

The Pace Setter

December 2012

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





The HMRRRC Annual Awards Banquet

SATURDAY, FEBRUARY 9, 2013

THE DESMOND

660 ALBANY SHAKER ROAD, ALBANY, NY

NANCY BRISKIE and VINCE JULIANO

to be inducted into the HMRRRC Hall of Fame

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

CASH BAR PLUS

IMPORTED AND DOMESTIC CHEESES • FRESH FRUIT • ASSORTED CRACKERS

DINNER BUFFET: 7:00 P.M.

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

COST: \$35.00

RESERVATIONS REQUIRED BY 2/4/12 • MAXIMUM RESERVATIONS: 150

PAID RESERVATIONS POSTMARKED BY JANUARY 31, 2013 - only \$30.00

MAKE CHECKS PAYABLE TO **HMRRRC**

MAIL TO: Debbie Beach, 112 Jay St., Scotia, NY 12302

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

PLEASE PRINT:

NAME _____ PHONE (____) _____

ADDRESS _____

CITY/STATE/ZIP _____

****EARLY BIRD SPECIAL: MUST BE POSTMARKED BY 1/31/2013 TO SAVE \$5.00 PAID RESERVATION**

**** NUMBER OF RESERVATIONS @ \$30.00 _____ X \$30.00 = _____ TOTAL ENCLOSED**

NUMBER OF RESERVATIONS @ \$35.00 _____ X \$35.00 = _____ TOTAL ENCLOSED

Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kristina DePeau, Kathleen Bronson,
Mike McLean, Robin Nagengast, John Peters

Advertising/Business Director:

Contact psads123@gmail.com

Photo Coordinator:

Bill Meehan

Photography Staff:

Tom Adams, Phil Borgese, Nancy Briskie,
Donna Davidson, Ray Lee, Bill Meehan,
Gerri Moore, Paul Turner

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

— **The Running Doctor**

Dr. Robert Irwin

— **For Your Health**

Mike Becker

— **Been There, Done That**

Jim Tierney & Ken Orner

— **Senior Running**

Editor Needed:

— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

— **Kopac's Korner**



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

2012 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

DECEMBER 2012

- 4 President's Message
- 5 What's Happening in December
- 6 Been There, Done That
- 7 Short Circuits
- 9 The Running Doctor: In the Neck of Time (Part 2)
- 10 New HMRRRC Members
- 11 The Athlete's Kitchen: Sports Nutrition News from The Academy of Nutrition and Dietetics
- 13 Mohawk Hudson River Marathon and Half Marathon Race Results
- 18 Minutes of the HMRRRC General Meeting, October 10, 2012
- 20 Grand Prix Update

Photos in this issue by Bill Meehan, Phil Borgese, Erich Tilgner, Chris Strebel



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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JON ROCCO
862-9279

Executive Vice President
MAUREEN COX
281-6575

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
MARY IBBETSON
376-6077

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
JONATHAN GOLDEN
hmrrcjon@gmail.com

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Clocks & Van Equipment
TOM ADAMS
366-5266

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



President's Message

by John Rocco

Volunteer participation is a foundation upon which HMRRRC exists. They are the closing words of the HMRRRC Mission Statement and they ring loudly. The Club has some two dozen race dates throughout the year which amounts to roughly three dozen races of varying distances. Additionally, we also put on a weekly series of track events over the summer. Put on a race and undoubtedly, they will come. Our race participation has been greater than ever, truly a positive sign.

However, the engine that allows these races and events to carry on and be as successful as they are is based on the volunteers who make it all happen. Our membership is at its highest point ever and growing. At this time in 2009, our membership tally was 2100. It is now over 2800, which is a thirty-three percent increase over the three year period. As I begin my term as club President, I reach out to every one of you reading this and ask you each consider a goal to volunteer in at least one club activity in 2013.

One can even volunteer while still running in our many races by helping out *The Pace Setter* magazine. Ideally we would love to have an article written on each of our club races whether it may be a recap of the race or your perspective while competing in it. If this piques your interest, Content Editor Kristin Zielinski (pscontenteditor@gmail.com) would love to hear from you.

I want to make mention of two important volunteer positions available to serve the club as a whole. The first is Race Sanctions/Insurance Coordinator. This person would be responsible for ensuring race insurance and certificates of insurance are obtained and in

place for our club races as well as the Just Run and marathon training programs. Additionally, one would write a letter to NYS Office of General Services requesting permission to use the State Office Campus for our Winter Series events and the SEFCU Labor Day Race. There are some additional duties and training would be provided. The time commitment is approximately four hours every three months. The role involves a fair amount of paperwork and requires attention to detail. Knowledge of insurance would be helpful, but not a requirement. A computer and printer are needed with a fax or scanner being helpful.

The second is Van and Equipment Coordinator. While the van is not with a race director readying for his or her event, it will be garaged (parked) in Guilderland. The position has three major responsibilities. The first is maintenance. This would include getting the van its annual state inspection, oil changes, and other routine maintenance. The second role would deal with the equipment in the van. This would entail care of the timing clock, keeping an inventory of the equipment, including its inspection, cleaning, arrangement, and replacement if need be. The third major role would be the inventory of supplies, their replenishment as needed, and cleaning of refreshment utensils.

If either of these key assignments interests you, please see me or e-mail me at: jonrocco@hotmail.com. I can then provide further detail and direction.

It is hard to believe we are in the final month of 2012 and bearing down on 2013. I wish you the best of health and happiness in the upcoming holiday season and hope 2013 is a lucky one for you. ☐

Submissions for the February Issue of *The Pace Setter*

Articles:

Deadline is December 25. Submit to: Editor, pscontenteditor@gmail.com

Advertisements:

Deadline is January 1st. Contact Advertising Director at psads123@gmail.com to reserve space

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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



What's Happening in December

by Al Maikels

There is not a lot happening in December as people turn their attention to the holidays and end of year activities. For those people who continue their running through the winter the HMRRC offers the Winter Series, a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (or the day of the week that New Year's Day falls on) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 9 at 10 a.m. and features the Doug Bowden 15K and 3 mile run. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals who participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this year's prize will compare in value to the other years and I urge all members to attend these races.

The city of Albany celebrates the season with a Winterfest and a 5k race is a big part of the celebration. The Winterfest 5k will be held on Saturday, December 15 at 5:00 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The Holiday Classic 5k will be held at Columbia-Greene Community College on Saturday, December 22 with a 10 a.m. start.

The city of Saratoga still has a First Night

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

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

The club business meeting for December will be held on Wednesday the 12th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meetings. □



Happy Holidays to All

***We need help at each event!
If you are not running, please
consider signing up today!***

Volunteers needed for:

***Winter Series Race #1
15K and 3M
December 9***

***16th Annual Albany
Last Run 5K
December 15***

***Holiday Classic 5K
December 22***

***First Night Saratoga 5K
December 31***

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

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

"BEEN THERE, DONE THAT"

by Mike Becker

December 1972...Forty Years Ago

- The Fourth Annual Pearl Harbor Day Memorial Run was held at SUNYA on the third, with a race of 5.2 miles. Jim Shrader was the winner. Also in the field were Don Wilken, Paul Rosenberg, Burke Adams, and Cathy Shrader (the only female).

- Just eleven runners braved a 12-degree temperature and a minus-34 wind chill on the 17th for three and six-mile races at SUNYA. Jim Shrader won the three-miler with a 15:54, and Ted Bick and Don Wilken tied for the six-miler win with a 38:32.

December 1977...Thirty Five Years Ago

- Club members Frank Ripple and Al Tatlock had good times in the Maryland Marathon on the fourth, with Ripple running a 2:39 and Tatlock a 2:59.

- Lowell Montgomery was profiled. Among his PRs are a 2:51 marathon, a 53:12 15K, and a 34:38 10K. He lists among his goals to beat Don Wilken at any race. He would like to see more women in club races, which certainly has happened!

December 1982...Thirty Years Ago

- Anny Stockman was profiled. She started running at age 45 when daughter Inge went out for high school cross country. She then persuaded husband Wade to join her. Soon there were very few races from which she did not take home a prize. Her PRs include a 39:50 10K, a 63:39 15K, and a 3:25 marathon. Her goal was "to keep running as long as I can" which she certainly has!

- Bob Coll won the Winter Series 15K race on the 19th with a 52:11. Anny Stockman was the top female with a 62:47, beating husband Wade by one second. Richard Langford and Denise Herman won the 5K.

