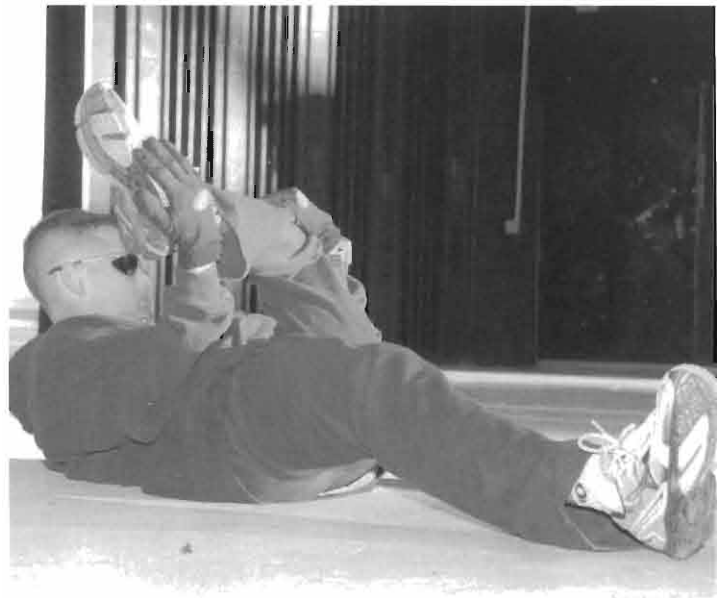
As the 2010 racing seasons winds down, it is time to reflect upon how many of the past year's road races have changed and positively impacted the lives and purposes for which the races were run. Sometimes races are run for a personal best, the popularity of a course, or as part of a team competition. But, over the years, a number of races have been added to race calendars all over the country to support a cause or to raise awareness for an issue, and this is where running extends beyond the clock. The HMRRRC website lists the finish results of each road race but now is the time for the running community to learn about how races for a cause or awareness actually made a difference for an entire community or even one person.

As the winter months are often a down time for racing and training, the staff wants to hear how the 2010 racing season made a difference in the community beyond the finishing times. I will start. I recently ran the Troy YMCA Monster Madness 5K to support a family member who is the Director of Children Services at the center. During the race, I was quickly reminded what it was like to run a road race in Troy and flipped reality around to something positive and thought about how neat it would be to finish a race at the top of a mountain (or so it felt)! At the conclusion of the awards, a YMCA member stepped forward to the microphone to reflect upon her membership at the YMCA for the past three decades and to thank the community for their support in sponsoring a year membership for her and her four young sons after she lost her husband the previous year, two days before Christmas, to cancer. At that point, my description of the course was "pancake flat". Send your 2010 race reflections to [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com). □

# MOHAWK HUDSON MARATHON & MARINE CORP HALF MARATHON



# RACE MORNING



## Submissions for the February Issue of *The Pace Setter*

### Articles:

Deadline is Dec. 25. Submit to: Editor, [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com)

### Advertisements:

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

### Ads should be sent to:

C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: [callen@gscallen.com](mailto: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](mailto:callen@gscallen.com) for further info.*

## On the Web!

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**[www.hmrrc.com](http://www.hmrrc.com)**

## Profile of a Runner

# HEATHER JOHNSON

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

I am a running coach and aqua instructor at the Southern Saratoga YMCA. I am also a mother of one and am completing a culinary degree at SCCC. Before my daughter was born, I was an engineer for the Naval Nuclear Propulsion Program. I was also a software engineer for automotive ABS and traction control, a manufacturing engineer, and a fossil fuel power plant engineer. I love learning and trying new things.

**When and how did you get started running?**

I ran track in high school. But looking back, I really had no clue about proper training or form. I took it up again after I had my daughter and several pounds to lose. It was a personal challenge after a sedentary work/lifestyle. I ran on the treadmill until I could run for a continuous half hour. Then one of the Y running coaches, Lichu Sloan, and a friend also burning off the pounds and running, Lorraine Stroud, kept encouraging me to run with the Pacer groups at the Y. I finally listened, and haven't looked back.

**Do you have a favorite race or races?**

I enjoy the US Marine Corps Half Marathon since I seem to run it every October. It's the perfect time of the year to run since it's cool, the leaves are so beautiful, and it is an overall downhill run. It's close to home and therefore very practical.

**What are your most memorable races?**

The Utica Boilermaker is memorable in that I've never seen so many port-a-potties at one place, or the whole town turning out to cheer us on in very creative ways: the belly dancers, bag-pipers, etc. I cried when I saw a row of handicapped children in wheelchairs clanging bells and cheering me on. How can you not run your best after that?

**How do you train? Do you have training partners?**

Although I incorporate speed work, as recommended in *Runner's World*, I prefer to run at a comfortable pace and increase distance over time, probably because I love talking and listening to running friends. We encourage each other on. There were 12 of us who ran last year's USMC Half together. About 8 of us ran Freihofer's Run for Women and Runnin' of the Green (Island.) I love the camaraderie of fellow runners. My favorite training partners are the couch to 5k group at the Y. Many start out not realizing how they could ever run more than three miles, then a year or two later, they are training for half marathons.

**What are your current goals?**



I am running the *More and Fitness Magazine's* Women's 1/2 Marathon in NYC on April 25. I've added a 1/2 marathon to train for in the spring as well as one at the end of the summer to keep me motivated, burn off the winter weight and to change things up a bit.

**Do you have any future running goals?**

My future goal regarding running is to just keep doing it as long as practically possible. I'd love to be able to run in my 70's and 80's. It's great for fighting against osteoporosis, maintaining healthy weight, cholesterol, circulation, and so many things.

