

# The Pace Setter

July 2013

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







25TH ANNUAL  
LABOR DAY 5k



Monday, September 2, 2013  
SEFCU Headquarters  
Race / Walk Start: 9:00 a.m.

This year's 5k is **PRE-REGISTRATION ONLY**; participants **MAY NOT** register the day of the event.

**Location:**

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

**HMRRC Entry Fee for 5k Race/Walk\*:**

- ☐ \$12 for HMRRC members and SEFCU members  
☐ \$15 for all others  
☐ \$25 for HMRRC fee and a donation to the non-profit recipient  
of the race funds

**Applications must be received by Friday, August 30, 2013.**

**HMRRC Entry Fee for Kids\*:**

\$1 per child; 1 mile; approximate 10 a.m. start  
Event day registration only

**Separate application for team competition is available at [sefcu.com](http://sefcu.com)**

**Race Prize Structure:**

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

**Shirts:**

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

**Refreshments:**

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

**Results:**

Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

**For More Info:**

Call 518-464-5243, or visit [www.sefcu.com](http://www.sefcu.com).

I will participate in: 5k Run ☐ 5k Walk ☐

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Age \_\_\_\_\_ Sex Male ☐ Female ☐ Phone \_\_\_\_\_

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

\*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ \_\_\_\_\_.

Signature \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_

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

**Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, P.O. Box 12304, Albany, NY 12212**

**Applications cannot be accepted at SEFCU locations.**

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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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*Photos in this issue by Phil Borgese, Ray Lee, Neil Sergott, Chris Bishop, Charles Bishop, Donna Davidson, Bill Meehan*

## HMRRRC Mission Statement

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

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

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## President's Message

*by Jon Rocco*

July is now upon, us as we move into the second half of 2013. Over the next two months, the club will be busy on the track and trails as it provides a brief break from the pounding of the pavement. The Tuesday Colonie summer track meets continue through August 6, and its popular Colonie Mile is set for July 2. On the last three Thursdays in July, we change things up on the track with the two person relay, the hour run, and the pentathlon. Speaking of two person relays, the Dynamic Duo race is set for the first Saturday in August at the Colonie Town Park.

While July is the month of the track, August is the month of trails. The Indian Ladder Trail Run with distances of 3.5M and 15K will take place at Thacher Park on the first Sunday in August. Please note the picnic that went along with this event has been discontinued. The summer winds down with the 5K cross country trail races at Tawasentha Park in Guilderland held the last three Mondays in August.

As we enter the second half of 2013, it is also a good time to remind our club members of the Grand Prix Series volunteer requirement. Grand Prix participants must volunteer fully on race day in at least one club race in the current calendar year for the requirement to be met. As a fully dedicated volunteer, you will not be eligible to race that day. The exception to this rule are races that offer 'shifts' (typically our marathons) and in this instance, you must volunteer for the complete shift.

Volunteering, the backbone of our club, is now made even easier with our new online database. This allows you to electronically volunteer for events, and in most cases, the position you would like in that event. To create your volunteer account, log on to [www.hmrrc.com](http://www.hmrrc.com), click on 'race corner,' then 'volunteers,' and then the link at the top. You may also simply type [www.hmrrcvolunteers.com](http://www.hmrrcvolunteers.com) in your web browser to reach the database. You will then be asked to create an account and provide

your contact information under 'my profile.' To register as a volunteer, just click on 'events.'

It is also a good time to log on to [www.hmrrc.com](http://www.hmrrc.com) to update and/or check your profile. Three important items come to mind here: your expiration date, other members that are part of your paid membership, and notifications. You can log on to your membership under the 'members only' tab and click on 'record maintenance' from the drop down list. You can now view and/or edit your profile. Your renewal date is shown here (as well as on the address label of your *Pace Setter*). You will receive notification when your renewal is due, but this will give you a heads up and let you know you are currently active.

If you have a 'couple' or 'family membership' please make sure your 'better half' or family household members are listed by name in these membership types. This can be accomplished by the person who is the 'bundle administrator' of the membership. This will ensure 'bundle members' are listed and identified in the membership database and thus be eligible for the Grand Prix as well as other things. The 'bundle administrator,' with a click of the button can add family members as well as provide their needed information (name, gender, address, phone, e-mail, occupation, etc.). By clicking on any of the 'bundled members,' the administrator can make any needed updates as well.

Lastly, if you are not receiving our occasional e-mail notices (event notifications and other important club related messages in the form of e-mail blasts), you will need to update your profile under 'e-mail subscriptions' by subscribing.

If you have any questions or problems on the volunteer or membership sites, please refer to the noted e-mail addresses shown in the particular site. Enjoy your July and have a safe and fun summer. See you on the roads, trails, track, and hopefully at the Boilermaker. ☐







# What's Happening in July

by Al Maikels

The HMRRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 2 at 6:00 p.m. at the Colonie High School track. This is also the shortest Grand Prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:00 p.m.

Keeping the track theme going, the other three club races for July will also be held on the Colonie High track. The two-person relay is set for Thursday, July 11, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with

faster runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time. The 40th HMRRRC Hour Run is set for July 18 with a 6:15 p.m. start at the Colonie track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 38th HMRRRC Pentathlon will be held on Thursday, July 25 at the Colonie High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 p.m. and go till dusk.

July is usually the hottest month of the year. Make sure you stay hydrated and run safely. ☐



## 11<sup>th</sup> Race the Train Saturday, August 3, 2013



8.4 Mile Run from Riparius to North Creek, NY  
To Benefit Johnsbury Dollars for Scholars  
**An Official Adirondack Runners Grand Prix Event**

**\*Time:** 8:00 am the Train departs North Creek Depot, bringing runners and spectators to Riverside Station in Riparius for the **9:00 am start.**

**\*Course:** The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside Station. It continues west and turns right onto the wooded rolling hills of River Road, a seasonal-use dirt road running parallel to the Saratoga & North Creek Railway and the Hudson River. The finish line is in the village of North Creek.

**\*Entry Fee:** Preregistered runners \$28. adults/\$20. ages 19 and under; \$35. Race Day for All

**Information: Tracy Watson 518-251-0107**

**Larry Blackhurst 518-251-2032**

**Robin Jay 518-251-3338**

**\*Awards \*Refreshments \*Raffle Prizes \*Family Fun Run**

# "BEEN THERE, DONE THAT"

by Mike Becker

## July 1973...Forty Years Ago

- In a prelude to what would become the club Hour Run, runs of a half hour and hour were held at SUNYA, with a total of 20 participants. Tom Robinson won the half-hour, and Rich Langford won the hour. Don Wilken missed running 10 miles by a mere 360 yards.

- Runs of three and six miles were held at SUNYA on the 25th, with perfect conditions. Don Wilken won the six over Paul Rosenberg, with Larry Frederick taking the three over Jim Shrader.

- The newsletter notes that "inflation" has come to the club with a dues increase to \$4.00/year.

## July 1978...Thirty Five Years Ago

- Future Nike president Tom Clarke ran 47:43 to easily win a nine-mile race on the second at SUNYA. Future club Hall-of-Famer Daniele Cheriak was the female winner with a 63:33.

- Bill Robinson won the club Pentathlon on the sixth, winning all five events (five miles, 880, two miles, 440, mile).

- The second annual Escarpment Trail 30K was held in the Catskills on the 23rd. Race founder Dick Vincent won with a 3:08, setting a course record, broken the next year. Among club members participating were Carl Matuszek (3:31), Paul Rosenberg (5:10), Bill Shrader (6:54), and John Aronson (6:54).

## July 1983...Thirty Years Ago

- Jim Burnes was profiled. His training averaged about 70 miles per week year round, and he began running to lose weight, going from 215 to 160. His best race to that time was a 2:52 marathon, and among his other PRs were a 34:59 10K and a 60:50 ten-miler. Jim was the long-time compiler of the extensive Race Schedule that was in the back of *The Pace Setter*.

- The fourth annual Manufacturers Hanover Capital Challenge 3.5-miler was held in Albany on the seventh, two years before being moved to May. This was the first of an eventual seven names for this race, now known as the CDPHP Workforce Team Challenge. Tom Dalton won with a 16:48, and Donna Anderson was the female winner with a 21:01. GE won the team competition for both men and women, with the NYS Division for Youth taking the Co-Ed title.

## July 1988...Twenty Five Years Ago

- The Grand Prix Colonie Mile was held on the 18th under 90-degree conditions at Colonie HS. Rich Coughlin won with a 4:17, with good times by Steve Sweeney (4:46), Don Wilken (4:59), Inge Aiken (5:19), and Denise Herman (5:22).

- Sixteen pairs of runners competed in the Two-Person Relay at SUNYA on a typically hot and humid evening on the 28th. Dave Schro-  
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eder and Jim Fisher were the fastest team with a 32:44 for the six miles, and earned Ben & Jerry's sundaes.

## July 1993...Twenty Years Ago

- Just 62 club runners competed for Grand Prix points in the only club event of the month, the Colonie Mile at Colonie HS on the 13th. Eighteen-year-old Dave Garner ran a 4:21 to win by 12 seconds over Chris Buckley. Sandra Phibbs-Stockman was the female winner with a 5:35.

- Fourteen-year-old Erin Davis from Saratoga finished second in the inaugural Susan G. Komen Race for the Cure 5K in Vermont with a 17:08. The winning time was 16:39.

## July 1998...Fifteen Years Ago

- Zach Yannone won the Colonie Mile on the seventh with a 4:24, six seconds ahead of Daniel Hughes. Amy Herold ran a 5:25 for the female win and 27th place overall, out of a total of 83 finishers.

- Ken Plowman won the 15K Indian Ladder Trail Run at Thatcher Park on the 19th with a 56:01, with Amy Herold winning the female division with a 65:52. Age group winners included Kimberly DeRocco, Jay Shelgren, and Ray Newkirk. Alissa Kinney and Tyson Even-son were winners of the 3.5-miler.

- Among local runners doing well in their age groups in the Boilermaker were Judy Serth-Guzzo (fourth), Amy Herold (third), Kevin Williams (sixth), and Carl Matuszek (third).

## July 2003...Ten Years Ago

- Nick Conway and Kari Gathen won the Colonie Mile on the eighth with times of 4:14 and 5:28, respectively. Sixteen men ran under five minutes, and six women ran under six minutes. Conway's time was the sixth fastest in the history of the event.

- Chris Hartshorn was the top local finisher in the Boilermaker 15K in Utica on the 13th with a 47:53, good for 22nd overall. The top local female was Mollie DeFrancesco with a 57:16, good for 19th overall female.

