

The Pace Setter

June 2011

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





MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, OCTOBER 9, 2011

- Start:** 8:30 a.m. Marathon – Central Park, Schenectady, NY/Half Marathon – Colonie Town Park, Cohoes, NY
- Finish:** Albany Riverfront Park at Corning Preserve, Albany, NY
- To Register:** Online registration and mail in applications available at www.mohawkhudsonmarathon.com.
No day-of-race registration. Last year, both races sold out. Register early!
- Host Hotel:** Crowne Plaza, State and Lodge Streets, Albany. Special race room rate of \$104 per night available until room block is filled. Call 1-877-462-4441 for reservations, mention code "DJ8"
- Packet Pick Up And Expo:** Saturday, October 8, 2011 • 10:00 a.m. to 6:00 p.m. • Crowne Plaza, Albany
EXPO IS PRESENTED BY ADIRONDACK SPORTS AND FITNESS
PLEASE NOTE: THERE IS NO DAY-OF-RACE PACKET PICKUP.
The Expo will be a U.S. Marine Corp Reserves Toys for Tots collection site. Bring a new, unwrapped toy to the Expo and help kick off the 2011 Toys for Tots campaign!
- The Course:** Flat, fast point-to-point course. The May 2009 Runner's World Magazine named the MHRM one of the top 10 U.S. "Superfast Marathons", because the course helped many runners meet the Boston Marathon qualifying standards! The Half Marathon merges with the Marathon at its half-way point for a scenic run along the Mohawk, then Hudson Rivers. This is your PR course!
- Awards:** **Marathon** – Cash awards (\$750-\$500-\$250-\$150-\$100) to the top 5 male and female finishers. adidas running gear to the top male and female age-group finishers.
Half Marathon – Cash awards (\$375-\$250-\$125-\$75-\$50) to the top 5 male and female finishers.
Commemorative awards to the top 3 male and female finishers in the running and walking divisions and the top 3 male and female age group winners in the running division.

For more info and to register: www.mohawkhudsonmarathon.com or www.hmrrc.com.

HMRRC Members: The marathon is part of the HMRRC Grand Prix Series.

USATF Adirondack Members: The marathon is the USATF Adirondack Association Marathon Championship. Team competition entry form can be found on the race website. Both races are part of the USATF Adirondack Grand Prix Road Race Series. Race registration must include your USATF membership number for Grand Prix scoring. To join USATF, go to www.usatfadir.org.



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The Pace Setter

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Photos in this issue by Peter Thomas at ALPENGRAPHIK



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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by Jon Rocco

They are certainly gaining visibility on the roadways. Plenty of vehicle owners seem to be putting those oval decals and magnets on their back bumpers and windows. Many point to their favorite destinations – OBX, LG, CC, ADK, MB. Others have strange looking numbers containing decimal points – 13.1, 26.2, 70.3, 140.6. I have even spotted 42.195 on vehicles heading north on the Northway. The one that seems to have taken off reads 26.2.

Certainly there are many drivers out there scratching their heads wondering what it all means. Perhaps some tailgaters think you're referring to a biblical verse or to your favorite Amendment (26th) to the U.S. Constitution limiting the minimum voting age to no more than 18 and its Section 2 giving Congress the power to enforce it (quick history lesson). However, as runners we know it is the marathon distance- 26 miles, 385 yards...26.2 miles.

In 2010, there were reportedly a record high 507,000 finishers in U.S. marathons and more than 500 marathons were held throughout the world, including two by the HMRRRC. As we enter the June month, spring marathons are for the most part behind us. If you participated in one, hopefully it was a great experience and a success for you. Certainly many are looking forward to their already planned fall marathons while others may be searching for a new one to conquer. There will also be plenty of runners eyeing the completion of their first half marathon or marathon and perhaps working to a goal they had set for themselves. The Mohawk Hudson River Marathon, to be held October 9, certainly continues to be a favorite of locals and beyond. February 27 marked the full and half marathon registration kickoff for club members and on March 1 it became open to all.

There is a group of some six dozen runners who already have 10/9/11 circled on their calendars and for good reason. Sponsored by Fleet Feet Sports, Adidas, HMRRRC, and under the direction of 50 states marathoner Jim Thomas, a group of 71 have recently begun their five month journey. The marathon training group had their kickoff meeting on May 4 and their first run on May 8.

The group of 71 has 40 registered for the marathon and 31 registered for the half marathon. 80% of the group training for the 26.2 distance are female. There are almost an equal number in the age ranges of 30-39, 40-49, and

over 50. Three of the individuals who completed the program last year are back again. Roughly 75% of the half marathon training group are female with five individuals returning from last year's program and four individuals looking to step up to the full after completing the half in 2010.

Good luck to the 71 individuals who will meet weekly on Sundays for long runs and soon on Tuesday evenings for speed and hill workouts. Each will receive a schedule and by race day, will be very familiar with the marathon course. Special thanks to those helping Jim- Leigh Ann Gilson, Alissa Caton, Jon Golden, Steve Conant, and Vince Wenger.

While it may be too late to join the closed out training group, there is still time to register for the full marathon or half marathon. Keep in mind that the races are projected to close out and the registration fees increase after July 10. For more information on the fall marathon and half, please visit the 'race corner' link at www.hmrrc.com.

The April issue of *Runner's World* magazine (which has 650,000 subscribers) made a nice plug for our fall marathon in its 'Alternate Reality' segment. The segment suggests alternative races to run if you were closed out of a race. It notes that if you were looking to run the ING New York City Marathon this November but were shut out for any reason, the Mohawk Hudson River Marathon and Half-Marathon is your alternative. The writer mentions 'this small, flat race 150 miles from Manhattan is the place to PR- and you'll never wait for a porta-potty.'

Kudos go out to HMRRRC Hall of Famer Martha Degrazia for placing 3rd in the 60-64 year old age group in Boston. Congratulations to Cathy Sliwinski, Co-Race Director of the Mohawk Hudson River Marathon and Half Marathon, for being voted Distinguished Service Award Recipient for 2011 and in doing so becoming the 50th member of a special group of dedicated individuals who have helped make the club what it is today. □

NOTICE



All HMRRRC members are invited to attend monthly club meetings, held the second Wednesday of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.



What's Happening in June

by Al Maikels

The June club race calendar has something for everyone as three great events can be found on the schedule. Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRRC special. The 40th Distinguished Service Race is set for Sunday, June 12 at 9 a.m. at UAlbany. This race is 8 miles long, a good test of speed and endurance. Before the start of the race there is a brief ceremony where the past recipients are called up before the current winners receive their award. The award is given to club members for long and distinguished service to the club and this year's honoree is very deserving. Come join us this year as we honor Cathy Sliwinski for her years of hard work on the club's behalf.

The next club race in the June lineup is the 6th Annual Father's Day 5k, set for Sunday, June 19 at 9:30 a.m. at the Crossings of Colonie. The Crossings is a great spot for a race with a flat fast USATF certified course that makes its way through the beautiful park. There are a variety of father/child prize categories making this race a great event for the whole family.

The Valley Cats Home Run 5k is at the bottom of the lineup of the HMRRRC June schedule. This is a nice race that wends its way around the neighborhoods near HVCC and finishes at Joe Bruno Stadium, with each runner receiving 4 free tickets for a Valley Cats' August home game. The race is set for Saturday, June 25 at 9 a.m. at Joe Bruno Stadium.

The Queen of all local 5k races is also on the June calendar this year. The 33rd Freihofer's Run for Women will be held on Saturday, June 4 with a 10:00 a.m. start at the Empire State

Plaza in Albany. This is a first rate running event with world class talent and is a great race to run, volunteer or watch.

Looking for more races? Races of note this month include the 13th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 11 at 9 a.m. at the village square in Kinderhook. This race is a favorite of mine and has a flat, fast course. Our friends to the west, the Fulmont Runners hold the 28th Mule Haul 5 mile race on Sunday, June 19 on Main Street in Fort Hunter. Fans of mud will enjoy the Tawasentha Mud Mania races, set for Saturday, June 18 at noon at Tawasentha Park in Guilderland.

If you need more than a 5k race there is a good race on the June schedule this year. The Adirondack Distance Run has moved from July to the last Sunday in June. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 26 at 7:30 a.m. at the Lake George Fire House.

June is also the month for the start of the summer track series at Colonie High School. The 44th season of meets starts on Tuesday, June 14 and run through August. The first race (the mile) starts at 6:15 and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 8 at 7:30 at the Point of Woods clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings. □



**Help Wanted:
NO
EXPERIENCE
NECESSARY**

***Volunteers
needed at the
following races:***

Distinguished Service:
June 12

Father's Day:
June 19

Tri-City Valley Cats:
June 25

Indian Ladder:
July 31

HMRRRC Picnic:
July 31

Tawasentha XC 5K Series:
August 8, 15 and 22

SEFCU 5K:
September 5


*If interested, contact
Marcia Adams,
Volunteer Coordinator,
at 356-2551 or
madams01@nycap.rr.com*

It's not just about running...





August Home Game!

Registration, Packet Pick-up:	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
Entry Fees:	Pre-registered HMRRRC members \$13.00	All other pre-registered \$16.00	Day of race registration \$20.00	Pre-race registration deadline June 22, 2011
Course:	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
Running Shirts:	First 200 pre-registered runners			
Refreshments:	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
Awards:	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at 10:30 AM	<i>No Duplicates</i>	 <small>register online at</small> active.com <small>IT'S FAST AND EASY!</small>
Kids:	A 1/4 mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at www.tvvalleycats.com .			