December 1987...Twenty Five Years Ago

- Pat Glover won the 15K Winter Series race on the 13th with a 50:54, four seconds ahead of Pete Gerardi. Inge Aiken ran a 64:44 for top female honors. A large group from the Saratoga Runners Club dominated the 5K. Greg Harrington won with a 16:42, and Fifteen-year old Stacy Pearce was the top female with an 18:45.

- New Grand Prix rules were announced. Among other things, there are now four age groups: 29 and under, 30-39, 40-49, and 50+-. This is an improvement, but still shortchanges many of the club's faster runners who are all lumped together.

December 1992...Twenty Years Ago

- Grand Prix winners for 1992 were announced and included Sandra Stockman, Steve Berg, Rick Bennett, Amy Herold-Russom, Dale Keenan, Julie Wilcox, John Pelton, Anny Stockman, and Bob Gauvreau.

- Ideal weather conditions with slushy, wet

6 – The Pace Setter



roads greeted 141 runners for the first Winter Series races on the 13th. Pat Glover won the 15K with a 55:44, and Amy Herold-Russom was the top female with a 59:49. William Sell and Rebecca Popp won the 5K. Jason DeRocco was leading the 5K but unfortunately went off the course and finished seventh.

- Club officers included President – Steve Basinait, VP – Pat Piniasek, VP for Finance – Jim Reedy, Secretary – Martha DeGrazia, Treasurers – Julie Wilcox and Don Fialka.

December 1997...Fifteen Years Ago

- Doug Bowden and Ken Skinner directed the first Winter Series races on the 14th, with a total of 147 runners finishing the two races. Mike Gross ran a 54:00 in the 15K to win by nearly four minutes over Pete Gerardi. Jason Soricelli won the 5K with a 17:15, with Janet McCullough taking the female title with a 22:21.

- *The Pace Setter* lists club member Dick Green's marathons for 1997, a total of 26 through the end of October, with an average of 3:42 and a best of 3:28. On the list are a couple of weekends with marathons on both days!

- Mark McKenzie won the Holiday Classic Four-Mile Run for Hunger in Hudson on the 21st with a 21:21. Amy Herold was the top female with a 23:35, good for sixth overall.

- The First Night Last Run was held in Albany on the 31st, with a race of 2.7 miles. Amy Herold was the female winner with a 15:03, more than two minutes ahead of the next female runner. Out-of-stater Joseph Wirgau won with a 12:36, good for a 4:40/mile pace. A total of 467 ran the unusual distance, all with PRs!

December 2002...Ten Years Ago

- Josh Merlis won the 15K portion of the first Winter Series races on the 15th with a 55:10, four minutes ahead of Ryan Clark. Kari Gathen was the female winner with a 65:29. Jim LeBrou and Daniele Cherniak won the 5K.

- Teens Michael Foley and Nicole Blood won the First Night Saratoga 5K race on the 31st with times of 15:58 and 17:47, respectively. A total of 889 runners participated.

- The cover of *The Pace Setter* has a photo of Bob Knouse pushing hard to the finish at the Anniversary Race.

December 2007...Five Years Ago

- Chuck Terry and Andy Allstadt each ran 57:53 in the Winter Series 15K on the second, beating Justin Bishop by eight seconds. Lori Weaver was the top female with a 69:34. Ben Greenberg and Karen Dott won the three-miler.

- Greg Kelsey and Hannah Davidson won the First Night Saratoga 5K race on the 31st with times of 15:15 and 17:52, respectively.

- Grand Prix winners for 2007 were announced and included Emily Bryans, Nancy Taormina, Martha DeGrazia, Ginny Mosher, Anny Stockman, Chuck Terry, Bob Irwin, Jim Maney, Dale Keenan, Pat Glover, and Wade Stockman. □

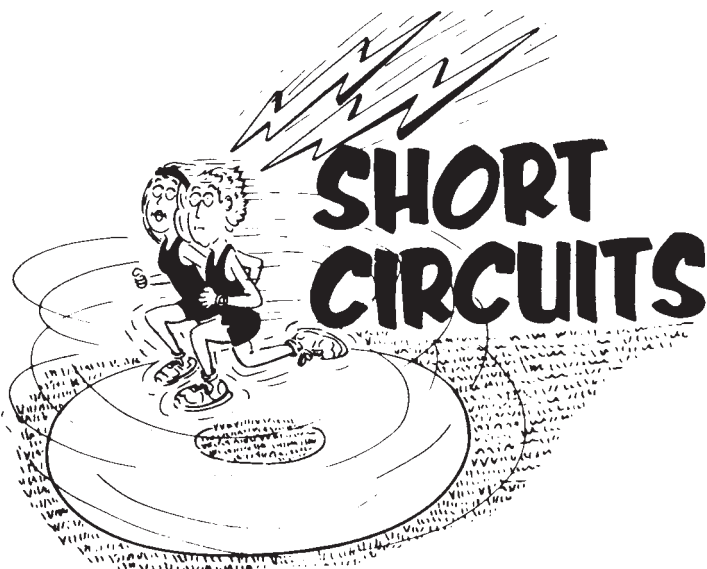


On the Web!

The Hudson Mohawk Road Runners Club is on the Web

- Complete Race Schedule
- Grand Prix Update
- Race Applications
- Race Results in a flash

www.hmrrc.com



An interesting study shows why running at night feels faster. When running at night, in the dark, objects further away aren't visible and you only have close-by objects to use as reference, which appear to be passing quickly.



We are really flyin' tonight, boys!



Will Ferrell, 2:03:50, LA Rock 'N Roll Half

◆ ◆ ◆

Salary comparison:
President of New York Road Runners Club:
\$500,000
President of Hudson Mohawk Road Runners Club: \$0

◆ ◆ ◆

"I was pushing the last two miles or so to get into fourth place. When you hear about people [in the top three] who get caught [for drugs], I want to be the guy in fourth." Meb Keflezighi on his remarkable 4th place Olympic Marathon.



Meb: Eyeing 4th place

◆ ◆ ◆

Keith Levasseur ran the recent Baltimore Marathon in 2:46:58 while wearing flip flops. The following day Levasseur said the balls of his feet were "quite sore." When asked if he

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

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

would do it again, his response was an unequivocal "no!"



Flip Flopper: "Hey, look at me!"

◆ ◆ ◆

The Donut Dash 5K in Celina, Ohio had an unusual scoring twist. There were 2 donut stops on the course. For each glazed donut consumed by a race participant during the race, two minutes were deducted from the runner's finishing time. Chris Cappacio ran a casual 33:00, finishing near the back of the field. But deducting 26 minutes for eating 13 donuts during the race gave him a winning time of 7:00. The most donuts consumed by a runner was 15. □



Fillin' up at the donut stop



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

Cost: **Total:**

\$36 _____

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

\$20 _____

Knit Hat, navy, black, light blue

\$ 8 _____

Thermax Gloves, black

\$ 8 _____

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

\$65 _____

Long Sleeve Coolmax Shirts:

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

\$22 _____

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

\$22 _____

Coolmax Singlets:

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

\$11 _____

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

\$21 _____

Short Sleeve Coolmax Shirts:

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

\$25 _____

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

\$20 _____

Shorts with white club logo

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

\$15 _____

Female Adidas, black with blue trim, XL - CLEARANCE

\$15 _____

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

\$15 _____

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

\$15 _____

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

\$15 _____

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

\$15 _____

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

\$15 _____

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

\$15 _____

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

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

\$19 _____

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

\$19 _____

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

\$24 _____

Easy, 4" inseam, S,M,XL

\$21 _____

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

\$25 _____

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

\$27 _____

Running Cap, embroidered logo, white, white/royal

\$11 _____

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

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

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

All prices include 8% sales tax

TOTAL DUE: _____

Shipping \$5.30

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Christine Renaldi

17 Swayze Drive

Latham, NY 12110

Email: c_dahlem@yahoo.com

*(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)
Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45*

Name _____

Phone _____

Email _____

In the Neck of Time (Part 2)

(Recap Part 1—many people/athletes suffer with biomechanical faults in their structures, some symptomatic, some not yet so. These faults can be identified on exam long before symptoms begin, and long before the detrimental effects of these faults take place. We need to educate our communities, as well as our docs, to encourage people to be examined biomechanically and take a proactive approach in preserving their structures, improve their quality of life and drastically reduce these needless “reactive” healthcare expenses).

As mentioned in Part 1 of this series, my “in-house study” of 500 middle and high school athletes who were x-rayed upon examination over the past 5 years showed 71% had significant abnormal biomechanical faults in the neck. These faults predictably will negatively impact the future of each of these individuals and add to the healthcare costs over the course of their lifetime.