**Do you have a philosophy of running?**

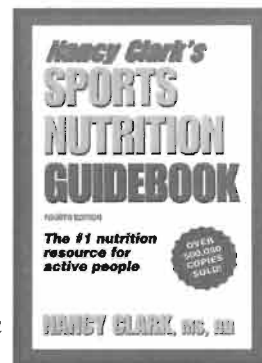
You don't have to be an elite athlete to run. It's not about others. It's about taking the time to do something good for you. Remember the joy of running as a child? It's so liberating. It can make your soul sing. ☐

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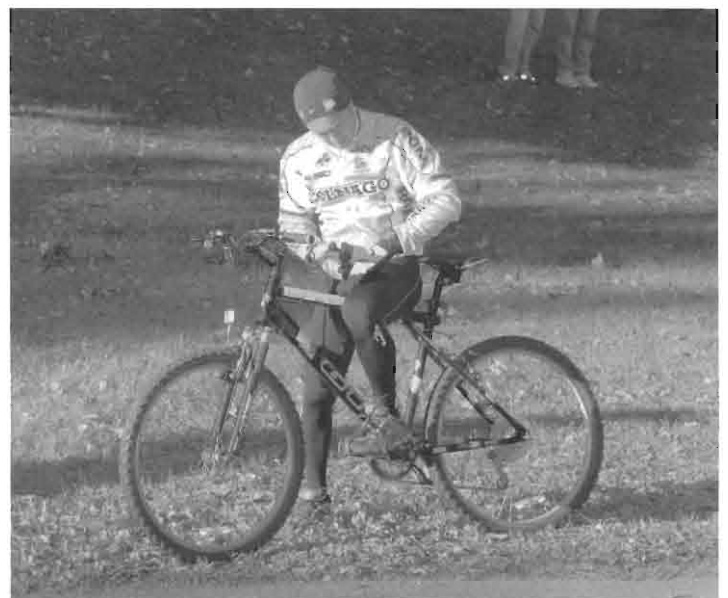
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# VOLUNTEERS!





# Club Member Finishes Her First 50 Mile Ultramarathon

by Sarah Dzikowicz



On Saturday, October 9th I ran in the 8th Annual Can Lake 50 Miler- a 50 mile ultramarathon around Canandaigua Lake (one of the Finger Lakes). This 50 miler is one big loop around the lake. The course is challenging with its rolling hills and several "major climbs." As my goal was to finish and not to win, I took my time and enjoyed the scenery around me. It was a beautiful fall day. The sun was shining and the temperature was in the upper 50's to low 60's. We couldn't have asked for a better day. There were many spectacular views of the lake and the fall foliage.

Completing a 50 miler was going to be a challenge for me because my longest race previously had been a half-marathon. So, about 15 weeks out from the ultramarathon I started following a marathon training plan. Although it was hard to get in the recommended weekday runs, I was able to do a long run on Saturday mornings. My longest run ended up being 24 miles. Although it's recommended for ultras, I never was able to get in back-to-back long runs or a long run during the week. Because of this, I questioned my ability to complete the 50 miler and often wondered if I should switch to the 50K that they were also having that day.

As I started running the ultra that morning it didn't feel real. I didn't feel like I was running a 50 mile ultramarathon. I said to myself that once I crossed the finish line it would be real! The ultra was challenging with all its hills, but I kept a positive attitude through most of the ultra. It was between miles 25 and 35 that I had wished that I had signed up for the 50K

instead! However, once I reached mile 35 I knew that I was going to complete this ultramarathon. The excitement began to set in and my thoughts were on getting myself to the finish line. Although my legs were hurting they still felt strong and I kept moving forward towards the finish line.

Throughout the ultra I was very fortunate to have my husband and 10 year old daughter as my handlers. They drove the entire course and provided me with food and drink whenever I needed it. As a raw vegan I didn't count on the aid stations having the food and drink that I wanted. In our van, I had a cooler stocked with water, coconut water and a bunch of fresh fruit such as; watermelon, cantaloupe, grapes, raspberries and strawberries. I also had a big container of green smoothie that I drank throughout.

At the beginning of the ultra I met two other runners who were also doing this 50 miler to celebrate their 40th birthdays! We chatted a bit and then at the next aid station we were separated from one another. It was at about mile 40 that we were back running together for a few miles. The nice thing about ultras is that they're slower paced and you're able to get to know other runners more than if you were running a much shorter race.

Prior to seeing the course, my goal was to finish between 10 and 11 hours. However, af-



ter driving part of the course the night before I wondered if those hills were going to keep me from obtaining that goal. I wondered if it was going to take me 12+ hours to complete. I dreamt about those hills all night long and slept terribly! Well, I'm happy to tell you that I met my goal and my finishing time was 10 hrs 41 minutes and 29 seconds (12:45 pace).

So, what happens next? Well, I'm not really sure. I'm very happy with what I've done so far this year: competing in the US National Snowshoe Championships, finishing my first duathlon and completing a 50 mile ultramarathon. Maybe next year I'll give the marathon a try! ☐





# Marathon Course Clean-Up Effort Greatly Appreciated

by Marcia Adams and Cathy Sliwinski

HMRRRC got its cleaning crews out in the City of Watervliet on Saturday afternoon, October 2, in preparation for the Mohawk Hudson River Marathon and Half Marathon, scheduled for the following week. In cooperation with the city of Watervliet, which provided garbage bags and pick-up of the trash afterwards, HMRRRC decided to clean up this area, which had been a bit of an eyesore due to debris from I-787. Bob Lawyer from the city met the crew with the bags for the clean-up, advised the crew to leave the bags along the path for his pick-up later that afternoon and assured a follow-up visit over the area the Friday before the marathon.