[illegible]

CITY: STATE: ZIP:

E-MAIL:

HMRRC Member? YES ☐ NO ☐ **T SHIRT SIZE:** S ☐ M ☐ L ☐ XL ☐

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

6 – The Pace Setter

For Runners with Food Cravings and "Sugar Addictions"

"If I crave a candy bar, should I eat a candy bar?"

That's the title of one of my most popular blog posts! Clearly, food cravings and sugar addictions are a source of concern and frustration for many runners who believe that eating one chocolate bar (or whatever food they crave) will lead to eating ten of them, expand their waistlines, and ruin their health. They avoid chocolate like the plague. Instead, they righteously snack on only "healthy foods" like apples and oranges.

While the natural goodness of fruit is indeed the more nutritious and health-promoting choice, some nice chocolate, enjoyed in response to a hankering, can also fit into your sports diet. By regularly enjoying chocolates, you can avoid the strong cravings that lead to eating a sickening amount—not because you are "addicted to sugar" but because you are doing "last chance eating" before you go back into your self-defined food jail (1).

Keep in mind, your brain has a memory for the food you crave. If you try to ignore your craving for, let's say, chocolate, you'll end up eating it sooner or later. This may happen after you've tried to curb your craving with an apple, crackers, pretzels, sugar-free fudgsicle—anything but the chocolate—and then, 500 calories later, you succumb to what you truly wanted. You could have more wisely enjoyed the chocolate in the first place; you would have saved yourself a bunch of calories!

Food cravings are a popular topic not only on my blog but also among LinkedIn's Intuitive Eating Professionals group. A discussion "If you crave a food, should you eat it?" spurred a lot of responses, with the answer being YES! History says that denial and deprivation of a desired food does not work permanently but rather results in binge eating. After all, if restrictive eating "worked," then everyone who has ever been on a diet would be thin. The majority of dieters are overweight and obese, suggesting that "dieting fall-out" may be contributing to obesity. (2)

To our detriment, we live in a world where enjoying bagels, ice cream, candy, and chips gets "questioned." Runners talk about needing "will power" to curb their intake of the foods they crave. But most of us really want to be able to enjoy these foods. We just want to be able to eat them sanely, not in what feels like an out of control pig-out. We need nutrition skill power (not will power) to learn how to manage today's food supply. That's where a sports dietitian can help you control hunger-based binges and find peace with food. (For a referral to a local sports dietitian, see www.SCANDpg.org.)

The question arises: What's so bad about cravings in the first place? Is there really something wrong with eating what you truly want to eat? Cravings are not addictions. That is, if you crave a bagel because it tastes good, why should you not enjoy the bagel? When you eat a food you crave, your brain experiences a biochemical change that signals happiness. Can eating an appropriate portion (as opposed to overeating "the whole thing") be a bad thing to do?

The answer commonly depends on if you are eating the food for fuel vs. mindlessly devouring it for its drug-like effect. If you find yourself on the verge of polishing off the whole bag of bagels, stop and ask yourself, "Does my body need this fuel?" If the answer is yes, you need to learn how to prevent the extreme hunger or deprivation that triggered the overeating. If the answer is no, then ask yourself, "What am I doing with my feelings?" Overeating a craved food can distract you from sadness, smother your emotions, and protect you from feeling alone and lonely. But you are using food for the wrong reason. No amount of bagels, chocolate, or chips will resolve the real problem: you are likely hungry for a hug.

Do certain foods over-excite the pleasure centers in the brain? If so, do those foods become "addictive"? The recent science (3) says there is no such thing as a "sugar (or food) addiction." Yes, it may have addictive-like qualities, particularly following a restriction/binge pattern of eating (1). In my practice, most people who binge have an unbalanced relationship with food; it has become too enticing, a primary focus for pleasure. The more they try to stay away from palatable foods, the more they want them.

While there is much we do not know about food and this controversial topic of food addictions, I encourage my clients to first rule-out hunger as the cause for cravings for sugar and carbohydrates. The physiology of hunger explains why we crave sugar; it's a survival signal for quick energy. When your blood sugar is low, your brain signals an urgent need for sugar. When your muscles are glycogen depleted, you experience nagging carb cravings until the muscles are adequately replenished.

What can you do to overcome cravings and perceived "addictions"? First and foremost, experiment with eating heftier breakfasts and lunches to abate hunger. (No, you will not "get fat" by eating more during the day. If you listen to your body, you will observe you are less hungry at night and will simply be able to consume fewer calories.) Also try changing your attitude. The mind is very influential. If you believe you are addicted to a food, you will have a hard time convincing yourself otherwise de-



spite research that refutes the concept of food addiction and puts the focus on deprivation as a trigger to (over)eat.

The next time you have a craving for a specific food, relax, enjoy eating it slowly, taste it, savor the flavor, and linger over the treat. Do this several times throughout the week. Learn to enjoy the treat slowly, in moderation, without feeling guilty. Enjoy the foods you crave at every meal. For example, have a few Hershey's Kisses day after day, at breakfast, lunch, afternoon snack, and dinner. Eat them so often that you get sick of them. This may sound unhealthy in the short term but a week or two of excess chocolate will not ruin your health (nor your waistline) forever.

By learning your body's responses to different foods, you can at least become educated: food is not addictive and cravings are not bad. What's bad is trying to live hungry as well as denied and deprived of foods you enjoy. There is a possibility you can find peace with food.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes find peace with food. Her practice is 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 offer additional information. They are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

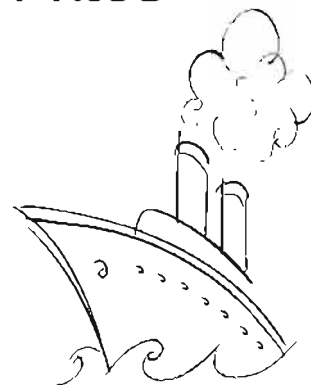
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2. Corwin RL, and P Grigson. Symposium Overview.—Food Addiction: fact or fiction? *J Nutr.* 2009; 139(3):617-619.
3. Benton, D. The plausibility of sugar addiction and its role in obesity and eating disorders. *Clinical Nutrition* 29(3):288-303, 2010. □

Join us for a

Rocking on the River Cruise

**Friday, August 5, 2011
on the Capt. JP II**



Enjoy the company of fellow runners and volunteers as HMRRC sets sail aboard the Capt. JP II. Attire is dressy casual and formal presentations will be limited.

The Cruise will depart dockside at 7:30 pm and return at 10:30 pm. Price includes music and a buffet dinner.

**Ticket cost is dependent on volunteer participation
from January 1 – June 30:**

\$37 – guests and members with minimal or no volunteer points

\$30 – members with volunteer points of 11 to 30 for this time period

\$20 – members with volunteer points of over 30 (at least 10 of which are earned through race volunteering or authoring an article for the PaceSetter)

Not sure of your point standing?

Check the HMRRC website for the volunteer worksheet beginning May 15!

Count me in on the *Rocking on the River* cruise on August 5!

Name: _____

Address: _____

Telephone #: _____ Ticket Cost (based on points): \$ _____

Guest(s) Names: _____ Guests (at \$37.00) each: \$ _____

TOTAL \$\$ ENCLOSED: \$ _____

Last Day to register: July 18. No walk-ups.

Sorry! Registrations are non-refundable and non-transferable. Please make checks payable to HMRRC and send to: HMRRC River Cruise, c/o Marcia Adams, 1009 Tollgate Lane, Schenectady NY 12303

Getting To & From There

by Rich Clark

We all know that running a race can be tough work, but the hardest part might be getting to and from the race. The New England Grand Prix and Hudson Mohawk Grand Prix Series are all great events. The range of running from the short stuff to the marathon can challenge the best person. It is often said that just getting to the races is half the battle. Living in the Western Massachusetts area, most of the New England races mean driving east 60 or 120 miles, or going to the Hudson Mohawk races to the west 100 miles to the Albany area.

My job has me driving in the New England and New York area, covering power plants; I normally drive 40,000 miles a year, so a short 120 mile ride to a race is nothing. BUT as we all know, no two races are the same and no two drives are the same. The cost factor between gas and tolls has made many people rethink the more distant location races and stay close to home.

The "Getting To" started for me in 1966 as a Colonie Lisha Kill junior high 7th grade cross country runner. My first meet was a CBA-Colonie race in Albany's Washington Park, but we got to ride the bus with the varsity team who also had a meet. This was a treat for us young guys, since the high school and junior high were separate schools. The varsity guys all gave us great advice, like double tie the shoes, no gum chewing while running and tuck in the shirt so if the newspaper takes a photo you will look good no matter how you feel. That was a start of some interesting high school bus rides; the large Colonie teams always made for a full bus and that kept us warm on those cold rides to the indoor meets.

The most interesting high school trips were always the New York State meets, with a big bus and many area folks. In my junior year, going to the cross country state meet was tragic; we saw a fatal accident on the way down the Thruway. Then in the spring, coming back from the outdoor state meet at Endicott, the bus almost got stuck under a low bridge on a side road. Letting air of tires really works. My senior year we had the first indoor state meet at Cornell; getting there on the Thruway someone threw a snow ball and smashed the right front window. It was held together with a large cardboard piece the rest of the trip. For my last high school meet, the outdoor state meet at CW Post, getting there was delayed by a NY City road shooting. It held up traffic for a couple of hours that day. Good thing we went down on Friday for the Saturday meet.

