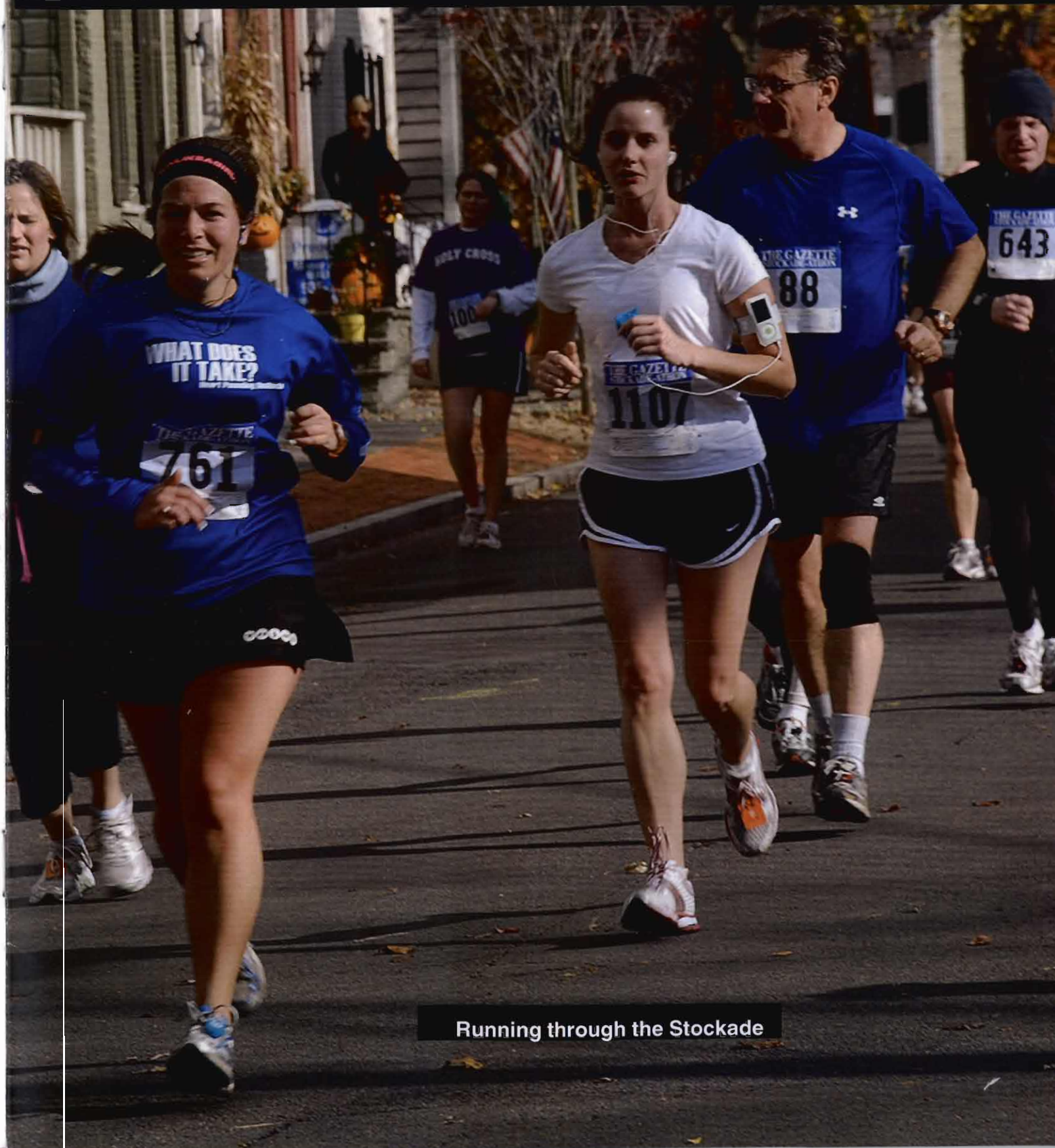


# ***The Pace Setter***

**January 2009**

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



**Running through the Stockade**



# The HMRRC Annual Awards Banquet

SATURDAY, FEBRUARY 7, 2009

**Martha DeGrazia and Jim Tierney**  
to be inducted into the HMRRC Hall of Fame

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— **Profile of a Runner**

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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 Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C. Allen, 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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*Photos in this issue by Donna Davidson, Ray Lee, 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.



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**www.hmrrc.com**



*by Mike Kelly*

It's funny writing these columns. Typically, I'm up late some night, wracking my brain thinking about what to write. Complicating matters more is the fact that you won't read this for about five weeks after I write it. So I've got to think about what's going to be pertinent at that time. Column ideas will often cross in my mind during a Sunday long run. What about a top ten list related to running? What about an article on the weird things you see when running? How about a recap of the cross country flight where I had a guy tell me in excruciating detail about EVERY single marathon he's ever run? The applicability of the "runner's code" when debating whether you have to actually run in a race to wear the gear from the event. My dream of combining competitive eating events with track and field. And the benefits of training techniques that incorporate the holding of one's breath for as long as he can.

Thankfully for you, this month I'd like to use my column to recognize two well-deserving members of our Club. As many of you know, the Hudson Mohawk Road Runners Club has a long history of tremendous runners and volunteers. The highest honor the HMRRRC can bestow on an individual member is entrance into its Hall of Fame, which honors individuals who have earned extraordinary distinction as a member of the Club. Candidates for the Hall of Fame have been or continue to be active members of the HMRRRC as well as recognized leaders of the local running community in performance and/or service. The HMRRRC Hall of Fame is a very exclusive honor that is difficult to attain. In fact, since 1991 only seventeen distinguished individuals have been admitted into the Hall of Fame.

Each year, a committee of HMRRRC members faces the difficult challenge of reviewing nominations for consideration to the Hall of Fame. I'm proud to inform you that this year the committee chose two esteemed members for induction in 2009 – Martha DeGrazia and Jim Tierney. Over the years Martha and Jim have both excelled in their running feats as well as service to the Club. Without getting into too much detail, I'd like to briefly note several of their accomplishments.

Martha has been a fixture on the running

award podiums in Albany and throughout the world for years. She has won the HMRRRC Grand Prix series a record ELEVEN times (including again in 2008), numerous top age group finishes in countless local races and age group awards in many marathons including New York (1st), Boston (2nd, twice), Huntsville, AL (1st), Dublin, Ireland (1st) and I'm sure more that I've missed. Martha has also served as the Club's Secretary, served on the Grand Prix committee, and has volunteered at many of the Club's races including the fall marathon and Stockade-athon.

Although Jim didn't discover running until he was 46, he has still had time to amass a terrific running career. Jim is a two time winner of the HMRRRC Grand Prix series, finished the Boston Marathon in 1986 at the age of 52 in 2:59, and completed the Pepsi 5k that same year in 17:58. Wow! In recognition for his dedication and volunteerism to the Club, Jim received the HMRRRC Distinguished Service award in 1999. Jim has headed up the advertising duties for *The Pace Setter* for at least fifteen years as well as being the Club mailman for more than 10 years. Jim has also been the race director for the Club's annual Bill Robinson Masters 10k for the past eight years as well as being co-director of the Mothers Day race for three years.

Both Martha and Jim are very humble individuals and will probably be embarrassed to receive their upcoming recognition. Congratulations to both of you on your nominations. These accolades are well deserved.

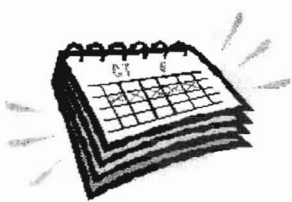
Jim and Martha will be officially inducted into the Hall of Fame during the Club's annual banquet and award ceremony on Saturday, February 7, 2009 at the Desmond Hotel. Also taking place during the banquet will be the awarding of prizes for the 2008 HMRRRC Grand Prix winners. More information about the Club banquet and details on how to attend can be found in this issue of *The Pace Setter*.

This issue will most likely arrive in your mailboxes in early January, right about when many people will be making their new year's resolutions. If getting in shape or setting a new PR is one of your goals for 2009, you're in luck. Our Club provides you with terrific opportunities to start the year off on a good note. We'll kick off the year with the Hangover Half on January 1st as well Winter Series Races #3 & #4 taking place on January 11th and January 25th respectively. These races will take place at UAlbany and are FREE to HMRRRC members.

2009 looks to present our country with many financial, social and political challenges. Most runners I know have tremendous talents outside of running. I'd like to view this year as a tremendous opportunity for each and every one of us to make a positive difference in our world, even if in a small way.

Best wishes to you and your families for a blessed 2009! ☐





# What's Happening in January

by Al Maikels

January 2009. The first decade of the new century draws to a close with the hope that our country will rebound from the 8 years of darkness that we have endured.

The first month of this New Year shows a full race schedule. The racing kicks off on New Year's Day with the Hangover Half and its companion Bill Hogan 3.5-mile run/walk. Unlike the other Winter Series races, the New Year's Day races begin at 12 noon. The half marathon race is also the first Grand Prix race for 2009. The Winter Series continues on Sunday, January 11 with races of 3 miles, 10k and 25k to choose from, with the start at 10 a.m. When the HMRRRC was a serious distance running club, the 25k was a Grand Prix race. Sadly those days seem to be over. Sunday, January 25 is the date of the next Winter Series with races of 3 miles, 15k and 30k. All of the Winter Series races are held at UAlbany. The Winter Series is one of the great assets of the HMRRRC and it takes a lot to put these races on. If you can find the time, volunteer at one of these races and help the club keep this great series going.