- Nick Conway ran a 15:02 in the Silks & Satins 5K in Saratoga on the 26th to edge Jamie

Rodriguez by five seconds. Lindsey Ferguson ran 17:53 to beat Alyssa Lotmore by four seconds for the female title. A total of 1101 runners competed.

## July 2008...Five Years Ago

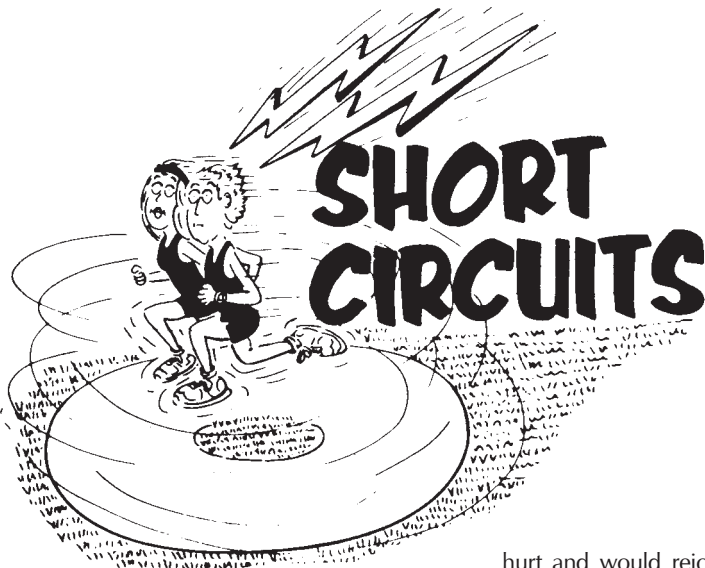
- Demetri Goutos won the Firecracker 4-Miler in Saratoga on the fourth with a 20:44. Alyssa Lotmore ran a 23:23 for the female title. Runners-up were Anthony Giuliano and Cassie Goutos.

- Michael Slinsky won the ten-mile Adirondack Distance Run in Lake George on the sixth with a 56:16, with Joe Hayter finishing second. Emily Bryans ran a 62:49 for the female title with Conni Grace finishing second.

- Twelve teams competed in the Two-Person Relay at Guilderland HS on the 16th. Pat Irish and Melissa Bredice won with a total of 39:31 for the six miles. Chuck Terry ran the fastest, averaging 4:50 for his three miles. Michelle Lavigne averaged 6:15/mile for the fastest female. □







At first glance it appeared that the Albany Times Union identified two area runners, Donna Lustenhouwer and her niece Diana Steenberg, as elite Kenyans. They're fast, but not that fast.

It has been predicted that the 2014 Boston Marathon entries will "sell out" before registration opens to all qualifiers. <http://www.runnersworld.com/races/how-tough-will-it-be-to-qualify-for-the-2014-boston-marathon>

At the London Marathon in April, Olympic Marathon champ Tiki Gelana of Ethiopia was run over by a wheelchair racer at a water stop near the 15K mark. Gelana went down hard, very hard. Fortunately, she was not seriously



Gelana before the accident

hurt and would rejoin the lead back before fading and finishing in 16th place. At the time of the collision, the wheelchairs were traveling twice the speed as the runners.

The first Liberty Run Marathon and Half Marathon scheduled for May in Jersey City was cancelled by race organizers 11 days before the event. The reason given by the organizers was highway construction on the course in Jersey City made the event impossible. Jersey City stated that the construction was to be halted for the race and there would be no problem. Jersey City also said that the race organizers had failed to file all the required paperwork and pay the required fees.



The latest race strategy revealed at the Mother's Day Race

The latest extreme race competition is the Beer Mile. Each runner runs a mile on the track. At the start of the race and before each subsequent lap, the runner must drink a 12 oz. beer (can or bottle). Rules stipulate that the beer must be at least 5% alcohol, and if a run-

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

ner vomits during the race an extra penalty lap is required. The world record is 5:04.9.



Josh Harris celebrates his Beer Mile world record with another beer

San Francisco's 102-year-old Bay to Breakers 12K Race brings out a crowd of runners dressed for a costume party. They usually are back in the pack. This year Ryan Hall was surprised to see a mummy and a Jim Harbaugh look-alike in the lead pack. ☐



Send in the clowns

# 2013 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 2

**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 11

**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 18

**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 25

**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](mailto:kennyskin@earthlink.net)**





**THE 4TH ANNUAL  
MALTA BUSINESS &  
PROFESSIONAL ASSOCIATION 5K**

*Saturday September 7, 2013*

Pre-registration - \$25 : Day of event registration - \$30  
Registration opens 7:30AM : Race starts at 8:30AM

register online: [www.maltabpa.com/malta5k](http://www.maltabpa.com/malta5k)  
HVCC - TEC SMART 345 Hermes Road, Malta, NY

**Participant Registration Form**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E Mail \_\_\_\_\_ Phone \_\_\_\_\_

Male ☐ Female ☐ Age on Race Day \_\_\_\_\_ Birthday: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Shirt Size: S ☐ M ☐ L ☐ XL ☐

**PARTICIPATION WAIVER**

I the undersigned hereby waive and release any and all rights I may have against Malta Business & Professional Association, ARE Event Productions, The Luther Forest Technology Campus, NYSERDA, Hudson Valley Community College, The Town of Malta, and all representatives, employees and volunteers and all sponsors for damages, which I may have arising out of the said event, both present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activity, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

I attest and verify that I will participate in this event as a foot race entrant and that I have sufficiently trained and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other records of this event for any purpose whatsoever.

If signed by a parent, the parent agrees to release and hold the above named organization and persons harmless of any claims, which may be asserted by or on behalf of the entrant.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**To register by mail: Make checks payable to MBPA**  
**Mail to: MBPA 5k, c/o AREEP, PO Box 38195, Albany, NY 12203**  
**Questions or Comments:** [maltabpa5k@gmail.com](mailto:maltabpa5k@gmail.com) or visit us at: [www.maltabpa.com/malta5k.com](http://www.maltabpa.com/malta5k.com)

# Mother's Day 2013





# *Mother's Day 2013*





# Why I Run

by Leith Ramsey

The page ripped from the magazine reads, "I run because my dog makes me." It depicts a childlike drawing of a large yellow dog dragging a little stick person. It is hanging on the refrigerator in our garage, right next to the steps where I sit to lace up my sneakers. Technically it isn't true, but it is inspirational. Running became part of my life 36 years ago. As a high school freshman, I signed up for the track team. I tried everything from hurdles and high jump to sprinting. None of them took. Finally in my senior year, agreeing to run the 2 mile, I found my niche. This didn't mean that I won races, but found something that made me happy and at which I could excel.

My junior year of college I posted a chart titled "Run to the Olympics" on our refrigerator. It was a map of the United States and for every ten miles you ran you could fill in a step toward the 1984 games in Los Angeles. As I completed the 2,000 plus miles on my map, my housemates enjoyed their beers and provided words of encouragement.

I have run many races, including 3 half marathons and 4 marathons. My training for my first marathon was during my third year of law school. To save money I had moved home and was working two part time jobs. Needing to keep busy without thinking, training gave my running purpose. In addition to being a great distraction and keeping me sane, my runs took me past the lakes I grew up on while enjoying the beautiful fall scenery. The completion of that marathon was both a physical and mental achievement.

The first time my older daughter Taylor ran a race with me, she was 9 years old. We ran the Freihofer's Run for Women 5k. Taylor paced herself and had a great first mile. Then during the second mile she began to wear out, and she complained that her stomach hurt. Trying to keep her from quitting, we walked a few blocks and got a drink at the water station. With some encouragement from the crowd and other runners, she slowly picked up the pace. Sprinting down the hill on Madison Avenue, holding hands, we finished the race with the announcer yelling her name and age! Taylor, now 20, has continued to pursue enjoyment through running. She is on the track team at college and last year her New Year's resolution was to run a half marathon. Together we ran the Hudson Mohawk Half while raising money for a friend's cancer foundation. She placed third in her age group.

My younger daughter, Skylar and I ran a race together three years ago when she was 15. Skylar had never seen the point in running for running's sake. She has played soccer, basketball and lacrosse since she was in elementary school. Running was part of a sport, an element of training, not a "sport" on its own. That all changed when her field hockey team ran a 5k. Their preseason training included the running of a local race to raise money for the food pantry. I and some other parents ran the

race with the team. Since that race she has run four 5ks! Now, in the offseason, Skylar runs at least 3 miles a day. We have to hold dinner some nights so she can get her run in. One evening, sweaty and red faced, she returned

home exclaiming that she had finished 5 miles!

Most mornings my alarm goes off at 5:30 and I am out the door by 6:00 a.m. for my run. Rain, shine, dark, cold, snow, sleet, it does not matter. All those years that my daughters were teasing me that I was like a gerbil on a wheel just running without thought, they were actually learning something! They understand the benefits of my dedication and we have something to share. □



Taylor Mead and Leith Ramsey at the Hudson Mohawk Half 2011

## 2013 Workforce Team Challenge





# CASTLETON-SCHODACK KIWANIS CLOVE RUN 10 Mile Run, 5K Run, 5K Walk, & 1 Mile FAMILY FUN RUN

Hosted By the  
CASTLETON ROAD RACING COMMISSION

## For The Benefit Of The Anchor

(Local Food Pantry)

Race participants are encouraged to bring a canned/non-perishable food items for donation to **The Anchor**.

**8:30 A.M. Saturday, Aug. 17, 2013**

Family Fun Run promptly at 8:30 AM

10 Mile Run at 9:00 AM

5 K Run - 9:15 AM, 5K Walk - 9:20 AM

**New: 5K Run & 10 Mile Run will be USATF Certified**

All race activities (start, finish, awards, refreshments, entertainment) take place at the Castleton Elementary School at 80 Scott Avenue, Castleton, NY 12033.

**Directions:** Take I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer. Go through 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. In Castleton, turn left at the flashing light at Stewart's onto Scott Avenue (Rt. 150). The Castleton Elementary School is located on Scott Avenue about 1/2 mile from Rt. 9J on the right. Persons traveling from other areas should use MapQuest to obtain directions to the Elementary School.

**Parking:** Parking is available at the Castleton Elementary School and the surrounding streets. No parking on Campbell Ave. between Scott and Green Avenues.

## Entry Fees:

**10 Mile Run, 5K Run, and 5 K Walk**

- Pre – race registration: \$20.00
- Received after Aug. 9/Day of Race: \$25.00

**1 Mile Family Fun Run – 10 and under**

- \$5.00/person or \$15/family

## Online Registration:

Registration for the Clove Run can be done Online at **Chrono Track**. See Clove Run Web Site for more information.