My college years at the University of Vermont always meant a long ride to away races. The first indoor meet in Maine was a very long bus ride in the snowy hills of New Hampshire and Maine with three feet of snow. But the most interesting was the coach's van ride home from Boston on a very cold, -25 degree night when the VW van died. We were cold and waiting for help when a fellow UVM student came by with a Chevy Blazer and put 8 of us in and drove us



back to college. We bought him a case of beer.

The running years now have seen increased traffic and many crazy drivers. The drives during the winter can have many changing road conditions. A drive back from a Dartmouth Relay meet on an icy Friday night still gives me nightmares. The sign "Road Construction" always means a possible delay. Those night paving jobs coming back from Newburyport 10 miler can mean a long slow ride home. Before one Bridge of Flowers 10K, a very large black bear crossed in front of the car on Route 2; the brakes were used hard and the bear lived to scare other racers going to the race.

The Greater Springfield Harriers Boston Marathon bus trips are the current highlight of getting to and from there. The club bus is always the way to go. You get to meet some interesting folks and you leave the driving to someone else. I will always be thankful to the Harriers bus for keeping the marathon streak going.

The best advice for getting to races is the following:

- Know the race start time and check in time.
- Check race directions, confirm with maps and GPS. All areas do not work well for GPS.
- Determine driving time; remember possible route delays, such as a sporting event in the area. A one hour cushion is normally safe.
- Get the vehicle ready the day before and gas it up.
- Runners should check the weather forecast, especially for winter driving.
- Confirm race parking areas; city races can present problems.
- Take extra keys, including a key that you can wear during the race. Many of the new keys are huge. Be very careful if you hide it around the vehicle; some races have some strange folks around. Besides the runners.
- Always check the race internet site on the day of the race; it might surprise you to see major changes or cancellations.

The best advice for getting home after the race:

- Get the legs and body in a good position; longer races means sore legs. It can be a killer ride home.
- Have dry cloths & a towel for the seat available.
- Bring some good food and drinks for the ride. Not all races have good stuff to eat.
- Again check area events, since travel later in the day means more traffic and delays.

Safe travels, and enjoy the rides as much as the races. ☐

Rocking River Cruise

by Marcia Adams

Get your dancing shoes! And get ready to have a rocking evening on the Captain JP II. HMRRRC will host an evening on the river for members and volunteers on August 5, 2011. Ticket cost will be dependent on volunteer participation from January 1 to June 30. See the application for price breakdowns.

Boarding will begin at 7 p.m. and the cruise will leave from its Troy dock at 7:30 p.m. and return at 10:30 p.m. Price includes music and a buffet dinner and other surprises. This event will be dressy casual and will have minimal "commercial" interruptions – in other words, few or no formal presentations or speeches.

An updated volunteer worksheet showing points to date will be posted to the HMRRRC website beginning May 15 and it will be updated again May 30, June 15, June 30 and July 15. Deadline for purchasing tickets is July 18. There will be no walk-ups.

Not sure how to earn volunteer points? Under the HMRRRC's Volunteer Recognition program, points are awarded as follows:

30 points: Club officers: President, Executive Vice President, Vice President for Finance, Treasurer, Secretary, and Race Committee Treasurer; Managing Editor - Pace Setter.

25 points: Race Directors, all Committee Chairpersons, Webmaster, Volunteer Coordinator, Clothing Coordinator, Public Relations Coordinator, Editor(s) and Associate Editor(s) – Pace Setter, Production Editors – Pace Setter, Photographer Coordinator – Pace Setter, Advertising/Business Directors – Pace Setter and volunteers with regular scheduled duties (example: mail retrieval).

15 points: Volunteers who serve as Assistant Race Directors and Race Coordinators, working with race directors in strategic positions at races; Digital Clock and Timer, HMRRRC picnic coordinator(s); and banquet coordinator(s)

10 points: Volunteers who serve on subcommittees; volunteers who organize club presentations and/or public relations events (example: booth at Freihofer's or the Adirondack Sports and Fitness Expo); Pace Setter contributors – articles, photos, etc. when articles or photos are published in *The Pace Setter*.

5 points: All other volunteers at races; members attending the monthly club meetings and all other non-classified volunteers

So, want a simple formula to only pay \$20? Volunteer for the Corporate Challenge, at least two of the June races and/or the Expo at Freihofer's; write an article for *The Pace Setter* about your participation in at least one of the events and attend the June club meeting. You may be pleasantly surprised at the fun you will have just by being part of the event. And there is no better way to feel part of the club than by being involved! ☐

2011 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

Race #1: COLONIE MILE

6:15 p.m., Tuesday, July 5

Location: South Colonie H.S. track

Fee: FREE

Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRC club members.**

Race #2: TWO PERSON RELAY

6:15 p.m., Thursday, July 14

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.

Race #3: HOUR RUN

6:15 p.m., Thursday, July 21

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run on the track for one hour. Participants running the furthest are the winners.

Race #4: PENTATHLON

6:15 p.m., Thursday, July 28

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

Summer Series Contact: Ken Skinner, 489-5311

E-mail: kennyskin@earthlink.net

Law Day Run Against Domestic Violence

by Matthew Side

The weather prediction for the week of April 24 called for rain almost every day. When I looked out my window at work on the morning of April 28, rain was pouring down in sheets, with occasional thunder and lightning. I was not impressed. I had already registered for the Albany County Bar Association's 17th annual Law Day Run that was scheduled for 6:15 that afternoon, and I do not like to run in the rain. After lunch, I wondered if I should call to find out if the race was still being held. Thankfully, the sky cleared up and the sun even came out by about 4:00. The race would not be miserable.

When I got to Washington Park, the pavement was almost totally dry, the sun was still out and the temperature was warm, but not too hot. The course starts by the boat house and consists of two loops around the park. There are some mild hills, but I considered it a good course for me to run well. Last year at this race I ran 21:48, which was within a few seconds of my 5K PR, and I placed 19th overall. For me – far from an elite runner – this was impressive. I attribute my decent place to several factors. The race has a smaller number of participants as compared to many other races. There were only 206 in 2010 and 220 in 2011. Many of the registrants walk the course, bringing the number of runners even lower than that. And while a few of the top runners have names most *Pace Setter* readers would recognize, this race does not seem to attract large numbers of seriously competitive racers. Perhaps this is because the race is held on a Thursday, because it is not sponsored by a running club, or because people register and come out just to support the cause. For whatever reason, I felt that I was set to do better than I normally would in a typical race.

Not wanting to get stuck behind a crowd at the beginning of the race, as I had at the Delmar Dash, I positioned myself near the start line, with only one row of runners ahead of me. I am not particularly good at pacing myself, so someone who is a more experienced and much better runner had suggested that I aim to run with the third fastest female. He predicted that this would put me at about my target pace. When the race started, I took off at a fairly fast pace. I was close to two female runners and did not see a third. So much for the good advice I had received. I would just have to try to keep an even pace on my own. I passed the two women within the first mile.

During the first half of the race, I passed several people. I sometimes got confused when I would see recreational runners going the opposite direction, but that's what happens when a race is held in a public park. I was glad to reach the start line again, knowing that the only water station was just beyond it. I was very thirsty, so stopped for only a few seconds to chug a cup of water. At about that point I was running near a guy in a red shirt. He looked younger than me and fast, so I planned to stay near him. We traded off who was in front and who followed.

At what I guessed was about a mile from the finish, I heard footsteps and thought red shirt was going to pass me. Instead, a female runner came up and asked if we were close to the end. Not sure if she was serious or joking, I responded "Not quite." There did not appear to be any volunteers on the course other than to keep traffic out of the park, so at a few spots I pointed her in the right direction to keep on course. It wasn't too difficult, as it was just a loop around the park. When I fell a few steps behind her at one point, she commented that she needed me there because she didn't know the way. I resolved to keep up with her.

As we came to the final downward slope, I used a few breaths to say that we were almost there. Then I picked up a little speed, not

sure how much I had to kick it in for the finish. I was surprised when red shirt burst past us. My companion looked quickly, but noted that it was okay as long as the person passing us wasn't female. When I could see the finish line, I gave what I had for that extra kick. Red shirt beat me, but I was five seconds faster than my companion, who turned out to be the fastest female. (In an odd coincidence, it turns out that she also used to be an intern in the office where I now work, who I had heard about but never met.) The winner came in well over five minutes faster than me, but I placed 11th in 21:18 – a PR for me, half a minute faster than last year and the first time I have ever run faster than a seven minute pace. Boy, am I glad that it had stopped raining. □

Cathy Sliwinski -- Distinguished Service Award

by Nancy Briskie

A mother, a wife, a competitive runner, an attorney, a volunteer and now the recipient of Hudson Mohawk's most prestigious award, presented to a club member annually for giving their all to the sport of running. This is a person who I am in absolute awe of. Cathy gives 110% starting each day at home checking her computer and answering any emails sent to her before her day begins at work and has made HMRRRC part of her everyday life.