Tom and Marcia Adams in the HMRRRC van, along with a small crew of eager volunteers, armed with garbage bags and wearing reflective vests, canvassed the stretch from the Cohoes City line along the marathon course in Watervliet to the entrance of the Albany bike path, looking to pick up trash and other debris. There was plenty. The area was thoroughly spruced up and made ready for the 2,000 runners who were expected to run through the streets of Watervliet on 10-10-10.



The most unusual finds? The vote goes to the six cans of whipped cream found by Ginny Pezzula near the railway. An early Halloween stash perhaps?? Also found was what appeared to be a home-made knife, a lost AREEP chip, and lawn decorations.

Race organizers hope to make this an annual event. It's one way that HMRRRC can pay back the community for the 28 years it has allowed HMRRRC to use the roadways and bike trail for the marathon. It's also a way HMRRRC can highlight the beauty of our area and encourage runners from all over to come back to our part of the country.

HMRRCC would like to thank all involved: Ian Hutchinson, Ginny Pezzula, Cathy and Rob Sliwinski, Chuck Terry, Barb Light, Karen Bertasso, Jack Nabozny, Tom and Marcia Adams. In addition on Saturday morning before the races, the bikeway itself was cleared of leaves and chestnuts by Tom using a "unique" vehicle – a tri-cycle retrofitted with a leaf blower! It is a bit out of the ordinary but definitely did the job. □



# Truly a Joy: The Albany Running Scene

by Kristina DePeau Gracey

I may be young but I've lived in many places; Albany stands out as the most supportive running environment in which I have lived. I grew up in rural Connecticut, moved to Hartford for college, transitioned to Boston, MA and then to New Haven, CT, and finally settled in my current resting place, Albany. In each location, I found many amazing individuals with whom to experience running and life. But Albany offers something very different – an expansive, eclectic collection of experienced runners who support one another not only on the track but also in their personal lives. Anyone who reads this publication knows Albany has a truly unique running community, but it came as a complete surprise to me and my husband, Dan.

We have lived in Albany for a little over two years; we discovered together what it means

to be part of the Albany running community. In 2008, I started medical school at AMC and we moved to Albany, immediately noticing that racing was unique in the Capital Region. Runners seemed to hang around before and after the races, just to chat. Complete strangers congratulated each other – and then shared contact information for future training runs. Local races were a big deal and runners set goals to achieve at those races. Runners looked out for each other and were informed about each other's PRs and general goals. After performing at a couple of races, I thought, "I want to be part of this."

I admittedly didn't have a ton of time to dedicate to running during my first two years of medical school, but when I decided to take a year off from school following the birth of our amazingly fun baby, I suddenly found

time to discover what training in Albany was all about. I started going to track practices and found myself on warm-up runs listening to runners joke with one another, share stories of the past, and talk about future races. I began to learn the names – nicknames and real names – and the stories behind the very funny people around me. I started to share my own stories and goals and feel like I was part of a caring community. When the workouts began and going got tough, the clapping and cheering for one another started – and it was always enthusiastic and genuine. The cool down runs began to strike me as a time to catch up with friends and no longer seemed like a chore. I began to join my running friends on weekend runs and at social outings.

Today, I find myself connecting with and learning from runners of all different backgrounds. I find myself wanting to spend more and more time running and, not coincidentally, I find my running times getting better, with the support of my fellow Albany running buddies. Our family – including our 6 month old – has been welcomed with open arms into Albany's running community. For this and much, much more, we thank you. We look forward to many years of happy running with you. □

## Local Runner Set to Run 50 Miles to Raise Funds for Leukemia

by Mike Veeder

On December 4, 2010 I will be running 50 miles on my 50th birthday to raise money to help find a cure for leukemia and lymphoma.



Mike Veeder running the Disney Marathon raising money for the Leukemia and Lymphoma Society on January 9th 2009. Mike raised over \$4000 for this run.

The run will start in Earlton on Medway-Earlton Road 7:00 a.m. and finish at the Earlton firehouse. The run is in honor of my father, Skip Veeder, who is currently going through chemotherapy treatment.

My father owns a Christmas tree farm located in Earlton. He has never been sick a day in his life (other than the occasional Cocksackie flu). 4½ years ago he broke the news to his family that he had leukemia. This news, as you can imagine, was very devastating. Our family felt helpless as they watched it progressively get worse. After all other possibilities were exhausted, he finally agreed to chemotherapy. Because of all of the progress that has been made in fighting the disease, today my father is winning his battle with leukemia. During his 4½ years with the disease, he never complained and has always kept a positive attitude. Even after those tough chemotherapy treatments, he didn't let it affect his daily job of maintaining his 20,000 Christmas trees all by himself. His courage and bravery throughout this ordeal is what first inspired his seventeen year old granddaughter Alexa to run her first half marathon to raise money for the cause. Since then Alexa has inspired me to help out. They both completed the Disney Marathon together this year. During that run, I heard this quote that said "If you think running a marathon is tough, try chemotherapy." I decided that he was determined to help provide funding for finding a cure for this disease which is why I decided to run 50 miles to raise funds for the Leukemia

and Lymphoma Society. People wishing to show their support may go to <http://pages.teamtraining.org/uny/wdw11/mveeder> to make a donation.

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. LLS's mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families. □



Alexa and Mike after completing the Disney Marathon on January 11th 2010. Together they managed to raise over \$7000 for the Leukemia and Lymphoma Society.