**T – Shirts for first 200 registered runners**

## Awards:

**10 Mile Run, 5 K Run, and 5K Walk**

- Top 3 male and female runners
- Top 3 runners in each age group division

**1 Mile Family Fun Run**

- Medals will be awarded to all finishers

## Packet Pickup & Awards Ceremony:

- Packet pickup will be at a table outside near the entrance to the Castleton Elementary School. All other activities will be outside on the grounds of the school.
- No Duplication of Awards

## More Information:

Call 732-2940 or go to Clove Run Web Site at [http://www.vanrensselaerdivision.org/Clove\\_Run/](http://www.vanrensselaerdivision.org/Clove_Run/)

## RACE APPLICATION:

Complete application and mail to Greg DeJulio, 17 Francis Drive, Wynantskill, NY 12198. Be sure to include a check for the appropriate amount made payable to CRRC.

Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Race: 5 K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_  
10 Mile Run \_\_\_\_\_ Family Fun Run \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_

Emergency  
Contact \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Address \_\_\_\_\_

**T - Shirt Size**

Sm. \_\_\_\_\_ med. \_\_\_\_\_ lg. \_\_\_\_\_ xl. \_\_\_\_\_

**Please Read and Sign:** In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor and its affiliates from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in this event. I am physically fit to participate in the race event(s) indicated. Children may participate in only one event, either the 5 K Run, the 5K Walk, or the 1 Mile Family Fun Run. I also allow any photographs taken of myself during the event to be used for publicity purposes.

Signature \_\_\_\_\_

Parent/Guardian \_\_\_\_\_  
(if under age of 18)

Date \_\_\_\_\_



# Indian Ladder Trail Runs-2013



## 15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

### John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

**Sunday – August 4, 2013**

9:00 am – 15K

11:00 am – 3.5 mile

11:30 – 1 Mile Kid's Run

### Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile &

1 Mile Kid's Run

1<sup>st</sup> 250 registrants

Will receive a ILTR running hat by Headsweats!

**No-Fee ONLINE  
REGISTRATION  
AVAILABLE AT  
[WWW.HMRRC.COM](http://WWW.HMRRC.COM)**

Questions? Email [mjkhomes@verizon.net](mailto:mjkhomes@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 21]:** \$17 – Member; \$20 – Nonmember/Guest  
**July 22 to Day-of-Race:** \$20 – All (Mailed Reg's must be postmarked by July 27)

#### What you get ...

Race entry; Headsweats running hat to 1st 250 registrants of 15k or 3.5m race;  
John Boyd Thacher State Park entry pass and post-race refreshments.

Please note: HMRRC is not holding a picnic this year after the race.

**Course Descriptions ...**maps available at [www.hmrcc.com](http://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



#### 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 18th 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)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB m m dd yyyy	Age on 7/31/2013		
Pre-registration by July 21 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
Pre-registration July 22 to July 27, and Day of Race Registration <input type="checkbox"/> \$20.00 All				
<p><b>Read the following waiver carefully:</b> 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]				



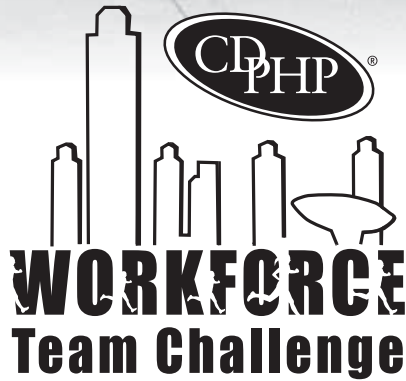
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# THANK YOU

The Hudson-Mohawk Road Runners Club and CDPHP® sincerely thank the 451 teams and 9,089 runners and walkers, the hard-working team captains, the dedicated volunteers and sponsors, Mayor Jennings, and Arielle King, who lent her beautiful voice to sing the National Anthem, for making the 34th annual Workforce Team Challenge an overwhelming success.

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## CDPHP WTC RACE COMMITTEE

Mark Warner (race coordinator), Sheila Conant (race treasurer), Debbie Beach (communications), Marcia Adams (registration/corporate sponsors coordinator), Ken Skinner (course coordinator), Ed Neiles (timing/scoring coordinator), Vince Juliano (start line coordinator), John Parisella (finish line coordinator), Maureen Cox (refreshment coordinator), Jon Rocco (water coordinator), Jessica Friedman (charity of choice coordinator), Tom Adams (corporate sponsors/van coordinator), Danny Arnold (volunteer coordinator), Arleen Reyell and Jill Mehan (T-shirt coordinators), Tracy Callaghan (medical coordinator), and Scott McFadden (awards coordinator)

---

## CDPHP SPONSORSHIP REPRESENTATIVES

John Demers (VP, public affairs & communications), Lisa Stratton (community relations), Adele O'Connell (community relations), Candace Casucci (graphic designer - ads and T-shirts), Ali Skinner (public relations), and Deanna Amore (public relations)

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## SPECIAL THANKS

Al Maikels, Rob Moore, Barbara Sorrell, Cathy Sliwinski, Jim Tierney, Mike Lee, Kevin Cox, Paul Cox, Pat Glover, Charlie Matlock, Angela Warner, Karen and Mac Smith and the Troy Radio Club, Bill Meehan, Ray Lee, Donna Davidson, Chris Bishop, Charles Bishop, Bryan DeBraccio, Jason Rumpf and the New York State Office of General Services, City of Albany, Albany Police Department, Albany Fire Department, Mohawk Ambulance, New York State Police, Price Chopper, Times Union, All U, Inc., Coca-Cola, and National Grid

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## SPONSORS

**Premium Sponsors:** ARE Event Productions, Best Fitness, Focused Technologies, Freihofer's, Jaeger and Flynn Associates, M&T Bank, Maccio Physical Therapy, PEF, Rensselaer Polytechnic Institute

**Other Sponsors:** Atlas Copco, BBL, First Niagara, Global Foundries, Logic Technology, NYSTEC, NYS Teachers Retirement System, Schenectady ARC

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## PRESENTED BY




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## 2013 CHARITIES OF CHOICE



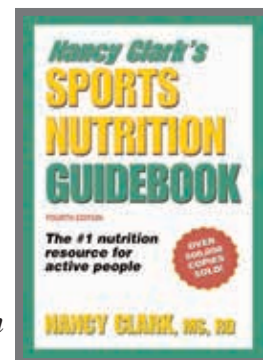


# 2013 Workforce Team Challenge



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*Eat well,  
train well,  
have more  
energy!*



*This new  
edition can  
help you:*

- *enjoy better workouts*
- *achieve your desired weight*
- *feel better all day.*

*New runners  
and hungry  
marathoners  
have more  
fun if they  
fuel well.*



*Don't let  
nutrition  
be your  
missing  
link!*



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- \_\_\_ Sports Nutrition, 4th Edition \$26

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# 2013 Workforce Team Challenge



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

### Articles:

Deadline is July 25. Submit to: Editor, [pscontenteditor@gmail.com](mailto:pscontenteditor@gmail.com)

### Advertisements:

Deadline is August 1st. Contact Advertising Director at [psads123@gmail.com](mailto:psads123@gmail.com) to reserve space

### Ads should be sent to:

[callen@gscallen.com](mailto:callen@gscallen.com) or C Allen, 179 Hollywood Ave., Albany, NY 12209

**High resolution black & white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at [callen@gscallen.com](mailto:callen@gscallen.com) for further info.**



# 2013 Workforce Team Challenge





# 2013 Workforce Team Challenge





# 2013 Workforce Team Challenge





# 2013 Workforce Team Challenge



## HMRRC Nominations and Elections

Elections for the HMRRC officers for the coming year will be held in September. A nominating committee has been formed to select candidates. Vacancies exist for the position of President, Executive Vice-President, Vice-President for Finance and Secretary. Additional nominations can be made by petition. Any Club member can be placed on the ballot if nominated by one percent (1%) of the total membership of the Club as reported at a Club meeting no later than June 30 or at least ten (10) members, whichever number is greater. Signatures must be of members in good standing as of June 30th of that year. Nominating petitions will be accepted and verified by the Election Committee at a Club meeting no later than July 31st. Send petitions to HMRRC, P.O. Box 12304, Albany, NY 12212.



# 2013 Sports Nutrition Update from ACSM

The American College of Sports Medicine ([www.ACSM.org](http://www.ACSM.org)) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in Indianapolis (May, 2013), over 6,000 exercise scientists, sports dietitians, physicians, and health professionals gathered to share their research. Here are a few nutrition highlights.

- For fuel during endurance exercise, the recommended intake is 30 grams carbohydrate per hour during 1 to 2 hours of exercise; 60-90 g carb/h for exercise lasting more than 2.5 hours. Yet, some runners have intestinal issues and prefer to abstain from food and fluids before and during exercise. If you train on "empty," you should know that just rinsing your mouth with a sports drink can reduce the perception of fatigue and improve performance by 3%. The next time your stomach can't handle anything and you are about to hit the wall, try swishing and spitting.

- Strength and power athletes who do high intensity exercise (i.e., track and field athletes) rely on carbohydrates for fuel. These track and field athletes commonly eat plenty of protein but they often fail to consume adequate carbohydrates. They may look towards supplements to enhance their energy when more oatmeal, sweet potato, or brown rice could do the job.

Some popular sports supplements among strength/power athletes include creatine (for weight lifting and other repetitive high intensity exercise that lasts for less than 30 seconds) and beta-alanine and sodium bicarbonate (buffers that reduce fatigue associated with lactic acid build-up during 1 to 6 minutes of sprint-type exercise). Sodium bicarbonate is best tolerated when taken in capsule form, not as baking soda.

Strength/power athletes who train intensely should be sure to drink enough water. Being dehydrated by 3% reduces muscle power and strength in the upper body by 7% and in the lower body by 19%. Don't underestimate the power of proper hydration!

- Could eating beets/drinking beet juice before daily training help runners train harder and thereby compete better? Perhaps. Nitrate-rich beets, concentrate beetroot juice "shots", and other nitrate-rich foods (spinach, rhubarb, arugula) get converted into nitric oxide, which helps reduce the amount of oxygen needed during constant-work-rate exercise. Hence, for the same oxygen uptake, athletes who consume beet juice "shots" might be able to exercise harder. For example, a runner might improve by 5 seconds a mile.