Cathy attended a club meeting and since that time, you can add to the above description – Coordinator, Vice President, President, Co-Race Chair, and last year, joining her husband Rob to include the title of Mohawk Hudson Marathon and Half Marathon Director. She is just plain amazing. Extremely articulate and organized, there is no need to sweat about a job getting done when Cathy is at the driver's seat and you will always see the calm in her, no matter what the circumstance may be, putting everyone at ease that she comes in contact with. Recently Cathy was presented an award from the Albany County Tourism making her an Ambassador to Albany for all her hard work selling out the Mohawk Hudson Marathon and Half, bringing in hundreds of people to Albany from out of state.

Of course none of this was something she planned, she just enjoyed running and also enjoyed being a part of a race team with Team Utopia, but she was the type of person who always gave back. Well, as you can see by her accomplishments above, she found out that a club with over 2,000 members and over 30 races held annually was in dire need of volunteers. You will find runners at races asking some of our volunteers, "Oh you're volunteering again?" You'd be surprised at how many just don't ever think about getting behind the



scenes and giving something back, since they are busy with their lives and really don't think they can fit it in, but believe me, there is a way and the paycheck you receive from the friendships you make along the way make it well worth all the hard work.

Cathy, your endless energy and commitment to the club and your supreme willingness to help anyone who asks, makes you a true champion and we have nothing but the highest admiration for you. Our hats off to you Cathy! □



Indian Ladder Trail Runs-2011



15K and 3.5 Mile Trail Races

John Boyd Thacher State Park

Haile's Cave Picnic Area
Enter at Park Office — Park in Pool Lot

Sunday — July 31, 2011

Start Times

9:00 am — 15K

11:00 am — 3.5 mile

Day of Race Registration

7:45 to 8:30 am — 15K
9:45 to 10:30 am — 3.5 mile

HMRRC Picnic

11:30 noon to 1:00 pm
1 BBQ lunch included with race entry

**FREE!! ONLINE RACE
REGISTRATION
AVAILABLE AT
WWW.HMRRC.COM**

Questions? Email mjkhme@verizon.net

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill — Right 4mi. on Rte 157 (Thacher Park Rd)
Altamont: Route 156 [up the hill]; left at Route 157— Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 17]: \$17 — Member; \$20 — Nonmember/Guest
July 18 to Day-of-Race: \$20 — All (Mailed Req's must be postmarked by July 25)

What you get ...

Race entry, Shirt to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; 1/2 BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course
15K — Loop — 97% natural surface — hiking & XC ski trails, wood roads— two challenging hills—strenuous physical exertion—trail racing experience optional
3.5MI — Loop — 99% natural surface—rolling terrain and demanding hills—recommended for HS/College XC runners & novice trail runners of all ages

Sponsors

FLEET FEET
Sports



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only)

featuring the 16th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

Male & Female winners & Age-group winners (2 deep) 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check payable to **HMRRC** to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street, P.O. Box)			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB (mm/dd/yyyy)	Age (on 7/31/2011)	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 17 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
July 18 to Day of Race <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian must sign for applicant under 18]				

HMRRRC and Earth Day – Give Earth a Treat, Clean Up After Your Feet – A Clean Sweep Event

by Marcia Adams



In the words of Winnie the Pooh, it was a blustery day but that did not stop HMRRRC volunteers from coming out to clean up the bike trail at Blatnick Park. The group actually worked in three directions – towards the GE Research Center, towards the river itself and then towards Lock 7. A large number of trash bags were collected.

Those in attendance were: Dave and Jacob Ciesinki, Joe and Joan Corrigan, Missy and Brendan Dunfee, Alar Elen, Ed and Roxanne Gillen, Stacey Kelley, Stephen and Alicia Montanaro, Dave and Laurie Scheuing, Tom and Marcia Adams, Marilyn Schmidt, Angela Squadere, Kathy Van Valen, Letticia Aviles, Dave Ruderman, Rob Colborn, Dave Rhodes, Daniel, Jared, Anna and Christine Deaprano. A HUGE thank you to everyone for a job well done.

This was the Sixth Annual Canal Clean Sweep sponsored by the New York State Canal Corporation, partnering with Parks & Trails New York, and the New York State Environmental Facilities Corporation (EFC). This year the event coincided with Earth Day weekend - April 15th-17th. HMRRRC's clean up was held on Earth Day at 1 p.m. in the afternoon. The event is statewide with more than 90 communities, service groups, and businesses across the New York State Canal System participating in the Canal Clean Sweep by hosting local

clean up activities in canal parks, along public promenades and on Canalway Trail segments in their region.

The New York State Canal System is comprised of four historic waterways, the Erie, the Champlain, the Oswego and the Cayuga-Seneca Canals. Spanning 524 miles across New York State, the waterway links the Hudson River, Lake Champlain, Lake Ontario, the Finger Lakes and the Niagara River with communities rich in history and culture.

Thanks again to all the volunteers for their hard work. □



New HMRRRC Members

Kimberly Alvarez
 Patty Barbaro
 Laurie Beberwyck
 Jonathan Behrens
 Hillary Bennett
 Ann Birckmayer
 Jaimie Birdsall
 Brian Broden
 Kathi Chaszczewski
 Elizabeth Chauvot
 Muriel Church
 Gerald Curry
 Angela Datri
 Bill Davis
 Suzanne DeFrusco
 Gail Doering
 Barbara Eames
 Keri Favreau
 Janet Fitzgerald
 Michelle Furlong
 Lauren Hammer
 Donna Harris
 Anna Hughes
 James Jacobs
 Irene Kestner
 Susan Kosinski
 Bill Krisher
 Matthew Landy
 Ferestah Laurant
 Jonathan Lazzara
 Timothy Lesar
 John Marion
 Kelly Mateja
 Lynne McLeer
 Mark Moore
 Tara Nadareski
 Kathleen O'Brien-NeJame
 Crystal Peck
 Dave Pentak
 Kari Peterson
 Gail Rawson
 Christine Renaldi
 Haylie Reuter
 Elizabeth Romero
 Kathleen Rowlands
 Zach Russo
 Laura Stone
 Joseph Sullivan
 Debra Tagliento
 Kwok-Ping Tse
 Christian & Christina Wagner
 Wendy Webster
 Amy Yacobucci & Family □

Twenty Years A Pioneer

by Jack Berkery

Twenty years, two decades, almost a full third of my life and a long, long time in anyone's estimation. That's how long I have survived past my due date, but more than survive, I have thrived. This coming July it will be 20 years since I got an aortic valve replacement. For those who have not been club members that long, I wrote about it in *The Pace Setter* in 1991 when it was first installed and again at 5, 10 and 15 year intervals, so now it's time for another quinquennial update.

If the heart valve had not been replaced, I may have lived about 5 more years, 10 if I was careful, but 15, possibly not and 20, no chance. In those twenty years I've celebrated 30th and 40th wedding anniversaries, gotten to see all our children grow into responsible adults, three of them educated all the way to a doctorate, enjoyed spoiling the bejeepers out of three grandchildren with more on the way. All of which could have happened without me to witness, but medical science allowed a more positive alternative. And then there's running. I was a runner for many years prior to the open heart surgery and determined to remain one after. Fortunately I did.

I had a heart valve defect since early childhood. Damaged by rheumatic fever at the age of 5 and again at 10, the heart murmur kept me out of sports, the military and most any type of exertion for the first couple decades of my life. The first time I encountered limitations was in 1963 at age 15 when I tried out for the high school cross country team. The sports team doctor shunted me aside and said no competitive sports, not now, not ever. It was assumed in those days that such heart problems could only get worse, so the prescription was to take it easy for the rest of your, perhaps short, life. I can remember a conversation between the family doctor and my mother when he told her I could live a normal life until some time in my 40s but thereafter things could get dicey. No, it wasn't upsetting at all. To a kid, 40 is so ancient as to be beyond comprehension. He was right though, since it did begin to fail at age 42, but on the other hand he was wrong since by that time there were options that made it far from dicey.

At age 18 I was called up in the draft as the Viet Nam War raged and they needed tens of thousands of new recruits each month. At the initial physical I was actually passed and expected to be sworn in any day. The Selective Service physical was a cattle call with hundreds of young men being shuttled through several examination rooms and given only a very cursory examination, so it was easy for a thing like that to get missed on the initial exam. More or less walking through the door constituted acceptance. Little did I know, though, that my own family doctor sat on the local draft review board. The moment he saw my name, I got a 4F classification, unfit for military duty. I guess since a few of my friends later came home with scars, missing parts or in body bags, that was

somewhat fortunate, but getting an official US government designation as unfit is damaging to a young man's ego. It weighed heavily on my psyche thereafter. I still have that draft card somewhere, could never bring myself to throw it away.

Somewhere along the line the medical community came to the realization that even defective hearts could benefit from a good workout. I don't remember when I heard about that and I'm certain no one told me to revise the "take it easy for life" strategy. I simply decided at some point that I was not going to be a sedentary type any longer. Exactly when I began to run on a regular basis escapes me now. I have memories of running around Prospect Park in Troy in 1972 and around the neighborhood after moving to a new home in 1973. I also recall, in one of those famous where were you when moments, that I was just returning from a run when I found out President Richard Nixon was resigning. That was August of 1974. Running was on again, off again thing for a few years and I wouldn't have called myself a real runner until I entered my first race in 1978.

1978 changed everything. I had turned 30 and finally I was no longer the sickly weakling I had been forced to be as a youth. I could work out as well as anyone. By then of course my doctor was well aware and approved of the exercise, which was more than running. It was also daily sit-ups, push-ups, cycling and occasional light weight lifting. Mostly running though. I just took to it like a fish to water. It turns out that I have poor strength, very little speed but stamina to beat the band. Being sedentary through my teens and twenties, I never knew what type of athletics I might be cut out for. At age 30 I discovered it.