Runners looking for an out of town racing fix are directed to the Winter Wimp 2.2 and 4.4 mile races, held on Saturday, January 10 at

1 p.m. in Haganan, NY. For a slightly farther out of town experience, I would suggest the Half Shell Raw Bar Half Marathon in Key West, FL, set for Sunday, January 25 at 7 a.m. I have run this race over the years and for some reason I found running a slow half marathon along the blue water and sandy beaches of Key West more enjoyable than plowing through another tour of the State Office Campus.

The Albany Running Exchange likes to tempt fate by sponsoring a snowshoe race. The Brave the Blizzard Snowshoe Race is set for Sunday, January 18 at the Guilderland Elementary School. The race is set for 10 a.m. and will be held regardless of snow or lack thereof. Last year there was a fair amount of snow, and an equally fair amount of pancakes, and all who participated had a great workout and breakfast.

I want to take the time to wish all a safe, healthy and happy New Year, one with many miles and smiles.

Club members are welcome to attend the club's business meeting set for Wednesday, January 14 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. □



## Is it your New Year's Resolution to volunteer at an HMRRRC race?

Anyone can qualify for a  
volunteer.

We welcome everyone – so  
if you are planning to be at a  
race but not running, why not  
lend a hand?

we pay with smiles and  
thank you's and the  
occasional t-shirt!

Either call me (356-2551) or email me  
([madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)) or send  
me the following:

Name:

Address:

Tele. #:

Email:

Job Interested in (check all that  
apply):

- ☐ Course marshal
- ☐ Refreshments
- ☐ Registration
- ☐ Finish line/results
- ☐ Race Director – asst. and training
- ☐ Any of the above

Physical limitations (if any):

Mail to: Marcia Adams; HMRRRC  
Volunteer Coordinator; 1009 Tollgate  
Lane; Schenectady NY 12303

# HMRRC WINTER MARATHON

Albany, NY

Sunday, February 22, 2009 10:00 AM

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## Sponsored by the Hudson Mohawk Road Runners Club

**Report to:** Physical Education Building of the State University at Albany located 1/2 mile from the crossing of I-87 and I-90 on US 20. The Physical Education Building is near the Western Avenue entrance to the Campus. The race will start and finish near the building. Shower facilities are available.

**Course:** USATF Cert. (NY89028AM) 26.2 mile course is comprised of five loops involving the interior roadways of the State University Campus and the New York State Office Campus. Mostly flat, no steep hills. Race time limit 5 hours (scoring ends). Due to usual inclement weather and concern for volunteers - **course marshalls & water stops will be pulled off course at 5 hours.**

## 36th Annual Marathon

**Age Groups:** None

**Awards:** Top male & top female.  
Top 5 Age-Gender Graded.

**Entry Fee (per person)**    *Postmarked before February 18:*    HMRRC Members - \$15  
Non-Members - \$20  
*Postmarked after February 18:*    All \$25  
*Day of Race Registration:*    8:30 am to 9:30 am only

**Race Facts:** Men's Record - Jack Callaci: 2:28:04 (1977); Women's Record - Sherry Christoff: 3:04:51 (1997)

**For Information on the Race or Nearby Hotels e-mail Co-Directors:** Dana Peterson [peterson@albany.edu](mailto:peterson@albany.edu)  
or Ken Klemp [kklemt@nycap.rr.com](mailto:kklemt@nycap.rr.com)

Mail Entries to: Winter Marathon, 17 Norwood Street, Albany, NY 12203    Please make checks payable to HMRRC

---

Name \_\_\_\_\_

Street Address & Apt. \_\_\_\_\_

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

HMRRC Member:    ☐ Yes    ☐ No    Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_

I know that running a road 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 agree not to wear a headphone during this event. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including hypothermia or frost bite, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club, the State University, the State of New York and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# The Biomotor Skills

Gather any mixed group of athletes, add a few beers, and it seems inevitable the conversation will soon shift to who is the better athlete. Team sports that require finite skills like basketball have proponents that champion the running, the jumping and the fact that everyone on the floor has to be able to play the game – to a point.

Baseball advocates note that hitting a baseball, especially one traveling 90+ miles per hour, is generally considered to be the most difficult feat in sport. Of course, another athlete can counter with the fact that a baseball player's cardiovascular development rivals that of the guy in the press box eating donuts.

And then the runner chimes in, to be quickly drowned out with, "Anybody can run!" Which is true, but not everybody can run fast. When I studied in Russia, they had a harness set-up that could get anyone to run under 10 seconds for a 100m. While the whole get-up was momentarily exhilarating it also lead to some spectacular falls as people's coordination unraveled as they approached the red line. Speed didn't kill that day, but it came pretty close to maiming.

The fact of the matter is that to argue which sport has the greater athletes is akin to arguing which fruit is better. Personal tastes vary, some like apples, some like oranges. It is not really a situation where there is a "right" answer, unless, of course, you like to argue.

What makes an athlete an athlete is their ability to express what are called the biomotor skills. It is generally accepted there are five biomotor skills that are present to a greater or lesser degree in all sports. It does not matter if we are talking golf or soccer or football or shot putting, all the five biomotor skills are present in each of these disciplines.

With that understanding one can have a more egalitarian appreciation of athletic excellence. Granted some athletes are paid more for what they do than others, but when an individual makes it to the top of the rock, be it a Super Bowl, World Championship or an Olympics, they have distinguished themselves as only a few others ever have.

The five biomotor skills – speed, strength, endurance, flexibility and the ABC's of agility, balance, coordination and skill, are all present to a greater or lesser degree in all sports. You might not think a football lineman or golfer needs endurance, but imagine what it must be like having a 20-25 play fourth quarter drive or having to concentrate in 90 degree weather after walking 36 holes when all the marbles depend on your next chip and putt.

The marathon may be all about endurance, but come the last 50 yards and it is you and one opponent, I'm betting on the one who knows how to sprint.

So you've scanned the list, and in check-off

fashion, you note two things – yes, you can see how the five biomotor skills apply to your sport, and secondly, you note that you have stretched or done some speed-type work in the last month. What may come as a surprise is that one should address each of the five biomotor skills.

Wait a minute – speed work? How do you combine strength and endurance? At first light that seems like an unrealistic and physically dangerous statement to make.

One of the principles of training and life is that of "use it or lose it." If one does not practice a skill or activity it fades, then vanishes from one's skill inventory. On the other hand, if one routinely and consistently practices a skill it becomes more refined and we become better at it. Consider how a musician becomes a musician, a golfer a golfer or a basketball player a basketball player – practice, practice, practice.

For a runner, it is equally important to practice the five biomotor skills on a daily basis. For this to make sense, one needs to take a step back and look at the larger training picture. If performance is one's goal (not simply participation), there will be training phases one goes through over the course of a season. The later season training phases usually include a greater emphasis on speed development.

Think back for a second. Traditionally, one goes through a protracted period of distance running and the first day of speed work is followed by a day of screaming calves and several down days until the sore legs recover. This is an avoidable problem.

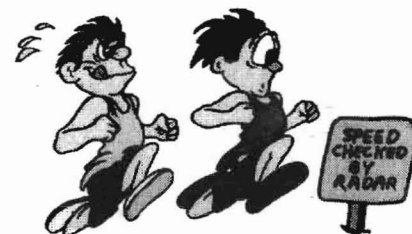
How? By addressing the speed quality everyday. I am not recommending repeat 200's or 300's or whatever daily, but I am saying to address speed actions daily. How is this done?

Speed actions need to be defined. Sprint biomechanics include a forefoot strike, stepping over the knee with the swing leg and the thigh being parallel to the ground. Arm actions include swinging the hand to the mouth and on the back swing the hand going to the hip or side pocket.

A daily review of speed actions may involve 3x25m of skipping with emphasis on a forefoot strike and bringing the thigh parallel to the ground. By reviewing the parts of speed actions or sprinting and challenging the body on a daily basis, using them firmly establishes the neurological patterns necessary to sprint and maintains the muscular strength and flexibility necessary to avoid the usual morning after soreness.

Each day's workout should ideally consist of three components – a warm-up, the main focus of the workout and the warm down/conditioning phase. At some point during the course of each day's work the five biomotor skills should be addressed.

It really does not matter which sport you chose, you still need to drill the five skills. What



one needs to determine is which drills are most appropriate for the given sport. Other examples of speed action drills include: fast foot machine-gun steps for six to seven seconds, an ankle flick that mimics the plantar flexion of the foot when sprinting- or 4-5x 40m at the end of a practice. Each of these drills addresses a speed quality.

Strength could be practiced by lifting weights, doing push-ups; sport specific for a runner might be going on a 90 minute to two hour run. Flexibility would be the traditional stretching, a yoga routine or inclusion of a dynamic movement warm-up with skips and hops or lunge steps.

There are various ways to develop endurance that could include interval, repetition or continuous runs, but I also developed secondary endurance by enforcing a "no sit down" rule for practice. Standing is a great endurance quality.

The ABC's could be addressed with a serpentine "snake run" warm-up jog, daily use of a balance board or coordination of arm-leg action in running or skill work with a medicine ball. Understand these are but a few examples and there are countless others. Also each quality is addressed, not belabored. Remember, the use it or lose it maxim, while speed or endurance or strength might not be the focus of a daily workout it is nonetheless a very important component.