Some athletes respond better to dietary nitrates than others. Perhaps the "strong responders" routinely eat very few fruits and

veggies, hence have a low nitric oxide baseline. Consuming nitrates might contribute to a more dramatic response. Note: bacteria in the mouth help convert dietary nitrate into nitric oxide. Skip the mouthwash!

- Bacteria and other microbes might be very influential regarding good health. The human body contains 10 times more microbial cells than human cells. About 2 to 6 pounds of these microbes live in the intestines, where they help digest food, synthesize vitamins, and enhance the immune system. This gut ecosystem changes according to diet, use of antibiotics, heat stroke, and other factors (some known, some unknown). For example, the gut bacteria of obese children can differ from that of lean kids, just as the gut bacteria of gastric bypass clients can change after surgery. (Maybe this is one reason why bypass patients lose weight faster than predicted.)

Microbes might also play a role in Alzheimer's disease, hyperactivity in kids, and heart disease, so take good care of your gut! This means enjoying fiber-rich fruits, vegetables, and whole grains (microbes like to eat fiber) as well as cultured foods (yogurt, kefir) and fermented foods (miso, kimchi, tempeh, blue cheese). Probiotic supplements might also be helpful.

For female athletes with PMS, taking probiotics for the seven days before the start of the menstrual period might reduce PMS symptoms, as well as the risk of diarrhea (a common problem at the time of the menstrual period).

- Regular exercise 4 to 5 days a week helps maintain a "youthful" heart. Yet, the performance of even master athletes declines with age. Champion runners might lose about 0.5% of their VO<sub>2</sub>-max per year even if they train vigorously. Fit older men (ages 50-70) tend to lose about 1.5% per year.

- Mortality increases during heat waves. The 2003 European heat wave contributed to 14,000 more deaths than usual, with more than 90% of those deaths in people older than 65 years. The deadliest impact is seen in people over 74 years. Most of the deaths are due to cardiovascular problems; the heart has to pump double the normal amount of blood to get it to the extremities where it can dissipate body heat. If global warming means we will be dealing with very hot weather, we certainly want to stay fit as we age. Keep running!

- Every 34 seconds, someone in the US has a heart attack. Eighty percent of first heart attacks can be predicted by 5 risk factors: smoking, high triglycerides, high blood pressure, diabetes, and obesity. Both endurance and resistance exercise help protect the heart. Just 3

to 5 days of training can offer health-protective benefits that last for 9 to 18 days. Encourage your unfit friends and relatives to get moving.

- Among untrained women ages 60 to 74, exercising 2 days a week was more beneficial than 3 days a week. When women exercised 3 days a week, they became tired and did fewer other activities. Don't push your relatives too hard!

- Are runners at high risk for developing osteoarthritis? No clear evidence indicates exercise is associated with arthritis. Clear risk factors include age, sex (more women than men get arthritis), genetics, obesity (three times higher risk), and osteoporosis. Strength training seems to be protective.

- Sleep deprivation is associated with obesity. In the past 20 years, Americans have been sleeping less. This drop in sleep mirrors a rise in obesity. Sleep is restorative; the body needs sleep to maintain normal circadian rhythms. Good night.

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels both fitness exercisers and competitive athletes in her private practice in the Boston-area (617-795-1875). Her *Sports Nutrition Guidebook*, *Food Guide for Marathoners* and *Cyclist's Food Guide* all offer helpful information. The books are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com). □



## The 2013 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2013 for the HMRRC Hall of Fame.

### Selection Criteria for Induction:

The HMRRC Hall of Fame honors individuals who have earned extraordinary distinction as a member of the HMRRC. A candidate for the Hall of Fame should have been, or continue to be, an active member of the HMRRC. The candidate should be a recognized leader of the local running community in performance and/or service.

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

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

**If you would like to recommend someone**, send the candidate's name and appropriate supporting information to the HOF Committee by August 15, 2013.

HMRRC Hall of Fame Committee  
c/o Debbie Beach  
112 Jay Street, Scotia, NY 12302-1504  
or email: dbeach21@verizon.net



# **TUESDAY NIGHT SUMMER TRACK PROGRAM**

**Sponsored by the Hudson Mohawk Road Runners Club**

—45TH Season—

**JUNE 11, 18, 25**

**JULY 2, 9, 16, 23, 30 (Ribbon Night)**

**AUGUST 6**

**• FREE OF CHARGE •**

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

## **- ORDER OF EVENTS -**

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS

For further information, contact Frank Myers at 869-9333

**\*\* A Reminder - The Dynamic Duo is August 3rd \*\***

# 2013 Bill Shrader Sr. Memorial Scholarships

by Maureen Cox

The 2013 Bill Shrader Sr. Memorial Scholarship winners have recently been selected. The scholarship program, which is sponsored by the Hudson Mohawk Road Runners Club, awarded a total of \$18,000 to six recipients. The purpose of the program is to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. The scholarship is in memory of Bill Shrader Sr., one of the founders of the HMRRC, the club's first vice president, and an accomplished runner. Bill was also a race director, the winner of the 1974 Distinguished Service Award, and an initial member of the HMRRC Hall of Fame, elected in 1991.

The scholarship program began in 2000. In 2008, the Club increased from two scholarships to four and in 2010, the Club increased the total award from \$6,000 to \$10,000. In 2013, the Club increased both the number of scholarships from four to six recipients and the amount from \$10,000 to \$18,000. This year there were 43 student athletes nominated (21 female and 22 male) from across Section II. The candidates were evaluated and scored on four criteria: running experience, extra-curricular activities, an essay on the "importance of running," and letters of reference. In addition to me, Joan Celenzano, Jon Rocco, Chris Rush, and Ken Skinner comprised the Committee. Even though we had an additional scholarship to award to both male and female candidates, the caliber of outstanding candidates made it difficult to choose only three females and three males.



Isabella Borini

The three female winners were Isabella K. Borini from Schalmont High School, Keelin Hollowood from Saratoga Springs High School and Emily Houlihan from Scotia, Glenville High School. The three male winners were

Philo Germano from Albany High School, Matthew Hoffman from Fonda-Fultonville Central School and Ross Wightman from Chatham High School. Each of the six recipients received \$3,000, along with a plaque. The recipients were invited to the Club meeting on May 8th and Isabella K. Borini and Matthew Hoffman received their plaques and checks at the meeting. The other winners will have their scholarships and plaques presented by members of the Committee at their school awards or Senior nights.

Isabella K. Borini will be attending the University of Buffalo and will be a member of the women's track and field team competing as a heptathlete. She has her sights set on competing in the 2016 Olympic Trials. Isabella currently (as of the time of scholarship application) holds 20 sectional titles in track and field for multiple events. She is the reigning Section II Outdoor High Jump Champion, with a jump of 5 feet 5 inches. Isabella is also an all star soccer player and a part of the Shalmon soccer team that won the State title in 2011 and went to the NYS semi-finals again this year. Her extracurricular activities include the Art Honor Society, the Concert Band and Key Club. She is also active at Our Lady Queen of Peace Parish and local volunteer activities. Isabella has been on the Honor Roll for all four years of high school. She is ninth in her graduating class and will be recognized at graduation for being in the top ten percent of her class. Isabella wrote that she joined track and field to stay in shape during the off season for soccer. She said she fell in love with the sport and spent every waking moment trying to get better and improve her techniques. Looks like it worked!



Keelin Hollowood

Keelin Hollowood will be attending Providence College, majoring in education and business and running on the cross country team. Keelin has been a member of the varsity cross country team for 5 years and a 5 time competitor in the Nike Cross Country Nationals, a member of 5 National Champion relay teams, 2012 National Champion in the 2000 meter steeplechase, 13 time All-American, part of 4 New York State Public High School indoor and outdoor track championship teams and part of 5 Section II cross country team championships. She has nine individual championships spread throughout her cross country and indoor and outdoor track. Keelin is a member of the National Honor Society, and volunteers for Habitat for Humanity, where she worked to rebuild homes in Maine, and the Uganda Relay which raised money to purchase running shoes for Ugandan children. She volunteers at the Firecracker 4 road race and at a local vocational rehabilitation center. She also participates in competitive figure skating, ice hockey, softball and soccer. Keelin wrote, "Running is more than just a sport, it's a lifestyle that will help keep me fit and sane for the rest of my life." She seems well on her way.



Emily Houlihan

Emily Houlihan plans to attend Harvard, and running will be a big part of her collegiate life. Emily has been on the cross country team for five years and co-captain in 2012. She was on the track and field team in 2010-2011. She was also a member of the Nordic ski team for 5 years and was co-captain in 2012. She was a member of the second place team at the 2012 Foothills Cross Country Championships. She is a member of the Key Club, Science Bowl Team, German Club, and National Honor Society at Scotia- Glenville High School. She is also a winter and summer 46er and a member of the 4-H Club. She designed and performed experiments at Union College in the summers of 2011 and 2012. Her work was in Evolutionary Fabrication, a computer science field, and



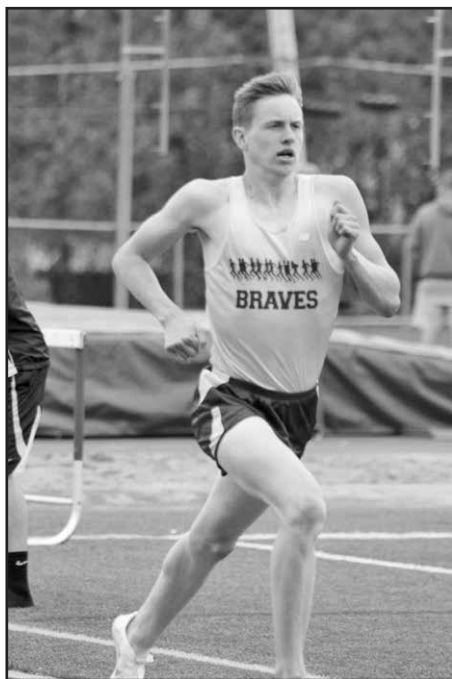
will be co-author of a journal and conference paper in the future based on her work. Emily wrote, "I run because there is nothing more fulfilling than reaching the limit." Looks like even the sky might not be the limit for Emily.



*Philo Germano*

Philo Germano plans on attending Iowa State University. Philo has been a member of the cross country team for seven years and captain for three. In 2012, Philo was chosen as the *Times Union* Cross Country Athlete of the year, the Section II champion and Big 10 champion and MVP. He has been the Albany High School MVP for 2010, 2011 and 2012. In track and field he is the 2012 Section II champion for 1600m. Philo is a member of the National Honor Society, Masterminds, Chemistry Olympiad, and Habitat for Humanity. He is a PAL baseball counselor, running club counselor and a lifeguard. Philo wrote, "By the time I need to put down the battered soles and shoes I want to have an NCAA record along with stories to tell my children from the Olympics. I won't stop working until I do." We'll keep an eye on the record books.

