

The Pace Setter

January 2012

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



THE GAZETTE NEWSPAPERS

AND THE

HUDSON MOHAWK ROAD RUNNERS CLUB

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Photos in this issue by Bill Meehan, Phil Borgese, Gerri Moore, Neil Sergott, Ray Lee



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 John Parisella

Happy new year! Post-holiday greetings to all you runners from my desk in Schenectady. You are most likely reading this issue of *The Pace Setter* in early January, just about the time when those of us who run are thinking about the year ahead, and setting our sights on the races we'd like to enter and in which we'd like to do well (only 11 weeks to the Runnin' of the Green. Justin, start the countdown clock). Whether you're thinking about just starting to run, entering the CDPHP Workforce Team Challenge in May with your running mates from work or setting a new PR at your best distance in 2012, well, you're in luck. We've got races for you. You may also be thinking about becoming a volunteer or doing so more frequently at races. If so, the HMRRRC provides

you with terrific opportunities toward achieving these objectives as well. All the members of HMRRRC wish you well as you work toward these goals.

As you read this, we'll have already kicked off the new year with the Bill Hogan 3.5 mile race and the Hangover Half that occurred on January 1st. On January 8th, we'll hold Winter Series #3, which includes a 3.5 mile race, a 10k and a 25k. On Sunday, January 22nd, Winter Series #4 will take place. This includes a 3.5 mile race, and 15k and 30k races. These races will take place at UAlbany and are FREE to HMRRRC members. Come on over and join the fun – either as a race participant or a race volunteer. I hope to see you there.

Yours in Sport, ☐

Profile of a Runner

BRUCE MARTELLE

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

Construction management, Dormitory Authority, self storage facility owner, golf.

When and how did you get started running?



About five years ago as part of a weight loss challenge.

Do you have a favorite race or races?

Runnin' of the Green (Island), Memorial Day 2 Mile at Voorheesville.

What are your most memorable races?

Stockade-athon. I like the fact that they have a Clydesdale division.

How do you train? Do you have training partners?

I used to run with DASNY co-workers, but mostly I train alone because I was moved to a field site away from downtown Albany.

What are your current goals?

To break two hours in the Mohawk Hudson Half Marathon. I was at 2:03 last year, with never having run more than 5 miles.

Do you have any future running goals?

To stay injury free and compete in a couple more half marathons.

Do you have a philosophy of running?

I run slow and steady until the last 20 percent of the race, then I give it all I've got.

Any funny stories?

My friend Chris always has to poop before races; watching him squirm until he finds a bathroom is comedic. ☐



What's Happening in January

by Al Maikels

Happy New Year! This year will bring a presidential election and the end of the Mayan long count, at least one of those has the potential to be disastrous. 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 2012. The Winter Series continues on Sunday, January 8 with races of 3 miles, 10k and 25k to choose from, with the start at 10 a.m. When the HMRRC was a serious distance running club, the 25k was a grand prix race; sadly those days still seem to be over. Sunday, January 22 is the date of the next Winter Series with races of 3 miles, 15k and 30k. All of the Winter Series races are held at UAlbany. The Winter Series is one of the great assets of the HMRRC and it takes a lot to put these races on. If you can find the

time, volunteer at one of these races and help the club keep this great series going.

Runners looking for an out of town racing fix are directed to the Winter Wimp 2.2 and 4.4 mile races, held on Saturday, January 14 at 1 p.m. in Hagsman, NY. For a slightly farther out of town experience, I would suggest the Key West Half Marathon in Key West, FL, set for Sunday, January 22 at 7 a.m. I have run this race over the years and for some reason I found running a slow half-marathon along the blue water and sandy beaches of Key West more enjoyable than freezing on a long run in upstate New York.

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 12 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 Jim Tierney (Advertising Director) to reserve space, at 869-5597 or e-mail: runnerjmt@aol.com

Ads should be sent to:

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

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

New HMRRC Members

Kiera Becker
Jonathan Carlin
Peter & Sharon Desrochers
Sherry Douty
Daniel Evenhouse
Keith Favreau
Maureen Fitzgerald
Edward Gravelle
Susanna Hurley
Kristin Kehmna & Family
Tamica Kenyon & Family
Jennifer McIntosh
Kimberly Miseno-Bowles & Family
Nicole Niles
Maureen Ottati
Jodie & Aaron Robertson
Jerry & Krista Rock
Maria Schollenberger
Richard & Anna Thorburn
Debby West
Jim Whelan
Todd Wilson
Sonia Yau

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The Pace Setter is seeking a volunteer Ad Director to manage ad insertion for the magazine on a monthly basis.