Honestly, the whole subject gets more complicated when you consider that there can be combinations of skills that need be addressed for one's competitive abilities to become more refined. Speed-strength, speed-endurance or strength-endurance all may have their application but probably are qualities that are better addressed as the main theme of a workout.

So the next time the discussion of Brett Favre, Kobe Bryant or Usain Bolt comes up, you'll be better prepared to serve as the voice of reason. Not that it will make any difference, but at least you'll know, that you know what you are talking about.

Russ Ebbets, DC lectures nationally on sport and health related topics. He is the editor of *Track Coach* magazine, the technical journal of USA Track and Field. He is author of *Supernova* on the famed running program at Villanova University. Copies are valuable for \$10.95 plus \$2.00 S&H from PO Box 229, Union Springs, NY 13160. He can be contacted at [spinedoctor229@hotmail.com](mailto:spinedoctor229@hotmail.com). □





# HMRRC



## THE WINTER SERIES

University at Albany • Physical Education Building

Date	Time	Event
Dec. 14, Sunday	10 a.m.	Winter Series 1 (3M, 15K)
Jan. 1, Thursday	12 noon	Winter Series 2 (13.1 mile, 3.5 mile)
Jan. 11, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 25, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 8, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

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



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

### Articles:

Deadline is January 25th. Submit to: Editor, [hamletbryans@nycap.rr.com](mailto:hamletbryans@nycap.rr.com)

### Advertisements:

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

### Ads should be sent to:

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

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

# Meeting Minutes of the HMRRC General Meeting - November 12, 2008

Attendance: Brian DeBraccio, Ray Lee, Ed Neiles, Doug Bowden, Robin Nagengast, Chuck Terry, Mike Kelly, Elaine Humphrey, Ed Gillen, Cathy Sliwinski, Mark Warner, Nancy Briskie, Anny Stockman, Wade Stockman, David Newman, Josh Merlis, Robert Moore, Tom Adams, Marcia Adams, John Kinnicutt, Emily Bryans, Ken Klemp, Vince Juliano, Barbara Light

Call to Order (M. Kelly): 7:35 p.m.

Reading and approval of minutes (B. Light): Reading and approval of October minutes. Marcia Adams made a motion to approve minutes, seconded by Rob Moore. Motion passed.

## Reports of Officers

**President** (M. Kelly): December meeting has been moved to Tuesday December 16th at 7:30 p.m. at the Point of Woods.

The HMRRC Club banquet will be held on Saturday, February 7, 2009 at the Desmond. If you can help with the banquet please let Mike Kelly know.

HMRRC Clothing Sales will be updating a new form and items for sale. They will have a downloadable form to print out and mail in posted on the website.

**Executive Vice President** (M. Warner): Mark is starting to work on the Distinguished Service Race so that an announcement on who is being honored can be made earlier than last year.

**Executive Vice President - Finance** (C. Terry): Chuck presented the proposed budget to go over. Discussion continued on items of the budget so that approval can be made at the next meeting. A copy of the proposed budget is attached for your review. Any comments or questions please contact Chuck Terry.

**Secretary** (B. Light): No report.

**Treasurer** (J. Kinnicutt): No report.

## Reports of Committees

**Membership** (E. Gillen): Ed reported that last month we had 100 renewals and 65 new memberships. 26 of them came from the marathon and 29 came through the website. He would like to remind members keep their address current online as we use this address to send out *The Pace Setter* magazine. Contact Ed Gillen with any questions on how to keep your information current.

**Volunteers** (M. Adams): Our volunteer dinner was held on October 20th and had 50 people in attendance. Everything went well. A lot of new people attended the dinner and are ready to help out. We will have recognition awards for volunteers to hand out at our next meeting on December 13th.

**Public Relations** (R. Moore): Adirondack Sport & Fitness Expo at Saratoga City Center on November 15 & 16. The Schenectady farmers' market gave us a free table recently that allowed Rob to hand out Stockade-athon applications. He thanked Marcia Adams, Cathy Sliwinski, John Kinnicutt & Tom Adams for putting together a photo collage to use in the booth.

**Race Committee** (N. Briskie): We had our second largest race this past month. The marathon and half marathon had 1400 people registered. We had 536 finishers in the Marathon and 680 finishers in the half marathon. The Hogan's Heroes training group participated in the marathon; Jim Thomas helped out training them and he did a great job. Vince Juliano reported that the Stockade-athon went well. We had great weather and many people that came to the expo the day before ran in the race. We had 1400 people signed up for the race. Ray Newkirk updated all the calendars and information for our booth. Nancy has submitted the race calendar for 2009 to *The Pace Setter*.

**Race Committee Treasurer** (P. Zentko): No report.

**The Pace Setter** (R. Nagengast/M. Adams): Robin is currently looking for a content editor for *The Pace Setter*. It is a volunteer position soliciting, reviewing and writing articles about the local running and racing scene for *The Pace Setter*. They would be responsible for assigning relevant topics to fellow runners / writers who would like to share their experiences with the road and trail running community, with an emphasis on finding people to write stories about all club races and events. Average time commitment is approximately 8 hours every month. The ideal candidate is someone who is already active or would like to be more active in running and/or races in the Capital Region. Interested applicants can contact the managing editor at [pseditor123@gmail.com](mailto:pseditor123@gmail.com). Ed Gillen will send out an email to the members and will post it on the website.

**Website** (E. Neiles): Putting up clothing page on website; also working on putting *The Pace Setter* up in pdf format, current issue and past issues. They should be up soon. John Kinnicutt raised a suggestion of giving members the option of receiving a pdf copy by email or a copy in the mail. This could help save some of the costs of mailing them out.

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

**Safety** (V. Juliano): No report.

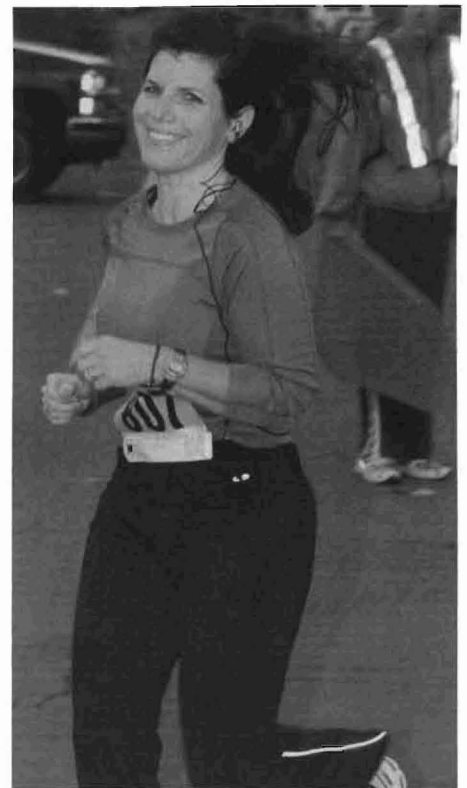
**Unfinished Business**: Hall of Fame ballots have been completed. Jim Tierney and Martha DeGrazia were elected. The new administrative member is Debbie Beach.

**New Business**: Marcia & Tom Adams presented a report on the race director meeting that they attended in Portland, OR. It is attached to the minutes for your review. If you want more information after reviewing the minutes, please contact Marcia and Tom Adams.

**Announcements**: Jennifer Senez and David Newman will bring snacks for the December meeting.

**Adjourn**: Motion made by Ray Lee to adjourn with a second by Marcia Adams. Meeting adjourned at 8:30 p.m.

Respectfully Submitted,  
Barb Light, Secretary ☐



## New HMRRC Members

Tucker Chrapowitzky  
Paul Cox  
Tracy DiLauro  
Mary Fenton  
James Gallagher and family  
Nora Gatto  
Deb Gianatasio  
Lisa Gundrun and family  
Richard Hamlin  
Lan Jin Harris  
Scott Hayes  
Lea Holmes and family  
Debra L. Jablonski  
Jamie and Kevin Keegan  
Christopher LaCoss  
Rich Lugovich and family  
Denise May  
Meghan Miskinis  
Jennifer Montena  
Dale Owen  
Shannon Peacock  
Kimberly Ploof  
Jamie Salm  
Kathleen Santarcangelo and family  
Andrew Sattinger  
Cass Shaw  
Pul Shreeman  
Debbie Zucker and family





# Profile of a Runner

## JIM FIORE

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

I am 61, recently retired after 30+ years with New York State Office of Temporary and Disability Assistance (OTDA) as a Program Specialist. I have participated in many sports such as football, baseball, basketball, lacrosse and tennis during my high school and college years, but my passion is for running and it has stayed with me throughout my adulthood. I enjoy coaching my son, David, the oldest of four, while he is training for his various ironman triathlons and marathons. I enjoy most music, from oldies to current.

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

I started running when I was a freshman at Christian Brothers Academy (CBA) in the spring of 1962. I wanted to go out for JV baseball, but there was no team that year, so I decided to go out for freshman track. I participated in the 440 yard run and triple jump that year and continued throughout my high school years. As the years progressed, I also ran in relays. During my senior year at CBA, the first year for indoor track, I placed first in 5 out of 6 meets and captured the indoor track championships for the 600 yard run, setting a new record with a time of 1:17.8. My coach, Cliff Lehman, said my record held for over 10 years and when it was broken, it was by a runner who ran on a different and faster surface. In the outdoor 440, as one of the tri-captains, I tied for 1st place in the Diocesan League Championships with a time of 52.3. Any of my high school successes as a football player and runner are largely due to the excellent coaching I received from one of the best area coaches in Section II history, Cliff Lehman. After graduating from CBA, I received a partial athletic scholarship to the University of New Hampshire (UNH) where I continued running the 600 yard and mile relay team (indoor) and the 440 and mile relay team (outdoor). In 1967 (sophomore year), I was a member of the indoor mile relay team which won the Yankee Conference Championship meet, setting a new school record with a winning time of 3:25.6. In addition, the outdoor mile relay team during the 1968 spring season, set a new school record of 3:22.3. In the last meet of the year, which was the Championship meet (held at UNH), UNH won its first Yankee Conference title, giving Coach Paul Sweet his first outdoor championship in his 44 year coaching career. In May of 2007, I was honored to be inducted into the CBA Athletic Hall of Fame for lifetime athletic achievement.