Matthew Hoffman plans on attending the University of Tampa and will run cross country and distance track events. Matt has been a member of the cross country and track teams throughout high school. He has been a member of the Section II Indoor Track Sectional Team Champions (2010, 2011), Section II Class C Cross Country Team Champions (2009, 2010, 2011), and NYSPHSAA Class C State Champion Cross Country Team (2010). He was an individual winner in the Colonial Council League in the Cross Country Championships and in the 1600m, 3200m and 3000m steeplechase (2012) and a winner in the Section II Class C Sectional Cross Country Championship (2013) and top 5 finisher at NYSPHSAA State Cross Country Championships (2013). Matt was named captain of both the cross country and indoor team his senior



*Matt Hoffman*

year. He is a member of the Student Government, Envirothon Team, National Honor Society, and Medical Explorers Program at St. Mary's Hospital in Amsterdam. Matt wrote that his running has given him a tight connection with his family, who have been his biggest supporters. Let's see what his future holds.



*Ross Wightman*

Ross Wightman plans to attend Iona College and compete at the Division 1 level. Ross has been on the track and field team for six years and the cross country team for three years. Ross was Patroon Conference 3000m steeplechase champion (2010, 2011), Sectional 3000m steeplechase and 4x800m relay team champion (2011), 3rd place finisher in the 2012 New Balance Nationals 2000m steeplechase, Patroon Conference Cross Country Champion (2013), indoor track and field school record

holder for 600m, 800m, 1600m, one mile, one mile steeplechase, 3200m, 4x800m relay, sprint medley relay, distance medley relay and pole vault. Ross also competed at the 2013 Hispanic Games in the one mile steeplechase and placed first, and has established a national record. Ross has participated in soccer and gymnastics, volunteered at the Ghent food pantry, and is a member of the Chatham High School Community Service Club. He is a Chatham Public Library volunteer, Sean's Run volunteer and Chatham Gold Track Club volunteer. Ross wrote that he began running at age 5 in the Old Chatham Mile, and from that first race he has loved running. Division 1 here he comes!

We wish the best of luck and success to Isabella, Keelin, Emily, Philo, Matthew and Ross along with the other applicants as they move on in their academic and running careers. □



35<sup>TH</sup> ANNIVERSARY OF THE  
“DYNAMIC DUO” ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

SATURDAY, AUGUST 3, 2013 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

PURSUIT RACE — MEN RUN FIRST, HAND OFF TO WOMEN —  
TOTAL TIME DETERMINES PLACES (Women run first in 2014)

ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.  
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 11 age groups.  
Total prizes = \$176 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)

IMPORTANT: Free use of the pool from when the final man is done (until 11:00).  
If we can't have the race for reasons we can't control, we cannot remit entry fees.

MAIL ENTRY FORM TO:

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

MAKE CHECKS PAYABLE TO: Hudson-Mohawk Road Runners Club

The Colonie Town Park is 3 miles north of the Latham Circle on Rt. 9 in Cohoes

2012 WINNERS

<b>-36</b>				<b>73-81</b>		
ROSS WIGHTMAN	16:22			DENNIS FILLMORE	20:00	
KAYLEE SCOTT	18:02	34:24		PAYTON CZUPIL	20:49	40:49
<b>37-45</b>				<b>82-90</b>		
AUSTIN LANE	15:29			BEN GREENBERG	17:29	
BRITTANY LANE	17:23	32:52		EMILY BRYANS	17:44	35:13
<b>46-54</b>				<b>91-99</b>		
SCOTT MINDEL	15:18			ED MENIS	18:35	
CAITLIN LANE	16:45	32:03		LAURIE HOYT	21:37	40:02
<b>55-63</b>				<b>109-117</b>		
SHAWN DONEGAN	16:38			PAUL BENNETT	19:35	
KIM ZIMBAL	22:50	39:28		NANCY NICHOLSON	20:05	39:40
<b>64-72</b>				<b>118+</b>		
ANDREW RICKERT	17:36			PAUL FORBES	19:52	
NIKKI O'MEARA	20:32	38:08		SUSAN BURNS	24:50	44:42

ENTRY FORM - PLEASE DETACH

NAMES

AGES

CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER

-36 37-45 46-54 55-63 64-72 73-81 82-90 91-9 100-108 109-117 118+





# 12<sup>th</sup> Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 15, 2013 – 9:00 a.m.



**Course:** Both the 5K run and 1 mile walk start and finish at the **Washington Park Lake House** on the west (Madison Avenue) side of the park. Paved roads throughout.

**Registration on the day of the Run & Walk begins at 7:45 a.m. at the Washington Park Lake House**

**Entry Fee:** **Individuals:** \$15 Pre-registration before September 1 only;  
Register onsite for \$20 after September 1  
**Team Members:** \$12 Pre-registration before September 1 only;  
Register onsite \$20 after September 1  
**Children:** \$5 ages 10 and under



**Awards:** Awards will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards.  
Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.  
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

**\*\*\* FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS \*\*\*PRE-REGISTER TO GET A T-SHIRT**

**To register or collect donations online for you or your team, please visit**  
[www.firstgiving.com/CaringTogether](http://www.firstgiving.com/CaringTogether)

**SPONSORED BY CARING TOGETHER, INC. \*1996 – 2013\***  
*Providing Ovarian Cancer Support, Education & Research Funding*

**Ovarian Cancer Awareness  
Displays**

**Children's Area  
Face Painting \* Clowns**

**Refreshments &  
Raffles**

**For important race day and parking information, please visit: [www.CaringTogetherNY.org](http://www.CaringTogetherNY.org)**

**Mail Entry Form and Check To: Teal Ribbon Run/Walk, P.O. Box 64, Delmar, NY 12054**



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex: ☐ Male ☐ Female I am a: ☐ Runner ☐ Walker

Team Member? ☐ Yes ☐ No If yes, enter Team Name \_\_\_\_\_

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED

☐ No Shirt (please use all money towards research)



## **NO STROLLERS OR DOGS ON RUN COURSE PLEASE.**

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

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian (required if participant is under age 18): \_\_\_\_\_

# Saturday, September 28, 2013

## Benefitting: Catholic Charities of Schoharie County

- 10:00 Race Starts  
Cobleskill Fairgrounds
- 30 minutes from the  
Capital Region
- 8:15-9:30 Race Day  
Registration

Or REGISTER ONLINE!  
See application at [FAM5K.com](http://FAM5K.com)

Host of the 2013:  
*USATF Adirondack  
5K Open Men's  
Road Race Championship*





# New HMRRC Members



Pam Allers  
Courtney Arduini  
Brittany Arsenault  
Jaimee Baldwin  
Susan Bergman  
Patty Bolic  
Erin Brennan  
Lynn Brennan  
Nancy Brooks  
Christine Bunkoff  
Nancy Cassidy  
Hannah Grace Cestaro  
Kirsten Cestaro  
Mary Katherine Cestaro  
Lori Chamberlain  
Wendy Colunno  
Allison Contento  
Karen Deiana  
Bryan Funk  
Martha Gilgore  
Brianne Goodwin  
Megan Helin  
Jim Higgins  
Chris Hipwell  
Mary Alice Hipwell  
Brien Hollowood  
Cindy Hollowood  
Colleen Hollowood  
Keelin Hollowood  
Kevin Kerwin  
Vasil Koleci  
Connor Landy  
Erin Landy  
Ginger Landy  
Gina LaViolette  
Andreas Lietzau  
Bonnie Linscott  
Theresa Linscott  
John Lubowitz  
Nick Lydon  
Erin Maggi

Stacey Malatesta  
Kaitlyn Malloy  
Christine Maney  
Michael Markham  
Andrew McCullough  
Kathy McNamara  
Thomi Mitchell  
Eleonora Morrell  
Colleen Murray  
Frances Ness  
Mandy O'Connor  
Kelly Ogborn  
Dawn Plue  
Karla Powers  
David Pratt  
Ashley Romand  
Elizabeth Romand  
Isabella Romand  
Rainelle Romand  
Richard Romand  
Thomas Romand  
Barbara A. Ruel  
Lissie Ryan  
Donald Savage  
Emma Savage  
Lily Savage  
Luke Savage  
Jackie Scovello  
Paul Siers  
David Sindoni  
Robert Sliwinski  
Catherine Soloyna  
Alexander Swinnie  
Amari Swinnie  
Nancy Taormina  
Josie Tse  
James Van Hoesen  
Michele Wyse  
Sean Wyse  
Elizabeth Young  
Shawn Zimmerman

**HAPPY 4th OF  
JULY!  
CELEBRATE AND  
BE SAFE!**



If you haven't already, please check out our new **VOLUNTEER WEBSITE**. You can now sign up on line and your information will be sent directly to the race director so he/she will know you can be counted upon to make their race a success!

Haven't checked it out yet? Here's what you do: go to [www.hmrrc.com](http://www.hmrrc.com); click on **RACE CORNER**; click on **VOLUNTEERS**. There's a link on that page to take you to the site.

Still "old school" and want to talk to a person about volunteering? Contact the race directors directly; their information is printed in *The Pace Setter*, along with the date, time, and location of the event.

Thanks for volunteering!

Marcia Adams  
HMRRC Volunteer  
Coordinator



Go to **HMRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

**Circle size and color where applicable**

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

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

**Knit Hat**, navy, black, light blue

**Thermax Gloves**, black

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

**Long Sleeve Coolmax Shirts:**

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

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

**Coolmax Singlets:**

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

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

**Short Sleeve Coolmax Shirts:**

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

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

**Shorts** with white club logo

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

**Female Adidas**, black with blue trim, XL - CLEARANCE

**Female Race Ready Shorts, royal blue** - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

**Easy**, 4" inseam, S,M,XL

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

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

**Running Cap**, embroidered logo, white, white/royal

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

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

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

**All prices include 8% sales tax**

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

Shipping \$5.30

*(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)*

*Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45*

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.com

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



# Meeting Minutes of the HMRRC General Meeting May 8, 2013

Attendance: Barb Light, Jon Rocco, Jim Tierney, Maureen Cox, Tom & Marcia Adams, Cathy Sliwinski, Ed Neiles, Jim Moore, Doug Bowden, Diane Fisher, Jonathan Golden, Ray Lee, Mark Warner, Tom Ryan, Rob Moore, Bill Meehan, Frank Meyer

Call to Order (J. Rocco): Meeting called to order at 7:30PM.