As seen in fig. 1, the normal neck has a forward curve (lordosis) and the center of gravity of the head runs through each and every bone of the neck. This allows the neck to function



Figure 1

optimally from an engineering perspective (strength, mobility, longevity, shock absorption, etc.). However, as mentioned above, 71% of these random teenagers (athletes) had abnormal biomechanics of the neck, with the typical abnormality seen in fig. 2. The forward lean produces biomechanical and engineering nightmares for this individual over time.

The head is approximately 10% of the body weight, and when it extends forward of the body, an acceleration of bad things will occur. An easily understood analogy is to extend your arm straight out from the



Figure 2

body so it's parallel to the ground. Put a 2 pound weight in your hand, and see how long you can hold it without your arm shaking or weakening. Once it reaches the breaking point, you must use your other hand to stabilize the shaking arm near the body to continue to effectively hold the weighted object longer.

This is exactly what happens to the body. With the head forward of the body, eventually the lowest part of the neck must overwork to effectively support the head. This means the muscles in the lower neck must work overtime, shorten and eventually “lock” the lowest joints to support this abnormal weight distribution. Even at this point, where there is an abnormal restriction in the neck, joints are not moving properly and muscles have shortened, there still might not be any symptoms. This, again, screams why our “reactive” system is flawed and costly, since these destructive defects can easily be seen on x-ray.

With these abnormalities ignored, and as time passes, physiological changes are taking place. Muscles in the lower neck are shortening, causing joint mobility to decrease. Disc stresses increase. Mobility allows an even distribution of stress in the disc, whereas, restriction of motion creates an abnormal constant stress in specific parts of the disc. The outcome, over time, is either a disc with a bulge (bubble in the tire), or herniation (popped bubble), and both of these now elevate the amount of injury, symptoms, cost and disability for this person. And, many of these people are a sur-



Figure 3

prisingly young age, i.e. 25-30 years old. If the bulge or herniation doesn't occur, then degeneration is a sure bet.

Severe Osteoarthritis

This is an acceleration of breakdown in the cushions (discs) between the vertebrae, and once you lose it, you cannot get it back. As seen in fig. 3, there is a serious forward lean to this neck, and there is a serious loss of joint space (arrows) in the lower neck. It's not surprising to note that this woman also had a knee replacement, low back surgery and is now scheduled for another knee replacement. This is the normal course of events for many of our aging population, with joint replacement surgery becoming a tremendous growth industry. It should more appropriately be called a negligence industry.

An added piece of concern with this situation is that the insurance industry is increasing deductibles every day, and the amount of reimbursement for symptoms stemming from ignored biomechanics is shrinking. The health insurance industry has created a monster, and we're all going to be victims of this unless we start taking action in our lives. The first step is to be biomechanically evaluated to learn where your “stress” defects are. Then, begin doing the proactive conditioning and treatment that will add longevity to your structure. Remember, without a healthy functioning structure, your ability to run, walk, cycle, bowl, golf, etc. goes down. You need to have a well oiled machine to go the distance, especially since we're now living longer.

Part 3 of this segment will review the corrective measures needed to address these issues. Best of luck, and have a great month.

Dr. Maggs can be heard on his live internet radio show, The Structural Management® Hour at his website, www.StructuralManagement.com on Thursdays 3-4 pm EST. He can also be contacted at RunningDr@aol.com ☐

New HMRRC Members

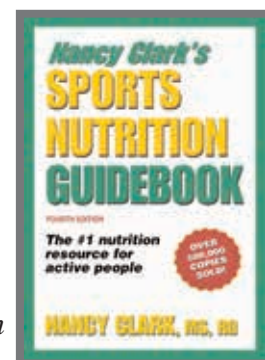


Kyle Anderson
Raymond Auringer
Benjamin Becker
Lukus Becker
Shanna Becker
Dhruba Bharali
Daniel Brady
Leslie Carey
Jamie Lynn Carter
Maggie Coager
Kathleen Dougherty
Chris Dum
Adam Forti
Karen Gerety
Amanda Griffiths
Rich Griffiths
Samantha Griffiths
Richard Gundlach
Carrie Gutterman
Robert Gutterman
Lynn Hansen
Cate Harvey
Courtney Hill
Sara Holland
Max Jackson
Carson Kehmna
Jared Kehmna
Jenna Kehmna
Kevin Kehmna
Andrew Kinley
Erin Leva
Kelly Leva
Stefanie Loomis
Adam Lyon
Elizabeth Maldonado
Jen Masa
Aidan McDonough
Conor McDonough
Maggie McDonough

Robert McKinney
Julie Monroe
Daryl Morrow
Catharine Murphy
MaryJane Nixon
Kate Owens
Bill "Patch" Paczkowski
Gwen Palmatier
Astrid Pettersen
Shannon Quay
Anita Rice
Neil Rice
Caitlyn Roig
Nicholas Roig
Rik Scarce
Heather Showers
Kristopher Showers
Alex Spock
Danielle Spock
Sally Spock
Sabrina Squires
Allie Tedeschi
Courtney Tedeschi
Maria Tedeschi
Matt Tedeschi
Jack Test
Bill Tindale
Micah Tindale
Nancie Tindale
Noah Tindale
Alney Tobias
Amanda Tobias
Allison Valiquette
Holley Valiquette
Joseph Valiquette
Michael Valiquette
Jean Ward
Brian Wheeler
Alex Wolf

MISSING LINK?

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



*This new
edition can
help you:*

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

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



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



ORDER:

- ☐ Food Guide for Marathoners \$22
☐ Food Guide for New Runners \$22
☐ Sports Nutrition, 4th Edition \$26

Name

Phone

Address

Order online: www.nancyclarkrd.com

Or, send check to Sports Nutrition Services
PO Box 650124, West Newton MA 02465

Ph 617.795.1875 • MA Residents: +6.25% tax

Sports Nutrition News from The Academy of Nutrition & Dietetics

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association; the nation's largest group of food and nutrition professionals) recently convened in Philadelphia (Oct., 2012). The following highlights from that convention may shed new light on ways for you to optimize your sports diet and manage your weight

Protein: How much is enough?

Many athletes believe more protein is better. Not necessarily true, according to exercise physiologist Doug Paddon-Jones from the University of Texas Medical Branch. Research subjects who ate a 30-gram dose of protein (about 4 ounces of meat) had similar rates of protein synthesis as those who ate a 90-gram dose (~12 ounces of meat, i.e., a big steak). Because the body does not temporarily store extra protein as muscle, about 60 grams of the protein got "wasted" (or rather, burned for energy or stored as fat). Yet, if you eat only 10 grams of protein at breakfast (1 egg + 1 white), you may not have eaten enough to maximally stimulate muscle synthesis. Paddon-Jones recommends athletes target about 30 grams of protein at three meals per day. That means, cut your hefty dinner steak into thirds and enjoy two-thirds of it the next day at breakfast and lunch!

Although 30 grams is the number often mentioned by researchers, Paddon-Jones reminds us this is not an exact science. Protein research is incredibly expensive; few researchers are able to do dose-response studies to precisely determine the number of grams of protein needed per pound of body weight. Hence, Paddon-Jones suggests athletes simply enjoy a moderate portion of protein-rich foods at each meal.

He also recommends you eat protein after you exercise, so your muscles will have the tools they need to do the building and repairing that peaks in the next 3 to 5 hours. "Mind you, following this strategy will not make a massive difference in your musculature, but it may optimize muscle maintenance. This could make a meaningful difference over the course of a year, particularly for athletes over 30 years old who slowly lose muscle as a normal part of the aging process."

Enjoying an even distribution of protein throughout the day has another benefit: you'll feel less hungry all day. For yet-unknown reasons, eating protein-rich foods for breakfast contributes to greater satiety than protein eaten at other times of the day. Research suggests a higher protein breakfast can result in consuming 200 fewer calories at dinner. Theoretically, that's enough to lose

20 pounds of fat in a year! How about boosting your breakfast with more Greek yogurt, cottage cheese, and omelets?

Weight Management: How much exercise is enough?

If you want to lose weight temporarily, you don't have to exercise; you "simply" need to create an energy deficit by eating less food. (Think about people in the hospital who lose weight without exercise.) But if you have already lost a lot of weight and want to maintain that fat-loss (and help minimize fat-regain), you need to be active for about one hour a day. According to obesity researcher Dr. Jim Hill, "Unfortunately, that's the price a person who has lost 70 pounds needs to pay for having been obese."

