

The Pace Setter

January 2015

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



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The Pace Setter

JANUARY 2015

- 4 President's Message
- 4 Editor's Column
- 5 What's Happening in January
- 5 Oh What a Beautiful Morning
by Ken Orner
- 6 The Athlete's Kitchen: Gluten, Grains & Good Nutrition
- 8 Short Circuits
- 10 The 2014 Turkey RaffAL Run: Third Time is a Charm
by Al Maikels
- 11 Looking Back – 2014 HMRRRC Races (Part 1 or 2)
by Jon Rocco
- 15 Stockade-athon Changes Course – Downtown Move
Draws Positive Acclaim
by Vince Juliano
- 16 Profiles: Benita Zahn
- 18 Running ... Away
by Kathy Barlow

Photos in this issue are by Phil Borgese and 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 Meghan Mortensen

Happy New Year to all of our HMRRC runners, volunteers, spectators and club followers! The New Year brings new personal goals and high aspirations for the year ahead. No matter what you set your sights on in 2015, I hope you will take a moment to reflect on 2014. While you look at the year ahead and target goal races to set a new PR, I hope you'll also consider becoming more involved in an HMRRC sponsored event. Maybe even participate in any of the other non-running volunteer activities the club has to offer, such as a position with *The Pace Setter* or a role as a club officer. We are still in need of a Safety Committee chairperson, as well as the HMRRC annual banquet coordinator. Speaking of the HMRRC banquet, the 2015 event is being held on Saturday, February 7th at the Desmond Hotel in Albany—don't forget to get your tickets ASAP! Thank you to Debbie Beach for coordinating this one-of-a-kind event again this year!

As the winner of the 1989 NYC Marathon, Juma Ikangaa, said, "The will to win means

nothing if you haven't the will to prepare." Nothing demonstrates the will to prepare more than the Winter Series races. As we enter races three and four, we are thrilled to have refreshments provided by our partner Bountiful Bread. Come one, come all and enjoy some hot soup and fresh bread after some long cold miles with friends. Additionally, remember that we have a Winter Series Participant Award, given to individuals who participate in four (4) Winter Series events and volunteer for at least one.

Lastly, I'd like to extend gratitude to Brian and Jessica Northan for taking on the race director position of one of our most popular races, Runnin' of the Green. This year's St. Patrick's Day race will be run in a new city, at a new venue, a new course, and with plenty of room for its ever expanding field! Stay tuned for all the up-to-date details as they are verified and finalized. Mark your calendars-- spring will be here before we know it! Best wishes to each and every one of you for a healthy and prosperous 2015. □

Editor's Column

by Kristina Gracey

Over the last few issues, I have found satisfaction in writing articles for *The Pace Setter*; consequently, I have started this new column. This month, I have chosen to focus on one contributor to *The Pace Setter* who frequently works behind the scenes.

A relatively hidden fact about *The Pace Setter* is that, for many years, the cover for *The Pace Setter* has been printed separately from the rest of the issue and only, at the final stages of publication, are the two sections merged. The reason for the separate printings is an interesting one: for the last 10 years, Ray Newkirk has been donating his time to the printing of the covers. Secondary to the cessation of printing services in Albany by Newkirk Products, the December 2014 issue was the last set of covers printed by Newkirk; a note of appreciation is due to Ray Newkirk for the many obvious and hidden ways in which he has contributed to *The Pace Setter*.

Outside of the covers, Ray has maintained the club membership and mailing list for *The Pace Setter* since the late 1970s. This has been on his own personal time, in addition to owning and managing a successful tax and financial publishing company. It was after graduating from Harvard Law School that he and his brother, Pete, self-started this unique

business. In his line of work, he provided personalized communications to financial institutions, assisting clients with understanding the advantages of and logistics related to 401k contributions. In the final 20 years of his career, he turned to supervising a programming team of approximately 40 software developers, a job at which I am certain he thrived.

When I asked Ray about his role with *The Pace Setter*, he focused on acknowledging those individuals – such as Ed Neiles – who he felt had committed to larger volunteer roles over the years. Unable to get him to give credit to himself, I eventually turned the topic to what he is doing in his retirement; he sounded remarkably happy. Not only does he read profusely and walk nearly daily with his former running friends, but also shares his newly found time with his family. He frequently eats dinner with his brother and co-business owner Pete as well as his other brother, Dr. Russel Newkirk, former Chief of Pathology at St. Peter's Hospital. He proudly spoke about his 4 grandchildren – ages 2, 4, 6 and 8 - who live in California and whom he is able to visit.

From *The Pace Setter* publishing team, I would like to extend a sincere "thank you" to Ray Newkirk for his many contributions to the publication. □



What's Happening in January

by Al Maikels

Oh What a Beautiful Morning

by Ken Orner

Some of you senior citizens may remember the musical *Oklahoma* which premiered on Broadway in 1943 and ran for over 2,200 performances. The music was written by Richard Rodgers and Oscar Hammerstein. The film version starred Gordon MacRae who sang the words:

Oh what a beautiful morning
Oh what a beautiful day
I got a beautiful feeling
Everything is going my way.

My beautiful day began the morning of November 16th (a Sunday) and I was running a 5K race in Okahalee Park in Lake Worth, Florida. It would be my first race since coming to Florida for the season. The start was at 7:45 a.m. and the sky was pure blue, no clouds, low humidity, a light breeze and the temperature was in the low 70's. What a beautiful day!

The event was to raise funds for the Big Brothers and Big Sisters of America. There were about 200 participants, with a kids' race to follow the 5K. In addition to the ideal weather conditions, the course is around a small lake and is predominantly flat. Could you ask for anything more?

The awards were for first place female and first place male only and then in 10 year age groups but only one deep. The upper age group was 60 and over; therefore, I was certain that I would not qualify for award.

I don't know how the race got its name but it is called, "The Coconut 5K" and the awards were coconuts inscribed with the name of the event and were very colorful and quite unusual. After the awards were presented I stayed to see if I won a raffle prize. Then, to my shock, the race director announced that a special award was being made to the oldest finisher of the 5K, and to my complete surprise my name and age were announced. So I unexpectedly received a wonderful bunch of coconuts. Oh what a beautiful morning

Oh what a beautiful day
I got a beautiful feeling
Everything was going my way!

My time for the 5K was 41:30, which is about a 13 minute per mile pace, but I have a question for you. Was I actually running or simply jogging? Of course it felt as though I was running but perhaps not. It is possible I am running so much slower and don't realize that I am just jogging.

I am currently reading a biography of Albert Einstein and in it he is quoted as saying, "Life is like riding a bicycle, in order to maintain your balance, you must keep moving." So if whether we run, jog, walk, swim or perform whatever physical activity we enjoy, as long as we keep moving, we can maintain our balance, right?

If you have a responses to the questions I posit, or comments on my article, please send me your e-mails at: ornerk@gmail.com. ☐

Happy New Year!