1. Reading and approval of April 10, 2013 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by Rob Moore motion approved.

## 2. Reports of Officers

2.1 President (J. Rocco): Jon read a Thank you letter from Parsons Children & Family Center for grant we gave them for \$1000.

2.2 Executive Vice President (M. Cox): Presentation of the Schrader Scholarship winners-Matthew Hoffman from Fonda Fultonville Central School, Isabella K. Borini from Schalmont High School, Keelin Hollowood from Saratoga Springs High School and Ross Wightman from Chatham High School. The other winners will receive their award at their High School Banquet-they are Philo Germano Albany High School and Emily Houlihan from Scotia Glenville School. Congratulations and good luck to all winners.

2.3 Executive Vice President - Finance (C. Terry): No report.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached reports.

## 3. Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2945 up 15 from last month. Currently have 1438 on Facebook and 80 on Twitter. We are 138 over where we were this time last year. 68 new members, 38 from marathon training group.

3.2 Volunteers (M. Adams): Volunteer database is up-sent blast out and asked everyone who has volunteered to go in and set up an account.

3.3 Public Relations (R. Moore): Received a lot of calls about Boston results and about the events that happened and they were referred to Jon and Maureen. Press releases sent to all the papers about the Workforce Team Challenge. May 31 will have booth

at Freihofer's Run For Women and also a recycling booth. Cathy Sliwinski will help out on Friday. Would like to send out an email blast for help on Friday 12-8PM and 8-2PM on Saturday. Need help on both days. Will send out press releases this week for the June races. Cathy emailed all Race Directors about any brochures for upcoming races for the club she will hand out.

3.4 Race Committee (M. Warner): Delmar Dash 559 finishers did not hear any issues so everything must have been OK. Aaron & Diane Knobloch did a great job directing the race. Masters 10K - 90 finishers this year, very nicely organized event. Thank you to Jim Tierney for directing the race. Thank you to Marcia Adams, Tom Adams and Ed Neiles for helping Mark Warner with the Workforce Team Challenge. Distinguished Service race in June will need volunteers for that race. Ed Neiles noted that we should check to see if building is available in June since they are working on the track.

3.5 Race Committee Treasurer (J. Golden): See attached reports. Delmar Dash has some estimated expenses so may have to be revised. Jim Tierney noted about net loss-had some expenses not normally have-bought 3 years supply of bid numbers, had to buy 2 new plaques. That contributed to loss. Race was a success, had no complaints. We were down in finishers, could be due to Boston Marathon being held the weekend before. Thanked all the volunteers, Tom & Marcia Adams for all they did to help Jim. Had a course record set by Lori Kingsley 37:32 breaking record of Emily Bryant. Male winner was John Stadlander. Bill Robinson made the race this year. He seemed to have a great time and was talking to his old running friends. Seeing what Bill has gone through and to see him happy was a highlight of the race.

3.6 Pace Setter (K. & D. Gracey): Did get Content Editors Meghan Mortensen and Sally Drake.

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

3.8 Safety Committee (V. Juiliano): No report.

3.9 Grants Committee (R. Newkirk): - Round 2 of Grant Applications postmarked by June 1, 2013.

3.10 Long Range Planning Committee (E. Neiles): No report.

3.11 Just Run Program (K. Skinner): Signed contract with Union College for the Just Run Track Meet on June 4th and 5th. Everything is going good. Registrations are coming in now for the schools. Marcia will send out email blast for volunteers.

3.12 Grand Prix (J. Moore): New issue with Grand Prix-4 races this year so far-brought to his attention that a membership had lapsed. May run into problem with scoring Grand Prix if can't verify members are current. The next race is in June, but Jim is looking for suggestions on what to do. Diane suggested that maybe we send an email blast out to members whose membership is pending to go in and please log in and check family membership to make sure they check the names listed on the membership. A lot of family memberships don't list their spouses. Maureen asked Jim if he could send a note to the 17 members who are active in the Grand Prix. Jim said he would contact them before the next Grand Prix race. Grand Prix participants need to be responsible to verify their points in their races. HMRRC won't go back to re-score the races if there are any mistakes. Members and runners need to take responsibility.

4 Unfinished Business: Re-convene committee to automate system.

5 New Business: Openings for the Facebook Administrator, Apparel Coordinator, Van Operator, and Race Committee Chair. Will send out email blast. Election Committee will be Dana Peterson and Rob Moore Co Chair of Committee. Tom Ryan will be stepping in. July Pacesetter will reflect nominations.

6 Announcements: To all Race Directors- There are Finish Line banners that you can hold up that says HMRRC event. They are located in the van. They should be used for all HMRRC races.

- June refreshments- Diane Fisher and Jon Golden

7 Adjourn: Motion made by Marcia Adams to adjourn, seconded by Jonathan Golden meeting adjourned at 8:45PM.



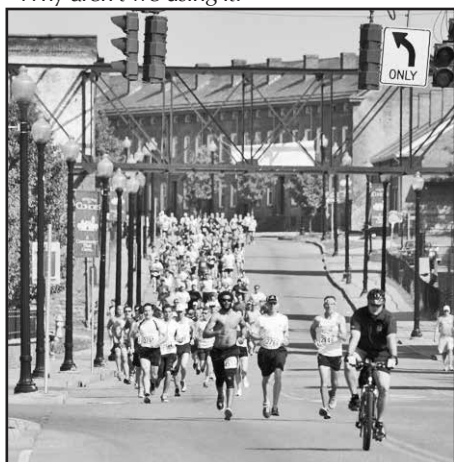
# Get Your Mastodon On!

## *The Story behind the City of Cohoes Mastodon Challenge 15K, 5K Walk/Run and Kid's Fun Run*

by Lisa Osorio

*The 2nd Annual Mastodon Challenge was held on May 19, 2013. I am not a runner.*

But I live by a bike trail – The Mohawk Hudson Bike Trail – and walk my dog there. On a beautiful Sunday morning about three years ago, I had to stop to let runners from the Mohawk Hudson River Marathon run by me. As I sat there, I thought, “Why are they using “our” bike path” (as if we owned it). I thought, “Why aren’t we using it?”



“The Mastodon Marathon” popped into my head and I started to wonder if a route could wind through the city for 26 miles. After all, I did have some time – there were tons of runners! But then there was a break in the runners and I was back on my way and that was it.

For those of you not from Cohoes, the remains of a mastodon, found here many years ago at the base of the Falls, is our pride and joy. The bones of the mastodon are on display at the NY State Museum in Albany. Every town has its claim to fame and for us it’s (arguably) the mastodon and The Cohoes Falls. I remember as a little girl my uncle telling me stories of Cohoes in its heyday. But I grew up in the ‘70’s – a time when it was hard to imagine this beat up old mill town ever attracting a crowd! But I loved him, so I humored him.

After decades of decline, then Mayor John McDonald had a goal to restore the city - not to what it had been - but to something relevant and appealing to a new generation. Towards that end he formed a group – Choose Cohoes – made up of business leaders, civic groups, the public schools and concerned citizens. The group would assist him on a grass roots level, focusing on planning events and marketing the city to others. I am a part of that group and had been trying (along with many others) to come up with a reason for people to come here. A reason that would convince them to visit here, live here, play here or open a busi-



ness here.

Back to the moment by the bike path with the runners and the Mastodon Marathon idea. I decided to talk to my best friend – a fitness fan who had just run her first marathon – and ask her what she thought about a run here. After she got done laughing that I would think of this (not a runner, remember) she said “Why not?” She had a friend who organizes 5K runs for charity and has been very successful at it, so we set up a meeting with her. She told us what goes into planning a race and gave us the organizational and financial requirements we would need to have in place. She did question the marathon idea as too big an undertaking and suggested we look at a 5K or 10k. She also told us we would need at least 4 or 5 people who would be dedicated to putting this on.

I am very fortunate to have remained good friends with many of my friends from Cohoes High School – Class of 1979. CHS Alumni stay



in touch – some classes more than others – but we are a close community and it is a wonderful gift to have. So, when several friends were together at a group 50th birthday party 2 years ago, I brought up the idea of a race and what I thought it could mean to the city. To my surprise, almost immediately, we had a race committee – the same one, for the most part, that we have today. Their enthusiasm and drive from the beginning is something that still amazes and humbles me. Within a few weeks we had our first meeting – over glasses of wine in the backyard.

We added a few people and dragged a few – my husband would add – and ended up with every area we needed represented. We had runners, bankers, insurance representatives, advertising representatives, a computer guy, an engineer, nurses, EMT’s – and a Cohoes fireman who knew EVERYTHING about the city – geographically, politically, and socially. Perfect.

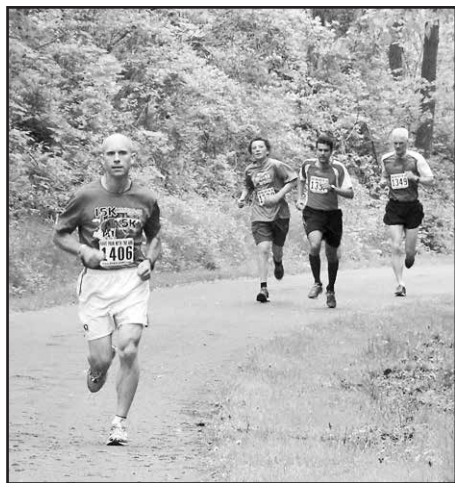
At our first official meeting we discussed the date of the race, the length of the race, the name of it, what kind of sponsorship we would need and what organization would benefit from the proceeds. One of the runners in the group mentioned a 15K – he felt it would set us apart from other races. Apparently 15K’s are hard to find but good distance races – it



would offer something to runners that he felt they were looking for but were not able to find. Once we picked the date – the length was a done deal. We decided to hold the first races in conjunction with a city wide event – Cohoes Heritage Days – held on Founder’s Day for Cohoes. “The Founders’ Day 15K” had a nice a ring to it and The Mastodon 5K would add an alternative for other participants.

The organization that would benefit from the proceeds was our next topic. The group was split on whether runners really consider the “cause” when they decide to register for a race. So we had to decide whether to stay local (would anyone outside of Cohoes care about a Cohoes non – profit?) or go national and perhaps get more runners and “bigger” sponsors. We decided the race was about Cohoes so let’s choose a worthy group from here. Two came to mind. The Cohoes Multi Service





Senior Center and the Cohoes Universal Pre- Kindergarten program were mentioned and everyone agreed. Both organizations face budget cuts yearly and struggle to provide services to two of the most important groups in our society – seniors who we owe so much to and children who we hope for so much from.