Time commitment is
approximately
3 hours per month.

If interested, please email
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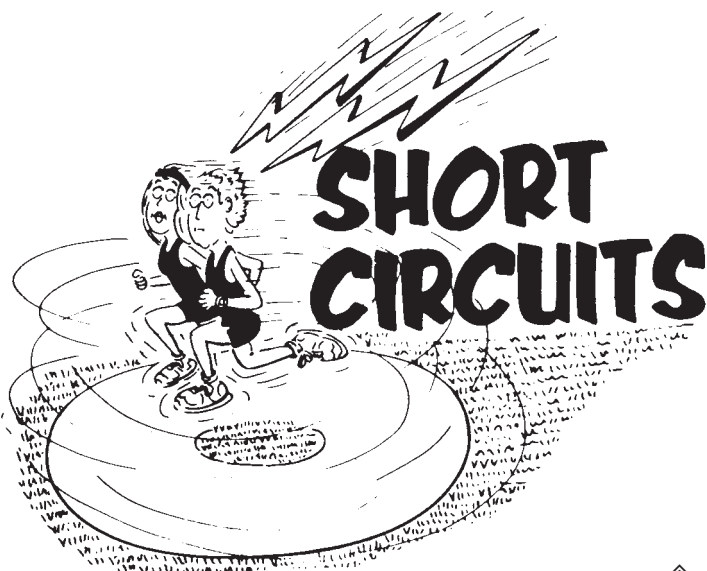
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Big Ed Gillen volunteers for everything. So where do you assign the recent pizza eating contest winner? In charge of the Stockade-athon post-race food and beverages including Ed's favorite, pizza. And that was what got Big Ed into trouble. The pizza delivery van was late and was blocked from reaching the pavilion by a sea of runners finishing the race. And Big Ed wanted that pizza, so Ed went to assist the driver. He told the driver that he would signal him when there was a sufficient gap between runners, at which point the driver would have to promptly proceed to the Pavilion.

The gap came, Big Ed gave the signal, but the driver didn't make it through. Of all the runners approaching, the pizza van blocked only one: Ed Whitlock, in his pursuit to break the 15K world record. Big Ed recognized his boo boo and was beside himself ("Whoa with me!") thinking that this may have caused Whitlock the record. Fortunately, Whitlock was still able to break the record despite the pizza van fiasco. Now what do we do with Big Ed the next time he volunteers? Apparently they have found a place for Ed where he can't get in any trouble.



Big Ed's new race assignment

The Ultimate Challenge? The Savage Seven. Seven marathons in one week, one each day. Pensacola, Florida. December 26 through January 1. The kicker: it is all run on a 400 meter track. Nuts.



Savage Seven 2011 Survivors: Johnny Springs, OK, Cheryl Murdock, FL, Jim Simpson, CA, "Ma Ma" Jean Evansmore, MD, Frank Bartocci, MN



How do you run a 10K inside a hotel meeting room? At the packet stuffing for the Mohawk Hudson River Marathon and Half Marathon at the Crowne Plaza someone decided to calculate how much running the volunteers did from table to table stuffing the packets. It came to approximately 11,000 yards each. And that's a 10K! (10,936.133 yards).



Gail Hein was trudging along in the 80-degree sun in the St. Augustine Marathon when the heat started to get to her and there were no water stops in sight. What could have been a disaster was turned around by a nearby runner who also was desperate for water. This runner took out her cell phone and dialed: "I want two!! That's two!! bottles of water and make 'em real cold! . . . and hurry!, we are on Beach Road heading toward the pier." Within minutes a woman appeared on a bike with two cold bottles of water. That mobile water stop really hit the spot.

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

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

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"I was going to wake up early to go jogging, but my toes voted against me 10 to 1."