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 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 2015. 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.. 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 and start at 10 a.m., with the exception of the New Year's Day races. 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.

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. ☐



Submissions for the March Issue of *The Pace Setter*

Articles:

Deadline is January 25.

Submit to:

Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is February 1st. Contact

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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 for further info.

Gluten, Grains & Good Nutrition

Good grief! Are grains really all that bad for us? To listen to some runners talk, you'd think grain foods are the athlete's demon. Often demoted to being "just carbs," whole grains are actually a beneficial part of a sports diet. But to the detriment of many runners, grain foods—in particular, wheat—have gotten a bad rap in the past few years. Sensationalized by books such as *Wheat Belly* and *Grain Brain*, the "wheat is bad" message has gone viral. Certainly, people who are gluten intolerant or have celiac disease need to shun wheat, but that's only 7% of the population. Readily available carbohydrates from whole wheat and other whole grain foods can help most runners fuel their muscles easily and optimally.

Because wheat myths and grain grenades abound on the Internet, Oldways (www.Oldways.org) sponsored a conference in Boston (Nov. 2014) that included all you might want to know about grains. Oldways is a non-profit nutrition education organization that encourages "health through heritage" with culturally relevant nutrition education programs, including the Mediterranean Food Alliance, Vegetarian Network, and African Health & Heritage. Their Whole Grains Council hosted this conference. More than 250 nutrition and agriculture professionals from around the world gathered to learn state-of-the-art answers to the confusion surrounding grains and gluten. Here are a few of the highlights.

Why so much confusion?

Speaker James Hamblin, senior editor of *The Atlantic*, clarified why sensational anti-grain messages are so popular in the media. "Sensational" information sells easily—which makes it easier to make a living as a writer. Sensational stories with personal appeal, such as "How I lost 50 pounds in five weeks by eating a gluten-free diet" can easily go viral on the Internet and influence large numbers of people. While such stories can lack scientific scrutiny, they can certainly generate lots of clicks!

As for anecdotal reports about runners who report feeling so much better when they remove grains from the diet, the question arises: What were you eating before you went gluten-free? The common answer: A S.A.D. Diet (Standard American Diet). Of course they feel better when they start to eat better!

Who should avoid gluten?

Data does not lie. Celiac disease and gluten sensitivity are indeed on the rise. About 1% of the population around the world has celiac disease. About 6% of the population is gluten intolerant; they have symptoms of gas, bloating, headaches and brain fog. Gluten intolerance (or gluten sensitivity) is a recognized entity, but this is not the same as celiac disease. The symptoms are similar, but there is no intestinal

damage that causes the malabsorption of nutrients seen in people with celiac disease.

Is wheat the problem?

Do more people suffer from gluten intolerance today because wheat is different from the wheat of centuries past? Doubtful, according to Brett Carver PhD, Oklahoma State University professor who researches wheat breeding and wheat genetics. Today's wheat has the same genetic composition as wheat from 8,000 years ago, with the same chromosomes and the same protein concentration. There is no GMO wheat (despite labels that say a product contains non-GMO wheat). What differs is today's wheat is bred to match the environment in which it grows. It is shorter, has a bigger head size, more kernels, and a higher yield.

If not wheat, what is the problem?

Dr. Alessio Fasano MD, Director of the Center for Celiac Research and Treatment at MassGeneral Hospital for Children, agrees that today's wheat has not changed, but other factors have. As a pediatric gastroenterologist, he reports that a different makeup of the microbes in our gut may lead to a weaker immune system. Dr. Fasano believes that today's kids have a poorly developed immune system because they are not spending enough time out-of-doors to become exposed to a variety of microbes. They are using too much hand sanitizer and eating too many processed foods that lack the fiber needed to support beneficial gut microbes associated with a strong immune system. Consequently, they have a poorly developed immune system. (Third world countries have fewer autoimmune diseases than we do in the US.) The result is an epidemic of autoimmune diseases including multiple sclerosis, Crohn's, diabetes, asthma, and celiac disease.

To shape a healthy immune system, we need to fully develop the microbiome in our gut, particularly in the first three years of life. Babies born via C-section miss out on gathering protective microbes from the vaginal birth canal. Antibiotics in early childhood can also have a negative impact. And living in a "sanitized" environment can backfire. Different combinations of these factors can contribute to the development of autoimmune diseases such as celiac.

Dr. Fasano pointed out that gluten is a protein, with some pieces we are unable to digest. Protein is good for us and, for most people, gluten doesn't present any problems. But for some people, gluten can trigger an autoimmune response with a variety of symptoms that can include iron deficiency anemia that responds poorly to iron supplements. According to Dr. Fasano, the recipe for developing celiac disease seems to be gluten + a genetic predisposition to celiac disease + loss of a full-

ly functional barrier in the intestinal wall (a.k.a. intestinal permeability or "leaky gut").

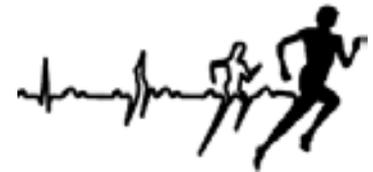
Do other foods cause gut problems?

What we once thought was gut distress caused by gluten intolerance can also be related to fermentable carbohydrates found in certain grains, fruits and vegetables. When people take gluten out of their diet, they take out many FODMAPS (Fermentable Oligo-Di-Monosaccharides And Polyols). Hence, some people do feel better with less grain. But others still suffer with tummy turmoil created by onions, garlic, apples, etc., and this can contribute to "runners' trots" during exercise.

The bottom line: Grains are good and 93% of us can enjoy fueling with wheat!

For more information: *Gluten Freedom* by Dr. Alessio Fasano.

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her private practice is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* and food guides for runners, cyclists and soccer players, visit www.nancyclarkrd.com. For online education, see www.NutritionSportsExerciseCEUs.com. □



Winter Series Announcement

If you qualify for a Participant award this year, we will be handing them out at WS #5 and at the Marathon/Relay. In order to qualify, you need to volunteer wholeheartedly at one WS race and either run in or volunteer at the other four races ("wholeheartedly" means participation in any role the Race Director needs filled).

We'll be passing out forms for you to fill out at WS 4 and 5, so, check your calendars, find an opportunity, call your favorite race director and volunteer.

Any questions, please contact Ed Thomas: et392@albany.edu.



HUDSON MOHAWK ROAD RUNNERS CLUB

THANK the following individuals and organizations for assisting in making the **39th annual MVP Health Care Stockade-athon** another outstanding event.