# Grand Prix Update

## **Race #11 Mohawk Hudson River Marathon, October 10, 2010**

### Men

#### Male Open

12 Dave Vona  
10 Brad Lewis  
8 Zach Russo  
7 Daniel George  
6 Evan Mastaitis  
5 Benjamin Bober  
4 Ryan Boisvert

#### Male 30-39

12 Chris Mulford  
10 Gabe McGarry  
8 Dallas DeVries  
7 David Tromp  
6 Patrick Lynskey  
5 Richard Hamlin  
4 Greg Ethier

#### Male 40-49

12 Larry Poitras  
10 Todd Salvesvold  
8 Rik Stevens  
7 Rob Paley  
6 Joeseeph Sullivan  
5 Geoffrey Flynn  
4 Willie Janeway

#### Male 50-59

12 Lee Pollock  
10 Kevin Dollard  
8 Richard Clark  
7 Cole Hickland  
6 Karl Griffith  
5 Alar Elken  
4 Steve Conant

#### Male 60-69

12 Bob Ellison  
10 Juergen Reher  
8 Kenneth Lapenta  
7 Joe Yavonditte  
6 James Thomas  
5 Lenny Collins  
4 Edward Wronski

### Women

#### Female Open

12 Karen Bertasso  
10 Allison Klein  
8 Emily Swanzey  
7 Caitlin Conner  
6 Olya Prevo  
5 Sallie Gilliland  
4 Tarya Reese

#### Female 30-39

12 Erin McMahon

10 Erin Corcoran  
8 Amy Drucker  
7 Colleen Ottalagano-McGarry  
6 Anne Kubasiak  
5 Cecile Aulnette  
4 Christie Papa

#### Female 40-49

12 Emily Bryans  
10 Kari Gathen  
8 Karen Dolge  
7 Christine Capuano  
6 Vicki McQueeney  
5 Christine Varley  
4 Deanna Hitchcock

#### Female 50-59

12 Debra-Jane Batcher  
10 Joanne Fitzgerald  
8 Diane Peverly  
7 Donna Charlebois

#### Female 60-69

12 Susan Wong  
10 Katherine Ambrosio  
8 Mary Collins-Finn

### Age Graded

Runner	Age	G
12 Emily Bryans	43	F
10 Lee Pollock	58	M
8 Kevin Dollard	55	M
7 David Vona	28	M
6 Kari Gathen	42	F
5 Susan Wong	62	F
4 Karen Dolge	40	F

### Totals after 11 Races

#### Men

##### Male Open

66 Chuck Terry  
61 Tom O'Grady  
49 Andy Allstadt  
38 Richard Messineo  
29 Justin Bishop  
27 Jim Sweeney  
25 Brad Lewis  
25 Dave Vona  
23 Andrew McCarthy  
19 Zach Russo  
15 Josh Merlis  
15 Chris Senez  
11 Michael Donovan  
10 Dan George  
9 Jason Lange  
9 Kahill Scott  
8 Paul Cox  
8 Daniel Jordy  
8 Louis Serafini  
7 Kevin Treadwell

7 Tim White  
6 Evan Mastaitis  
6 Ryan Boisvert  
6 Jordan Pantalone  
5 Benjamin Bober  
5 Jonathon DiCesare  
5 Mike Ryan  
4 Seaton Drebitko  
4 Matt Lange  
4 Brien Maney  
4 Tim Ryan

#### Male 30-39

70 Eamon Dempsey  
48 Aaron Knobloch  
48 David Tromp  
29 Chris Mulford  
26 Brian Northan  
26 Michael Roda  
23 Matthew Nark  
22 Anthony Giuliano  
21 Dallas DeVries  
20 Jeff Loukmas  
19 Jonathon Bright  
19 Chad Davey  
19 Patrick Lynskey  
18 Neil Sergott  
12 Joe Hayter  
12 Patrick Sorsby  
11 Parker Morse  
10 Gabe McGarry  
8 Jonathon Catlett  
8 Bob Irwin  
7 Matthew Brom  
7 Matthew Purdy  
7 Andrew Rickert  
6 Matthew Fryer  
5 Jeff Andrews  
5 Jim David  
5 Richard Hamlin  
4 Mike Kelly  
4 Andrew Loux  
4 David Newman  
4 Greg Ethier

#### Male 40-49

72 Ahmed Elasser  
56 Tim Hoff  
54 Jon Rocco  
27 Rob Paley  
26 Christain Lietzau  
26 Joseph Sullivan  
23 Dan Cantwell  
23 Tom Kracker  
20 Craig DuBois  
15 Steve Becker  
14 Kevin Creagan  
14 Norris Pearson  
12 Geoff Flynn  
12 Larry Poitras  
11 Ken Evans  
11 Todd Mesick  
10 Todd Salvesvold  
10 Bob Wither  
8 Rik Stevens  
7 Richard Cummings

7 Brian DeBraccio  
6 Frank Boscoe  
6 Jim Foley  
6 Bill Grimaldi  
6 John Kinnicutt  
6 William Kowal  
5 George Burke  
5 William Drapeau  
5 Ed Hampston  
5 Russ Hoyer  
5 William Janeway  
4 Mike Becker  
4 Tom McGrath  
4 Bill Sherman  
4 Mark Sullivan

#### Male 50-59

70 Rick Munson  
34 Derrick Staley  
32 Richard Clark  
26 Alar Elken  
26 Paul Forbes  
22 Tom Dalton  
22 Kevin Dollard  
21 L.D. Davidson  
21 John Parisella  
16 Dale Keenan  
16 Chris Murphy  
15 Steve Vnuk  
14 Rob Colborn  
14 Bill Herkenham  
14 Mark Warner  
13 Patrick Culligan  
13 John Haley  
12 Tom Messer  
12 Lee Pollock  
10 Steve Conant  
10 Russ Hoyer  
10 Carl Matuszek  
9 Jack Nabozny  
9 Martin Patrick  
8 Pete Cure  
8 Jim Maney  
8 William Ports  
7 Cole Hickland  
7 Ken Klapp  
6 Dale Broomhead  
6 Steve Dickenson  
6 Karl Griffith  
4 Fred Kitzrow  
4 Bob Somerville  
4 Tom Tift