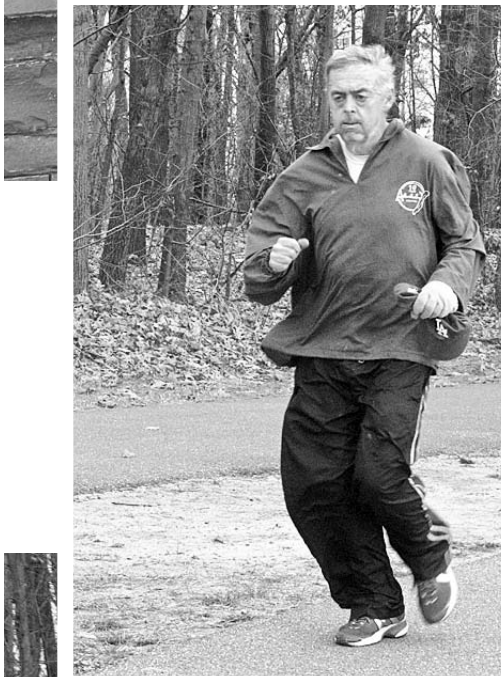


This runner looked strange. Real strange. He was into the Cross-Fit exercise regimen to lose weight, which had him wearing a cardio-mask and a weighted vest when running. Long Hoang was that runner, a 23-year-old nursing student from San Jose, CA. He went out running about noon in his odd outfit with a package to mail. The package did not quite fit in the drop box so he had to squeeze it in. That's when someone saw him and called 911 to report a "terrorist at the Post Office with a bomb."

The result: Full scale law enforcement response including dogs and robots, and the lock down of several downtown blocks. Four hours later it was called off as Hoang confessed to being just a jogger mailing a package to his mom. No charges were filed. ☐



Long Hoang, the terrorist jogger



The 2011 Turkey RaffAL Run: A Nice Day to Run

by Al Maikels

The 2011 Turkey RaffAL Run fell on a beautiful day to run, slightly warm for the date, sunny and just a bit breezy. This year we had a nice, manageable field of 291 runners. When I joined the HMRRRC 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 HMRRRC schedule for 1988. When I expressed my unhappiness on the race's absence from the schedule during a training run with Ray Newkirk he suggested I stop whining and direct the race myself with the location moved into Albany.

From November of 1989 through 2006 the Turkey Raffle Run was held at Washington Park in Albany. For the first eight or nine years we had the full use of the facilities, including the Lake House. The race attracted 100 to 140 runners and was one of the staples of the fall schedule. There were years when I was traveling and Charlie Matlock would step in and direct the race and it didn't skip a beat. In 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.

I decided that if we were going to move the race we could tweak its name, thus the name Turkey RaffAL Run came into being. Apparently the spell check software used by the club has difficulty recognizing this change; perhaps we will have to produce the club race schedule manuALLY.

The Town of Colonie Parks and Recreation



Department has proven to be as accommodating as the City of Albany always was and has made it easy for us to use the Crossings. Park

Drawing by Laurel Petersen



employee Dan Marr and his crew go out of their way to accommodate our event and the runners seem to like the Crossings.

Race day 2011 was produced by a great group of volunteers. Lisa Ciantetta, Ginny Mosher, Susan Wong, Marcia Adams, Bobbie Talmadge, Grace Furdon-Reinhardt and Marey Bailey took care of the registration and raffAL while Charlie Matlock brought the turkeys.

Once the runners were on the course we had a few minutes to start setting up the raffAL items while Barbara Sorrell, Kim and Kathleen Bowles, Allison Bradley, Susan Burns, Marna Meltzer, John Parisella and a crew from Shaker High School were there to hand out the raffAL tickets. We had a great supply of refreshments for the runners as we used some of the raffAL items for refreshments. Maureen Cox brought the new club coffee pots and she and Tom Adams made sure the refreshments were ready for the runners.

After the hour was over the crowd of runners filled out their raffAL slips with surprising speed and the raffAL took less than 30 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 135.

Among those winning turkeys were Barbara Light, Joanne Nolette, John Maney, Tom O'Grady and Denis Hurley. Other prize winners included Brian Northan, Sally Drake, Mark Davenpeck, Jim Moore and Stacey Kelley, just to name a few.

The race is always the Sunday before Thanksgiving, see you there in 2012. Since I managed to get elected to the Guilderland Town Board, there may be a Tawasentha Turkey TaffAL Run on the Saturday before Thanksgiving. Are we ready for a Turkey RaffAL weekend? □



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

Knit Hat, navy, black, light blue

Thermax Gloves, black

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

Long Sleeve Coolmax Shirts:

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

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

Coolmax Singlets:

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

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

Short Sleeve Coolmax Shirts:

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

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

Shorts with white club logo

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

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

Easy, 4" inseam, S,M,XL

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

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

Running Cap, embroidered logo, white, white/royal

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

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

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"BEEN THERE, DONE THAT"

by Mike Becker



January 1972...Forty Years Ago

- Dry roads and relatively warm weather greet 18 runners for the only club race in January, as usual, at SUNYA. The familiar distances of 5.64 and 8.46 miles are run, two and three campus loops without the bus loop. Among the 18 runners is not a single female! Split times are provided at the end of each loop. The race entry fee is 50 cents, which is higher than the fee for today's Winter Series races (free).