Director	<i>Vince Juliano</i>
Course Director	<i>John Haley</i>
Assistant to the Director	<i>Emily Bryans / Dwight Wilson</i>
Assistant to the Director	<i>Kelcey Heenan</i>
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Web-Page	<i>Diane Fisher / Ed Neiles</i>
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<i>Race Day Packet Pick-up</i>	<i>Sally Drake / Peter Cowie</i>
Early Packet Pickup	<i>Deb Beach</i>
Volunteers	<i>Elizabeth Chauhan</i>
Course Marshals	<i>Megan Leitzinger & Brian Shea</i>
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Elite Tent / Start	<i>Charlie Woodruff / Jake Champaign</i>
<i>Audio</i>	<i>Bob Vanderminden / Peter Goutos</i>
Registrar	<i>Harriet Jaffe</i>
Mailed Entries	<i>Jim Tierney</i>
Water Stops	<i>Frank McHale</i>
Awards	<i>Don Lawrence / Kristina Gracey</i>
Refreshments:	<i>Dana Peterson & Penny Tisko</i>
Children's 1K	<i>The Willow St AC Women</i>
Public Address	<i>Brian Debraccio</i>
Course Timers / Radio	<i>Ken Skinner / Karen Smith</i>
National Anthem	<i>Arthur DeLuke</i>
Cyclist Support	<i>Ed Rosenburg</i>



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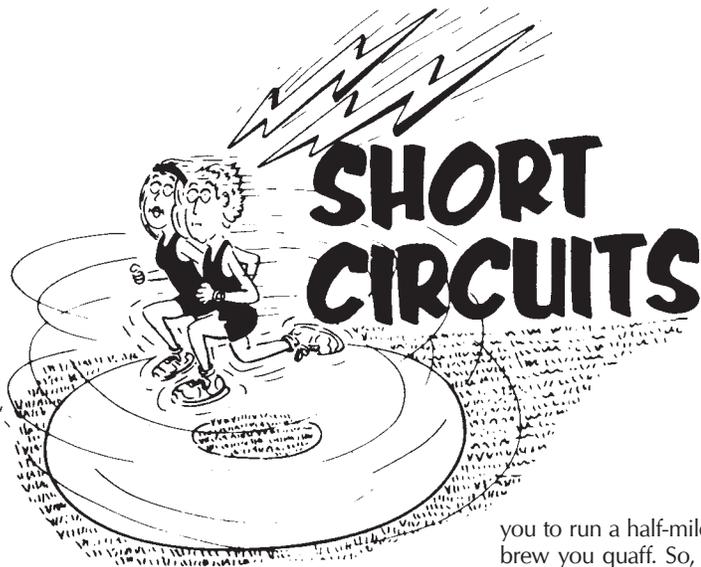
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Other:

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Schenectady YMCA
USA Track & Field Adirondack
Mohawk Ambulance / NYS Police
Vale Cemetery Association
Hot Harry's Burritos Restaurant
Troy Amateur Radio



Philadelphia Marathon

Congratulations to all HMRC members who took part in the weekend of fun on November 20-22 in Philadelphia. Special praise goes to Tom O'Grady, who placed 18th overall in the marathon with a record time of 2:28:29 and to Liz Chauhan who completed the marathon in 3:42:14. In the half marathon plaudits go to Kristina Gracey who finished in 18th place for women and 156th overall with 1:22:40, and to Nick Webster who finished 33rd for men in 1:12:49. Also to be commended for their performance in the half-marathon are Ginny Pezzula who blazed in at 2:14:08, quickly followed by Dayna Maniccia in 2:15:08. Way to go!!



Take Note Fleet Feet

Shoes and Brews is the first fully functioning shoe store and brew house. On one side



of the store is a wall of running shoes and on the other side is a wall with 20 spigots serving microbrews from Colorado's finest craft beer makers. Not surprisingly, the founders of the store are runners who love a good brew. An interesting innovation was the price charged for a person's first beer. Whatever time it takes

you to run a half-mile, will be the price of the brew you quaff. So, if you run it in 2:58, the cost is \$2.58. One resident ran the half-mile in 1:57 for its opening weekend, earning everyone a round of \$1.57 beers. We raise our mugs to that!!



World Record Set in Beer Mile



Before going on to the record, let's talk about the Beer Mile. In 1989 it began in Kingston, Ontario, Canada, the hometown of one of our own, Charles Bishop, who has yet to run a beer mile and may never! The rules, which are online at Beermile.com, state that one must drink an entire 12 oz. can of beer, 5% ABV or higher, run a ¼ mile lap, and repeat until the mile is reached. The Canadians required women to only drink three cans, but in gender equality America, it has been changed to four cans for both sexes. The videos on YouTube for how to train are full of impressive burps and happy runners. At the first world championship contest held on December 3, 2014, in Austin, Texas, Elizabeth Herndon set a new world record for women by finishing in 6:17.8, 10.84 seconds faster than the previous record, while drinking Fat Tire Ale 5.2% ABV. Herndon is an assistant professor of geology at Kent State specializing in environmental geochemistry. Corey Gallagher of Winnipeg, Canada, captured the men's title in 5:00.2 but was 3 seconds shy of the world record and so received only \$2,500.



Top Earning Runner

On the list of the top 100 paid athletes in competition composed by *Forbes* magazine, there is only one runner, Usain Bolt. He came in 45th with an earning of \$23.2 million, with all but \$200,000 of that coming from endorse-

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

ments. The top three positions on the list were



a boxer, Floyd Mayweather (\$105 million); a soccer player, Cristiano Ronaldo (\$80 million); and a basketball player, LeBron James (\$73 million). Baseball players appear the most on the list. Only three women made it and all are tennis players: Maria Sharapova (34th at \$24.4 million), Li Na (41st at \$23.6 million) and Serena Williams (55th at \$22 million).



Driven to...

In a new memoir, Olympic runner, Suzy Favor Hamilton, who ran in the Olympics for



the United States in 1992, 1996 and 2000, exposed that she had a parallel career with running, one that paid her far more. For many years she earned \$600 an hour, not counting tips, as a call girl in Las Vegas. She was highly successful in both careers, but is only proud of one now. When her double life was revealed, she lost lucrative contracts with Disney and Nike among others. The title of her book is *Fast Girl: Running from Madness*.



A Long Way to Go



The 2016 Olympic Marathon Trials will offer the most money ever given for this event. The Olympic Trials Marathons, to be contested Feb. 13, 2016, in Los Angeles, will award \$300,000 prize money for both men and women: 1st place- \$80,000; 2nd- \$65,000; 3rd- \$55,000; 4th-\$25,000; 5th- \$20,000; 6th- \$15,000; 7th- \$13,000; 8th- \$11,000; 9th- \$9,000; 10th- \$7,000. The top three finishers from each race who meet Olympic time stan-

dards will make the team for Rio.

Officials have stated that the "high prize purses are being given to attract the best runners." The prize money comes from record revenue for the USATF, which is also providing an additional \$9 million in elite athlete funding from 2015-2020. "We are looking forward to a spectacular Olympic Trials in Los Angeles and further elevating the profile of American marathoning, on one of the world's most visible media stages." Let's hope this results in more long-term income for runners.