#### Male 60-69

70 Ernie Paquin  
50 Juergen Reher  
45 Bob Ellison  
45 John Stockwell  
34 Tom Yannone  
30 Jim Bowles  
27 George Jackson  
23 Joe Yavonditte  
18 Tom Adams  
15 Frank Klose  
14 John Silk  
12 Bob Giambalvo

12 Pat Glover  
 11 Jim Fiore  
 10 Seamus Hodgkinson  
 10 Ken Klapp  
 10 Ray Lee  
 9 James Thomas  
 9 Paul Turner  
 8 Kenneth Lapenta  
 7 Ed Bown  
 7 Frank Myers  
 7 Greg Rickes  
 5 Lenny Collins  
 5 Steve Engel  
 5 Ed Litts  
 4 Jack Berkery  
 4 Leo DiPierro  
 4 Edward Wronski

#### Male 70+

66 Wade Stockman  
 57 Jim Moore  
 50 Bob Husted  
 24 John Pelton  
 15 Ed Doucette  
 15 Ken Skinner  
 13 Don Wilken  
 12 Chris Rush  
 10 Joe Kelly  
 9 Paul Dillon  
 7 Jim Hotaling  
 7 Joseph Richardson  
 6 George Freeman  
 6 James McGuinness  
 5 Denis Burns  
 5 Joe Corrigan  
 4 Richard Eckhardt

### Women

#### Female Open

62 Karen Bertasso  
 49 Meghan Davey  
 40 Heidi Nark  
 36 Ada Lauterbach  
 35 Diana Tobon-Knobloch  
 34 Roxanne Wegman  
 31 Kristina Gracey  
 28 Erin Rightmyer  
 18 Katie Jones  
 16 Amy Becker  
 14 Carolyn Herkenham  
 13 Alicia Bousa  
 12 Brina Seguin  
 10 Allison Klein  
 8 Erin McDonald  
 8 Irene Sommerville  
 8 Emily Swanzey  
 7 Caitlin Conner  
 7 Kathleen Hermann  
 7 Sarah Jones  
 7 Sara O'Grady  
 7 Tarya Reese  
 7 Katie Vitello  
 6 Crystal Cammarano-Per  
 6 Shannon Finnegan  
 6 Melissa Patrick  
 6 Olya Prevo  
 5 Sallie Gilliland  
 5 Rita Ramos

5 Jennifer Senez  
 4 Ashley Brown  
 4 Kelcey Heenan  
 4 Christina Jordy  
 4 Julia Maloney  
 4 Jessica Sherry  
 4 Amanda Terzian

#### Female 30-39

60 Gretchen Oliver  
 51 Sally Drake  
 47 Kimberly Miseno-Bowles  
 30 Shelly Binsfeld  
 28 Stephanie Wille  
 24 Eileen Combs  
 24 Erin McMahon  
 23 Susan Bright  
 22 Karen Dolge  
 17 Christina Ardito  
 15 Deanne Webster  
 13 Stacey Kelly  
 12 Julie Gold  
 10 Erin Corcoran  
 10 Allison Bradley  
 10 Jessica Hageman  
 10 Jen Hebner  
 8 Amy Drucker  
 8 Candice Panichi  
 7 Tammy Carroll  
 7 Kim Didrich  
 7 Colleen Ottalagano-McGarry  
 7 Jennifer Merritt  
 6 Kari Deer  
 6 Anne Kubasiak  
 5 Cecile Aulnette  
 5 Samara Anderson  
 4 Shanley Alber  
 4 Sarah Dzikowicz  
 4 Regina McGarvey  
 4 Colleen Murray  
 4 Christie Papa  
 4 Diana Steenburg  
 4 Terra Stone

#### Female 40-49

56 Emily Bryans  
 48 Chris Varley  
 28 Kari Gathen  
 23 Nancy Nicholson  
 20 Anne Benson  
 20 Cheryl DeBraccio  
 16 Regina McGarvey  
 15 Mary Buck  
 15 Judy Guzzo  
 13 Sharon Fellner  
 13 Mary Fenton  
 13 Megan Leitzinger  
 13 Michelle Costa  
 12 Marcia Harrison  
 12 Lauren Herbs  
 12 Kathy VanValen  
 10 Melissa Frenyea  
 10 Heather Machabee  
 10 Jamice Phoenix  
 10 Connie Smith  
 9 Patty Greene  
 9 Mary Signorelli  
 8 Kay Byrne  
 8 Karen Dolge  
 8 Diane Hanson  
 8 Barb Light

8 Julia Hotme Murphy  
 7 Christine Capuano  
 7 Tamie Jones  
 7 Joanne Nolette  
 7 Ruth Sadinsky  
 7 Lori Vink  
 6 Chris Abowd  
 6 Pamela DelSignore  
 6 Vicki McQueeney  
 6 Rachel Schabot  
 5 Miriam Hardin  
 5 Denise Iannizzitto  
 5 Susan Motler  
 4 Deanna Hitchcock  
 4 Mary McNair  
 4 Pam Zentko

#### Female 50-59

72 Nancy Briskie  
 60 Martha DeGrazia  
 38 Cathy Sliwinski  
 37 Susan Burns  
 30 Joan Celantano  
 25 Debra-Jane Batcher  
 21 Donna Charlebois  
 21 Peggy McKeown  
 20 Judy Phelps  
 18 Erika Oesterle  
 15 Katherine Ambrosio  
 15 Jane Mastaitis  
 12 Jenny Lee  
 12 Beth Stalker  
 12 Nanyc Taormina  
 11 Karen Gerstenberger  
 10 Karen Dott  
 10 Joanne Fitzgerald  
 9 Cynthia Southard  
 8 Diane Peverly  
 8 Nancy Taormina  
 7 Elizabeth Herkenham  
 7 Nancy Piche  
 6 Barbara Sorrell  
 5 Joanne Barlow  
 5 Joyce Reynolds  
 4 Dot Grimaldi  
 4 Deb McCarthy  
 4 Pia Sanda