Dr. Hill suggests there is a yet undefined "sweet spot" where just the right amount of exercise (not too much, not too little) enhances fat loss. As many frustrated runners have learned, too much exercise forces the body into starvation mode and the traditional weight loss rule—to knock off 500 calories per day to lose one pound of fat per week—a myth. The less you eat (or the more you run), the more your body down-regulates to conserve energy and your metabolic system adapts. The body has a very complex system that makes weight reduction difficult.

While any type of exercise is good for weight management, lifting weight and doing other forms of strength training help maintain muscle mass. Dr. Brendon Gurd of Ontario suggests high intensity interval training can contribute to fat loss, particularly abdominal fat. Plus, you'll effectively improve your fitness in less time!

Weight and Taste Buds

Weight gain is related to not only too little exercise, but also to eating too much food. Why do some runners routinely overeat? According to Dr. Beverly Tepper of Rutgers University, the answer might be related to their taste buds! About 30% of the population has a genetic variation in bitter taste that results in a preference for the taste and texture of high fat foods, such as creamy salad dressings, cheese, and ice cream—as well as spicy hot foods. Combine this with our enticing food environment—voila, overeating! When compared by body mass index (BMI, a ratio of weight and height), fat-preferring women have a higher BMI (30 vs. 24; obese vs. average physique) as compared to women with a different version of this gene.

When presented with a buffet lunch (that encourages overeating), genetic "fat lovers"



need to muster more dietary restraint to consciously choose foods that are lower in fat. Otherwise, they may eat 88% more calories than usual, while those without the gene will consume "only" about 38% more calories. (Buffets can be dangerous!)

In a three-day food experiment during which women ate a standard breakfast (OJ, yogurt, toast) and then selected their lunch and dinner, the genetically predisposed "fat lovers" chose more added fats (butter, salad dressing), cakes, and pies, while the others preferred more fruits and vegetables. Perhaps obesity prevention programs could include genetic screening so these people can be taught to better manage our food environment?

Cooking tip: Mushrooms have an "umami" (meaty, savory) flavor that allow them to easily substitute for meat. Taste-testers equally enjoyed tacos made with 100% beef, 50% beef with 50% mushrooms, or 20% beef with 80% mushrooms. How about adding more mushrooms to your next beef stew, spaghetti sauce, or meatballs to save calories and saturated fat—as well as help save the environment? According to the Center for Science in the Public Interest, for every two pounds (1 kg) less beef we eat, we spare the environment about 60 pounds (27 kg) of greenhouse gasses. This adds up; we don't need more super-storms like Hurricane Sandy.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com. □



***It takes a whole community to put on a marathon and a half!
HMRRC and the 2012 MHR Marathon and Half Marathon
Race Committee would like to thank the following for their
help in making the event a success:***

Race Sponsors: Adidas - Fleet Feet Sports – Hannaford Supermarkets - Center for Natural Wellness School of Massage Therapy – Emergen-C – GU

Mile Marker Sign Sponsors: Catseye Pest Control, Team Utopia, Key Bank, Union Graduate College, SEFCU, McVeigh Funeral Home Inc., RF Peck, Hotel Albany, Recovery Sports Grill, Kinderhook Runners, Albany Running Exchange, RPI, BBL Construction Services, BBL Hospitality, and Adirondack Radiology Associates, P.C.

Water Stop Volunteers: The Rosowsky family; Union College Cross Country Team; Schenectady PTO Council; Mohonasen High Chapter of the National Honor Society; Art Dott and the Colonie Central High Key Club; Out of Control Ski Club; Hannaford Supermarkets; Marbry Gansle and the Shaker High Girls Track Team; Plaine & Son; Delmar Track & Field Club; Cohoes High Track & Field; Lansingburgh High Track and Field; The Kinderhook Runners; Upstate NY/Vermont Chapter of Team in Training; and Fleet Feet Sports Albany.

Special thanks to Passano Paints and Parker Brothers Funeral Home in Watervliet who allowed us to use their parking lots for our set up!

Medical Volunteers: Dr. Kim Kilby, Dr. Todd Shatynski, Dr. Michael Dailey, Dr. Ivette Guttman, Dr. Lindsay Stokes, Dr. Trevor Black, Dr. Eric Rogers, Dr. Deborah Light, Dr. Brigid Mack and their staff of 29 additional health care providers.

Course/Expo/Registration/Finish Line Volunteers: Boy Scout Troop 537, Alpha Phi Omega, and all of those individual volunteers who helped by cleaning up the course, putting race packets together, working at the Expo, and assisting on race day. Thank you!

With Special Thanks to: Karen Smith and the Troy Amateur Radio Operators Association, the Colonie Police Department who provided officers who led the races on motorcycles, Darryl and Mona Caron of Adirondack Sports and Fitness; Andrew Daley and Paul Curtis of adidas, Charles Woodruff and Barb Gillen of Fleet Feet Sports, Don Lawrence, Pat Glover, George Regan and Bruce Vandewater of USATF Adirondack, Jim Tierney, Debbie Goedeke of the Albany County Convention and Visitor's Bureau, Brian Murphy of the Hotel Albany; Michael Klein of the Albany Parking Authority, Marquita Rhodes of Albany BID, George Berard of CP Rail, the Schenectady, Niskayuna, Colonie, Cohoes, Watervliet and Albany Police and EMS Departments, Union College EMS, the Cohoes Fire Department, Empire Ambulance, the Watervliet Fire Department and Watervliet Arsenal Fire Department and EMS, Clifton Park/Halfmoon EMS, Greater Amsterdam Volunteer Ambulance, and the City of Schenectady and Town of Colonie Parks and Recreation Departments and the City of Albany Department of Public Works.

THANK YOU!

Mohawk Hudson River Marathon and Half Marathon Race Results

by Cathy Sliwinski

The marathon-distance highlight of HMRRC's fall racing calendar not disappoint. Cool temperatures, relatively calm winds and an overcast day made for many fine showings and more than a few PRs at the Mohawk Hudson River Marathon and Half Marathon on October 7th. There was no train arrival at the crossing in Cohoes and no course obstructions this year to interfere with the flat, fast course. Approximately 18% of the field had qualifying times under the new standards for the Boston Marathon.

In only his second marathon, Kyle Smith, 24 of Linden, Michigan won the MHR Marathon in 2:30:41. Smith is a former Lake Fenton, Michigan track and cross country All-star and ran for Oakland Community College. Second place was Team Utopia's Mike Roda, 36, of Albany, who finished in 2:33:26, followed by Sean Gallagher, 30, of Clearwater, Florida in 2:34:11.

Vicky Jaspardo, 39, of Fredericksburg, Virginia, finished first in the women's division in a time of 2:56:11. Jaspardo bested her April 2012 Glass City Marathon (Ohio) time by 3 minutes and had a 3 minute lead on former Saratoga High School cross-country star Erin Davis, 33, of Gansevoort, who finished second in 2:58:04. Melanie Staley, 33, of Saratoga was third in 3:00:25.

In the Mohawk Hudson River Half Marathon, the perfect running conditions resulted in a course record. Twenty-one year old Kyle Stanton of Columbia, Maryland and a senior at Villanova, broke the previous course record by 39 seconds, finishing in 1:07:08. Great performances were also turned in by Latham's Thomas O'Grady, 27, who finished second in 1:11:20 and Tim Caramore, 30, of Madison, Wisconsin, in 1:12:53. On the women's side, Elizabeth Paddock, 31, of Madison, Wisconsin, took first place in 1:22:36. Running for Willow Street Athletic Club, 27-year-old Meghan Davey of Rotterdam finished as the second woman in 1:25:45 with teammate Gretchen Oliver, 38, of Guilderland a close third in 1:26:06.

The Half Marathon's Walkers Division was won easily by Don Lawrence of Saratoga Springs in 2:17:54. Michael Rosenthal, 69, of Arlington, Vermont, was second in 2:33:22. Maria Deangelo, 44, of Saranac Lake, finished third in 2:33:41.

The Mohawk Hudson River Marathon and Half Marathon continue to be extremely popular due to a runner-friendly course and typically favorable October weather conditions. The 2012 races both sold out in just over 2 months and attracted entrants from 8 countries and 39 U.S. states. Registration opens for the 2013 race on March 1st.