What to wear in the Winter Series

If you want to make a fashion statement at one of the HMRRC races this year and prove



that you are well heeled, you can step on the track at SUNY Albany in a pair of Porsche running shoes, the Bounce S4, that cost only \$500. You may wonder what you get for this, other than the name, but Porsche insists that its carbon filter baseplate and flexing suspension system provide incredible cushioning and an unmatched propulsion system.



Racers Barely Miss Record

A race week tradition at the Kona Ironman



Triathlon World Championship is a popular underwear race that is called the Underpants Run. This year the sponsors aimed to break the Guinness World Record, but although they had almost 3,000 runners they needed 50 more scantily clad runners. Maybe next year!



Bangalore Is Not for Runners

The elite runners in the Bangalore Half Marathon in India were being led by the pace car down the wrong route, when they realized something was seriously amiss when there were no people cheering them on. In order to get back to the marathon site where their clothes and wallets were, they had to beg peo-



ple on the street for money to take the metro. To add insult to injury, motorists were annoyed by the race and drove through the barriers causing traffic tie-ups with the runners who they jeered for inconveniencing them.



iPods, Yes

Dr. Peter Terry, University of Southern Queensland professor, has worked as a sport psychologist at nine Olympic Games, 18 World Championships, 30 World Cup competitions, nine Wimbledon Championships, and many other major international events. He recently published a meta-analysis of sci-



entific articles about the correlation between music and sports performance. He found that the data overwhelmingly support the benefits of listening to music for sports people from improved performance to mental well being. Now, the question is why. Music is known to be distracting, and if it distracts runners from pain and fatigue, that is good. Its effects may have a metronomic influence on movement. In addition, he states that music has the proven physiological effect of relaxing the body and increasing blood flow. Professor Terry feels that all athletes, no matter what their level of fitness, will benefit from listening to music while exercising. So, don't feel guilty; listen to the doctor; and pump up the volume!



Outsourcing Medals

In a shaggy dog story, you wouldn't think that a typhoon in Japan could impact on the annual Nationwide Children's Hospital Columbus Marathon, but it did. The marathon medals were ordered in June from a company in Asia. A major typhoon later struck in the Sea of Japan and delayed shipping. The medals arrived a week before the event in California, but because of a typhoon sized backlog in



the shipping area, the medals were left unattended. The organizers drove to California to pick them up but couldn't find enough crates, so a majority of the events' winners received no medals. At the same port a month later, labor disputes prevented the delivery of medals made in China for the Santa Barbara Veteran's Day Marathon. The winners went home empty handed with the promise of receiving their medals at a later date. The moral of this story is easy: It is not good to outsource.



Runners Sleep in Portable Toilets

Every year at the Hood to Coast, a 197-mile relay race from lofty Mt. Hood to the coastal town of Seaside where over 12,000 runners converge, some go missing as the race progresses. Officials do not get concerned since all have turned up so far. Usually they wander back after veering off course or having fallen asleep in a locked porta-potty. Talk about being pooped! How anyone can sleep in one is a mystery but some have put forth theories. The picture above is one.



Not for Couch Potatoes

This sports themed office has gone beyond employing treadmill desks. A former large fac-

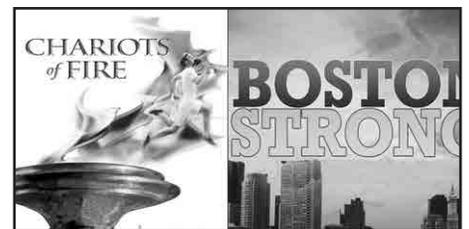


tory in Berlin has been turned into a futuristic office for the makers of a soccer app with sports themed additions including a three-lane running track. In addition, the office features a soccer arena with tiered seating, AstroTurf walls, locker facilities and showers, and a pair of soccer goals and other sports motifs. If they supply beds, workers could train night and day for the Berlin Marathon.



Great Running Films in the Works

A sequel to the award winning film *Chariots of Fire* is planned. The movie will focus on Scottish sprinter Eric Liddell's life after winning the Olympic gold medal in the 400 meters at the 1924 Summer Olympics in Paris. Tragically, Liddell died as a prisoner in a Japanese war camp in China in 1945. He is considered a hero in China, and China is helping to finance the film, which marks the first British and Chinese cinematic collaboration. The other film about running will be *Boston Strong* starring Boston native Casey Affleck, who is Ben Affleck's brother. The film will deal with the aftermath of the 2013 Boston Marathon terrorist attack that left three dead and many grievously injured. □



The 2014 Turkey RaffAL Run: Third Time is a Charm

by Al Maikels

The 2014 Turkey RaffAL Run is in the books and proved to be the best edition of the three runs that have been held at Tawasentha Park.

When I joined the HMRC in the fall of 1985 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 HMRC 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 1996 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 Crossings was a popular venue for this event but that popularity extended to other races and the park was just too busy for its own good. In 2012 changes to the policies for the usage of the Crossings led to a decision to use Tawasentha Park in Guilderland. This year was the third time we held the run at Tawasentha Park and we had a nice turnout; there were 281 runners of all ages on the course. The additional runners came from a group called

"Girls on the Run", there were 43 girls and 52 adults from their group and they added an element of youth and excitement to the run. The weather was seasonal and a light rain the night before produced enough mud to be slippery but not too dangerous.

Race day 2014 was produced by a great group of volunteers. Lisa Ciancetta, Cathy Sliwinski, Colleen Brackett and Marey Bailey took care of the registration while Charlie Matlock brought the turkeys. Maureen Cox and Tom Adams did most of the set-up, along with maintaining the very popular fire and refreshments.

Chris Varley, Barbara Sorrell, Liz Milo and Bill Davis were among those that handed out the raffAL tickets as Ray Lee and Phil Borgese took pictures. Lindsay Ciancetta was in charge of the water stop and I tried to make sure that the runners stayed on course. After the run was over Lisa Ciancetta and Lindsay Ciancetta hustled around the park picking up the cones and flags that marked the route.

After the hour was over the crowd of runners filled out their raffAL slips with surprising Speed, and with the help of Marey Bailey and Marna Meltzer the raffAL took less than 40 minutes to conduct. I did not count how many items we had to raffAL to go along with the 12 turkeys but my guess was that it was close to 80.

Among those winning turkeys were Sally Drake, Mike Lee and Alex Chlopecki.

Other prize winners included Jim Russo, Chris Nowak, Frank Broderick, Nancy Taormina, Josh Merlis and Nan Dixon, just to name a few.

The race is always held the Sunday before Thanksgiving, see you there in 2015. □

On the Web!

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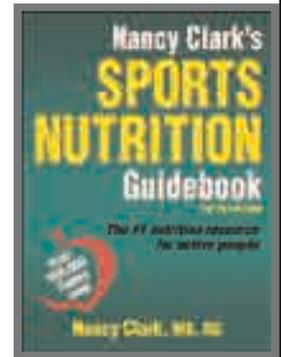


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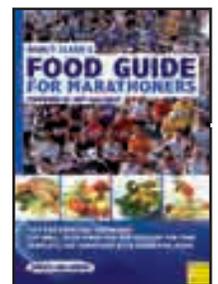


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Looking Back – 2014 HMRRC Races

Part 1 of 2

by Jon Rocco

At HMRRC, it all begins on Day One. Then again, with a schedule boasting running events of some three dozen dates, there is little time to waste. I would like to start off by thanking all the race directors and volunteers for their time and dedication to putting these races on.