That year was the 100th anniversary of GE, where I worked, and there were many different celebrations. Among them was a fitness challenge. A jog-a-thon, not a high intensity or high mileage thing, just a challenge to get in shape by the fall when they scheduled a 10K road race. I started keeping a running log and averaged just over 3 miles a day, which, as it turns out, is still about the same amount I continue to run today. Over a span of decades, though, it accumulates to some fairly impressive numbers. The logs which I continue to keep and still retain now total nearly 35,000 miles. The circumference of the earth being a mere 25,000 makes it sound even more significant. All on what most distance runners consider very modest training.

That first race was a one time only event which was never repeated, but the second one I entered, the Stockade-athon, is still my favorite because I have now done it 27 times. That's one accomplishment that I'm quite proud of, simply being able to make it to the starting line that many years, the majority of which were after the heart surgery. Many more races followed of course. I prefer to train for a good

hard mile on the track or 5K road races. I've done hundreds of races in these 5 decades and continue doing sometimes 30 or more a year. No marathons though. The reason for that was early on, when I first began getting in shape, my wife, who is a far greater worry wart than most, made me promise to avoid marathons. I kept my word and have been quite happy not to subject myself to that abuse.

As a stocky guy I've never been an especially fast runner, never broke the 6 minute barrier for the mile, never faster than 20 minutes for a 5K, but I was consistent throughout my 30s and into the early 40s. One particularly eventful stretch was from 40 to 41 when I ran several all-time personal bests at distances between 2 Km and 15 Km. There were never any age group awards for me, the local talent was far too deep to penetrate that far up in the pack, but I was ecstatic to continue to run PR's into my 40s. There was a 43:04 10K and a 67:03 15K, times I'd give me eye teeth for these days and most 40-somethings would consider very respectable. I was on a tear for those two years, training and racing at peak performance and feeling superbly fit, strong and confident. Then it all came crashing down.

It was 1990, age 42, at the top of my game, I had done all the right training, performed well in all the right tune-up races. I was primed for the Stockade-athon, which was by then my 10th appearance and expecting to be able to at least match the previous year's personal best of 67 minutes. Oh, it did begin fine with a pace close to 7 minutes per mile through the first four and just over 35 minutes at mile 5. Everything was working, flowing smoothly, but by the time I reached mile 6 I was towing an anchor. The last third of the race became a hard slog and I finished several minutes slower than anticipated.

Just having one bad race wasn't the issue, though. That happens from time to time for any number of reasons. The problem was I simply could not recover from it. The rule of thumb for recovering from a hard race effort is that it should take about 1 day per mile raced before you feel up to 100% again. For a 15K that should be 9 or 10 days, but I did not feel normal after two weeks, three weeks, a month, feeling tired and washed out from even a short easy run. That's when I, OK, my wife, made an appointment with the cardiologist. I had been seeing this doctor for many years and we had discussed the fact that I'd eventually need a valve replacement, but it was always far off in the indefinite future. He said more than once, "You'll know when it's time before I will." It was time.

You know, the brain is an odd thing. It can be aware of an impending situation for 30 years and have been presented with all the facts well in advance but until it's time to face the action, nothing registers in a serious way. This was as if it was the first time I had to deal with the eventuality of life changing open heart surgery. The leakage and back pressure from the damaged valve had increased to a dangerous level, significant enough that it could fail in the near future. Even if I were to return to a sedentary life, it was probably good for only about 5 years. I

was told to stop running until the surgery could be scheduled, which I did, mostly. That was a year of anxiety and apprehension. The surgery was scheduled for July and this was only January. I had way too much time to think about it. It was a year I'd rather forget.

I didn't run for the next 7 months but stayed in shape by power walking for 3 to 4 miles a day, then I snuck in a one mile run the day before the operation. Just one. Just in case it was my last. I had no idea whether I'd ever be able to return to it and wanted to remind myself of what? I don't know. Perhaps I was saying "Wait here, I'll be right back as soon as I can." The procedure was uneventful as far as I knew. What I remember from that day was telling the OR staff I wanted all my blood back. Those were the days when there was a danger of the blood supply being tainted with HIV. There were no reliable tests for it then, so it was advised, if you were strong enough, to put away your own blood to be re-transfused after surgery. I was able to put up 4 pints in 4 weeks and still had the strength to run that one mile. That was one benefit of a healthy lifestyle I had never figured on. So, upon being wheeled into the OR all I could think to say was give it back. They did.

The recovery went fairly well, or so it seemed. I was walking a mile every day from the first day I came home, eventually working up to 3 miles after a month. It was at 6 weeks that I tried running again. I didn't make it as far as 100 meters before gasping for breath. It didn't progress much beyond that for the next several days. Explaining this to the cardiologist a bit later, he expressed no surprise. "It's because they collapsed one of your lungs in surgery." What? Wait, no one told me that before. I was operating on reduced power for 6 weeks and no one had warned me of it. Oh, it'll re-inflate in time. What you need to do is keep running and that'll bring it back faster. It was another full 6 weeks before I could finish a whole mile non-stop and every step of it, every day was a breathless struggle. Once I reached that point, though, I knew everything was going to be all right. I ran a 3 mile race on January 1, 1992 to start a comeback 5 months post-op. By the following summer the weekly long runs were back up to 9 or 10 miles and I even ran 10K on the track.

I still had one major issue. As far as I knew, I was the only one to attempt to return to athletics after this procedure. This seems a bit ridiculous now since I can get on line and find probably hundreds of others, but there was no world wide web back then. The Internet was small and accessible to only universities and research institutions. Being a computer scientist at GE Research, I had been on line for several years by then and was well acquainted with the Usenet news groups that existed. I searched in vain for others in the same situation, finding only one or two contacts after a couple years and each of us felt we had been an experiment of one. If not completely unique, I was certainly a rarity, consequently I had no advice or support on how to proceed or what to expect. I trod very carefully.

The problem with being a pioneer is that

there is no road map to tell you which way to go, no trail blazed through the wilderness, no bridges across the rivers. Each direction one takes could lead to grand new vistas or disaster. You never know until rounding the next bend. I tended thereafter to be very conservative in my approach to training and racing and always had the nagging feeling that what I was doing could be, shall we say, a game changer. I continued training about the same 1000 miles per year as previously but seldom trained or raced hard. I entered about a dozen races the year after the surgery and every year after, give or take a few. The one I most wanted to return to was the one that threw me, the Stockade-athon where I struggled so badly. I had to show that beast I wouldn't back down. I've now run it 27 times, 10 before the valve replacement, 17 since. I think, just maybe, I've made my point. But I was still alone, still uneasy, still searching for others in the same boat, still uncertain of what or how much I could do.

Fifteen years later, fifteen thousand miles later, more than a hundred races later, having passed through the 40s and then 50s, I found what I had been looking for. I don't remember how I found it or what made me go look for it after all that time, but some time in 2007 I was surfing the web and happened upon a forum called ValveReplacement.org. These were people who understood all I went through, all I had wanted to know back at the start. They were all newbies compared to me, so I gave them the benefit of my long experience as well. And there was even some discussion of running and fitness where one of the guys told me there was another forum a bit more hard edged called CardiacAthletes.org. Those were really my kind of people. Those were the ones I had been looking for all those 15 years. It turned out that I was indeed a pioneer since none of them had heart issues that went that far back and although there are people online with older valves, none had taken up or returned to athletics as far back as I had.

In 2007 I got a new attitude. I dropped 40 lbs. and started training seriously again even returning to doing intervals on a track. I ran with renewed vigor and enthusiasm. Now approaching 60, I was under no delusion that I could return to the competitive shape I was in at 40, but it was worth the effort to see how much could be regained. The biggest change, though, was that I stopped viewing myself as a cardiac patient. I stopped thinking that I was handicapped. I was just another runner, nothing special.

The most pleasant surprise came in May of 2008. As a newly minted 60 year old I ran yet another 5K road race. With over 300 such races in my past and never a trophy, I left before the awards were announced as usual. Later I checked the results and discovered a third place trophy was mine for the taking. I sent an email to Josh Merlis. "Who, me? You can't be serious." He wasn't kidding. That was the first of 5 or 6 trophies that year, a couple of 1st place finishes, a couple 2nd and 3rd, and more the year after that and the year after that. I haven't become so jaded as to be blasé about receiving a trophy and hope I never do.