#### Female 60-69

72 Susan Wong  
 30 Mary Collins-Finn  
 20 Katherine Ambrosio  
 18 Ginny Mosher  
 18 Ginny Pezzulo  
 13 Liz Milo  
 10 Coral Crossman  
 10 Cecily Dexter  
 8 Linda Keeley  
 7 Noreen Buff  
 6 Barbara Eames  
 5 Susan Caccuitto  
 4 Harriet Kang

#### Female 70-79

72 Anny Stockman  
 36 Joan Corrigan  
 20 Eiko Bogue

### Age Graded

Runner	Age	G
56 Susan Wong	62	F
42 Martha DeGrazia	58/59	F
41 Nancy Briskie	52/53	F
40 Ahmed Elasser	47	M
39 Chuck Terry	27/28	M
36 Emily Bryans	42/43	F
33 Rick Munson	52/53	M
32 Tom O'Grady	24/25	M
26 Derrick Staley	51	M
25 Anny Stockman	78	F
23 Andy Allstadt	27	M
18 Dale Keenan	59	M
17 Judy Phelps	59	F
13 David Vona	27/28	M
12 Kevin Dollard	54/55	M
12 Joe Hayter	30	M
11 Eamon Dempsey	30	M
10 Bob Giambalvo	60	M
10 Lee Pollock	58	M
9 Tim Hoff	44	M
9 Christian Lietzau	47	M
8 Justin Bishop	29	M
8 Tom Dalton	51	M
7 L.D. Davidson	53	M
7 Karen Dolge	39/40	F
7 Paul Forbes	60	M
6 Jonathon DiCesare	13	M
6 Kari Gathen	42	F
6 Jason Lange	15	M
6 Carl Matuszek	58	M
6 Ernie Paquin	63/64	M
5 Eileen Combs	32	F
5 Tom Dalton	51	M
5 Josh Merlis	28	M
5 Beth Stalker	50	F
4 Daniel Jordy	26	M
4 Jon Rocco	43	M





# Meeting Minutes of the HMRRC General Meeting - October 13, 2010

Attendance: Jon Rocco, Mark Warner, Doug Bowden, John Parisella, Anny Stockman, Wade Stockman, John Moore, Tom Adams, Marcia Adams, Diane Fisher, John Kinnicutt, Ken Orner, Pam Zentko, Roxanne Gillen, Ed Gillen, Cathy Sliwinski, Barb Light, Chuck Terry, Rob Sliwinski, Dave Newman, Josh Merlis, Eva Barsoum, John Peters, Ray Lee,

Call To Order (J. Rocco): 7:30PM

1. Reading and approval of September 8, 2010 minutes (B. Light) Marcia made motion to approve minutes as written; seconded by Doug Bowden. Motion approved.

## 2. Reports of Officers:

### 2.1 President (J. Rocco)

-Transition of Club President from Mark Warner to Jon Rocco and transition of Vice-President from Jon Rocco to John Parisella. Thank you to Mark for his time and service to the Club as President. Mark thanked all the officers for their help and support and all the committee chairs for their input. He wished Jon and the new officer's luck in the upcoming year.

-Opening for Web Page Administrator as Ed Neiles will be stepping down as of 1/1/11. Thank you to Ed for creating, maintaining, improving, and updating the website since '96. Ed will assist in the transition. Club will be looking for a replacement-it will take 3-4 hrs/week to maintain the webpage. It is possible to divide up job so we will look at options. Need to have someone in place by end of year. Jon suggested put announcement on the webpage. Diane Fisher said she would be happy to take it over-webpage is her background this will be discussed and worked out with Ed Neiles.

-Opening on Long Range Planning Committee to fill spot vacated by Cathy Sliwinski. This person will work with Ed Neiles, Kari Gathen, and Ray Newkirk. We will put this opening on the webpage. It isn't a large time commitment did a lot through email.

-Race Director needed for Father's Day Race. A discussion will be held with co-sponsor of the race.

-HMRRC meeting refreshments 2010-2011-sheet passed out for people to sign up.

2.2 Executive Vice President (J. Parisella) - No report.

2.3 Executive Vice President-

Finance (C. Terry)-Mark, Jon, Pam and Chuck met with Alex Cruden to discuss registering with the State and to do annual filings. With the filing we will need to attach a copy of Federal Form 990 which the accountant does for us. If we are an organization that solicits contributions then we are suppose to have an annual financial audit and attach that to the annual filing. This brings up questions about contributions-it is not a lot of money if we didn't want to have annual audit we can stop soliciting contributions. Chuck thinks it is a good idea to have an annual audit. It will cost \$3000 for a full audit. Went over type of records he would need to do audit. Need receipts for all expenses paid and we might need to do a better job of cash receipts at races; usually day of race registrations. Chuck recommends that we go ahead and have audits and financial statement every year. \$3000 includes the \$1400 we normally pay him for his services. Mark thinks the audit helps protect the officers if any inproprieties occur. Chuck proposed that we use the Alex Cruden firm and that they perform annual audit of records and that we register with the State of NY. Seconded by Ray Lee-voting took place with 14 in favor; no one opposed; motion passed.

2.4 Secretary (B. Light) No report.

2.5 Treasurer (P. Zentko) No report.

## 3. Reports of Committees:

3.1 Membership (D. Fisher) Current membership at 2250 up 7 from last month; 82 for the year.

3.2 Volunteers (M. Adams) Thank you to all volunteers for marathon and half marathon and expo. Everything went very well. Need volunteers for Stockade-athon. Please email Marcia or Vince if you are available

3.3 Public Relations (R. Moore) Thank you to everyone who helped at the Hudson Mohawk expo. On October 3rd at University of Albany we received a \$2500 Grant from SEFCU which they gave away to not for profits at the expo. Adirondack Sports Winter expo will be November 20 and 21st. Would like to have booth up there again this year. Rob will volunteer at the booth.