The new calendar kicked off the year with the Hangover Half Marathon and Bill Hogan 3.5 miler. Thomas O'Grady wins the half marathon event while Kristina Gracey repeats on the women's side. It is the club's first Grand Prix race of the year. Eric Young and Shylah Weber are victorious in the 3.5 mile event. A total of 459 complete Winter Series #2. Winter Series #3 sees a record number of finishers with 465 and becomes the fourth most attended Winter Series of all time. The top three belong to Winter Series #2 (New Year's Day) in 2012 (672 finishers), 2013 (581 finishers), and 2011 (547 finishers), respectively. Greg Ethier (3M), John Milone (10K), and Jaime Julia (25K) are the male winners while Daniele Cherniak (3M), Andrea Hollinger (10K), and Diana Toton Knobloch (25K) are the female winners. Winter Series #4 sees the mercury fall into the low teens at race time and a total of 232 finishers. Event winners are Jeff Goupil and Shylah Weber in the 3 mile event, Eric MacKnight and Eileen Ferguson in the 15K, and Jim Sweeney and Emily Bryans in the 30K. Winter Series #5 wraps up the 2013-2014 Winter Series with a total of 347 finishers. Jeff Goupil and Daniele Cherniak are tops in the 4 mile race, while the 10M Grand Prix race winners are Eric MacKnight and Meghan Mortensen. In the club's longest Winter Series race, Andy Reed and Anne Gullickson are the first male and female to cross the line in the 20 miler. Overall the 2013-2014 Winter Series has the 3rd highest total participation.

On President's Day Weekend, HMRRC held its Winter Marathon. For the second year in a row the weather conditions are nothing short of bone chilling. The temperatures hovered in the high teens as 16-25 mph winds whipped around the State Office Campus. Matt Farragher is the overall winner in 2:57:39 while Francesca DeLucia runs 3:21:34 to win for the women. A total of 63 finish, coming from 7 different states and just about a quarter coming from outside the Empire State. A total of 35 teams participate in the marathon relay and Team Creagan (Tarullo/Creagan/Carroll) wins overall in 2:42:42.

In March, Runnin' of the Green takes to the streets of Green Island for the 15th year and later will turn out to be the final year at the Green Island location. The registration is capped at 750 as requested by village officials and 652 complete the four mile kickoff to the racing season. Macky Lloyd cruises to a 45

second win in 19:55 and Sara Dunham claims her second win in three years with a 23:05, six seconds ahead of runner-up Karen Bertasso.

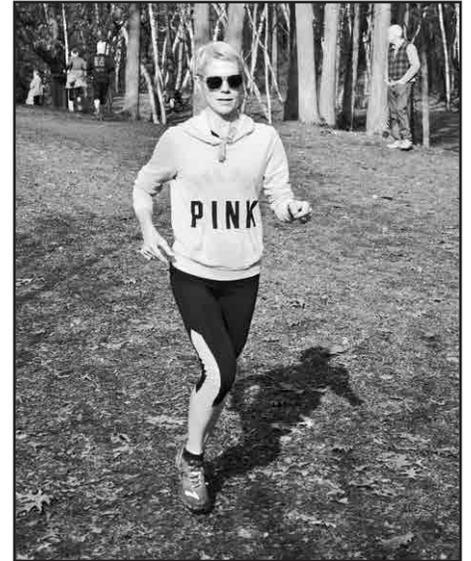
At the Delmar Dash in April, Megan Hogan repeats and in doing so, breaks the course record she set a year prior. She covers the five mile course in 26:42 while Louis Serafini finishes in 24:43, edging out Macky Lloyd by three seconds. The top 20 finish under 27 minutes and a total of 607 cross the line at the Bethlehem Middle School. Later in the month at the hilly Bill Robinson Masters 10K in Guilderland, James O'Connor claims victory on the men's side as he finishes up in 34:36. On the women's side, Penny Tisko runs 44:17 as 98 complete the course at Guilderland High School.

May takes us to two of the area's notable parks. The Mother's Day 5K Women's Run is held at Central Park in Schenectady and the CDPHP Workforce Team Challenge winds through Washington Park in Albany. Elizabeth Chauhan secures back to back wins at the Mother's Day 5K, where 147 finish up. Stacia Smith and Sydney Smith take the mother/child team category. The CDPHP Workforce Team Challenge signs up a record 482 teams and nearly 9700 participants. Kevin Treadway (Albany Medical Center) leads the way for 7696 finishers (a record number) to finish the 3.5 mile course in 17:09 (4:54 pace). Megan Hogan (Phinney Design Group) leads the women and finishes 9th overall with a course record time of 18:32. Overall team winners include: AREEP (male), GE (female), and CDPHP (co-ed). The Charities of Choice were presented with a total donation of over \$26,000 and they include: Fast Break Fund, Rebuilding Together Saratoga County, Schenectady Inner City Ministry, and St. Catherine's Center for Children.

In June, Jim Moore and I proudly join a class of 52 Distinguished Service Award Recipients going back to 1972. Several past recipients were on hand to take part in the pre-race ceremony. Richard Messineo and Karen Bertasso are the overall winners in the 43rd Annual Distinguished Service Award 8 Mile Road Race as 108 cross the finish line at UAlbany. Days later the Colonie Summer Track Meet begins the first of its nine Tuesdays. Colonie Summer Track was taken over by HMRRC in 2010 and it has the distinction of being the only HMRRC race older than HMRRC. HMRRC was founded in 1971 and Colonie Summer Track began in 1969. The 2014 season was the 46th for Frank Myers. Joe Bruno Stadium is the home of The Tri-City Valley Cats Father's Day Home Run 5K. Scott Mindel is the first to enter the stadium, tour the warning track, and finish up by first base. He runs 16:08 and Brina Seguire notches her 5th victory in nine tries with a time

of 19:31. A total of 375 compete.

As the saying goes 'you're almost there!' Actually, we are only halfway there. You will need to wait until next month to read about the second half of HMRRC's 2014. We will begin with the Colonie Mile and take you through to the Doug Bowden Winter Series #1. □





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Stockade-athon Changes Course – Downtown Move Draws Positive Acclaim

by Vince Juliano

Race participants look forward to the classic Stockade-athon Road Race each year, as a sporting tradition grounded in community, a unique distance and course that highlights Schenectady's historic neighborhoods and parks.