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

Among my favorite races are the local Club fall full and half marathon and the Boston and NYC Marathons. The reason I enjoy the marathon so much is that the runner has to make



a tremendous commitment to training to prepare for the race. It's exciting to train for and be a part of the marathon frenzy. Switching from short to long distances was and still is a huge transition for me. I remember watching the 1980 NYC Marathon and saying to myself, "I can do THAT" and in 1981, I ran my first marathon in NYC with a time of 3:27. I also enjoy the Delmar Dash, Stockade-a-thon and the Troy Turkey Trot. The Turkey Trot is like a homecoming and I've probably done that race for 20+ years, many with my son David and just last year with my daughter Megan.

### What are your most memorable races?

My most memorable race was the 1985 HMRRRC marathon, breaking 3 hours for the first time with a time of 2:56:07. It was one of the last races my father attended before he passed away. He was at the finish of that race, cheering me on. As a result of that finish time, I qualified for the Boston Marathon. From 1986-

1991, I competed in six consecutive Boston Marathons, running a personal best of 3:02:33 in 1988.

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

I usually train by myself and look to area races for inspiration and competition. Since retirement, I've been running between 20 and 30 miles a week, 5 times a week. Occasionally, I'll meet up with long time friend and running partner, Paul Rosenberg, who I am forever grateful to for designing the HMRRC marathon.

### What are your current goals?

To stay healthy, enjoy running and be thankful for the gift of running. I look forward to participating in upcoming races and trying to run the best that I can.

### Do you have any future running goals?

Staying healthy enough, and increasing my training, to participate in another marathon is a long term goal of mine.

### Do you have a philosophy of running?

Running has become an integral part of who I am. I truly appreciate the sport of running for many reasons, among them the health benefits, the stress release, the spirituality and the time it gives me for self-reflection. Something I really enjoy is running outdoors in the fresh air and the leisurely exploring of new running areas. I also really enjoy the social aspects: participating in races and seeing runners I haven't seen in awhile, celebrating and sharing a great run together, meeting new runners, competing with other runners and yourself all make for a great running experience.

### Any funny stories?

I can remember two very memorable experiences from the 1982 Skylon Marathon (Buffalo, NY). I traveled 270 miles, on a bus, to run the marathon in hopes of achieving a Boston qualifying time of 3 hours or less. After a long trip, I reached Buffalo where the winds were horrendous. As I lay in my bed that night, the winds howled and the windows rattled. On the morning of the marathon, I literally could not push open the motel door. Laughing to myself, it took me what seemed like several minutes to get out of the motel! At that point, I realized it was going to be a difficult run and that my goal of 3 hours went with the wind!! During the first few miles of the race, I passed a runner who was attempting to run the entire marathon backwards. When I saw him I thought to myself, "A marathon is tough enough to run forwards let alone BACKWARDS!!" I've never seen that again. As the race continued, while running towards Canada on 18 miles of bike path, we had consistent 17 miles per hour headwinds with 40 miles per hour gusts. The sky was so gray and gloomy, the lake was choppy, the wind relentless, I could only think to myself that, "THIS could be the end of the world." Although my goal eluded me, I was very happy to finish in 3:32, and the backwards runner finished, too. □

# THE GAZETTE NEWSPAPERS

AND THE

## **HUDSON MOHAWK ROAD RUNNERS CLUB**

THANK the following individuals and organizations for assisting in making the  
**33<sup>th</sup> annual Gazette Stockade-athon** another outstanding event.

Director	<i>Vince Juliano</i>
Deputy Director	<i>Dwight Wilson</i>
Course Director	<i>John Haley</i>
Assistant to the Director	<i>Chris Rush</i>
Finance	<i>John Kinnicutt</i>
Web-Page	<i>Ed Neiles</i>
Volunteers	<i>Mary Bovenzi</i>
Course Marshals	<i>Jay Shelgren</i>
Data File	<i>Marcia Adams / Bruce Vandewater</i>
Registrar	<i>Harriet Jaffe / Josh Merlis</i>
Mailed Entries / Permits	<i>Jim Tierney</i>
Registration & Packet Pickup	<i>Deb Beach &amp; Marcia Adams</i>
USATF Timers	<i>Kathy Sullivan / Chet &amp; Sharon Boelhke</i>
Water Stops	<i>Frank McHale</i>
Race Start	<i>George Regan</i>
Refreshments:	<i>Ed Gillen &amp; Roseanne McHale</i>
Children's Run	<i>Amanda / Emily Bryans</i>
Public Address	<i>Brian Debraccio</i>
Course Timers	<i>Ken Skinner</i>
Equipment	<i>Tom Adams, Dave Pickle</i>

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## Winter Series Participant Awards

As we have done in the past, we will distribute and collect sign-up sheets for Winter Series Participant Awards at Winter Series 4 and 5. The sheet should be filled out and left in the box provided.

Awards will be given out at Winter Series 5, at the Marathon and, as is sometimes necessary, by personal arrangement.

TO QUALIFY, YOU MUST VOLUNTEER WHOLEHEARTEDLY AT ONE RACE AND EITHER VOLUNTEER OR COMPLETE THE OTHER FOUR RACES. PLEASE, NO SUBSTITUTIONS. THE MARATHON DOES NOT COUNT AS A WINTER SERIES RACE.

Any issues, please contact Ed Thomas, [et392@albany.edu](mailto:et392@albany.edu).







# The 2008 Turkey RaffAL Run: Breaking the 350 Barrier?

By Al Maikels

I joined the HMRRRC in the fall of 1985 and the first *Pace Setter* that I received had the race schedule for November in it. One of the club races listed was an event called the Turkey Raffle Run. The race was held at the Saratoga State Park near the Columbia Pavilion and featured a challenging 1 mile loop with a little bit of a cross country feel.

The race lasted an hour and each loop got you a raffle ticket. It was a fun race, a good workout with a little bit of suspense at the end with the raffle. If my memory serves me there may have been 75-100 people in the race and everyone seemed to enjoy themselves.

I ran in this race from 1985 through 1987 and was disappointed when the race was not on the HMRRRC schedule for 1988. When I expressed my unhappiness on the race's absence from the schedule during a training run with Ray Newkirk he suggested I stop whining and direct the race myself, with the location moved into Albany.

From November of 1989 through 2006, the Turkey Raffle Run was held at Washington Park in Albany. For the first eight or nine years we had the full use of the facilities, including the Lake House. The race attracted 100 to 140 runners and was one of the staples of the fall schedule. There were years when I was traveling and Charlie Matlock would step in and direct the race, and it didn't skip a beat. In 1998 the Holiday Lights in the Park began and slowly our access to the park began to be constricted. The city always worked hard to accommodate our use of the park, but as the Holiday Lights got bigger and more elaborate our presence was an intrusion on the setup work needed to get the Holiday Lights ready. I took a couple of years off directing the race as Sharon Boehlke and her crew stepped in to keep the race going. I came back to direct the race in 2006 just in time to find that the continued expansion of the Holiday Lights necessitated our moving to a corner of the park and moving us away from the traditional loop around the lake. It was clear that we would just be in the way if we kept trying to hold the race in the park, so I polled the runners to see where they might want to move to and the Crossings of Colonie was the overwhelming choice.

The Town of Colonie Parks and Recreation Department has proven to be as accommodating as the City of Albany always was and made it easy for us to use the Crossings. Park director Kevin Morgan and his crew go out of their way to accommodate our event, and this year their hospitality was quite welcome. You can plan an event with endless meetings or just rely on the skills of your volunteers, but one thing that you can't control is the weather. Race day 2008 brought cold and wind and we decided to move everything (except the run-

ning) indoors.

Roxanne Wunsch and Ed Gillen handled the registration and raffAL while Charlie Matlock brought the turkeys. Once the runners were on the course we had a few minutes to start setting up the raffAL items while Larry Peleggi led the other volunteers who were there to hand out the raffAL tickets.

After the hour was over, the crowd of runners filled out their raffAL slips with surprising speed. I did not count how many items we had to raffle to go along with the 14 turkeys, but my guess was that it was close to 150. Among those winning turkeys were Paul Turner, Armond Langevin and one of the numerous members of the Dott family who always support this event.

With so many prizes the raffle took a good 30 minutes to complete, so it was noon before the crowd began to leave the park. This year we had 346 runners signed up, but my guess is that there were over 350 people running. The race is always the Sunday before Thanksgiving, and the race calendar should list it as the Turkey RaffAL Run. See you there in 2009. □



# Stockade-athon

by Jessica Sherry

Though the stock market might not be looking its best as of late, the 33rd annual Stockade-athon was an entirely different story. With record numbers of participants, and a highly capable race crew, the race was in excellent running shape.