Mohawk Hudson River Marathon and Half Marathon Water Stop Competition:

The vote is in! Congratulations to our Water Stop Competition winners Shaker High School Girls Track Team and the Upstate NY/Vermont Chapter of Team in Training (Leukemia and Lymphoma Society). Runners and walkers in the marathon and half marathon had the opportunity to vote for their favorite of 15 water stops along the course, and the competition was tough! Shaker High School and Team in Training each won \$500 for their spirit, enthusiasm and motivation. The winners were announced at the volunteer party hosted by the Hudson Mohawk Road Runners Club at the Riverfront Bar and Grill immediately following the race.

Our thanks to the following organizations and groups who worked very hard all day manning the water stops and keeping race participants hydrated, safe and happy:

Marathon Start: The Rosowsky family;

Mile 2.4 Van Antwerp Road, Niskayuna - Union College Cross Country Team

Mile 4.4 Blatnick Park, Niskayuna - Schenectady PTO Council

Mile 6.4 Lock 7 Road, Niskayuna-Mohonasen High Chapter of the National Honor Society

Mile 8.2 Railroad Station Park (a/k/a Lions Park), Niskayuna - Art Dott and the Colonie Central High Key Club

Mile 10.4 Onderdonk Road, Colonie - Out of Control Ski Club

Half Marathon Start - Hannaford Supermarkets

Mile 12.6 Island View Road, Colonie - Shaker Girls Track Team

Mile 14.4 (marathon)/1.3 (half) Fonda Road, Colonie - Plaine & Son

Mile 15.6(marathon)/2.5 (half) Lansing Lane, Cohoes - Delmar Track & Field Club

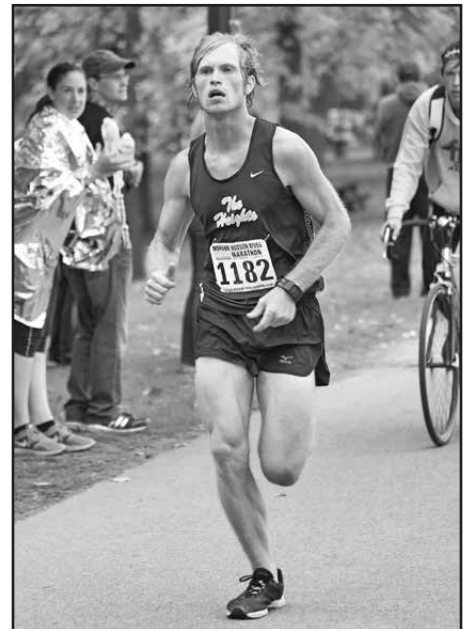
Mile 17.7 (marathon) /4.6 (half) Alexander Park, Cohoes - Kiera Wheeler and the Cohoes High Track & Field Team

Mile 19.6 (marathon) /6.5 (half) 21st Street, Watervliet - Lansingburgh High Track and Field Team

Mile 21.4 (marathon) /8.3 (half) Passano Paints, Watervliet - The Kinderhook Runners

Mile 23.4 (marathon) /10.3 (half) Menands - Upstate NY/Vermont Chapter of Team in Training

Mile 25 (marathon) /12 (half) Under Patroon Island Bridge, Albany - Fleet Feet Sports Albany ☐







HMRRC



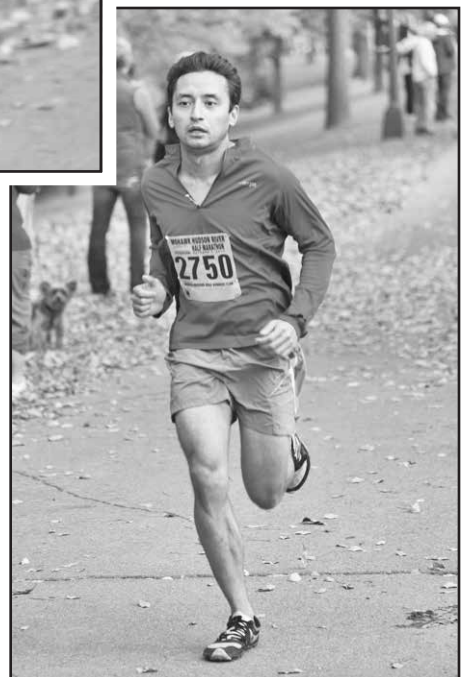
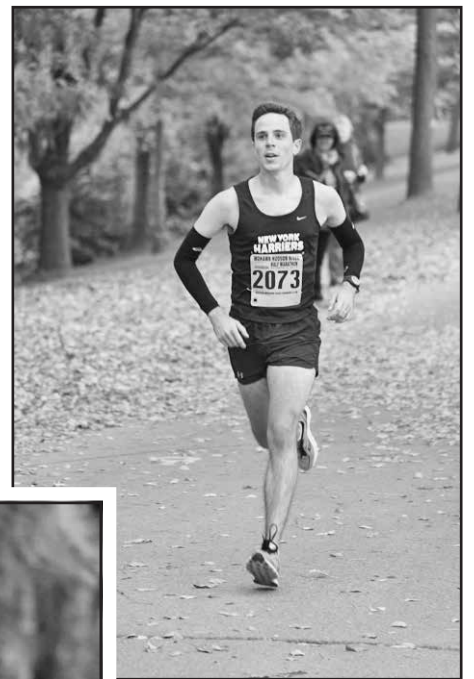
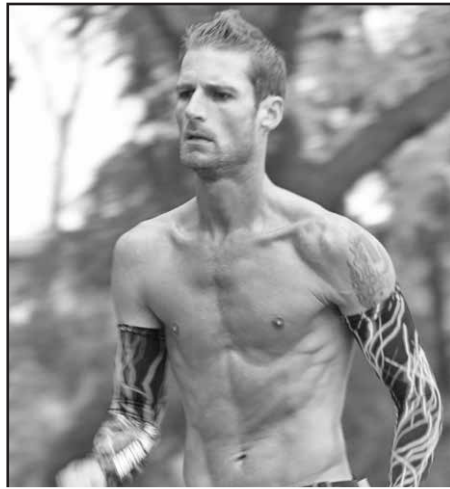
THE WINTER SERIES

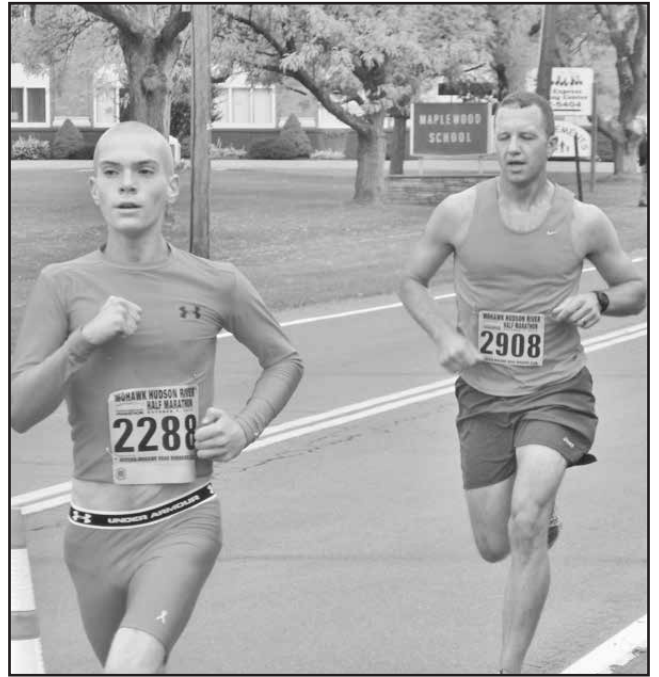
University at Albany • Physical Education Building

Date	Time	Event
Dec. 9, Sunday	10 a.m.	Winter Series 1 (3M, 15K)
Jan. 1, Tuesday	12 noon	Winter Series 2 (3.5 mile, half marathon)
Jan. 13, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 20, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 3, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Register day-of-race only
- Winter Series Races are free for HMRRC members and \$5 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







Meeting Minutes of the HMRRC General Meeting October 10, 2012

Attendance: Barb Light, Jon Rocco, Jim Tierney, Marcia Adams, Tom Adams, Tom Ryan, Michelle Sanchez, Ray Lee, Chuck Terry, John Parisella, Doug Bowden, Ken Skinner, Brian Northan, Diane Fisher, Jonathan Golden, Cathy Sliwinski

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

1. Reading and approval of September 12, 2012 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by John Parisella. Motion approved.