It's still a thrill even when I get one merely for being the second of two or third of three. You see, by this age much of the competition has fallen by the wayside. So many runners who were my betters through 5 decades are now no longer racing or not even running at all. I'm happy to have lasted this long, to be able to toe the line one more year, artificial valve or not. The implanted device is almost incidental to me now. I seldom think about it and hardly even know it's there. My greatest award was twenty bonus years and I hope I've made the best of them. □



3rd Annual



Camp Chingachgook Challenge Half-Marathon & 10k Race

and Family Fun Day



Saturday, August 6, 2011

Half-marathon start: 8am 10k start: 9am

- Course:** **Half-Marathon:** This surprisingly fast course starts at the Lake George Elementary School and runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook
10k: Is an out and back course, starting and finishing at Camp Chingachgook
- Transportation:** Free transportation will be provided from Camp Chingachgook to the Half-Marathon start before the race, as well as from the finish back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 6, 2011, \$40 after July 9 or day of race
10k – \$20 if received by July 6, \$30 after July 9 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 6, 2011
- Awards:** Prizes for Top 3 male and female overall finishers
1st place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
Prizes for each race. No duplication of prizes.
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers.
- Registration:** To register online, with no service charge, go to www.AREEP.com
Or, return application, with a check made out to AREEP, to:
CCC, c/o AREEP, PO Box 38195, Albany, NY 12203
For more information, visit AREEP.com or email info@areep.com



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all

Course Records:

Half Marathon: Shaun Evans 1:12:17	10k: Mark McKenzie 37:14
Kari Gathan 1:27:00	Katherine Cimonitti 40:53

First Name: _____ Last Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____ Phone #: _____ Shirt Size: ☐ S ☐ M ☐ L ☐ XL
Event: ☐ 1/2 Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: _____ Date of Birth: ____ / ____ / ____

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

Signature

Date

Parent or Guardian (18 or under)

"BEEN THERE, DONE THAT"

by Mike Becker



June 1976...Thirty Five Years Ago

- An application for membership to the club indicates the annual dues are \$1.00 for adults and 50 cents for students, what a bargain!

- Ed Thomas and Doug Allen run ten full perimeters at SUNYA (30 miles) on a hot day (on purpose)!

- Carlo Cherbino wins the National AAU Eastern Sectional Championship 15K on the sixth with 50:50.

- Pat Glover wins a three-mile race at the SUNYA track on the 20th with a 16:00. Cathy Shrader finishes fourth with a 17:17 after running a nine-mile race earlier in the day. Bill Robinson wins the two-miler and is third in the three-miler, both after running a "beer race" earlier in the day in which he stopped to drink beer at nine bars!

June 1981...Thirty Years Ago

- Frank Ripple wins the Cambridge Valley eight-mile race on the sixth with a 44:53, 36 seconds faster than Tom Bulger. Julie Wilcox is top female with a 55:11.

- Pat Glover and Daniele Cherniak are winners of a seven-mile race in Cohoes on the seventh. Bill Douglas and Chris Cashin take the 3.5-miler.

- Just ten runners face threatening weather to run the RRCA Meet of Miles on the 14th at the SUNYA track, with Bill Robinson winning with a 4:47 mile.

- Bill Robinson also wins his fourth consecutive club Pentathlon on the 18th by winning four of five events, finishing second in the five-miler but winning the ½ mile, two miles, ¼ mile, and one mile. Margaret Deckert is the female winner.

- *The Pace Setter* has an entry form for the Adirondack Distance Run with an entry fee of \$3, with an optional Hanes cotton/poly T-shirt for an additional \$3.

June 1986...Twenty Five Years Ago

- Several articles in *The Pace Setter* discuss the pros and cons of the club dropping membership with the RRCA, with the consensus to drop, primarily due to RRCA dropping the club insurance.

- Dale Keenan wins the 10K Troy Road Race on a hot, humid Father's Day with a 31:48, nearly 1.5 minutes ahead of Bill Robinson and Rob Picotte. Denise Herman is top female with a 37:31. A total of 41 runners break 40 minutes. Tony Treffiletti repeats as 5K winner with a 15:54, and a total of 42 runners break 20 minutes.

- Raymond Volper wins the club Pentathlon on the 19th, with Paul Murray taking Master's honors. Laurie Decker is the top female.

- An entry in the April *Been There Done That* mentions the club being sued by Sony for banning headphones in club races. That turned out to be an April Fool's joke, which I fell for!

June 1991...Twenty Years Ago

- Club officers include President – Al Mai-kels, VPs – Steve Jones and Nick Solomos, Secretary – Nancy Egerton, and Treasurer – Charlie Matlock.

- Peter Gerardi is profiled. A recent club Grand Prix age group winner, he began running ten years prior to enable himself to hike longer and tougher distances. He doesn't keep good training records, but he averages 60 miles/week and occasionally runs 90. He met his wife Andrea while running on a cold, dark, snowy night.

- Over 400 runners race in the Troy Road Race 10K and 5K on the 16th. Koichi Araki wins the 10K with a 33:27, with Inge Aiken taking the women's title with a 37:11, three minutes faster than Amy Herold-Russom. Vinny O'Brien takes the 5K with a 15:47, and Rebecca Rollock wins the women's 5K with a 19:51.

June 1996...Fifteen Years Ago

- Lynn Jennings runs a 15:21 at the Freihofer's Run for Women 5K on the first. Her time is a course record until broken in 2005. Jennings wins \$12,000 for her effort. Masters champion is Jane Welzel with a time of 16:28, which breaks the U.S. record. The top local finisher is Lori Hewig with a 16:07, good for 11th overall. There are 2,289 finishers, all of whose times are shown in *The Pace Setter*.

- Don Fialka is presented with the Distinguished Service Award on the ninth, followed by the club's annual eight-mile race at SUNYA. Steve Cammisa wins, for the second consecutive year, with a 45:04, with Zach Yannone taking second. On the women's side, Judy Guzzo runs a 53:00 to just edge Harriet Jacob. Age group winners include Anny and Wade Stockman, Martha DeGrazia, Ken Orner, Jim Bowles, and Jim Moore.

June 2001...Ten Years Ago

- Nick Conway and Jenn Amyot are winners of the Sixth Annual Vale Park 5K Run in Schenectady on the seventh with times of 15:48 and 20:33, respectively. Age group winners include Nancy Briskie, Rob Colborn, B.J. Sotile, Regina Tumidajewicz, and Joseph Corrigan.

- Vinny O'Brien and Lori Schmidt are win-

ners of the Bruegger's Bagel 10K run in Albany on the tenth with times of 34:33 and 42:47, respectively. Winners of the 5K are Lori Hewig, with a 17:10 and winning \$500, and Scott Mindel, with a 16:53.

- Jim Sweeney runs a 16:54 to win the Run for Dad in Loudonville on the 16th. Fourteen-year-old Christine Snyder is top female with a 19:10.

- Local finishers of the eight-mile Mt. Washington New Hampshire Road Race on the 16th include Nick Conway (eighth), Charlie Casey (21st), and Russ Hoyer (27th).

June 2006...Five Years Ago

- Australian Benita Johnson wins her first of three consecutive Freihofer's 5K Runs with a 15:26. The top American is Amy Rudolph with a 15:49, and the top local finisher is Eileen Combs with an 18:13 (36th overall).

- Kim Miseno-Bowles (51:30) and Jamie Rodriguez (42:09) are winners of the Distinguished Service eight-miler on the 11th honoring Vince Juliano. Dana Peterson and Anne Peterson finish two-three in the female division, and Chuck Terry and Jim Sweeney finish two-three among the males.

- Kevin Lynn and Samantha Tibbits are winners of the Father's Day 5K at the Crossings on the 18th. Age group winners include David Tromp, Rich Cummings, Bruce Beesley, Jim Maney, Pat Glover, Liz Milo, and Chris Rush.

- Bob Irwin and Joyce Goodrich are winners of the Schoolcraft 5K Trail Race at Tawasentha Park on the 24th. □





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Tour Schedule

Patriot's Invitational

Saturday, May 28th (10:00 am)
Union College



Constitution Classic

Sunday, June 5th (1:00 pm)
Stillwater High School



President's Open / State Trials

Friday, June 10th Combined Events (4:00 pm)
Saturday, June 11th Full Meet (9:00 am)
Averill Park High School



USATF Adirondack Championships

Friday, June 17th - Open & Masters (4:00 pm)
Saturday, June 18th - Junior Olympics (9:00 am)
Ichabod Crane High School



Independence Invitational & Stars & Stripes 5k Twilight Run

Friday, July 1st (4:00 pm) 5k Run (7:55 pm)
Ichabod Crane High School



Empire State Liberty Tour Track & Field Championships

Saturday & Sunday, July 16th & 17th
Union College



Getting YOU Back on Track

Crunchless Nation!

by Mathew Nark NASM,FMS,ISCRS

Today in mainstream exercise circles there is much confusion about the relevance of crunches in our core training programs. For years and years in high schools across America they have been used as part of countless physical education classes. This has led many of us to believe that crunches are a staple for core development. Each time you crunch you squeeze your intervertebral disc in between the facet joints (vertebrae). This movement replicates the herniation mechanism and puts unnecessary stress on your discs and can lead to trouble. Some will never develop a problem while others will. By the time you figure out that you have compromised your spine's integrity it's too late. Think of your spine and its likeness to a coat hanger. What happens if you bend the hanger over and over? Eventually, the hanger snaps and will be of no use to you. With your spine it will just become dysfunctional, painful, and in the long run may require surgery. As you know, as runners a stable core is an extremely important component to our success. The main players of our core musculature support our spine and provide a base from which the rest of our body will function. A stable and strong core will directly translate to improved running efficiency, stamina, strength, and resistance to injury. The core is our power house or musculoskeletal nerve center that should be trained in a fashion to produce maximal results. There are many options to be considered when selecting your core exercises. We all can benefit from a crunchless nation! All the current research out there these days points us away from the use of crunches. As a matter of fact, any type of exercise that loads the spine and continuously flexes and extends the spine can be very detrimental to the longterm prosperity of your spine. This information is especially critical to those with a genetic family history of spinal dysfunction. For those of you who want to take the chance I would reconsider your core program. The core musculature is designed as a spine stabilizer and for support. The main recipient of all this misinformation is your sixpack muscle. The rectus abdominus has been getting used and abused for decades by all of us in search of those perfect abs. Unfortunately this muscle is one designed for stiffness and rigidity, not range of motion. It is more well served to be trained in a neutral position. That means conditioning without range of motion and repetitive spinal flexion. Programs like PX90, 30 Day Shred, and many crossfit programs do not honor this evidence-based research. The evidence is out there and will only be a matter of time before it hits the masses. Exercises like the plank, side plank, birdog, renegade rows are all examples of fabulous alternatives to spinal destruction. Help support your back and vote for a crunchless nation!