The race had a very different feel from prior years. The first thing that stood out was the sheer size of the race; between the 100 race volunteers, the 24 race officials and the 1257 finishers, Central Park was packed. There were kids (tons of kids), there were pets, there were families, there were couples, and most importantly, there was sun! As I recall, last year was very cold. This year the temperature was in that optimum zone where it's not unbearably hot, nor is it unbearably cold.

The Kids Race was probably the highlight of my day. I jumped right into the pen with the kids and started stretching away as soon as I reached the starting line. Almost immediately I was bombarded with bouncing kids, asking for help, asking if I was running too, asking how old I was, and if I was "real, real fast." Laughing, I affirmed all their musings, and taught them a few stretches that us "Cool high school runners do." Before long I was corralled into running with two little girls, who looked at me as if I were a celebrity, because I was running the long race. When the race started I looked around in awe: everyone was smiling, or laughing. The kids couldn't wait for their medals, and I couldn't wait for my race to start.

Standing on the line an hour or so later, I was nervous. This being my second year running the course, I knew exactly what to expect. No "ignorance is bliss" outlook for me this time. I knew exactly where I would turn a corner and see a hill, I knew exactly where my legs would suddenly feel like they couldn't possibly move any faster, but I also knew exactly where the food would be directly following the race (which was a definite plus). The field was as friendly as ever, and despite the competitive atmosphere, most people would offer up a bit of inspiration as they passed you, or a congrats if you were the one doing the passing. At mile two I was blessed with an epic cramp, the kind that runners tell horror stories about, and as I hobbled down the road I was passed by a man that I had passed before. He looked at me with concern, and asked if I was all right, I responded in the positive (though I did not feel OK at the time), and shrugged off the cramp by the third mile. When I passed the man again he laughed at me and commented that I "obviously felt better."

The ability to build this camaraderie surrounded by competitors and rivals is one of the greatest things about running. Knowing that there is a whole field of runners that would be concerned should you stumble, or fall prey to a major cramp, feels really good. Maybe I perceive this in a more pronounced fashion, because in high school running there is no ca-

maraderie, but it strikes me over and over again how cool the runners are that I compete with. With the Albany Running Exchange, Team Utopia, and the Willow Street Athletic Club, there are some great runners on the streets of the Capital Region, and when they all come together for a race or two, like at the Stockade-athon, it makes for a great race, and an even greater atmosphere.

Emory Mort's first place win set the tone for a slightly slower men's race than last year, though it was still a very impressive time, while Kaitlin O'Sullivan finished first on the ladies' side, and set the pace for a very competitive women's race. As more and more finishers filed through the chutes, it became clear that this year's Stockade-athon was truly the biggest yet. Hopefully, this growth will continue indefinitely. The Stockade-athon brings people together for one of the greatest races in the country, and even though every time I finish I swear that I'm never going to run that distance again, I always do, because the race (and inherent pain) proves well worth it... every time.

Note: Jessica Sherry is a Colonie High School senior and has won her age-group convincingly the past two years, with a 15K personal best of 63:09. She is also a past contributor to *The Pace Setter*. □



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# 2008 Stockade-athon Forges a New Path

by Vince Juliano

Why mess with success after 30-plus terrific editions of the Stockade-athon Road Race? Answer: There is always room for improvement, and in a very competitive road race environment, runners expect it!

Last year, we made significant changes to the race course to make it a safer and more interesting course by adding scenic sections in Vale Cemetery and Central Park. This year included many new initiatives as we hosted the USATF East Regional 15K championship, introduced chip timing, and greatly expanded the expo with a new venue in downtown Schenectady.

Moving the expo to the heart of downtown at the newly expanded Proctor's Theater complex, while changing the focus to "Healthy Living and Going Green" along with some radio advertising, really increased attendance and energized the downtown entertainment district the day before the race. Over 900 race participants visited the expo, many with friends, significant others, or their children. Some made purchases at unique retail booths, others took in the movie "Spirit of the Marathon." Some stayed overnight at the Parker Inn, while others just strolled around downtown after picking up their race items. This was truly a remarkable expo in the midst of a recession, and gives us all reason to hope for better days ahead. A sincere thank you is in order to the Gazette Newspapers and expo special events coordinator C.J. Dufort for all of the hard work in planning this event. The Hudson Mohawk Road Runners Club also deserves recognition for approving a sponsorship role for the expo and providing talented senior volunteers like Marcia Adams, Deb Beach, Emily Bryans, Cathy Sliwinski and others to staff many of the tables all day.

Chip timing technology was initially developed by the Dutch and first used at the fabled 1992 Seven Hills Run (Zevenheuvelenloop), a 15K race in the Netherlands. The "Champion Chip" had its high profile debut at the 100th anniversary of the Boston Marathon in 1996, and by year 2000 just about every major marathon in the world used this new transponder technology. The Stockade-athon has in prior years held firm to traditional timing methods as race entrants the past decade have grown from 800 registrants in 1998 to a record 1400 this year.

The growing popularity of the Stockade-athon and our simultaneous decision to host the 15K USATF regional championships were deciding factors in choosing to go with chip timing this year. In addition, the recent acquisition of chip technology by ARE Events Management, a local for-profit business created by Josh Merlis, made the decision an easier one for me. I have been a regular participant at most of the ARE trail running series for the past five years and have come away impressed with the organizational and technical skills, en-

ergy and enthusiasm of the ARE running club. I thought it would benefit the Stockade-athon to merge the technological talents of ARE Events Management with the experienced organizational skills of many of the seasoned HMRRRC members, along with the continued guidance of Chris Rush, George Regan, and Bruce Vandewater on the many matters concerning the hosting of the USATF regional championship. I was very pleased, though not surprised, that the talented members of various non-profit clubs and other business enterprises would join with me to put forth a high quality championship event for the benefit of the greater running community. The chip timing results were as advertised, very fast and accurate and awards were available 30 minutes earlier than prior years.

The East Regional 15K championship would not have been possible without the skilled lobbying efforts of the Adirondack Association's current president Chris Rush and the prior president George Regan. It was a very cumbersome process to contact each association of USATF within the greater Northeast and to prompt them to vote for our proposal, even though our race was held the same day as major championship events in both New England and Western, NY. The championship also would not have occurred without the financial support of Albany Fleet Feet Sports, as proprietor Charles Woodruff and his team stepped up and provided the essential cash prize structure that was needed to host a credible competition. Congratulations are in order to our deserving champions Emory Mort of Ghent, NY and Kaitlin O'Sullivan of Syracuse, NY, both who ran times that qualified them for the 15K National Championships at Gate River in Jacksonville, Florida. Congratulations also to Bill Borla of Torrington, CT, who won the prestigious age-graded championship for the first time after several runner-up performances to the incomparable Ed Whitlock.

The quality of the field was exceptional as 40 runners ran age-graded times of 80% or better, the entry-level standard for national class performances. For comparison, the Stockade-athon averaged 15 to 20 such performances in the late 1990's. The women's field was, in my opinion, the deepest and most talented group in race history.

Kaitlin O'Sullivan posted the fastest time since 1995, and runner-up Jen Adams added a very impressive debut performance. The third and fifth place finishers, Emily Bryans and Lori Kingsley, led a quartet of master's women who each posted finish times that rank in the top 7 women's masters performances all-time. The 4th finisher, Alyssa Lotmore, had a terrific post-collegiate year that included victories at the Runnin' of the Green, the Bruegger's Bagel Run, and the Troy Turkey Trot, all Adirondack Association Championships. The strength of the men's field was evident, as 3 of the com-

petitors who chased Emory Mort to the finish line, have all recorded sub 2:30 marathons recently.

Some may ask, has the Stockade-athon race gone professional with our decision to offer cash awards? My answer would be that the Stockade-athon has always been an amateur road race with a high level of regional talent and continues to be so today. The distinction of whether an athlete is professional or amateur can usually be determined by asking a simple question. Does the athlete work full-time for a living or has he or she contracted with a shoe company or other sponsor that allows the freedom for full-time training without having to worry about the financial concerns of food, lodging, travel, etc.?

In the glorious competitive history of the Stockade-athon, one could count on one hand the number of professional runners who have participated in the event. Had the professional opportunities that are available today existed 25 years ago, Barry Brown and Tom Carter, the 1980 and 1983 champions, may have secured professional contracts. There was a brief period in the early 1990's that 7-time women's champion Lori Hewig was accepted on the US national team that traveled one summer to Europe. For a similar brief period, 4-time Stockade-athon Champion Kevin Collins earned a living wage as a member of the US national marathon team that traveled to the World Championships in Paris several years back. These instances aside, the only certain professional winner of the Stockade-athon was Jerry Lawson, who in 1994 set the existing course record of 44:39. For a brief period prior to that amazing run, Lawson was the American record holder at the marathon distance and under contract with Nike. The addition of a modest prize structure at the Stockade-athon is certainly a positive step toward maintaining an influx of quality regional talent to Schenectady each fall, but in my opinion it will still be considered a rare event to draw a few professional runners to the race each year. That is not to say that our team of race officials do not try to offer a professionally run race for any athlete who is willing make the Stockade-athon a fall destination. Gauging the feedback I have received from this year's athletes, I feel confident to say that most were impressed with the changes we have made the past few years. I have shared their positive comments below.

*I just wanted to thank you for putting on this great event again this year. I've done the Stockade-athon for the past five years and this year was the best by far. The expo was fantastic, this present course route is my favorite and the post-race pavilion was stocked with all kinds of goodies. It was really a fantastic atmosphere this year. I think it was helped by having the farmers' market at Proctor's. There was a very nice, loud crowd out on State Street*

because of the market that offered a lot of encouragement before the hill.