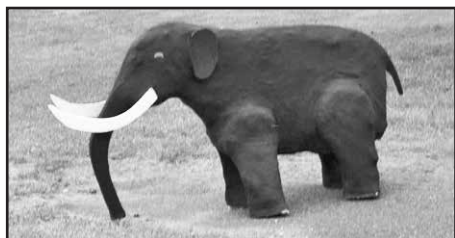
Next we needed to enlist the support of the Mayor and his administration, the Police and Fire Departments, and the Department of Public Works – we were going to need a huge commitment from everyone. From day one they promised and delivered everything we asked for and more, with fiscal responsibility an important consideration. If we needed something to ensure runners' safety, we got it. Their help in bringing the events to the city is immeasurable.

So we drew up a sponsor letter – sincerely written by a committee member – and within a few weeks we had our \$5000 Gold Sponsor – N.H. Kelman Scrap Recycling – WHEW! We really are going to have a race!

The 15K course was designed – mostly – by the fireman on our committee – also NOT a runner. But he and our group know this city – it's our old stomping ground. We spent our youths roaming it from the time the sun went up til it went down. We spent all of our time outside in a park or on a field. So showing you the city was the easy part.

We start both races by The Cohoes Falls in a park named after a heroic Vietnam War Veteran – Colonel Robert Craner - Craner Park. Both races are challenging; here's a description of what you can expect from the 15K:

- From the park you run downhill past the Historic Harmony Mills – now luxury loft apartments
- By the Restored Cohoes Music Hall which produces some of the best entertainment this side of Broadway!
- By the business district, with great



architecture

- Past a historic Armory soon to be turned into a Brewery/Restaurant.

- Next, you run through a park and onto the old Erie Canal Towpath

- Up to the Mohawk Bike Trail - where the whole thing started! The path is shaded this time of year, but don't get comfortable because the hill that brought you to it is just the beginning.

- Once you are off the path, you pass by wonderful schools, parks and neighborhoods (but they come at a cost).

- From there you run up 5 hills that hurt and lots of inclines along the way - don't worry – we have 8 water stops and entertainment along the route to keep you going. From church groups to Boy Scouts and schoolchildren, to the high school band, the people of Cohoes are here to welcome you and make this as painless as possible. Our volunteers are at every corner and they are so excited you can't help but appreciate their enthusiasm (watch out for papier mache mastodons on the sidewalks!)

- Once you hit mile 7 and 8 you are golden! We take you back to the shade of the bike path and down a couple of hills with the mist from the beautiful Cohoes Falls ahead of you.

Sweet.

Challenging.

That's why the name changed from the Founders' Day 15K to The Mastodon Challenge Races. We want you to know it won't be easy but it's worth it. Remember to ask yourself – can you survive? They didn't. You will, because in just two years so many others have.

The races have attracted over 500 runners and raised thousands of dollars. As a result, senior citizens will receive more rides to their doctors' appointments and more meals from the Meals on Wheels program and children will receive books and school supplies that they otherwise wouldn't be able to afford.

Each year the support from the community, our very generous sponsors and our runners grows and makes all the hard work more than worth it.

We found out that you can make a difference and that runners do care about what race they run. We have shown them what a small town can do and they have helped us do even more. For that we are very grateful.

Please join us - The Annual Mastodon Challenge Races will be in May 2014. For more information visit [www.mastodonchallenge.com](http://www.mastodonchallenge.com) and like us on Facebook.

The Mastodon Challenge Race Committee  
 Andy & Pam Barrall  
 Jim Fennen  
 Colleen Forlani  
 Steve Green & Kim Doremus Green  
 Curtis Hovey  
 Tom Koszrzeski  
 Denise & Richard Lessard  
 Lisa & Fanio Osorio  
 Angelique Papadopoulos  
 Mary Jo & Steven Rinkewich  
 Neil Sergott  
 Sam Stallone ☐



# Grand Prix Update

## **Race #5 Distinguished Service Race, 8 Miles, June 9, 2013**

### Men

#### Male Open

12 Richard Messineo  
10 Paul Cox  
8 Marcus DeBerg  
7 Tim O'Connell  
6 Brett LaFave

#### Male 30-39

12 Mike Roda  
10 Clay Lodovico  
8 David Tromp  
7 Eamon Dempsey  
6 Chris Mulford  
5 Brian Northan  
4 Joe Benny

#### Male 40-49

12 Jon Rocco  
10 Mark Stephenson  
8 Brian DeBraccio  
7 Jeff Loukmas  
6 John Williams-Searle  
5 Bryan Funk  
4 Tim Mulligan

#### Male 50-59

12 Christain Lietzau  
10 Ken Evans  
8 David Roy  
7 Rick Munson  
6 Richard Clark  
5 Robert Wither  
4 Mark Nunez

#### Male 60-69

12 Lee Pollock  
10 Carl Matuszek  
8 Juergen Reher  
7 Paul Forbes  
6 Bob Somerville  
5 Norman Dovberg  
4 Joe Yavonditte

#### Male 70+

12 Ed Bown  
10 Wade Stockman  
8 Jim Moore  
7 Ed Doucette  
6 Ray Lee

### Women

#### Female Open

12 Meghan Mortensen  
10 Irene Somerville  
8 Liz Chauhan  
7 Kristen Quaresimo  
6 Valerie Belding  
36 – The Pace Setter

5 Molly Casey  
4 Laurel Abowd

#### Female 30-39

12 Kristina Gracey  
10 Deanne Webster  
8 Allison Bradley  
7 Candice Panichi  
6 Kelly Komara

#### Female 40-49

12 Sally Drake  
10 Kimberly Mesino-Bowles  
8 Connie Smith  
7 Penny Tisko  
6 Brenda Lennon  
5 Cheryl DeBraccio  
4 Regina McGarvey

#### Female 50-59

12 Nancy Taormina  
10 Cathy Slwinski  
8 Susan Burns  
7 Joan Celentano  
6 Karen Gerstenberger  
5 Jenny Lee  
4 Karen Dott

#### Female 60-69

12 Martha DeGrazia  
10 Susan Wong  
8 Katherine Ambrosio  
7 Sandy Dovberg

#### Female 70+

12 Anny Stockman  
10 Eiko Bogue

### Age Graded

#### Men

Runner	Age	G
12 Lee Pollock	60	M
10 Carl Matuszek	61	M
8 Mike Roda	37	M
7 David Roy	58	M
6 Kristina Gracey	30	F
5 Juergen Reher	63	M
4 Mark Stephenson	49	M

### Totals After 5 Races

#### Male Open

27 Richard Messineo  
25 Nick Webster  
22 Tom O'Grady  
22 Kevin Treadway  
15 Paul Cox  
14 Erik Carman  
12 Brett LaFave  
12 Alexander Paley  
8 Marcus DeBerg

7 Brad Lewis  
7 Tim O'Connell  
6 Jonathon Lazzara  
6 Andrew McCarthy  
5 Victor Warner  
4 Griffin Keegan  
4 Kevin Messineo

#### Male 30-39

24 Mike Roda  
24 Chuck Terry  
17 Eamon Dempsey  
17 David Tromp  
16 Joe Sullivan  
15 Brian Northan  
12 Clay Lodovico  
10 Chris Judd  
8 Shawn DeCenzo  
8 Jake Stookey  
7 Joe Hayter  
7 Matthew Lindow  
7 Gaven Richard  
6 Chris Mulford  
6 Michael DiNicola  
6 Jim Sweeney  
5 Gabe Anderson  
5 Jim Eaton  
5 David Newman  
4 Joe Benny  
4 Aaron Knobloch  
4 Todd Smith

#### Male 40-49

42 Jon Rocco  
34 Tim Hoff  
31 John Stadtlander  
27 Tom Kracker  
25 Mark Stephenson  
13 Kevin Creagan  
13 Andy Reed  
12 Brian Borden  
11 Brian DeBraccio  
8 Randall Cannell  
8 Christain Lietzau  
7 Ed Hampston  
7 Jeff Loukmas  
6 John Williams-Searle  
5 Bryan Funk  
5 Richard Hamlin  
5 Robert Irwin  
4 Tim Mulligan  
4 Norris Pearson

#### Male 50-59

32 Rick Munson  
28 Ken Evans  
24 John Noonan  
22 Richard Clark  
22 Jay Thorn  
21 David Roy  
13 Russ Hoyer  
13 Mark Nunez  
12 Christain Lietzau  
10 Doug Campbell  
10 Ed Drebitko  
9 Patrick Culligan

8 Jon Weilbaker  
8 Robert Wither  
7 Jack Arnold  
6 Frank Mueller  
6 Bart Trudeau  
5 Christopher Kunkel  
5 Mike Stalker  
4 Mark Mulpeter  
4 Rob Picotte

#### Male 60-69

48 Lee Pollock  
28 Paul Forbes  
26 Juergen Reher  
20 Carl Matuszek  
20 Tom McGuire  
18 Frank Broderick  
18 Dennis Fillmore  
13 Rich Tanchyk  
12 Ken Klapp  
11 Steve George  
10 Kevin Donohue  
9 Norman Dovberg  
7 Paul Bennett  
7 Pete Cowie  
6 Bob Ellison  
6 Tim Fisher  
6 Pat Glover  
6 Bob Somerville  
6 Joe Yavonditte  
4 Chuck Terry

#### Male 70+

50 Wade Stockman  
48 Ed Bown  
35 Ray Lee  
20 Frank Klose  
13 Ed Doucette  
8 Jim Moore  
8 Joseph Richardson  
7 Bob Knouse  
5 Denny Burns  
5 Mike Caccuitto

### Women

#### Female Open

36 Meghan Mortensen  
35 Liz Chauhan  
18 Irene Somerville  
17 Kristen Quaresimo  
12 Molly Casey  
10 Valerie Belding  
10 Brina Seguire  
8 Kim Maguire  
7 Courtney Hill  
7 Shylah Weber  
6 Amy Becker  
6 Valerie Belding  
6 Jen Masa  
6 Samantha McBee  
5 Hannah Patzwahl  
5 Andrea Stagg  
4 Laurel Abowd  
4 Leigh Ann Brash



- 4 Sara Conroy  
4 Erika Hebert

#### Female 30-39

- 48 Kristina Gracey  
28 Crystal Perno  
18 Erin Corcoran  
16 Deanne Webster  
14 Nikki O'Meara  
12 Allison Bradley  
10 Sally Drake  
9 Sara Reed  
8 Shelly Binsfeld  
7 Candice Panichi  
6 Kari Deer  
6 Kelly Komara  
6 Kimberly Morrison  
5 Jessica Chapman  
5 Laura Zima  
4 Colleen Murray