January 1977...Thirty Five Years Ago

- The First Annual Hangover Half Marathon and three-mile Sober Up runs are held at SUNYA. The half is also dubbed the "Anti-Football Bowl 13.1-Mile Run." The weather is described as bitter cold, windy, with snow covered-roads, the worst weather for the club winter races in many years. Sounds like a typical winter day in Albany! Two runners get lost but manage to finish. There are 22 finishers in each race, with Woods McCahill winning the half in 1:23, to date the slowest winning time for the Hangover Half. It is also the only time that no females ran the half, although three did finish the three-miler.

January 1982...Thirty Years Ago

- New Year's Day is a cold 33 degrees with rain. Pat Glover, Dan Larson, and Dale Keenan are the top three finishers in the Hangover Half Marathon. Cathy Boyle is the female winner. Dick Hudson wins the three-miler with Tom Bulger and Paul Rosenberg also in the top ten.

- Paul Murray announces in his President's column that club dues are increasing from \$6 to \$8.

- John Ford wins the Winter Series 30K with Don Wilken, Tom Bulger, and Paul Murray running in the top ten. Twenty-year-old Daniele Cherniak is the top (only) female.

- *The Pace Setter* has an article about the recent club banquet, which had a record 152 participants including guest speaker Hal Higdon. Higdon was then a contributing editor to *The Runner* magazine and has written numerous books and articles. Hal spoke for 45 minutes and kept everyone laughing with stories comparing running in the pre-boom era to the obstacles faced by today's runners.

January 1987...Twenty Five Years Ago

- Dale Keenan wins the Hangover Half with a 70:35. It is Keenan's third consecutive win in the event, and he would eventually win nine! Jean Kerr is the top female with an 88:46. Bill Drapeau was in charge of the course marshals, and Kathy Keenan was in charge of registration and results.

- The 1986 Grand Prix winners are announced: Open male – Dale Keenan, Open female – Denise Herman, Masters male – Paul Murray, and Masters female – Anny Stockman. The age for Masters females was 35 and over back then, for some reason.

- On the morning of the fourth Winter Series races, there was a five-foot high pile of snow blocking the path connecting the SUNYA campus with the State office campus. Race director Larry Decker began shoveling but realized in vain he would not be able to clear the path in time. He spotted a front end loader working nearby and convinced the driver to clear the path, thus saving the races.

January 1992...Twenty Years Ago

- Local runner Lisa Vaill runs a 2:43 in the Women's Olympic Qualifier in Houston, finishing 26th.

- *The Pace Setter* contains tributes to recently deceased Bill Shrader, Sr., club founder and legendary Masters runner, by Paul Murray, Mike McCarthy, and Don Wilken.

- Jim Burnes is profiled. His training consists of 70 mile weeks at an average 7:30 pace. His best performances include the 1991 Arsenal City 5K (16:30), 1985 Stockade-athon (52:53), and the 1986 Boston Marathon (2:50). Jim was the long-time compiler of the extensive race schedule in *The Pace Setter*.

January 1997...Fifteen Years Ago

- Mike Gross and Dale Keenan each run 1:17:44 in the Hangover Half Marathon at SUNYA for top honors. Amy Herold runs 1:28 for fastest female and 13th overall. Bob Higgins and Jen Fazioli are winners of the 5K with times of 17:06 and 20:30. A total of 243 runners finish the two races, which begin at a temperature of eight degrees but thankfully with no wind.

- A total of 123 runners come out for the three Winter Series races on the 11th at SUNYA. Carl Urrey and Amy Herold run together and win the 25K with 1:46:28. Matthew Pyle and Susan Burns win the 10K, and Matthew VanDeusen and Diane Knowlton take the 5K.

- The 1996 Grand Prix winners include familiar names Zach Yannone, Dale Keenan, Wade Stockman, Amy Herold Russom, Joann Spinelli, and Anny Stockman.

January 2002...Ten Years Ago

- Jamie Rodriguez wins the Hangover Half Marathon with a time of 1:16, and Emily Bryans

is the top female finisher with a 1:26. There are 185 finishers of the half. Tyler Raymond and 12-year old Brina Seguire win the three-miler.

- Ken Plowman and Linda Kimmey are winners of the 30K at the fourth Winter Series races on the 27th. Nathan Hoffman and Ben Greenberg tie for the 15K title, and Nancy Taormina wins the female 15K. Mark McKenzie and Michelle Milton win the three-miler.