Great event and thanks again! Herb

Thanks for a great Stockade-athon today. I am primarily a competitive cyclist and have been to tons of events ... this was very well put together and it is quite a task to organize 1200 participants. Matt Purdy

I wanted to take a moment to congratulate you on a spectacular Stockade-athon yesterday!!

What a glorious day it was for running and as usual your race was so well executed that it was a joy from start to finish (although if you had talked to me at the top of the hill by the school in mile 7, I wouldn't have sounded so happy!!).

Thank you so much for the generous age graded cash award. It is wonderful of you to acknowledge and reward age grade performances. As much as I love the Boilermaker I sing the praises of the Stockade-athon to anyone who is looking for a chance to run an excellent 15k. It is a blast!! Coreen Steinback

I just wanted to pass along a well-deserved "kudos" for yet another highly successful edition of the Stockade-athon! ...It's obvious you put a lot of sweat into organizing this race - thanks for all of the hard work. It's guys like you who put on the races and do a myriad of other running-related things that help keep that passion alive and for that, I thank you!

Carlisle isn't that far away so you'll probably see me at the Stockade-athon again next year - especially, if you gather up such a deep women's field again. Who can resist being a part of that?!! Wow, that was terrific! Kelly Dworak

Vince - I didn't see you Sunday, I assume you had a couple of things to do. Once again thanks for a great race, safe, well organized and in that odd way that we say "fun". By the way if Emily keeps it up there's going to be some demands for testing, quite amazing. Mark Regan

Thanks Mark, until they outlaw imported black tea and organic peanut butter, I am confident that Emily would survive any testing. VRJ

Vince, I wanted to say a few things about the race:

First, thanks for making it so easy for me to sign up and get into the race, especially at late notice.

The people helping with the race were really helpful and fun to be around. The course was awesome. I was pretty focused while running, but when I think back now, the course was really cool. The hills, the different parts of town, the cemetery, the loops around the park... really a great course (probably my favorite 15k). It felt like cross country on the roads.

The food at the end was great. The atmosphere was very "upstate NY fall". Also, the awards ceremony was a real treat because you guys made a point to recognize many people for fine accomplishments, something I think many races do a poor job of. Also, the pottery award is awesome, as is the hefty check.

I'm all about having fun (at least once in a while!), and your race was a lot of fun. Obviously, winning was fun, too, but even if I hadn't won, it still would have been a good time! My parents and I also sent something to the Gazette, thanking them for their sponsorship and full article on the race. In the future, if I can do anything to help promote the Stockade-athon, I'd be happy to try! Emory Mort

Vince and Emily

Thanks for all the work you did this past weekend - when it comes to organizing a race, I am sure runners see only "the tip of the iceberg" - your efforts were greatly appreciated (enjoyed my Guinness and burger at Pinhead's Sat. night)

John Pelton and I were saying that we always look forward to your race each fall - it is the highlight of the late fall road race schedule - we are already looking ahead to next year (esp. John, who will turn 70 over the summer.)

Bill Dixon

Vince,

Thank you and your staff for all your hard work in making the Stockade-athon a great competitive race. The course was very well marked with awesome traffic control, the post race snacks were great and the weather was perfect. I look forward to competing in future Stockade-athons. Aaron Robertson

In closing, I would ask that you take a moment to look at the "Thank You" ad that was run in the Gazette newspapers and re-printed in this issue of The Pace Setter. These are the individuals and organizations that create this special event year after year. □





# Nutrition News from the American Dietetic Association

If you are confused by the plethora of nutrition information that filters into the media, please look to the American Dietetic Association (ADA; [www.eatright.org](http://www.eatright.org)) as a trusted resource for answers to your questions. Members of the ADA recently convened in Chicago to learn the latest information about food and nutrition. The following article highlights some of the presentations that might be of interest to active people.

## Protein

In all tissues and organs in your body, protein is "turned over" continually, meaning that old protein is broken down and replaced by new protein. Hence, we need to eat adequate protein on a daily basis to maintain health, particularly the health of the skin, liver, brain and heart. If you fail to eat enough protein (as can happen with a sub-optimal vegetarian diet, a very low calorie reducing diet, or too many meatless pasta meals), you'll break down your muscles (a reservoir of protein) to protect those organs.

The maximal effective single dose of protein to build new muscle is ~35 grams of high quality protein (milk, egg, fish, meats) at one time. While most athletes easily eat this amount—plus more—three times a day to fulfill their daily protein requirement, elderly folks may not. Hence, they become weak and frail.

The bottom line: Be sure you (and your parents and grandparents) maintain your health and vitality by enjoying protein with each meal!

## Eggs and Eyes

Carrots have long been touted as being "good for your eyes" because carrots are a rich source of carotenoids (precursors of vitamin A, needed for optimal eye function). Less well known is that egg yolks are also powerful eye-health protectors. The yolk is a rich source of two potent carotenoids, lutein and zeaxanthin. These antioxidants reduce by up to 40% the risk of macular degeneration, the leading cause in Americans of irreversible blindness that occurs with age.

While yellow/orange fruits and vegetables (carrots, corn, squash, orange peppers) and dark leafy greens (spinach, kale, collards) are also good sources of lutein and zeaxanthin, studies suggest egg yolks are an even better source. That's in part because the yolk contains fat, and fat helps carotenoids to be absorbed. (This also means you should enjoy olive oil with salads, rather than fat-free dressing, to help absorb the carotenoids in colorful vegetables.)

Unfortunately, in their cholesterol-consciousness, many athletes are tossing egg yolks and eating only the whites. Stop! You can healthfully enjoy the whole egg—without ele-

vating your blood cholesterol. Numerous studies indicate consumed eggs yolks is unlikely to alter blood cholesterol levels and increase the risk of heart disease. (1)

The bottom line: Please make that omelet with whole eggs, orange peppers and spinach!

## Organic Foods—are they better?

Many athletes debate whether or not they should buy organic foods. In terms of nutritional value, studies in the US suggest no significant differences, but studies in Europe report higher amounts of nutrients, including antioxidants. Eating a larger portion of conventionally grown produce can resolve any potential differences.

The bigger issue relates to protecting the soil and limiting water pollution from pesticides and fertilizers that seep into the ground. For those reasons, buying organic produce is a smart choice, particularly if it is locally grown, uses less fuel to be transported, and supports local farmers.

If you debate whether or not to buy organic milk, note that "organic" refers to farming practices, not to the milk itself. According to the research presented by Gary Rogers, PhD, there is no difference between organic and conventional milk in terms of nutrition, antibiotics and hormone content. Strict government guidelines ensure that both organic and conventional milk are safe and nutritious.

- All milk that enters dairy processors gets tested for antibiotics, to be sure they are kept out of the food supply. (Less than 1 milk tanker in 1,000 tests positive for any drug, including antibiotics. Any tainted milk gets tossed.)

- The hormone bST that helps cows produce more milk has been extensively studied. Results indicate no difference in milk from cows given bST and those who did not get any.

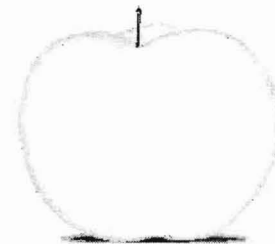
- Pesticides are also not a concern; milk ranks among the lowest of all agricultural products in detectable residues. (Extremely low levels of pesticides can be found in all foods, both organic and conventional, because pesticides are found in all water and soil.)

- One "problem" is organic milk often gets transported for long distances to areas where local organic dairy farms are not found.

The bottom line: Whenever possible, buy milk and produce from local farmers.

## Simple strategy for eating better

If you want to improve the quality of your diet, think about one thing you could do each day to contribute to a healthier intake. Write down your goal for the day, then assess your level of confidence in achieving that goal. For example, your goal might be to eat fruit with lunch. If you are very confident you can do



that, go for it. But if you are not at all confident, take a look at the barriers, and perhaps figure out another way to boost your fruit intake. Banana on cereal for breakfast? Fruit smoothie for a post-exercise recovery drink?

The bottom line: Set yourself up for success by developing sustainable eating habits. Stop making resolutions—dietary "shoulds"—that repeatedly fail.

## Nutrition myths

Atlanta sports dietitian Chris Rosenbloom PhD RD CSSD addressed the following common nutrition myths:

- *Is protein the most important nutrient for athletes?* No; the best sports diet offers a foundation of carbs (for fuel) and an accompaniment of protein (for building muscles).

- *Are whole grains always healthier than refined grains?* No. Enriched refined grains are a good source of iron, to prevent anemia, as well as folic acid, to reduce a woman's risk of having a baby with birth defects.

- *Does drinking extra water help you lose weight?* No, but eating watery foods (soup) can help reduce total calories.

- *The less fat you eat, the better?* No. The type of fat is the issue. A diet with monounsaturated fat (olive oil) reduces the risk of diabetes and heart disease. The fat also enhances absorption of health-protective vitamins A, D, E and K.

## Want food help?

The best dietary advice comes with a one-on-one consultation with a sports dietitian. To find your local expert, check out the referral network at [www.SCANDpg.org](http://www.SCANDpg.org).

Nancy Clark MS, RD CSSD (Certified Specialist in Sports Dietetics) counsels casual exercisers and competitive athletes at Healthworks, the premier fitness center in Chestnut Hill, MA (617-383-6100). Her *NEW 2008 Nancy Clark's Sports Nutrition Guidebook 4th Edition*, and her *Food Guide for Marathoners and Cyclist's Food Guide* are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online education and workshops, also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com).