2. Reports of Officers

2.1 President (J. Rocco):

- Transition of Club President from John Parisella to Jon Rocco and transition of Executive Vice-President from Jon Rocco to Maureen Cox. Thank you to John Parisella for his leadership and service to the Club for the past year.

- Passed out meeting refreshments schedule 2012-2013.

- Notable open volunteer spots: Club Insurance/Sanctions, Club Van Management, Pace Setter Managing Editor. Brief descriptions of positions will be written up and posted on the website and also in the Pacesetter. Jon will also send out an email blast. Adam Rice will be taking club van for the Stockadeathon and then it will be housed over at Newkirk's. Race Directors need to make sure they clean up the van after their race and restock the van for the next race director. Grant given to Vale Trail-press release sent out about our contribution. Total of \$35,000 donated from 3 different groups. Did not mention how much we gave, just the total and who donated. It was a nice article in the Schenectady Gazette.

2.2 Executive Vice President (M. Cox): No report.

2.3 Executive Vice President – Finance (C. Terry): No report but will be presenting preliminary budget next month and will be contacting committee chairman for their input. Please send Chuck an email or call if you have any input.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (S. Krause): See attached report. Transitioning from Pam Zentko and going over reports.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2813 up 332 from this time last year. 70 new members last month-mostly from

Tawasentha Races. Diane has not received funds as of today from the Tawasentha race. Jon will contact John Kinnicutt. We have over 1000 likes on Facebook and 65 followers on Twitter. We are up over 30% in members in 3 years.

3.2 Volunteers (M. Adams): Thank you to everyone who volunteered at Marathon and Half Marathon. We will be having a Pre-Registration 101 class prior to the club meeting in November. It will start at 5:30PM and go until 7:30PM. Refreshments will be served. Need to be familiar with excel program. She encourages Race Directors to come and listen and learn about the information used for the Wild Apricot system.

3.3 Public Relations (R. Moore): A big congratulations to John Parisella for his term this past year. Nice job. HMRRC had a booth at the Adirondack Runner Expo and the HMRRC Marathon expo. Both events went really well. Gave out lots of information for the club. Thank you to John Parisella and Jon Rocco for helping me out at the Marathon Expo. Next event is the Stockadeathon expo at the Daily Gazette Building on November 10th. At the shirt/sneaker recycle drive at the Marathon Expo we collected 6 CARLOADS of shirts/sneakers which was given to the Mission. They were very appreciative. Would like to put something on the website about the drive and to thank everyone who donated. Would like to thank the Run ForThe Cure for letting us have a booth there and a collection. We were able to collect 6 bags of shirts/sneakers. The next shirt/sneaker recycling drive is at the Stockadeathon expo.

3.4 Race Committee (M. Warner): At our last race committee meeting we reviewed the 2013 schedule. We still need Race Directors for the Delmar Dash and Workforce Team Challenge. John Parisella will be co-director with Patrick Lynskey for Winter Series 5. Still need to confirm dates for the Running of the Green, Delmar Dash and Valley Cats. Grand Prix will retain the same races as last year. The Committee voted 21-0 to require all Grand Prix winners to volunteer in at least one HMRRC race during the year to qualify for a Grand Prix award. Mark will discuss with Jim Moore as the Grand Prix coordinator. It was noted that we need a new Insurance coordinator effective 1/1/13. There was also

a discussion on how to get more volunteers to step forward. Marcia will be sharing the membership list of all those members who checked the box that they are willing to volunteer. Josh Merlis suggested HMRRC Group Runs. A discussion on race sponsorships – it was agreed to meet with some potential sponsors to see what the possibilities may be for the club. For starters, Mark will be contacting Hannaford and see if we can set up a meeting for those race directors who would be interested in seeing what they are willing to offer. A similar discussion was held in regards to contracts for services and bulk purchases. (Water, porta-johns, timing services, t-shirts, etc.) No set policy or direction was decided on but it was suggested that as race directors saw opportunities for such shared purchases they contact their fellow race directors to see if there is an interest. Dogs/strollers/head phones were also discussed. The club is not in a position where it wants to make any outright bans of these things for all races. It was agreed that if you put ban on any entry form or race website that you should be prepared to enforce the ban. Vince Juliano suggested putting an annotation on the website as guidance to what races it would or would not be appropriate to run with these things. We also discussed putting an article in the Pacesetter on race safety. Each race with entry fees and pre-registration should state their policy for refunds and/or transfers on their entry forms, websites and confirmation emails. Sample verbiage can be found on the Mohawk Hudson Marathon website. It was also noted that we need a new coordinator for the HMRRC van and as a parallel activity they should maintain an inventory of our supplies and equipment.

3.5 Race Committee Treasurer (J. Golden): See attached report.

3.6 Pace Setter (K. Zielinski /R. Nagengast): No report. We have an opening for Managing Editor-Robin looking to step down end of year. Do have someone who is interested, Jon is still working on. If this doesn't work, he will contact Daryl to see if he is interested. Marcia noted that extra Pacesetters not be sent to them, should be sent to Rob Moore. Jim Tierney will contact them to make the change.

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

3.8 Safety Committee (V. Julia-

no): No report.

3.9 Grants Committee (R. Newkirk): No report.

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

3.11 Just Run Program (K. Skinner): 3 weeks into Fall Just Run program, have 9 schools participating. Altamont Elementary School is new. Ken is in the process of ordering shirts and hats for Cross Country Celebration on Tuesday October 30th. Estimating 200 kids and Ken will need volunteers. Meet starts at 3:30PM. Having 1K, 2K and 3K races. Ken was invited to Albany Board of Education to talk more about the Just Run Program. Next meeting is Thursday, October 18th at 7PM at Eagle Point Elementary School. Jon Rocco will also attend. Ken will be visiting schools after January 1st to see who will be interested in signing up for the Just Run program.

4 Unfinished Business:

- Defibrillators: Ken suggested Vince look into again. Marathon medical director said she would come in. Jon will put on the agenda for a future meeting. We do have EMS present in the larger races. With the defibrillators you need training and they have to remain charged. Need to look into these issues. At the marathon they had 12 bikers and they each had a defibrillator with them on the bike. They are compact. 9 physicians and 28 other medical staff who participated to help with the marathon. Will revisit this at a later date. Jon will talk to Vince again.

- Race Review Committee (J. Rocco): Proposed by Cathy and approved to look at races to see if can consolidate. The full Committee was never formed and never met. As such, Jon's plan is to move forward with my own 2 selections.

- Vale Park Trail Grant Update: Jon will follow up with Vince-supposed to be done by November 1st and a sign for HMRRC. Jon will work with Vince on the verbiage on the sign. Ken noted that Vince did get verbal approval from Schenectady police and he is waiting on formal paper work. Once they get formal approval they will publish the new map in the Gazette and on the Stockadeathon website.

5 New Business:

- Volunteer race requirement to qualify for a Grand Prix Award-2013 (proposed at Race Committee Meeting): you have to volunteer at

one (1) club race to be eligible for an award. This needs to be approved by the membership. It will be up to the Race Directors that volunteers sign waiver for the race. You can't run the race and also volunteer at the race-that won't count towards the grand prix. It does not have to be a Grand Prix event it has to be a Club race. Volunteer has to volunteer on the DAY of the race. Jon will list requirements on the Grand Prix page of the website. Marcia made motion table this until next month and Jon will work with Mark on it. Ken Skinner seconded the motion.

- Establishment of a Board of Directors (WTC): We currently need a Race Director for this race-Mark is finalizing contract with CDPHP for the race. We are having discussions on how to find a Race Director, thought was that they have a paid Race Director with a board of directors and they will appoint a director and advise the director on how the race shall proceed. We will need to get a board of directors in place. This is a big race for the club and takes a lot of time that is why we are considering this route. Cathy noted that we should just hire someone and let them go, but they need to have a board to oversee it. Need to find a board that can direct that person. Ken noted that we may be setting a precedent and need to proceed cautiously. Also noted that the Race Director needs to have a good support crew to help with the race. Marcia noted that when Pete Newkirk ran it, he had a lot of his staff help out. Ken asked if there is a deadline to find a Race Director for the WTC race. We are moving forward with the contract and the Charities of Choice. There are some items of the race that need to be addressed. There is a meeting next week with CDPHP. Mark will follow up with us next month on any new developments.

6 Announcements: John Parisella noted that Hall of Fame committee met and the process is underway for electing new members. Ken noted that the committee reviewed good candidates and will have a nice selection.