3.4 Race Committee (N. Briskie/M. Warner) - Have Race Director meeting and will set up tentative dates for next year. Mark

Warner will be taking over for Nancy Briskie and Nancy will be taking over the race committee treasurer position. The Father's Day race has been held for 5 years; each year have a different Race Director. Will have to have a meeting with co-sponsor to go over options for the race. Doug Bowden noted it is a successful event and everyone has a great race and we shouldn't let it go. This is the 3rd most profitable race on our calendar which isn't our goal but we know a lot of people like the race and are in favor of keeping the race. First issue is to find a Race Director and then talk to the credit union. We will put an ad on the webpage for a new Race Director for the race; Dave Newman said he would be willing to help out but couldn't be the Race Director. Dave will forward contact information for the credit union to Mark and Jon. Cathy Sliwinski reported that marathon and half marathon went very well. Expo went very well with help from Adirondack Sports and Fitness to get all the exhibitors; Registration went very smoothly. Race Day went well; chaotic at times but worked out. Preliminary numbers-in the half 940 registered 735 finished; in the marathon 1226 registered and 846 finished. 140 didn't pick up from half; 225 who didn't pick up for full. Medical deferrals this year were heavy probably because closed out early. No problem at start with the additional runners. Half was tricky when it goes on bike path; may need to change something there because of the posts but will work on that next year. May need to flag better. Parking at Colonie Town Park better this year as a lot more rode busses. Ava noted that maybe different bibs could be used to distinguish the different races; but it was noted that the bibs were provided by sponsors. Voorheesville 7.1 Mile race will be a Grand Prix race under 40 next year.

3.5 Pace Setter (R. Nagengast/K. Gathen) No report.

3.6 Conflicts Committee (C. Terry) No report.

3.7 Safety Committee (V. Julia-no) no report.

3.8 Grants Committee (R. Newkirk) The Grant committee approved 3 \$1000 youth grants; Parsons Team Unstoppable; Donald P Sutherland Elementary School for 5K run for kids; Delmar Track & Field club in Glenmont.

3.9 Long Range Planning Com-

mittee (C. Sliwinski)-still looking for someone to do insurance coverage for the races. Mark will follow up with John Haley. Eva would be interested in helping with the insurance.

3.10 Just Run Program (K. Skinner) reps from Albany, Guilderland, Berne Knox Westerlo- Ray went over the program description; starting a couple more in March-John Parisella is contacting schools in Schenectady. Went over package program and looked like there is interest.

3.11 Recycling Coordinator (E. Barsoum) At the Susan Komen race had 15 pairs of sneakers and that started to get us recognition; next race will be Stockade-athon and Troy Turkey Trot. Contacted the Pace Setter and Race Director's and would like to put the program on the website. Eva would put information on booth with Rob Moore. Eva will send information to Marcia to send out to the members by email. All donated items were taken to the Albany mission. Nike has a program to look into for recycling shirts and shoes. Will get more information for future meetings.

4. Unfinished Business: Archives going back to first year on website-Ed Neiles still working on it and will put it up once all is done.

5. New Business: None to discuss.

6. Announcements: Hairy Gorilla 6th year of event and it is on Halloween. Rce is held at Thatcher Park and you can come in costume. Unique event and fun. Duaneburg Dash on October 23 in Delanson NY- hilly 5K course.

- November refreshments- Tom & Marcia Adams.

7. Adjourn: Motion made to adjourn by Ken Orner seconded by Marcia Adams meeting adjourned at 8:34PM.





Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
<b>Dryline Zip Shirt</b> , black, Male S,M,L, XXL; Female XS,S,M,L,XL	\$36	_____
<b>Insport Tights</b> , black, Male, S,M,L; Female S,L	\$20	_____
<b>Club Jacket</b> , royal blue and black, Unisex S,L	\$49	_____
<b>Warm-Ups</b> , black and gray jacket and pants, Male S,M,L	\$65	_____
<b>Long Sleeve Coolmax Shirts:</b>		
<b>Lightweight</b> , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
<b>Mock Turtleneck</b> , club logo on chest, Unisex black M,L,XL	\$22	_____
<b>Coolmax Singlets:</b>		
<b>White with royal blue side panels</b> , Female M,L - CLEARANCE	\$11	_____
<b>White with royal blue side panels</b> , Male S,M,L,XL	\$21	_____
<b>Short Sleeve Coolmax Shirts:</b>		
<b>Hind with reflective stripes</b> , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
<b>Female V-neck</b> , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
<b>Shorts with white club logo</b>		
<b>Female Asics</b> , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
<b>Female Adidas</b> , black with blue trim, XL - CLEARANCE	\$15	_____
<b>Female Race Ready Shorts, royal blue - ALL ON CLEARANCE</b>		
<b>Split-cut</b> , 1" inseam, M,L - CLEARANCE	\$15	_____
<b>Split-cut Long Distance</b> , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
<b>V-Notch</b> , 3" inseam, S,XL - CLEARANCE	\$15	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
<b>Easy</b> , 4" inseam, S,M,L - CLEARANCE	\$15	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
<b>Male Race Ready Shorts, all are royal blue except where noted</b>		
<b>Split-cut</b> , 1" inseam, S,M,XL royal	\$19	_____
<b>V-Notch</b> , 3" inseam, S,M,XL royal; L black	\$19	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
<b>Easy</b> , 4" inseam, S,M,XL	\$21	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
<b>Sixers</b> , black, 6" inseam, back mesh pockets, S	\$27	_____
<b>Running Cap</b> , embroidered logo, white, white/royal	\$11	_____
<b>DeFeet Coolmax Socks</b> , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		_____
<b>Smart ID tag</b> , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		_____