#### Female 40-49

- 34 Anne Benson  
32 Chris Varley  
25 Emily Bryans  
22 Connie Smith  
19 Sally Drake  
18 Penny Tisko  
17 Judy Guzzo  
16 Karen Dolge  
13 Cheryl DeBraccio  
13 Mary Buck  
11 Regina McGarvey  
10 Kimberly Mesino-Bowles  
9 Brenda Lennon  
6 Christina Friedman  
6 Martha Gohlke  
5 Marcy Beard  
5 Andrea Robinson  
4 Dana Peterson  
4 Michelle Rocklein  
4 Stacia Smith

#### Female 50-59

- 34 Susan Burns  
25 Jenny Lee  
24 Beth Stalker  
20 Nancy Taormina  
18 Karen Provencher  
17 Karen Gerstenberger  
15 Cathy Sliwinski  
13 Sharon Fellner  
12 Nancy Briskie  
12 Joan Celentano  
10 Kim Law  
10 Nancy Nicholson  
8 Denise Iannizzotho  
8 Aileen Muller  
7 Patty Ells  
7 Kathleen Goldberg  
7 Lauren Herbs  
6 Nicolette Pohl  
6 Mary Signorelli  
4 Karen Dott

#### Female 60-69

- 39 Martha DeGrazia  
36 Katherine Ambrosio  
33 Susan Wong  
24 Judy Phelps  
24 Karen Spinozzi

- 13 Sandy Dovberg  
10 Mary Collins Finn  
10 Erika Oesterle  
7 Judy Lynch  
5 Suzanne Nealon  
4 Eileen Mahoney

#### Female 70+

- 58 Anny Stockman  
20 Eiko Bogue  
12 Marge Rajczewski

### Age Graded

Runner	Age	G
24 Lee Pollock	60	M
20 Judy Phelps	62	F
20 Beth Stalker	53	F
18 Tom O'Grady	27	M
17 Emily Bryans	45	F
15 John Noonan	53	M
15 Mike Roda	37	M
14 Anne Benson	48	F
12 Nancy Briskie	55	F
12 Kristina Gracey	30	F
12 David Roy	57	M
12 Chuck Terry	30	M
12 Kevin Treadway	24	M
11 Jon Rocco	46	M
10 Carl Matuszek	61	M
8 Tim Hoff	47	M
7 Karen Provencher	58	F
5 Alexander Paley	26	M
5 Juergen Reher	63	M
5 John Stadlander	47	M
5 Mark Stephenson	49	M
5 Susan Wong	65	F
4 Ken Klapp	62	M
4 Anny Stockman	80	F





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# **5TH ANNUAL CHINGACHGOOK CHALLENGE**

YMCA Camp Chingachgook  
**Half Marathon & 10K Race**

August 10, 2013

**PROCEEDS  
HELP SEND  
CHILDREN  
TO CAMP**



Take on the challenge of Camp Chingachgook's annual half-marathon or 10k race.

After the race, enjoy a relaxing picnic at our beautiful waterfront.

For more information about the race visit:  
[www.AREEP.com](http://www.AREEP.com)

**CAPITAL DISTRICT YMCA CAMP CHINGACHGOOK**

1872 Pilot Knob Rd. Kattskill Bay, NY 12844

**P** 518 656 9462 **F** 518 656 9362

[www.lakegeorgecamp.org](http://www.lakegeorgecamp.org)



## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
07/02/2013	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
07/04/2013	9:00 AM	Firecracker4	Saratoga Springs City Center	Bob Vanderminden	bobjr@telescopecasual.com
07/06/2013	9:00 AM	Freedom 5K	Vassar College - Poughkeepsie	Vince Veltre	Vincerun@aol.com
07/08/2013	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve, Camp Saratoga	Laura Clark	laura@saratogastryders.org
07/09/2013	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/11/2013	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
07/14/2013	8:00 AM	2013 Pine Bush Triathlon	Rensselaer Lake	Harrison Moss	hmoss@cdymca.org
07/16/2013	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/18/2013	6:15 PM	40th HMRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
07/19/2013	5:00 PM	Dash to the Diamond - 9 Mile Charity Fun Run	Starts at Fleet Feet Sports	Jessica Kaszeta	jessicakaszeta@tcvalleycats.com
07/20/2013	8:00 AM	Lime Rock Park 5k & 5k Relay	Lime Rock Park - 60 White Hollow Rd	Scott Sutter	scott@howesinsurance.com
07/20/2013	9:15 AM	Pennsylvania Summer Biathlon 4K Run and Shoot	Whitetail Preserve Bloomsburg	Frank Gaval	barb123@ptd.net
07/20/2013	8:30 AM	6th Annual Glenville Schenectady 5K/3K	Freedom Park Scotia	Allison Reinhardt	Areinhardt@cdymca.org
07/22/2013	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Parkl	Laura Clark	laura@saratogastryders.org
07/23/2013	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/25/2013	6:15 PM	37th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/30/2013	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/03/2013	8:30 AM	The 35th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/03/2013	8:00 PM	Firefly 5K	Uncle Marty's Restaurant, Averill Park	Holli White	holliboyd@gmail.com
08/04/2013	9:00 AM	19th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
08/05/2013	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park, Camp Saratoga	Laura Clark	laura@saratogastryders.org
08/06/2013	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/09/2013	6:30 PM	3rd Annual Schenectady ARC 5K Run/Walk and 1 Mile Family Fun Walk/Run	Central Park Schenectady	Doug Secor	dougs@arcschenectady.org
08/10/2013	9:00 AM	DanRan 5K and Community Day	Steven's Elementary, Burnt Hills	Michael Hale	mhale1@nycap.rr.com
08/10/2013	8:00 AM	Hilltown Triple Crown 5K race series	Berne Town Park	Phil Carducci	foxcreek5k@gmail.com
08/10/2013	9:30 AM	OLQP Festa 5K and Children's Fun 1-mile Run	Our Lady Queen of Peace Parish	Carmela Pasquarella	carmela.pasquarella@gmail.com
08/10/2013	8:00 AM	Fox Creek 5K	Berne Town Park Helderberg Trail, Berne	Liz Chauvot	chauvots@prodigy.net
08/11/2013	8:00 AM	Base Race 5K and 10K	The Clark Sports Center	Doug McCoy	mccoyd@clarksportscenter.com
08/12/2013	5:30 PM	The Monday Night Mile (1 mile race)	Saratoga Casino and Raceway Harness Track	John Pecora	john@saratogaregionalymca.org
08/12/2013	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/17/2013	9:00 AM	Landis Arboretum Forest Run 5k	Lanidis Arboretum 174 Lape Rd, Esperance	David Roy	droy@midtel.net
08/17/2013	8:30 AM	Castleton Schodack Kiwanis Clove Run 10 Mile, 5K, 2 Mile	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com
08/17/2013	7:00 AM	Sweltering Summer Six-Hour	Clapp Park, Pittsfield MA	Bennjamin Griffin (Race Director)	jamminlongtime@yahoo.com
08/17/2013	8:30 AM	Brookside Museum's Annual Jailhouse Rock 5k	Brookside Museum Ballston Spa	John DeGuardi	jdeguardi@mac.com
08/17/2013	9:00 AM	Pre Fall Classic 5K Run & 2 Mile Walk	Voorheesville High School	Phil Carducci	prefallclassic5k@yahoo.com
08/19/2013	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
08/19/2013	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
08/24/2013	9:00 AM	16th Annual Altamont 5K Run/Walk	Bozenkill Park, Gun Club Rd, Altamont	Phil Carducci	altamont5k@nycap.rr.com
08/24/2013	9:00 AM	Nescopeck State Park Trail Runs 5k+10km	Drums	Frank Gaval	barb123@ptd.net
08/26/2013	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
09/02/2013	9:00 AM	25th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
09/07/2013	8:30 AM	Malta BPA 5K	HVCC TEC Smart 345 Hermes Road Malta	Paul Loomis	maltabpa5k@gmail.com
09/07/2013	8:00 AM	5th Annual T.E.A.L. Walk/Run	Prospect Park Bandshell	Pamela Esposito-Amery	info@tealwalk.org
09/07/2013	8:30 AM	Malta BPA 5K	345 Hermes Road Malta	Paul Loomis	ploomis@gilbaneco.com
09/07/2013	9:30 AM	Youth Make a Difference 5K Run/Walk/Kids Fun Run	2 Douglas Street Wynantskill	Michael Miner	cminer001@nycap.rr.com
09/08/2013	8:00 AM	9/11 Heroes Run, Saratoga Springs NY 5K/Family Fun Run/Walk	9/11 Memorial- High Rock Park, Saratoga Springs	Alli Clower	saratogasprings@911herosrun.org
09/08/2013	9:00 AM	Walgreens Run for Pride 5K and Rainbow Fun Run	Washington Park Lakehouse Albany	Curran Streett	cstreett@capitalpridecenter.org
09/14/2013	9:00 AM	18th Annual Run to Remember 5k	Rensselaer Polytechnic Institute	Zachary Belton	run2remember.rpi@gmail.com
09/15/2013	9:30 AM	Josh Billings RunAground Triathlon	Great Barrington to Lenox	Patty Spector	patty@joshbillings.com
09/15/2013	9:00 AM	Teal Ribbon 5K Run and 1+Mile Walk	Washington Park, Albany	Pam Robbins	probbins@prainc.com
09/15/2013	9:00 AM	42nd HMRRC Anniversary Run 2.8 & 5.6 Mile [5.6 GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
09/21/2013	9:00 AM	11th Annual Brenda Deer 5K Race/3K Walk & Kids Fun Run	Guilderland YMCA	Harrison Moss	hmoss@cdymca.org
09/21/2013	9:30 AM	Helpers Fund 5k-10k Races	Chestertown Municipal Center	Race Director	racess06@helpersfund.org
09/22/2013	8:30 AM	Dunkin Run 5K 10K and Kids 1/2 Mile Fun Run	340 Whitehall Road Albany	Tom Wachunas	tomw@saajcc.org
09/28/2013	10:00 AM	FAM 5K Fund Run/Walk	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
09/29/2013	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

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

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



## Hudson-Mohawk Road Runners Club Membership Application

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

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

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

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

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

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

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

**For those who can afford it!**

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

**Mail applications to:**

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

**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

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

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