7 Adjourn: Motion made to adjourn made by Marcia Adams seconded by Cathy Sliwinski meeting adjourned at 9:00PM □



Grand Prix Update

Race #11 Mohawk Hudson River Marathon. October 7, 2012

Male

Male Open

12 Jeffrey Hayes
10 Kellen Henderson
8 Joseph Crowe
7 Jonathon Lazzara
6 Tom Scudder
5 Ambrose Schaffer
4 Mark Grammatico

Male 30-39

12 Mike Roda
10 Jim Sweeney
8 Chuck Terry
7 Brian Northan
6 Thomas Fraser
5 Todd Smith
4 Greg Ethier

Male 40-49

12 Karl Sindel
10 Randall Cannell
8 Craig Dubois
7 Christain Lietzau
6 John Stadtlander
5 Bill Street
4 Richard Homenick

Male 50-59

12 Kevin Dollard
10 David Roy
8 John Couch
7 Brian Coyne
6 Richard Clark
5 Daniel Esper
4 Mark Canary

Male 60-69

12 Rich Tanchyk
10 Timothy Fisher
8 Randall Craig
7 Kevin Donohue
6 Joe Yavonditte
5 Dominick Delorio Jr
4 Tom Kollar

Male 70+

12 Mark-Richar Butt
10 Ray Lee

Female

Female Open

12 Molly Casey
10 Shylah Weber
8 Kelly Virkler
7 Jessica Kostek
6 Leah Schaffer
20 – The Pace Setter

5 Michelle Davis
4 Sarah Scott

Female 30-39

12 Mary Jane MacPherson
10 Deanne Webster
8 Leah Jachym
7 Stephanie Vilorio
6 Anne Kubasiak
5 Sarah Reed
4 Stephanie Pitts

Female 40-49

12 Karen Dolge
10 Christine Capuano
8 Bonnie Barr
7 Christine Friedmaan
6 Stacia Smith
5 Colleen Smith
4 Jean Foti

Female 50-59

12 Kim Law
10 Jenny Lee
8 Joanne Fitzgerald
7 Sharon Desrochers
6 Cindy Michelin
5 Mary Signorelli
4 Audrey Vandervoort

Female 60-69

12 Susan Wong
10 Erika Oesterle
8 Mary Collins Finn
7 Gail Hein
6 Linda Keeley

Age Graded

Runner	Age	G
12 Susan Wong	64	F
10 Michadel Roda	36	M
8 Kevin Dollard	57	M
7 Jim Sweeney	31	M
6 Karen Dolge	42	F
5 Christine Capuano	45	F
4 Erika Osterle	61	F
3 Chuck Terry	30	M
2 Karl Sindel	48	M
1 Craig Dubois	49	M

Totals After 11 Races

Men

Male Open

44 Richard Messineo
34 Jonathon Lazzara
29 Paul Cox
22 Tom O'Grady
20 Ryan Walter
20 Justin Wood
16 Eric Young

15 Chuck Terry
12 Connor Devine
12 James Faraci
12 Jeffrey Hayes
12 Alex Paley
12 Jordan Pantalone
11 Daniel Jordy
11 Andrew McCarthy
11 Dave Vona
10 Kellen Henderson
10 Jason Lange
10 Josh Merlis
10 Blair Williams
8 Joseph Crowe
8 Aaron Lozier
8 Kevin Messineo
8 Brendon VanVlack
7 Jeffery Budka
7 Matt Lange
7 Brad Lewis
7 Zack Russo
6 Tim Budka
6 Nick Przekurat
6 Tom Scudder
5 Mohammad Qneibi
5 Ambrose Schaffer
4 Daniel Ayala
4 Ryan Egan
4 Mark Grammatico
4 Andrew Gravelle
4 Kevin Treadway
4 Noah Valvo

Male 30-39

49 Aaron Knobloch
38 David Tromp
44 Michael Roda
28 Bob Irwin
26 Mathew Nark
24 Joe Hayter
32 Chuck Terry
22 Chris Judd
20 Bill Davis
19 Josh Merlis
19 Andrew Rickert
18 Clay Lodovico
21 Todd Smith
23 Brian Northan
16 Dennis VanVlack
15 Anthony Giuliano
22 Jim Sweeney
10 Eamon Dempsey
9 David Newman
8 Eamon Dempsey
8 Richard Hamlin
8 Joey Sullivan
7 Jon Catlett
6 Chris Nowak
6 Aaron Robertson
5 Jonathon Golden
5 Kevin Shaughenssey
4 Joe Benny
4 Michael Clark
4 John Deer
4 Matthew Purdy
4 Pat Sorsby

Male 40-49

72 Jon Rocco
46 Ed Hampston
38 Kevin Creagan
34 Christian Lietzau
32 Brian DeBraccio
27 John Williams-Searl
25 Ken Tarullo
22 Ed Menis
19 Dennis VanVlack
18 Thomas Kracker
15 Bruce Beesley
12 Tim Hoff
12 John Stadtlander
12 Karl Sindel
10 Randall Cannell
10 Neil Sergott
8 Craig Dubois
8 Sunil Kumta
8 Tomo Miyama
8 Craig Tynan
7 Jonathon Bright
7 Douglas Campbell
7 Timothy Egan, Sr.
7 Dan Korff
6 Russel Lauer
6 Jeff Loukmas
5 Gil Chorbajian
5 Bill Grimaldi
5 Joe McDonald
5 Samuel Mercado, Jr.
5 Bill Street
5 Mike Verdichizzi
4 Steve Cummings
4 Brian Dillenbeck
4 Richard Homenick

Male 50-59

64 Ken Evans
48 Derrick Staley
38 Richard Clark
30 Rick Munson
24 Robert Wither
22 Kevin Dollard
22 John Noonan
17 Robert Somerville
16 Ed Gravelle
15 Bryan Coyne
14 John Couch
12 Dan Cantwell
12 Jim Giglio
12 John Parisella
11 Martin Patrick
10 Richard Kelly
10 Bill Martin
10 James McElroy
10 Bill Ports
10 David Roy
10 William Venner
9 Daniel Esper
8 Tom Dalton
8 Keith Haugen
8 Tom Tift
7 John Beard
7 Steve Black
7 Michael Bromm

7 Steve Conant
 7 Ralph Sansaricq
 7 Carl Urey
 6 Mike Brinkman
 6 Rob Picotte
 5 Robert Colborn
 5 Jim Devine
 5 Dan Nugent
 5 Steve Vnuk
 4 Joe Benoit
 4 Mark Canary
 4 Bruce Stevens

Male 60-69

72 Paul Forbes
 59 Paul Bennett
 42 Juergen Reher
 40 Norman Dovberg
 36 John Stockwell
 30 Tom McGuire
 22 Carl Matuszek
 21 Joe Yavonditte
 18 Ken Klapp
 17 Frank Broderick
 17 Ed Litts
 14 Bob Ellison
 14 Pat Glover
 13 Tom Adams
 12 Rich Tanchyk
 10 Peter Gerardi
 10 Timothy Fisher
 9 Tom Kollar
 8 Randall Craig
 7 Kevin Donohue
 6 Frank Myers
 5 Dominick Delorio Jr
 5 Jim Fiore
 5 Greg Taylor
 5 Jim Thomas
 5 Frank Wittman
 4 Jack Berkery
 4 Pete Cowie
 4 George Jackson
 4 Charles Terry

Male 70+

72 Ed Bown
 58 Wade Stockman
 52 Jim Moore
 41 Ray Lee
 19 Chris Rush
 16 James McGuinness
 13 Armand Langevin
 12 Mark-Richar Butt
 12 Bob Knouse
 8 Don Wilken
 7 Joseph Richardson
 6 Charles Bishop
 6 Jim Hotaling
 6 Ken Orner
 6 Tony Scott
 4 Raymond Bremm
 4 Richard Green

Women

Female Open

62 Meghan Davey Mortensen
 60 Kristina Gracey
 56 Shylah Weber

34 Karen Bertasso
 17 Alicia Bousa
 17 Roxanne Wegman
 16 Kelcey Heenan
 16 Kelly Virkler
 14 Lisa D'Aneillo
 14 Taryn Reese
 12 Molly Casey
 12 Erin Rightmyer
 12 Jody Robertson
 12 Leah Schaffer
 10 Michelle Davis
 10 Alison Kerr
 10 Brina Seguire
 8 Rebecca Cain
 8 Liz Chauhan
 7 Jessica Kostek
 7 Danielle Skufca
 6 Emma Hampston
 6 Katie Jones
 6 Kristen Quaresimo
 6 Joselin Schmitz-Morfe
 5 Amy Becker
 5 Kylar Foley
 5 Angela Gerace
 5 Ada Lauterbach
 4 Laurel Abowd
 4 Michelle Carter
 4 Erin Ring
 4 Sarah Scott