## Reference:

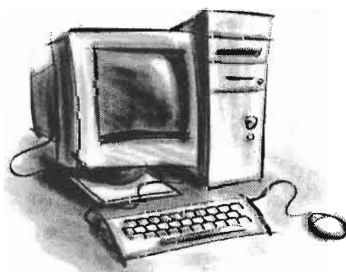
1. McNamara DJ. *The impact of egg limitations on coronary heart disease risk; Do the numbers add up?* J Am Coll Nutr 2000; 19:5405. □





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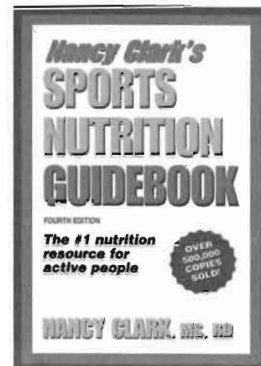
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# Stockade-athon Redux #25

by Jack Berkery

I live for this. There is nothing on my running calendar that comes anywhere close to this. I had done 16 races in 2008 already and may do another couple before the year is out. I even won a few 5K age group awards, but to me the Stockade-athon is the peak of the year no matter how I finish. I know many others think the Troy Turkey Trot is the gold standard, but I never got into that habit. Thanksgiving was always a family day and I could not escape for something so self-indulgent as a race until recent years. I always made time available for Stockade day, though.

It wasn't the first race I ever did, but it was second. The first, the GE Centennial 10k in 1978, was a one-time event never intended to be repeated. That meant that the 15K course around Schenectady was the one that became indelibly imprinted on my psyche. Much like a fish returning to his home waters to spawn every year, I am drawn back to Central Park to prove that I can still swim with the big school.

It began in 1976 but I wasn't doing enough mileage to run it then. I could have done at best 3 miles in those first couple years. In fact I didn't even know it existed until a friend at work talked me into doing it in 1978. That means this year was a 30th anniversary run for me. Although I hadn't done all 30, it was number 25, still a significant number in anybody's book. It amazes even me that I've been able to stay in good enough condition to complete 15 Km over so long a period, especially after my heart trouble, but I have managed to soldier on somehow. Most of the times I did miss it were for fairly major reasons: 1979 a broken ankle, 1985 sick child, 1988 stroke, 1991 aortic valve replacement. Probably only twice in all those years would I say I simply wasn't up to it, which is what I'm most proud of. Like the Nike ads always said, just do it.

So there I was, Sunday morning, November 9 for the 25th time standing in the pack fidgeting and waiting for the race director to just shut up and set us free. I had gotten a special shirt made for myself so I'd stand out, red with bright yellow lettering that said Stockade-athon 25, a huge 25 that couldn't be missed. My family formed a cheering section on Central Parkway with signs hand-colored by our two young grandsons and taking dozens of photos of which exactly zero came out good. Meanwhile my mind was racing through 30 years of memories.

There were the first few years with start and finish on the ball fields, designed after the Grout Run but with a whole bunch more miles in the middle. One year it had snowed a few inches the night before and the field was all slush, which after being trampled by 700 runners turned into 2 inch deep muck. There was a year when we had a mini-blizzard as we went down Nott St. Strong winds blew snow horizontally, right in your face. The legs and chest got covered in white while the back was totally dry. Not to worry, that evened out when we turned



around to come back up State Street. There were a lot of cold days, and windy bone-chilling cold, at least until you got a couple miles under your belt. Then you warmed up no matter how it started out. There were some rainy days, too. Those were not much fun no matter how you cut it. Once you get wet, there is no warming up. This year was none of those. I cannot recall a better day for running this race, any race, any run of any distance. It was perfect.

As I waited for the start I even found myself missing the dread of Fehr Avenue. Good old faithful, horrible Fehr Ave. Facing the dread and then conquering it leaves a positive impression on your soul. Fehr Ave. was the most devastating hill on the whole course, not the biggest, not the steepest, but the one that tried to crush your spirit. You'd be feeling great turning the corner off of State Street and then look up at a long line of runners dying, and they were the ones ahead of you. If you got to the top and could still put one foot in front of the other without groaning, you were going to have a good race. Often I was not, but on the days when I could crest the Fehr Ave. hill in good shape, I was on top of the world.

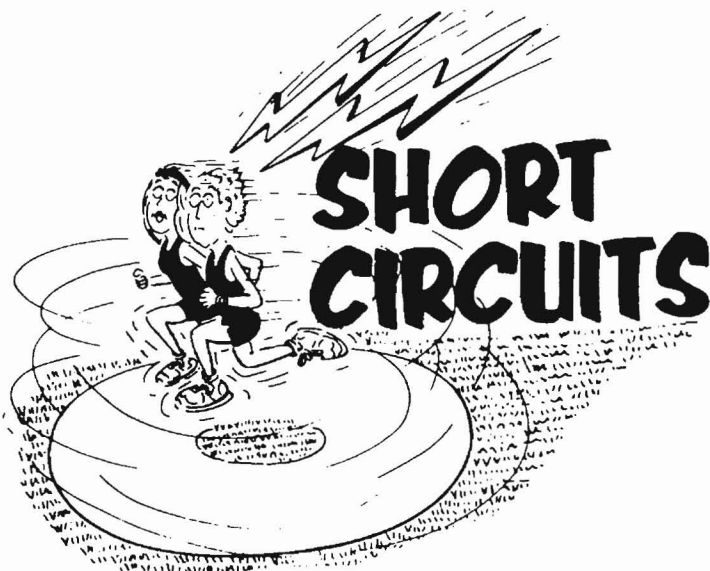
My eyes continually scanned the crowd for familiar faces. There are so many I have come to know well and others I recognize, even though I don't know their names, so many who return year after year. Likewise, many of the volunteers at the expo or check-in, or out on the course. Even Joe the Drummer has become a fixture.

It went well right from the start, mostly because I earned it, of course. Two years ago when my weight ballooned up to 250, I ended up dead last being followed by the sag wagon, except that at one point he got antsy and went on past me. Back in the park, the finish line crew figured they were all done when that truck came in and began disassembling the banners and all the rest when I came on down the road and surprised them. After that dismal finish, I dropped about 45 pounds in 2007 and

returned to run it in fairly good form again. Still among the tail end as I have been for many a year, but good for me, meaning not last. Then this year after turning 60, I had a banner year in all respects. My total mileage was on par with my 30 year averages, my 5K times were strong, so I was ready for a good race this day and I wasn't disappointed.

I always place myself way at the back of the start, so it took 42 seconds to just reach the starting line. I pay attention to my own watch at all the splits for better pacing. The split times were exactly what I expected through 5 miles and of course I know how much of a slowdown to expect on mile 6 and 7. What surprised me was that I still felt strong through mile 8, a feeling I haven't had in a very long time. Once past 7, I'm usually in survival mode. Through 8 and even entering the park I held my form. Then "the plan" started festering in my brain. I started to debate myself. Should I execute the plan or should I bag it? Do I have the guts? Do I have the strength left? What's the worst that could happen, trip over my own feet at the line? I still hadn't made up my mind with 100 yards to go. I got within about 30 yards of the finish and it was time to decide. Do it! I broke stride, raised my arms and danced across the line, much to everyone's delight standing nearby. I was quite pleased with myself still running well after 30 years and quite pleased having conquered this course 25 times, quite pleased indeed. □





A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners - especially HMRR members. All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

### Stockadeathon: Good Runner/Bad Runner

**Good Runner:** Approaching the first water stop in the Stockade, the Good Runner realized that the one volunteer at the water stop was overwhelmed. The Good Runner joined the volunteer and started handing out water.

**Bad Runner:** Upon finishing the race Bad Runner looked at his watch and became quite angry then started kicking over the traffic cones in the chute.

It was a record setting year at this year's Stockadeathon with 1257 runners finishing. The awarding of prize money for the first time increased the number of elite runners. Yet despite the appearance of today's best runners, there can be no argument that the best of runners of today are no match for the best runners of yesterday.

2008	1982	
1. Emory Mort	47:51	Tom Dalton 45:20
2. Andy Allstadt	48:46	Barry Brown 46:44
3. Timothy Scarpinato	49:41	Dennis Northrup 47:47
4. Aaron Robertson	50:04	Mike Moffett 47:48
5. Chuck Terry	50:50	John King 48:09
6. Justin Bishop	50:55	Dale Keenan 48:16
7. Robert Cloutier	51:45	Al Rust 48:26
8. Robert Irwin	51:56	Pat Glover 48:33
9. Jeff Niedeck	52:03	J.R. Gaige 48:34
10. Jim Sweeney	52:28	Mark Mindel 48:39



Tom Dalton



Emory Mort

Yesterday vs. Today: No contest

A couple of male runners were approaching the finish line at the Cohoes Turkey Trot when they started pushing one another like pass interference in a football game. The pushing, shoving and yelling escalated in the finish chute where they crashed into the finish volunteers, interfering with the results tabulation. [Bad boys, bad boys, whatcha gonna do?]



Finish line staff of the future

Five runners in this year's New York City Marathon suffered heart attacks during or just following the race. All were male runners. Three died, ages 41, 58 and 66. Of the three, all suffered attacks following the race. The two survivors suffered attacks during the race. The three deaths were the most recorded for the NYC Marathon.