Race organizers, dedicated runners themselves, collectively take pride in putting forth an event that builds on years of tradition, a race with integrity that typically makes changes reluctantly and only as needed to improve the quality of the event. So when race officials went public with a slew of proposed changes in June of this year, including moving the race epicenter downtown, changing the course for the 3rd time in ten years, introducing new venues for pre-race and post-race activities, and obtaining new sponsorship, the anticipated reaction of Stockade-athon faithful was probably similar to the first time Bob Dylan walked on stage with an electric guitar. As race director, I knew that a lot of hard work lay ahead and that our experienced race team had to deliver to win over skeptics who understandably reached a comfort zone with the traditional set-up in Central Park.

Race day cooperated with a calm, and dry early November morning with seasonable cool temperatures as set-up began. But the buzz of the community had started earlier that week, as last chance registration drew 101 registrants at the new downtown YMCA on Friday, and a record 1300 pre-registered runners visited Fleet Feet Sports in Albany on Saturday to pick up their race bibs, Brooks Performance shirt and MVP clear backpack prior to race day. While there, runners made store purchases that produced one of the top 20 sales days in Fleet Feet Albany history. In addition, runners donated over \$1000 in cash for the "Concerned for the Hungry" Thanksgiving food drive, and dropped off countless used running shoes and shirts for the local city mission. On Saturday evening the Parker Inn, our host hotel was booked full, with Stockade-athon runners and other guests.

Race day offered ample free downtown parking just a short walk from the start and finish. Due to the false bomb scare last year, runners were allowed to check their clear bags at the YMCA for safekeeping, where public restroom facilities and showers were available. Post race, new indoor facilities at Proctors offered hot and cold refreshments at Key Hall and a separate 300 seat GE Theater for the award ceremony.

Bill Borla, 74, and elite age-graded runner from Torrington, CT who makes the trip every year, summed up the changes nicely; "Everything was right close by. I've never had a better situation than that at a road race. It was also great to get a much better perspective of the downtown area. I appreciate how nice the area is with the shops, Jay Street, the Promenade,

theaters and a wonderful YMCA. Most of the Y's I've seen have been a bit old and run down. I didn't get that perspective in the past starting at Central Park."

The downtown start required that lower State Street be closed for just 10 minutes prior to the mass start, and reopened 10 minutes or less after the start, minimizing delays for Sunday church services and the popular indoor Farmer's Market at Proctor's Robb Hall. The YMCA was abuzz on race day, handing out the remaining 500+ packets, checking 200 backpacks, and preparing for the start of the new 1K kids run. Veterans' Park, located directly in front of MVP Health Care Headquarters, staged 1800+ runners plus spectators as Schenectady resident and professional singer Arthur Deluke belted out a stirring rendition of the National Anthem just prior to the 8:30 a.m. mass start. Fleet Feet Sports Albany and Brooks also hosted top open, masters, and age-graded athletes at their elite athletes' tents.

After the start horn, runners surged in waves through the revitalized downtown proper before entering New York's first and oldest historic district (The Stockade) and taking a brief tour of scenic Riverside Park overlooking the Mohawk River. Runners exited the historic district via Ingersoll Ave. and Front Street, which offered prime examples of the historic housing stock that dates back to the late 18th and early 19th century. The course then passes Union College, the oldest architectural college layout in the country, before passing the historic GE Plot, land originally sold by the college to wealthy 19th century industrialists, inventors, and academics for their mansions. The course continues through the upper middle class neighborhoods overlooking Grand Blvd. all the way to the Niskayuna town line, before crossing the popular upper Union Street business district and entering Central Park for the scenic roundabout tours of Iroquois Lake and Duck Pond. The final 3K of the course heads back downtown, using the quiet, sacred grounds of Vale Cemetery and Vale Park, before an exciting downhill finish in front of City Hall.

This 3rd and hopefully final course change received close to universal praise. Sample testimonials give readers a sense from those who ran.

"Please know this was an excellent course for the Stockade-athon. Everything was perfect...I loved the start on State Street, the course winding through the city, the park and especially the last mile through Vale Park and the cemetery. I think this was a much better venue for the Stockade-athon" Sue Nealon

"I liked the new course and the opportunity to see the downtown, which is an undiscovered gem" Jim Zolby.

"The energy on the course was impressive – locals on their porches, family and friends of runners who were jumping around from spot to spot to cheer. Everyone I spoke to loved the new course. The last mile was certainly encouraging, mostly downhill. Coming out of Vale Park, we could hear the crowd at the finish line and it definitely gave us a boost of energy. The view coming down Franklin Street to the finish was pretty cool. The city looked so alive! It was an awesome finish line crowd" Kelcey Heenan

While the Stockade-athon has a reputation of always drawing one of the most competitive fields in upstate New York, historical stats reveal that collectively this may have been the deepest and most talented field of American distance runners to race in Schenectady. 16 elite men finished in less than 50 minutes, second only to the 1982 race, where 18 baby boomers reaching their athletic prime accomplished this impressive feat. While the women's field was not as deep, it was the most talented top 5 podium finishers in race history. Megan Hogan established a new event record of 51:09, eclipsing the 20 year old women's record of 51:34 set by then Stockade resident Lori Hewig in 1994. 58 athletes ran national class times on the very challenging course.

For me, the highlight of the competitive race, was a quintet of young talented men, who ran in tight quarters, pacing 5 minutes per mile from one neighborhood to the next, with the championship trophy in doubt until the final quarter mile downhill surge to the finish at City Hall. Their talent was only exceeded by their good sportsmanship, classy post race comments, and how they handled adversity at a high profile race they all wanted to win.

Kieran O'Conner, a former Scotia resident who moved to Virginia, provided verbal direction to the others – Josh McDougal, Sam Morse, Patrick Geoghegan, and Louis Serafini – in the early sections of the race. When Serafini accidentally clipped heels with O'Conner and fell to the pavement at approximately 5.3 miles, the remaining four slowed to a jog to allow the fallen runner to get up and gather himself. Said McDougal, "we did not want to take advantage of it...it was unfortunate and no one's fault." Photos immediately after the race show the leaders embracing in congratulatory hugs and genuine good sportsmanship after the epic contest. The winner, McDougal of Peru, NY, has revived his competitive career that ended in 2007 after he won the NCAA Cross Country National Championship and then sustained injuries that had him quit the sport. The runner-up, Sam Morse, was honored as NY State runner of the year in 2013, and produced another personal best at one of his favorite distances, the 15K. O'Conner and Serafini, both with hometown roots, have bright futures as distance runners, while Patrick Geoghegan had arguably the best year of them all, with many impressive personal best performances against top-tier competition throughout the Northeast.

With all the hard work and necessary changes, The Stockade-athon is now in a much better position to handle future growth with the 40th anniversary scheduled for next year. The future of this classic event looks bright. □

BENITA ZAHN

Renaissance Woman



Zahn created and co-produces "Health Link"

Local television personality Benita Zahn approached the finish line of the 39th Stockade-athon, as she does life, with a broad smile captivating onlookers. Running is just one of the many activities she excels in.