Female 30-39

66 Gretchen Oliver
 63 Crystal Perno
 39 Sally Drake
 34 Shelly Binsfeld
 22 Stacey Kelley
 16 Kari Deer
 16 Jessica Northan
 16 Deanne Webster
 14 Leah Jachym
 13 Sarah Reed
 12 Mary Jane MacPherson
 10 Michelle Pendergast
 10 Stephanie Pitts
 9 Cynthia Zinzow
 8 Jessica Chapman
 8 Shannon Judisky
 8 Nikki O'Meara
 8 Sonya Pasquini
 8 Renee Toland
 7 Christine Ardito
 7 Jennifer Merritt
 7 Candice Panichi
 7 Tricia Pendergast
 7 Diana Tobin-Knobloch
 7 Stephanie Viloria
 6 Susan Bright
 6 Erin Corcoran
 6 Anne Kubasiak
 6 Stephanie Wille
 6 Amanda Zenner
 5 Melissa Hasan
 5 Sabrina Krouse
 5 Sara Madden
 5 TuAnh Turnbull
 5 Laura Zima
 4 Laura Lutz
 4 Kim Morrison

Female 40-49

60 Emily Bryans
 44 Chris Varley
 40 Kimberly Miseno-Bowles
 34 Anne Benson
 29 Stacia Smith
 20 Karen Dolge
 20 Regina McGarvey
 20 Penny Tisko
 19 Barbara Light
 17 Judy Guzzo
 17 Dana Peterson
 16 Laurie Hoyt
 16 Connie Smith
 13 Megan Leitzinger
 10 Christine Capuano
 10 Mary Ibbetson
 10 Brenda Lennon
 8 Bonnie Barr
 8 Roxanne Gillen
 8 Leah Giordano
 7 Marcy Beard
 7 Christine Friedmaan
 7 Tammie Jones
 7 Kathy VanValen
 6 Kaye Byrne
 6 Heather Machabee
 6 Ruth Sadinsky
 5 Chris Abowd
 5 Miriam Hardin
 5 Colleen Smith
 4 Kay Byrne
 4 Martha Gohlke
 4 Jean Foti
 4 Kirsten LeBlanc
 4 Sarah Reed-Esper

Female 50-59

55 Susan Burns
 50 Jenny Lee
 41 Joan Celentano
 39 Nancy Taormina
 24 Nancy Briskie
 22 Nancy Nicholson
 22 Beth Stalker
 19 Karen Dott
 16 Karen Provencher
 15 Cathy Sliwinski
 14 Sharon Desrochers
 13 Karen Gerstenberger
 12 Inge Aiken
 12 Maureen Fitzgerald
 12 Peggy McKeown
 12 Kim Law
 11 Maryanne McNamara
 10 Joan Brown
 10 Kathleen Goldberg
 8 Sharon Fellner
 8 Joanne Fitzgerald
 8 Lois Green
 7 Donna Charlebois
 7 Carol Wittman
 6 Cindy Michelin
 6 Joyce Reynolds
 6 Barbara Sorrell
 5 Harriet Jaffe
 5 Nancy Piche
 5 Deb Sanger
 5 Mary Signorelli
 4 Jill Mehan
 4 Aileen Muller
 4 Daine Peverly

4 Valerie Pezzula
 4 Kim Sack
 4 Audrey Vandervoort

Female 60-69

72 Judy Phelps
 66 Susan Wong
 41 Katherine Ambrosio
 35 Martha Degrazia
 34 Erika Oesterle
 28 Mary Wilsey
 14 Judy Lynch
 9 Linda Keeley
 8 Mary Collins Finn
 7 Gail Hein
 7 Ginny Pezzula
 6 Sue Nealon
 5 Jacqueline Tremont
 4 Linda Keeley
 4 Kathleen Santarcangelo

Female 70+

70 Anny Stockman
 28 Eiko Bogue
 12 Coral Crossman
 12 Marge Rajczewski

Age Graded

Runner	Age	G
62 Susan Wong	64	F
58 Judy Phelps	60/61	F
45 Paul Forbes	61/62M	
44 Derrick Staley	53	M
32 Emily Bryans	44/45	F
21 Michadel Roda	36	M
17 Paul Bennett	61	M
17 Jim Sweeney	31	M
16 Kevin Dollard	56/57M	
16 John Noonan	52	M
16 Beth Stalker	52	F
15 Nancy Briskie	54/55	F
14 Anne Benson	47	F
13 Aaron Knobloch	36	M
13 Chuck Terry	30	M
12 Kristina Gracey	29	F
12 Karen Provencher	57	F
10 Connor Devine	18	M
10 Tom O'Grady	26	M
10 Jodie Robertson	27	F
9 Anny Stockman	80	F
8 Eamon Dempsey	32	M
8 Jon Rocco	45	M
8 Justin Wood	28	M
7 Josh Merlis	30	M
7 Richard Messineo	24	M
7 Nancy Nicholson	50	F
7 Erika Osterle	61	F
6 Christian Lietzau	48/49M	
6 Carl Matuszek	60	M
6 Meghan D. Mortensen	27	F
6 Karen Dolge	42	F
5 Christine Capuano	45	F
5 Kari Deer	33	F
5 Ken Klapp	62	M
5 Jordan Pantalone	17	M
5 Marge Rajczewski	71	F
4 Joe Hayter	31	M
4 Jason Lange	17	M
4 David Tromp	37	M

Enjoy Warmth & Comfort with



Homemade Soups
Sandwiches & Wraps
Sweets & Fresh Baked Breads
Catering
Private Parties
Corporate Meetings/Events
Gifts
Dine In / Take Out

438-3540

Stuyvesant Plaza • 1475 Western Avenue
Albany 12203
www.bountifulbread.albany.com

Event Schedule

HMRRC races in blue type

Date	Time	Event	Location	Contact	Email
12/15	5:00 PM	16th Annual Albany Last Run 5K	Empire State Plaza	Cathy Kosa	kosac@ci.albany.ny.us
12/22	10:00 AM	Holiday Classic 5K Run/Walk	Columbia-Greene Community College, Rt.23, Hudson	Phil Carducci	holidayclassic@nycap.rr.com
12/31	5:30 PM	First Night Saratoga 5K Run	Saratoga Springs/Skidmore College Campus	Jeffrey Allen	jallen3@nycap.rr.com
1/1	8:30 AM	New Year's Day 5K Resolution Run/Walk	Lake Placid Public Beach, 49 Parkside Drive	Darci LaFave	darcilafave@gmail.com
1/1	12:00 PM	Winter Series #2 -- 37th Hangover Half[GP] & Bill Hogan 3.5M Run†	Univ at Albany ----- Day of Race Signup only!	Cheryl & Brian DeBraccio	cmarathon@aol.com
1/13	10:00 AM	Winter Series #3 -- 3M, 10K, 25K†	Univ at Albany ---- Day of Race Signup only!	Jon Rocco	jonrocco@hotmail.com
1/20	10:00 AM	Winter Series #4 -- 3M, 15K, 30K†	Univ at Albany -- Day of Race Signup Only!	Josh Merlis & Joe Benny	jmerlis@areep.com
2/3	10:00 AM	Winter Series #5 -- 4M, 10M[GP], 20M†	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@nycap.rr.com
2/9	6:00 PM	HMRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach	dbeach21@verizon.net
2/17	10:00 AM	40th HMRRC Winter Marathon & Marathon Relay	Univeristy at Albany	Dana Peterson -- Clay Lodovice -- Ed Neiles	peterson.danac@gmail.com
3/16	10:00 AM	1th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Letticia & Dave Ruderman	letticiaaviles@aol.com
5/12	10:00 AM	33rd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrrcmothersday@gmail.com
5/16	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	TBD	
6/9	9:00 AM	42nd Distinguished Service Race 8 Mile [GP]	Univ at Albany ----- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/11	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/18	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/25	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/2	6:00 PM	The Colonie Mile [GP]†	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/9	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/11	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile†	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/16	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/18	6:15 PM	40th HMRRC Hour Run†	Colonie HS Track	Doug Bowden	bowden@nycap.rr.com
7/23	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/25	6:15 PM	37th HMRRC Pentathlon†	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/30	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.

U.S. Postage

PAID

Albany, NY

Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

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

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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