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

**All prices include 8% sales tax**

**TOTAL DUE:** \_\_\_\_\_

Postage \$5.15

*(If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)*

*Gift Certificates available for any amount. Just add \$.44*

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

# "TENTATIVE" HMRRC 2011 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Saturday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, <b>Hangover Half*</b> & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com
Sunday	Jan 09	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Will Dixon Ed Gillen	edgillen7@aol.com
Sunday	Jan 23	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	jmerlis@areep.com
Sunday	Feb 06	10 a.m.	UAlbany	#,F Winter Series 5: 4M, <b>10M*</b> , 20M	Patrick Lynskey	plynskey@nycap.rr.com
Saturday	Feb 12	6:00 p.m.	Desmond Hotel	HMRRC Club Banquet	Debbie Beach	dbeach21@verizon.net
Sunday	Feb 20	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterston@albany.edu kklemt@nycap.rr.com
Saturday	Mar 12	10 a.m.	Green Island	<b>Runnin' of the Green (Island) 4M* ** +</b>	Ed Gillen	edgillen7@aol.com
Sunday	Apr 10	9:00 a.m.	Bethlehem M.S., Delmar	Delmar Dash 5M ** +	Tom & Marcia Adams	madams01@nycap.rr.com
Saturday	Apr 30	9:00 a.m.	Guilderland H.S.	<b>Bill Robinson 10K Masters Championship * [GP40+] **</b>	Jim Tierney	runnerjmt@aol.com
Sunday	May 08	10 a.m.	TBA	Mother's Day Race +	Sharon Boehike	sharonruns@mindspring.com
Thursday	May 19	6:25 p.m.	Empire State Plaza	CDPHP Workforce Team Challenge 3.5M **	Pete Newkirk	pnewkirk@newkirk.com
Sunday	June 12	9:00 a.m.	UAlbany	<b>#, F Distinguished Service 8M*</b>	Mark & Angela Warner	mwarner1@nycap.rr.com
Tuesday	June 14	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Sunday	June 19	9:30 a.m.	The Crossings	Father's Day 5K ** +	Roxanne Bilodeau Gillen	rmonahan63@yahoo.com
Tuesday	June 21	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Saturday	June 25	9:00 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K +	John Haley Megan Leitzinger	j.haley36@yahoo.com
Tuesday	June 28	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Tuesday	July 5	6:00 p.m.	Colonie High School	Colonie Summer Track, # <b>Colonie Mile*</b>	Ken Skinner	kennyskin@earthlink.net
Tuesday	July 12	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Thursday	July 14	6:15 p.m.	TBA	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com
Tuesday	July 19	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Thursday	July 21	6:15 p.m.	TBA	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com
Tuesday	July 26	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Thursday	July 28	6:15 p.m.	TBA	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com
Sunday	Jul 31	9:00 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly	mjkhome@verizon.net
Sunday	Jul 31	Noon	Thacher State Park	Summer Picnic	Lisa Ciancetta	ljcny61@nycap.rr.com
Tuesday	Aug 02	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Saturday	Aug 06	8:30 a.m.	Colonie Town Park	Dynamic Duo Pursuit Race	Frank Myers	FLYINGBB45@aol.com
Monday	Aug 08	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 1 +	John Kinnicutt	jkinnicutt@gmail.com
Tuesday	Aug 09	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	FLYINGBB45@aol.com
Monday	Aug 15	6:30 p.m.	Tawasentha Pk Guilderland	<b>#, F Tawasentha XC 5K No. 2* +</b>	John Kinnicutt	jkinnicutt@gmail.com
Monday	Aug 22	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 3 +	John Kinnicutt	jkinnicutt@gmail.com
Monday	Sep 05	9:00 a.m.	SEFCU HQ, State Office Campus	<b>SEFCU Foundation Labor Day 5K* ** +</b>	John Parisella	jparisel@nycap.rr.com
Sunday	Sep 11	9:00 a.m.	UAlbany	<b>#, F Anniversary Run, 2.8M &amp; 5.6M*</b>	Pat Glover	pjglove@aol.com
Sunday	Oct 02	10 a.m.	New Scotland Town Park	<b># Voorheesville * [GP&lt;40] 7.1M</b>	Jim Thomas Russ Hoyer	jth430@verizon.net Russ.Hoyer@yahoo.com
Sunday	Oct 09	8:30 a.m.	Central Park, Schenectady	<b>29th Annual Mohawk Hudson River Marathon* **</b>	Cathy & Rob Sliwinski	racedirector@mohawkhudsonmarathon.com
Sunday	Oct 09	8:30 a.m.	Colonie Town Park	<b>10th Annual Half-Marathon**</b>	Cathy & Rob Sliwinski	racedirector@mohawkhudsonmarathon.com
Sunday	Nov 13	9:00 a.m.	Central Park, Schenectady	<b>36th Annual Stockade-athon 15K* ** +</b>	Vince Juliano	Hamletbryans@nycap.rr.com
Sunday	Nov 20	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com
Sunday	Dec 11	10 a.m.	UAlbany	#, F Winter Series Starter 3M & 15K	Doug Bowden	bowden@nycap.rr.com

# Day of Race Sign Up ONLY!

F No Entry Fee for HMRRC Members

\* Grand Prix Event [bold]

\*\* USATF certified course

+ Kid's Race

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
PAID  
Albany, NY  
Permit No. 415

*Your membership renewal date is on the address label. Renew Early.*

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**TYPE OF MEMBERSHIP DESIRED** (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

E-MAIL \_\_\_\_\_

**For those who can afford it!**

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

**Mail applications to:**

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

**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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