She can be seen on weekdays co-anchoring NewsChannel 13 Live at 5 and 6, covers health issues for the station and is the creator and coproducer of Health Link on WMHT. This year marks the 11th season of Health Link, but unofficially she has been doing a health program there for over 15 years. Benita recently earned a Doctor of Professional Studies in Bioethics from Albany Medical College. Her degree marries well with the television work she does and it enriches her reporting. For example, her coverage of the Ebola crisis was nuanced in its examination with experts of the ethics of how we treat the illness and the quarantines involved.

Benita believes in the power of running where everyone is equal. The elite runners mingle with the not so elite. No one says to you, "Oh, by the way, I am king of the mountain. Everybody gets on the start line stripped down physically and emotionally so that ideally personal baggage is left behind and they bring their best to that race." The democratic nature of running helps to make it a wonderful sport for her.

Benita began to dabble in running in 1978. She had always wanted to run but didn't think she was built for it. In high school, she swam and still does when possible. She bought her first pair of shoes in K-Mart in Syracuse that were Adidas knock offs. For several years she would just run three miles. Her first race was the Freihofers Run for Women, in 1982, which she still tries to run yearly. In 1997 she and a neighbor decided they were going to ramp up their running to a new level. Thus began the next chapter of her running life. They did a 10K, the Boilermaker, and to top it off the Covered Bridges Half Marathon. She learned a lot about herself and running. With her friends she did the inaugural Rock 'n' Roll Marathon in San Diego in 1998 with 18,000 other runners. The event was the largest inaugural marathon to that date and much went wrong. The organizers were not prepared. The race started 40

minutes late. They ran out of water and cups, so people had to go off the course to get water and run while holding their cups. Later on the course, the water stops consisted of garbage cans filled with water. Wondering whether to drink the water, she realized that dysentery, which is treatable, is preferable to heat stroke, so she would scoop her cup in the garbage can and run a mile or two to the next water garbage can. In addition, the roads were not good. In one area there was a bridge that swayed as the runners went over it. Her first marathon was memorable but not for the reasons she would have liked. However, Benita went on to run four more marathons and her friend went on to become an accomplished triathlete. When asked what marathon she was the proudest of, she said they were like her children and she loves them equally. However, her husband thinks she should be proudest of her second New York City Marathon, as this one she ran unknowingly with a horrible case of bronchitis and finished! She was hoping to break 5 hours and had trained particularly well. On the train



Cruising in at the 2014 Stockade-athon



Zahn, Jessica Layton and Jerry Gretzinger form the Singing Anchors, who perform at charities and other events.

to NYC she began to feel ill. She kept getting sicker but ran the marathon anyway, taking 5 hours and 40 minutes to finish. Her doctor was amazed and her husband proud that she is made of "sterner stuff."

As to running distances, she is a warrior. 5Ks are over too quickly. She feels barely warmed up and it is over. She prefers the half-marathon because it gives her enough time to run a whole emotional gamut. To paraphrase Shakespeare, "you have got to screw your courage to the sticking place to get you from mile 9 to 13." In addition to the physical challenge, it is an intellectual exercise and she loves it. When asked if she thought less of the Stockade-athon since it is only 15K (9.3) miles, she quickly responded that no race is simple. You have greater expectations of your ability to perform since it is a little shorter but it is a different game plan. She loved the Stockade-athon's new course. She wasn't thrilled with the last hill in the park, but the downhill section that followed was a joy and she finished smiling.

She runs in the morning with her two dogs on the weekdays. Sometimes her little dog has trouble keeping up but not her lab. On the weekend, she tries to join her friends for long runs. During the week she does anywhere from 1 to 4 miles but on the weekend she usually aims for six. If she is in training for a half marathon, she increases her mileage during the week, does tempo runs and fartlek training. She has a short loop with a hill in it that she tries to run quickly.

Her injuries have not deterred her from running. Surgery on her Achilles tendon knocked her out for a year but she returned to running in good form. She also had a medial head gastrocnemius tear that sidelined her from running for several months and ended her tennis career.



She has worn a variety of shoes with orthotics until her podiatrist, Marc Ginsburg, prescribed an over the counter insert. She now runs in Asics 2000, a stability shoe that helps to control her pronation.

Her diet is healthy. She avoids red meat but has no other dietary limits other than common sense. "Sometimes you need chips," but in general she has followed a "clean" diet for years. She tries not to eat processed food, eats out very little, and brings her own lunch to work. Recently she was diagnosed with GERD (gastroesophageal reflux disease) that she said runners and others engaged in intense aerobic activities are prone to. She has had to modify her diet, but is doing well.

Besides running in races, Benita has been involved in charitable work for these and other causes. She has been the honorary Chair for the Susan G. Koman Breast Cancer Race for the Cure for years. Her station is the media sponsor for the Troy Turkey Trot and she emcees the 5K but later runs the 10K (remember she likes distances!). She has had the great fortune to work with Jennifer Gish, the sports writer for the *Times Union*, on a project to help rehabilitate women who have been victims of domestic violence. She and Jennifer train them to run a 5K. The program has been expanded and the Hudson Mohawk Road Runners Club is now also a sponsor. Benita thinks this is a powerful tool for these women who are going through crisis and change. It shows them that there is another world out there, another community and most importantly, it teaches them how strong they are. Benita also donates her time to an array of charities and emcees events for them. In addition, she is on the Board of Kelly's Cause, the Park Playhouse, and Building on Love, which supports Ronald McDonald House.

As if the above were not enough, Benita writes; performs locally in films; is a member of the Singing Anchors, a group of musical news anchors; has had starring roles in local plays; and has done cabaret acts. In her first year of undergraduate studies at SUNY Oswego, she landed the starring role in their

spring play, beating out Christine Estabrook, who some may now know from "Desperate Housewives." Fortunately for us, Benita has had many interests and did not pursue acting and singing as her only career.

When asked for her running tip, she responded immediately: smile. She spoke of research that indicates that when you smile your body releases endorphins and endorphins are the body's key mechanism for stress reduction and pleasure production otherwise known in running as a "runner's high." That is why the act of smiling makes us feel better. Scientific tests have shown that if an infant is given two simple faces to choose from, one with a smile and the other a frown, they always choose the face with a smile. So, when Benita starts to struggle, she smiles. "If there is a crowd, they will respond to it and their energy synergizes you." I mentioned that I saw her smiling as she came toward the finish line at the Stockade-athon, unlike most of the runners, and the crowd cheered!

So next time you see Benita Zahn on the TV screen, in a movie, at a play, at a charitable event or running in a race, smile... for surely she will be smiling at you! ☐



Running Away

by Kathy Barlow

Today's deep freeze temperatures and bone-chilling winds are mild compared to the conditions at the Antarctic Ice Marathon. This is another race that I would love to run and will do so vicariously with you. I love challenges and I think this race has all the exciting elements I am looking for – snow, ice, frigid wind chill, subzero temperatures and possible whiteout conditions. Well, perhaps I could live without some of those conditions, but the idea of running a race that challenges me physically, mentally and emotionally is appealing. Running in Antarctica sounds like the ultimate challenge. Thanks to *Runners World*, the *New York Times* and the Icemarathon website for providing information about this race.