A recent study by the University of Nevada confirms that static stretching, holding a stretch in place for a period of time with no other movement, weakens muscles and impedes performance. The stretched muscle becomes less responsive and stays weakened for up



A big no no!

to 30 minutes. Dynamic stretching, stretching while in motion, does not produce an inhibitory response, but actually increases muscle strength and improves performance.

Nora Colligan was declared the winner of the San Francisco Women's Marathon on a beautiful October Sunday morning with a time of 3:06:18. The next day, Arien O'Connell from Brooklyn was declared the co-winner even though she finished 9 minutes after Nora. Arien ran the race in 2:55:11, beating Nora by over 11 minutes. But Nora was in the elite runners group which started the race twenty minutes before the rest of the 20,000 runners, including Arien O'Connell. Race officials didn't put two and two together until the next day. The reasons given for continuing to recognize Colligan as a winner was that she had no idea who her competition was during the race and that IAAF and USATF rules recognize only "gun time" winners. The race sponsor, Nike, indicated it would not support the use of separate elite runner categories in the future.



Wynantskill's Thunder softball team ready to run in the Troy Turkey Trot (Photo courtesy of the Troy Record)





# "BEEN THERE, DONE THAT"

by Ed Thomas

## January 1974 - Thirty Five Years Ago

• From the HMRRRC Newsletter [precursor to *The Pace Setter*]: "Al Pastore, who just recently moved into the area to assume the position of assistant track coach at Siena, is selling track shoes at very reasonable prices. Following is a short list:" Boston model \$13.75, Bangkok model \$15.75, Cortez model \$17.40, Munich model \$18.80, Marathon model \$12.80, Road Runners model \$15.50." [Any of you old timers recognize your favorite shoe here?]

## January 1979 - Thirty Years Ago

• The Hangover Half (actually 20k this year) is won by Pat Glover in 65:55. A sixteen-year-old running sensation named Daniele Cherniak leads the women's field in 83:00, with Diane Barone finishing second 6 minutes behind. At opposite ends of the age scale, nine-year-old Eddie Smith runs a very fine 91:08 and 63-year-old Bill Shrader turns in a great 94:15. [Quiz: What do four of the above runners have in common?]

## January 1984 - Twenty Five Years Ago

• From the Short Circuits feature of *The Pace Setter*. "Local runners sometimes get irate when asked to pay \$4 or \$5 to enter an area road race, but in other parts of the country things are really out of hand. Consider the Lincoln Health Magical 30 Kilometer Run in Phoenix, Arizona. The basic entry fee was \$9; late entrants were charged \$10. If you want a copy of the race results, it's \$2 extra. This is just another reason to back the HMRRRC, which has consistently tried to keep entry fees for Club races at a reasonable level. By so doing, we have set the prevailing rates for other area races. Let's hope we never see the day of the \$10 entry fee." [Now a quarter of a century later, although \$10 seems quite reasonable, Club members can run a number of our races for FREE.]

## January 1989 - Twenty Years Ago

• Ken "Fritz" Klapp is profiled in *The Pace Setter*. "In September of 1968, I was sent to SUNY Plattsburgh to eat, drink, smoke and party as much as possible. It was a tough challenge, but I worked hard at it." Ken peaked out at 220 lbs. and a pack a day. At the age of 26, he finally realized he wasn't 18 any more and took up running. Twelve years later his PRs include a 4:49 mile and a 2:39 Philadelphia Marathon. He credits his running partners Pat Glover, Marty Kittel, Ron Bagnoli, Jim Burnes and the UAlbany noontime running group.

## January 1994 - Fifteen Years Ago

• The Hangover Half is held on a chilly day on dry pavements surrounded by snow covered fields. Paul Rosenberg sports a black tie, tails, a ruffled shirt and natty bowler hat. Leading the way are Chris Murphy, 1:17:43, with Vinnie Reda just 4 seconds behind, and Amy Herold-Russom, 1:24:48, followed by Martha DeGrazia. It is reported to be Martha's first half marathon!

## January 1999 - Ten Years Ago



• A tidbit from the Short Circuits feature of *The Pace Setter*: "In 1983, 267 US runners broke 2:20 in the marathon. This year [1998], there have been 20."

• And, for inspiration, in the Winter Series 5K on January 31st, 74-year-old Mike Bartholomew runs a 27:58 and 80-year-old Robert Knowlton runs a 29:54! Amazing!

## January 2004 - Five Years Ago

• Ken Orner has an interesting *Pace Setter* article recounting some of the wildlife adventures he and his running friends have had. These include a near encounter with what turns out to be a rabid raccoon (who shortly is put down by a DEC ranger) and an even closer encounter with a skunk by the side of the road, who lets him and his running partner pass without incident. He also tells about a large male deer who ran along side of him one day until it reunited with several females and went into the underbrush. This reminds Ken of a joke: Two does come out of the woods and one says to the other, "I'll never do that for a buck again." The article ends on a somewhat higher note, quoting Thoreau. □



# HMRRC 2009 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Thursday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, <b>Hangover Half*</b> & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com
Sunday	Jan 11	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Will Dixon Ed Gillen	wcdixon4@hotmail.com vcat47@aol.com
Sunday	Jan 25	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	josh@albanyrunningexchange.org
Saturday	Feb 07	6 p.m.	Desmond Hotel	HMRRC Club Banquet	Debbie Beach	dbeach21@verizon.net
Sunday	Feb 08	10 a.m.	UAlbany	#,F Winter Series 5: 4M, <b>10M*</b> , 20M	Scott Ginsburg Lori Sciortino	ginso2001@aol.com lsciorti@nycap.rr.com
Sunday	Feb 22	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterson@albany.edu kklemt@nycap.rr.com
Saturday	Mar 07	10 a.m.	Green Island	<b>Runnin' of the Green (Island) 4M* ** +</b>	Ken Skinner Bob Irwin	kennyskin@earthlink.net
Sunday	Apr 05	9 a.m.	Bethlehem M.S., Delmar	<b>Delmar Dash 5M* [GP&lt;40] ** +</b>	Tom & Marcia Adams	madams01@nycap.rr.com
Saturday	Tentative Apr 18	10 a.m.	Guilderland H.S.	<b>Bill Robinson 10K Masters Championship *[GP40+] **</b>	Jim Tierney	runnerjmt@aol.com
Sunday	May 10	10 a.m.	Hamagrael School, Delmar	Mother's Day 3.5M +	Jim Tierney Nancy Briskie	runnerjmt@aol.com nbriskie@aol.com
Thursday	May 21	6:25 p.m.	Empire State Plaza	GHI Workforce Team Challenge 3.5M **	Pete Newkirk	pnewkirk@newkirk.com
Saturday	Tentative June 6	9 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K	John Haley Megan Leitzinger	j.haley36@yahoo.com
Sunday	Tentative Jun 14	9 a.m.	UAlbany	<b>#, F Distinguished Service 8M*</b>	Mark & Angela Warner	mwarner1@nycap.rr.com
Sunday	Jun 21	9:30 a.m.	The Crossings of Colonie	Father's Day 5K ** +	David Newman	newman.david@gmail.com
Tuesday	Jul 07	6:15 p.m.	Colonie H.S.	<b># Colonie Mile*</b>	Ken Skinner	kennyskin@earthlink.net
Wed.	Jul 15	6:15 p.m.	TBD	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com
Wed.	Jul 22	6:15 p.m.	TBD	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com
Wed.	Jul 29	6:15 p.m.	TBD	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com
Sunday	Aug 02	9 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly	mjkhome@verizon.net
Sunday	Aug 02	Noon	Thacher State Park	Summer Picnic	Marcia Adams Cathy Sliwinski	cslwin@nycap.rr.com
Monday	Aug 03	6:30 p.m.	Tawasentha Pk Guilderland	# Tawasentha XC 5K No. 1 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 10	6:30 p.m.	Tawasentha Pk Guilderland	# <b>Tawasentha XC 5K No. 2* +</b>	Josh Merlis	josh@albanyrunningexchange.org
Monday	Aug 17	6:30 p.m.	Tawasentha Pk Guilderland	# Tawasentha XC 5K No. 3 +	Josh Merlis	josh@albanyrunningexchange.org
Monday	Sep 07	9 a.m.	SEFCU HQ, State Office Campus	<b>SEFCU Foundation Labor Day 5K* ** +</b>	John Parisella	jparisel@nycap.rr.com
Sunday	Sep 20	9 a.m.	UAlbany	#, F Anniversary Run, 2.8M & <b>5.6M*</b>	Pat Glover	pjglove@aol.com
Sunday	Oct 04	10 a.m.	New Scotland Town Park	# Voorheesville 7.1M	Jim Thomas	jth430@verizon.net
Sunday	Oct 11	8:30 a.m.	Central Park, Schenectady	<b>26th Annual Mohawk Hudson River Marathon* **</b>	Elaine Humphrey	info.mhrm@gmail.com
Sunday	Oct 11	8:30 a.m.	Colonie Town Park	<b>7th Annual USMC Reserve Half-Marathon**</b>	Jim Gilmer	info.mhrm@gmail.com
Sunday	Nov 08	10:30 a.m.	Central Park, Schenectady	<b>34th Annual Stockade-athon 15K* ** +</b>	Vince Juliano	hamletbryans@aol.com
Sunday	Nov 22	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com
Sunday	Dec 13	10 a.m.	UAlbany	#, F Winter Series Starter 3M & 15K	Doug Bowden	bowden@nycap.rr.com

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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!*

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212

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