Refer any questions to Mathewnark.com. □

An Alternative To Boston (The Gansett Marathon)

By Jon Rocco

Typically, if you are planning a weekend at the beach in New England, it won't be in the middle of April. The exception to this rule is perhaps the Gansett Marathon. The race will not see the world's elite that will come to the Bay State days later. It will see less than 1% of the number of registrants that run on Patriots' Day. However, Gansett organizers feel the small race in the smallest state provides its own charm and camaraderie.

In November of 2009, Mike Tammaro, president of the Narragansett Running Association was shocked when registration had closed for April's Boston Marathon. While thousands shout out of Boston began to search for another spring marathon, Mike decided to start his own. He decided it would have stricter standards than Boston and would be run two days prior. In doing this, he insists his race is not anti-Boston, but an alternative. In 2010, the race was held in rural Exeter, RI and 55 runners competed. In 2011, the race was moved to the resort town of Narragansett, thus changing the name from the Exeter Marathon to the Gansett Marathon. The entry fee would increase from \$40 to \$60.

The standard Mike set was to make it what he tag-lined as 'the only qualification only marathon.' The exception to this is the Olympic trials. There would be no charity runners, no special invites, and frankly, no exceptions. The standard set would be five minutes faster than that of Boston Athletic Association (the B.A.A. recently announced they will lower their standard by five minutes in 2013).

As I planned to sit out Boston '11, I was shopping for another spring marathon. The Gansett Marathon caught my liking and I contacted the race director in November. Proof, in the form of a link to race results, was a prerequisite to registering. The field would be capped at 500; bib numbers would be assigned by time and updated on the website throughout registration. The final field would see 197 registrants- 125 wearing blue bibs and 72 wearing pink bibs. While no Kenyans would toe the line, there were runners from 26 states, Canada and Puerto Rico (I guess that makes it an international field). A handful of out of state runners would enter using their Mohawk Hudson River Marathon qualifying times, and one using her HMRRRC Winter Marathon time.

Early packet pick-up would be held on Friday night with a short sleeve technical shirt to all registered. For \$15, a pasta dinner was served at the host hotel banquet area, with what seemed to include most of the runners in attendance. The buffet consisted of Caesar salad, rolls, chicken piccata, penne with marinara sauce (luckily they did not bring out the alfredo sauce until the post race buffet), meatballs, steamed vegetables, and caramel apple crisp.

Race day kicked off at 8 a.m. sharp. The course was a double loop with the first loop being approximately 16 miles and the second approximately 10 miles. The temperature was 44, and with the 19-23 mph winds, it certainly felt much cooler. The winds were from the east and with the majority of stretches running north or south, it wasn't the worst case scenario. The start elevation is 20', with a maximum elevation of 128' and a total net gain of 377'. Water, Gatorade, and gels were reasonably present and aid stations well manned throughout the race, mile marker signs were located at every ½ mile, and timers were scattered throughout the course (noting your time as well as your current average pace). The traffic control was exceptional with police directing traffic at the major intersections and the roads being very wide with bike lanes. The crowd, while small, was enthusiastic and encouraging, as were the volunteers and motorists.

While there were no finisher medals or chip timing, runners were given a 4" circular finisher patch. There were cash awards of \$200, \$100, and \$50 to the top 3 overall males and females. Age group winners received a unique blue glass statue on a wooden base that either resembled a sail on a boat or a shark's fin. Runners were invited to the nearby Mews Tavern for further celebration following the buffet and awards ceremony. While there were no screaming coeds along the way, the view of the ocean was breathtaking and relaxing. Gansett is certainly a marathon to consider and it looks as though a new April tradition is on its way. □

On the Web!

The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
 - Grand Prix Update
 - Race Applications
 - Race Results in a flash
- www.hmrrc.com**



Want to stay fit this summer and have fun too?

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

ARE/AREEP Directed Events (Event websites and registration at www.AREEP.com)

ARE Run & Tube—Saturday, July 16, 2011

This family-friendly event features a 5m mile followed by a river tube ride! (Limited to 120 participants.)

The Dippikill Froggy Five Mile—Sunday, July 17, 2011

Camp Chingachgook Challenge 10k and Half Marathon—Saturday, August 6, 2011

Find out more and register at www.AREEP.com/camp

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- Gourmet meals.
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- Run & Tube trip (a camp favorite in 2010!)
- Entry into the Froggy Five Mile.
- One of the best weekends you'll ever have!



Cookouts from 10:00 to 1:00 for the entire weekend. Food open accommodations.

Held at Dippikill Wilderness Equestrian in Wittenburg, NY.

ARE's Summer Trail Run Series—Every Thursday at 6:30pm starting May 26 at alternating locations

Averaging upwards of 150 per week in 2010, this is ARE's oldest and most popular group event that showcases all the parks in the Capital District and beyond. Visit the website to find out where we'll be and be ready for cook-outs and more! Also, keep your eyes peeled as Gail Hein and Chuck Batcher look to make it FOUR straight years without missing a run in the series.

ARE Group Runs—Typically 3-5/day throughout the Capital District

The Albany Running Exchange held over **1,700** organized group runs in 2010. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

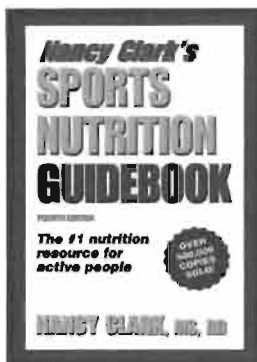
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On The Run (again) in North Florida

Part Three: The Unintended Conclusion

by Greg Rickes

With apologies to those who may think this story has already gone on for too long, the final paragraphs of part II from the May issue of PaceSetter were waylaid in the mystical process of converting words to electrons. When we left our protagonist he had just passed mile 7 of Jacksonville's Gate River 15K....

As Mile 8 approaches the trademark of the Gate River Run loomed into view. It's the Hart Bridge, aka The Green Monster. I took a last slurp of Gu and vowed not to let the ghosts of runs past intrude on my enjoyment of all the wonderful elements of this day.

As the incline steepened there was a strange echo across the span. It sounded like a platoon of Marines counting cadence. I couldn't see them, but their rhythm zeroed in my focus and my resolve. The bridge was not going to beat me.

It was only as I reached the crest that I realized I wasn't going to catch the Marines. They

weren't even there. It was a recording, with speakers spaced periodically up the bridge. It didn't matter. In fact it made me laugh. Mission accomplished.

From the crest it's all downhill to the finish and gravity is your friend. Everyone, it seemed, had a surge left in them but those last 50 feet stretched on forever. Then it's across the line and all just a memory behind you.

My clock time was 1:18:20. Even though that was about two minutes slower than my first try at The Gate in 2009 it would be churlish to voice any complaints.

Back at the hospitality compound the festivities were at full pitch: smiles all around, abundant food, and even cold beer (who cared that it was 10 in the morning). This was the personification of joie de vivre. It offered a moment of reflection about the Gate River Run, and my whole snowbird series; there were just so many good reasons to keep running, whatever the pace. □





You and your family are cordially invited to the
HMRRC 2011 SUMMER PICNIC
 Held in Conjunction with

INDIAN LADDER



TRAIL RUN

- When:** Sunday, July 31, 2011 11:30am (lunch served until 1pm)
- Where:** Hobbies Cove Picnic Area, John Boyd Thacher State Park, Voorheesville, NY
- Menu:** $\frac{1}{2}$ Chicken, baked potato, cole slaw, roll, dessert and beverage OR
 Hot Dog, Hamburger or Veggie Burger, chips, dessert and beverage
- Cost:** \$8 Adults; \$4 kids under 10 (hot dog and hamburger meal only)

Picnic lunch can be ordered below or online at www.hmrrc.com

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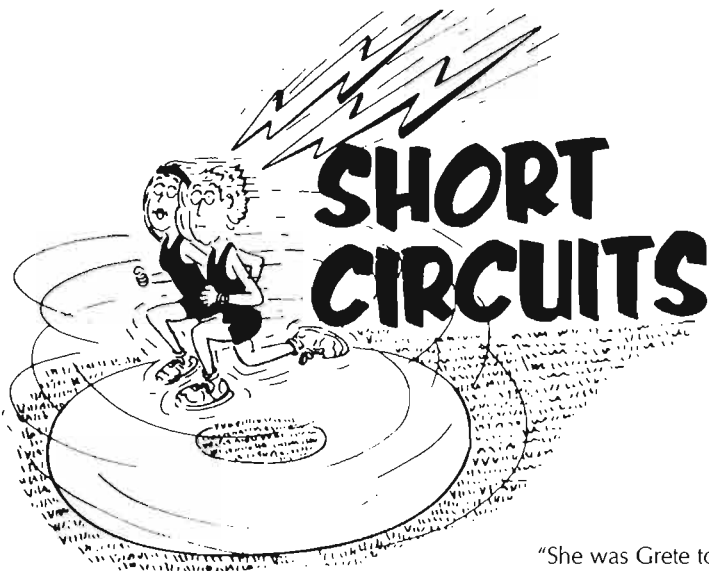
Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Chicken Dinner	How Many? _____	x	\$8.00 = _____
Veggie Burger	How Many? _____	x	\$8.00 = _____
Hamburger	How Many: Adult _____	x	\$8.00 = _____
	Children under 10 _____	x	\$4.00 = _____
Hot Dog	How Many: Adult _____	x	\$8.00 = _____
	Children under 10 _____	x	\$4.00 = _____

Make check payable to: HMRRC
 Mail order to: Summer Picnic, c/o HMRRC, PO Box 12904, Albany, NY 12212
 Orders must be received by Friday, July 8th, 2011
 Tickets can be picked up at the picnic on July 31, 2011
 Questions?? Contact Lisa Ciancetta at lisa.ciancetta@gmail.com



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

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

"I'm not going to lie: I want to be the woman who ends the American drought at the Boston Marathon. But I was so impressed by Desi's self-belief, her guts, and her class, that I really forgot about what I wanted for myself and threw my support behind her as a fellow American. One thing is certain: Desiree showed that it's only a matter of time before one of us pulls it off." -- Kara Goucher, upon her disappointing 5th place Boston finish.