I found out about this race a few years ago from an article and picture in the *New York Times*. The picture showed two runners taking a rest on a couch during the McMurdo Marathon, an even more remote race, a mere 1,000 miles from Union Glacier, home of the Antarctica Marathon.



This highly unusual practice piqued my interest in the article and before I knew it I was dreaming about running at the other end of the world!

The Antarctica Ice Marathon is run annually in November, just as summer begins in the southern hemisphere. Daily temperatures fluctuate between 0° and 10° F. Wind chills often average in the -20° degree range. Hardly the balmy summers of upstate New York! The race is located just a few hundred miles from the South Pole in the shadow of the Ellsworth Mountains.



Runners prepare for this marathon in traditional and non-traditional ways. As mileage increases, you must also increase the time you spend running. Some European runners have been known to put a treadmill in a walk-in freezer to simulate running in sub-zero temperatures. You will run anywhere from one to four hours slower in this race due to the winds and snowy surfaces. Although the course is relatively flat, it is at an altitude of approximately 2,300 ft. The first place finisher in the 2014 race completed the course in 4:12:21. The last runner came in at 9:15:30. That's a long time to be on your feet!

The marathon starts at the main camp. The race direction is determined by the winds. Favorable winds will send the runners in a clockwise direction. Runners' checkpoints are spaced at 6.9km and again at 15.7km. At 21.1km, runners continue another loop to complete the race.

What makes runners want to participate in this challenge?



The most common answer is that each runner is driven to succeed in their own personal challenge. In 2014 there were just over 50 competitors. Almost four times as many men sign up for this race as women do.

Several runners have set a goal of running on all seven continents. One competitor is completing her fourth time running on seven continents. All of the runners are looking for an adventure!

The entry fee is quite expensive – upwards of \$20,000 to fly to Chile, then on to Antarctica. Transportation from Chile to Antarctica and back, race entry fee, t-shirt and medals, food, and accommodations are included in the price.

Running in Antarctica is the ultimate challenge if you love snow, cold and wind! Sometimes, on a cold February day, running at UAlbany can feel like Antarctica. This picture sums it up: ☐



EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
12/06/2014	8:30 AM	Milton Comm. Ctr 310 Northline Rd. Ballston Spa	3rd Annual Ugly Christmas Sweater 5K Run/Walk	Michele Dowd	fundraisingdirector@gatewayhouseofpeace.org
01/03/2015	12:00 PM	WS #2 -- 39th Hangover Half[GP] & Bill Hogan 3.5M Run	Univ at Albany ----- Day of Race Signup only!	Vince Wenger & Dave Gilson	vw1319@aol.com
01/11/2015	10:00 AM	Winter Series #3 -- 3M	Univ at Albany ----- Day of Race Signup only!	Jon Rocco & Miegahn Mortensen	jonrocco@hotmail.com
01/25/2015	10:00 AM	Winter Series #4 -- 3M	Univ at Albany -- Day of Race Signup Only!	Josh Merlis	jmerlis@areep.com
02/01/2015	10:00 AM	Winter Series #5 -- 4M	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freihofersrun.com
02/01/2015	11:00 AM	Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	snowshoega33@gmail.com
02/07/2015	6:00 PM	HMRRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach & Brian DeBraccio	dbeach21@verizon.net
02/15/2015	10:30 AM	Camp Saratoga 5 Mile Snowshoe Race	Wilton Wildlife Preserve & Park	Laura Clark	snowshoega33@gmail.com
02/15/2015	10:00 AM	42nd HMRRRC Winter Marathon & Marathon Relay	Univeristy at Albany	Dana Peterson -- Clay Lodovice -- Ed H	peterson.danac@gmail.com
03/29/2015	9:00 AM	27th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam.tobon@gmail.com
04/04/2015	10:00 AM	21st annual Rabbit Ramble 4 Mile Run & 2 Mile Walk	Guilderland HS	Phil Carducci	rabbitramble@nycap.rr.com
05/10/2015	9:30 AM	35th Mother's Day 5K bRUNch	Central Park	Dee & Jon Golden	hmrrcmothersday@gmail.com
05/16/2015	9:00 AM	35th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
05/21/2015	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
06/07/2015	9:00 AM	44th Distinguished Service Race 8 Mile [GP]	SUNY/Albany --- Day of Race Signup only!	David Tromp	dtromp@nycap.rr.com
06/16/2015	6:00 PM	Colonie Summer Track #1 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/20/2015	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
06/23/2015	6:00 PM	Colonie Summer Track #2 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/30/2015	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner -- Frank Myers	kennyskin@earthlink.net
07/07/2015	6:00 PM	Colonie Summer Track #4 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/09/2015	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	peternewkirk32@gmail.com
07/14/2015	6:00 PM	Colonie Summer Track #5 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/16/2015	6:15 PM	42nd HMRRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
07/21/2015	6:00 PM	Colonie Summer Track #6 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/23/2015	6:15 PM	39th HMRRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/28/2015	6:00 PM	Colonie Summer Track (Ribbon Night) #7 of 8	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/01/2015	8:30 AM	The 37th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/02/2015	9:00 AM	21st Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjk3ny@gmail.com
08/04/2015	6:00 PM	Colonie Summer Track #8 of 8	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/07/2015	6:30 PM	5th Annual Schenectady ARC 5K Walk/Run	Central Park	Douglas Secor	dougs@arcschenectady.org
08/10/2015	6:30 PM	Tawasentha XC 5K #1 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/17/2015	6:30 PM	Tawasentha XC 5K [GP] #2 of 3	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
08/24/2015	6:30 PM	Tawasentha XC 5K #3 of 3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
09/07/2015	9:00 AM	27th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jp2cella@me.com
09/13/2015	9:00 AM	44th HMRRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
10/04/2015	10:00 AM	35th HMRRRC Voorheesville 7.1 Mile [GP]	New Scotland Town Park -- Day of race signup only	Ed Hampston & Todd Smith & Martha	eddoifan@yahoo.com
10/11/2015	8:30 AM	32nd Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/11/2015	8:30 AM	14th Hannaford Half Marathon	Colonie Town Park	Maureen Cox	racedirector@mohawkhudsonmarathon.com
11/08/2015	8:30 AM	40th Stockade-athon 15K [GP]	Veterans Park Downtown Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/22/2015	10:00 AM	HMRRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com

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 _____

E-MAIL _____ NEW APPLICANT RENEWAL GIFT MEMBERSHIP

TYPE OF MEMBERSHIP (check one): INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE or FAMILY (\$15)

For a family/couple membership, list other family members:

Name	Relationship	Gender	Date of Birth
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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!