"She was Grete to the end, still more concerned about me than about herself. On Friday night after I left the hospital, she called me at home to make sure I had enough milk." Jack Waitz, husband of running legend Grete Waitz (1953-2011).



A matter of time?
L to R: Desiree Davila, Zoila Comez, Tera Moody, Kara Goucher, Paige Higgins



Grete Waitz 1953-2011



Kinnicutt - Marathon Maniac

Want to get smarter? Go for a run. A number of studies have shown that exercise improves fluid intelligence, which includes problem-solving ability, memory, learning, and pattern recognition. Improvements in cognitive function with exercise training are even more observable as people age. Based on research with mice, scientists believe that exercise enhances the connections between pre-existing nerve cells in the brain and enhances the formation and survival of new nerve cells. -- Jason Karp, Ph.D., Exercise Physiologist



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Grand Prix Update

Race #4 Master's 10K Championship April 30, 2010

Men

Male 40-49

12 Jon Rocco
10 Tom Kracker
8 Richard Cummings
7 Ed Hampston
6 Ed Menis
5 Kevin Creagan
4 Craig Weidman

Male 50-59

12 Derrick Staley
10 Ken Evans
8 William Ports
7 Lee Pollock
6 Rob Colborn
5 Richard Clark
4 Steve Dickerson

Male 60-69

12 Paul Forbes
10 Juergen Reher
8 Pat Glover
7 Bob Ellison
6 John Stockwell
5 Rick Morse
4 Jim Thomas

Male 70+

12 John Pelton
10 Wade Stockman
8 Jim Moore
7 Keith Willis
6 Joe Corrigan

Women

Female 40-49

12 Anne Benson
10 Judy Guzzo
8 Nancy Nicholson
7 Kari Gathen
6 Mary Buck
5 Chris Varley
4 Kimberly Miseno-Bowles

Female 50-59

12 Debra-Jane Batcher
10 Erika Osterle
8 Karen Gerstenberger
7 Hope Plavin
6 Cindy Novak
5 Mary Wilsey
4 Donna Charlebois

Female 60-69

12 Judy Phelps

10 Martha DeGrazia
8 Susan Wong
7 Katherine Ambrosio

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	Gr
12 Derrick Staley	52	M
10 Judy Phelps	60	F
8 Susan Wong	63	F
7 Martha DeGrazia	60	F
6 Anne Benson	46	F
5 Nancy Nicholson	49	F
4 Paul Forbes	60	M

Totals After 4 Races

Male Open

32 Tom O'Grady
16 Brad Lewis
16 Andrew McCarthy
16 Jim Sweeney
12 Pat Cullen
12 Chuck Terry
8 Richard Messineo
7 Justin Bishop
7 Paul Cox
7 Josh Merlis
7 Zach Russo
6 Kahil Scott
5 Andrew Coy
5 Paul Mueller
4 Michael McClure

Male 30-39

32 Chris Mulford
22 Eamon Dempsey
20 Brian Northan
16 David Tromp
13 Jon Catlett
12 Matthew Nark
10 Mike Roda
8 Aaron Knobloch
7 Anthony Giuliano
7 Matt Mallet
7 David Newman
5 Clay Lodovice
5 Todd Smith

Male 40-49

36 Ahmed Elasser
30 Jon Rocco
17 Kevin Creagan
17 Ed Hampston
10 Christian Lietzau
10 Larry Poitras
8 Craig Dubois
8 Russ Lauer

7 Jonathon Bright
7 Brian DeBraccio
17 Thomas Kracker
6 Timothy Egan Sr.
6 Robert Paley
5 Ken Evans
5 Mike Kelly
4 Bruce Beesley

Male 50-59

27 Rick Munson
24 Derrick Staley
19 Richard Clark
16 Patrick Culligan
12 John Noonan
10 Steve Conant
10 Ken Evans
10 Art Reilly
8 John Haley
8 Jim Newlove
8 John Parisella
8 William Ports
8 Robert Wither
7 Ken Evans
7 Lee Pollock
7 Bob Somerville
7 Steve Vnuk
6 Rob Colborn
6 Peter Gerardi
4 Steve Dickerson
4 Alar Elkin

Male 60-69

46 Paul Forbes
32 Bob Ellison
28 John Stockwell
22 Juergen Reher
16 Pat Glover
12 Ed Bown
12 Bob Giambalvo
6 George Jackson
6 Terry Smith
6 Jim Thomas
5 Leo DiPierro
5 Rick Morse
4 Ken Klapp
4 Jim Thomas

Male 70+

44 Wade Stockman
30 Jim Moore
16 James McGuinness
12 John Pelton
8 Chris Rush
7 Joe Corrigan
7 Ken Skinner
7 Keith Willis
5 Jim Hotaling
4 Armand Langevin

Women

Female Open

24 Roxanne Wegman
22 Meghan Davey
22 Kristina Gracey
22 Crystal Perno
17 Karen Bertasso
11 Erin Rightmyer
11 Katie Vitello
10 Liz Chauhan
10 Brina Seguire
6 Erin Ring
5 Christine Sloat
4 Kate Thomas

Female 30-39

34 Shelly Binsfeld
26 Gretchen Oliver
21 Sally Drake
18 Stephanie Wille
12 Eileen Combs
10 Christine Ardito
9 Stacey Kelley
7 Martha Snyder
5 Kari Deer
5 Angela Squadere
4 Allison Lynch
4 Heidi Nark
4 Deanne Webster

Female 40-49

42 Anne Benson
24 Emily Bryans
20 Mary Buck
19 Kari Gathen
17 Judy Guzzo
17 Megan Leitzinger
16 Kimberly Miseno-Bowles
13 Cheryl Debraccio
13 Nancy Nicholson
11 Connie Smith
9 Chris Varley
8 Karen Dolge
8 Melissa Frenyea
5 Regina McGarvey

Female 50-59

28 Debra-Jane Batcher
26 Peggy McKeown
24 Martha DeGrazia
17 Joan Celentano
17 Erika Osterle
12 Joyce Goodrich
12 Cathy Sliwinski
11 Karen Gerstenberger
10 Jenny Lee
10 Jane Mastaitis
7 Cindy Novak
7 Hope Plavin
7 Cynthia Southard
6 Deb McCarthy
5 Kathleen Goldberg
5 Mary Wilsey

- 4 Donna Charlebois
- 4 Lois Green
- 4 Marryanne McNamara

Female 60-69

- 40 Susan Wong
- 24 Judy Phelps
- 21 Katherine Ambrosio
- 20 Martha DeGrazia
- 20 Ginny Pezzula
- 8 Anna Dickerson
- 6 Mary Collins Finn
- 6 Suzzane Nealon
- 5 Nancy Johnston
- 5 Judy Lynch
- 4 Noreen Buff

Female 70+

- 36 Anny Stockman
- 20 Eiko Bogue

Age Graded

Runner	Age	G
32 Susan Wong	63	F
30 Martha DeGrazia	59/60	F
22 Derrick Staley	52	M
19 Ahmed Elasser	48	M
17 Judy Phelps	60	F
16 Paul Forbes	60	M
12 Bob Giambalvo	61	M
12 John Noonan	51	M
10 Anne Benson	46	F
9 Tom O'Grady	25	M
8 Emily Bryans	43	F
8 Anny Stockman	78	F
7 Pat Cullen	24	M
5 Nancy Nicholson	49	F
4 Rick Munson	54	M



Submissions for the July Issue of *The Pace Setter*

Articles:

Deadline is May. 25. Submit to: Editor, pacesetterarticles@nycap.rr.com

Advertisements:

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

Ads should be sent to:

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

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





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Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	_____
Insport Tights , black, Male, S; Female S,L	\$20	_____
Knit Hat , navy, black, light blue	\$ 8	_____
Thermax Gloves , black	\$ 8	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	_____
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
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Split-cut , 1" inseam, M,L - CLEARANCE	\$15	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
Male Race Ready Shorts, all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
Sixers , black, 6" inseam, back mesh pockets, S	\$27	_____
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Hudson Mohawk Road Runners Club

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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!