- Willow Street Athletic Club members Birger Ohlsson and Nick Conway compete in the Bermuda International Race Weekend. Conway and Ohlsson finish sixth and eighth, respectively, in the mile with times of 4:15 and 4:16. The next day they run 31:24 (Ohlsson) and 33:01 (Conway) in the 10K, good for fifth and ninth overall.

- Russ Hoyer and Martha DeGrazia are top local finishers in the Fat Ass 50K with times of 3:43 and 4:21. Hoyer's time is third overall.

January 2007...Five Years Ago

- The 21st Annual Winter Wimp Foot Races are held in Hagaman. Brendan Devine sets a course record in the 4.4-miler with a 23:34, and Evelyn Marrero is top female with a 28:36. Bob Irwin and Meghan Davey are runners up. Justin Corelli and Regina Flint are winners of the 2.2-miler.

- Fred Joslyn breaks Tom Dalton's record in the Hangover Half Marathon at SUNYA with a 68:27, more than six minutes ahead of the second place finisher. Emily Bryans is the top female with a 1:26. Top ten age-graded finishers include Anny Stockman, Pat Glover, Martha DeGrazia, and Jim Maney. Ben Greenberg and Kelly Camardo are winners of the Bill Hogan 3.5-miler.

- John Ehntholt and Elizabeth Paddock are winners of the 30K on the 28th, part of Winter Series #4, with Jon Rocco and Kara Lynne-Kerr runners up. Kevin Sheehan and Keelin Wellott are winners of the 15K, and Aaron Knoblauch and Evelyn Marrero win the three-miler. □

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**

A Treasure to the Local Running Community: Hall of Fame Inductee Frank Myers

by Paul Rosenberg with Vince Juliano

I always felt that Frank Myers deserved to be in the Hudson Mohawk Road Runners Club Hall of Fame and any other regional sports-related organization. I am thrilled that the HMRRRC Hall of Fame Committee voted to induct Frank this year.

Frank Myers has spent a lifetime promoting the sport of running as a coach, mentor, and event organizer - often in close association with the HMRRRC. In fact, the HMRRRC and local running community owe a great deal of its thriving existence to Frank. He quietly plugs away, in his steady, humble and seemingly unemotional, but incredibly dedicated passion for the local running scene.

I've known Frank since 1972 when my teammates from the Albany State Track team (Carlo Cherubino, Jim Shrader, and others) suggested I attend the summer track meets at Colonie HS, organized by Frank and Don Myers since 1969. I had just finished my first season running track, and was looking for advice as to what to do during the summer, in preparation for my first cross country season.

Frank, Don and several other "West Albany Striders" (an informal close-knit group of runners from the Sand Creek Road corridor of Colonie - they were more active in the 1970s, running in and organizing meets) had no place to run after they got out of college other than some meets outside the Capital District so they decided to hold their own.

I was immediately impressed by what a great job these guys were doing for the community by organizing these track meets. There were 100 to 200 people attending, ages 12 MONTHS to 80 YEARS old! There was no entry fee, no numbers to wear, good officiating, and no prizes, except for the last or next to last meet at which ribbons were awarded.

I ran every summer at these meets from 1972 to 1994, when I decided that 23 consecutive seasons were enough for me (the grind of doing interval training every spring/summer finally burned me out). By 1994 the meets had a lot more attendance, sometimes more than 300 people of all ages and talents - from folks trying to break a 4-minute mile to those simply trying to complete 400 meters.

In 2007, I got the bug again, and have been coming to the meets ever since. It was like stepping into a time warp. NO CHANGE! There was still no entry fee, no numbers, and the ribbon race near the end of the season.



There was still great attendance, including the Albany Police Athletic League children, many from disadvantaged backgrounds, and sometimes as many as four heats of the mile run (approximately 200 runners in the mile alone). There were still the 18 month olds just being thrilled to complete a 50 yard "marathon" dash while a 92-year old was trying to break U.S. and world records in various events. I've traveled around the northeast quite a bit and have never seen another track meet with anywhere near the attendance of these meets. They all have entry fees, numbers, paperwork, etc.

The Colonie meets have also been used to host the HMRRRC Colonie Grand Prix Mile, a highlight of the summer months for club members who enjoy the track and the classic one mile distance. I don't think you can find a better choice for well-organized, free recreation of any form than the Colonie track meets in the Capital Region, and much of this is due to Frank's (and Don's) passion for track.

Another of Frank's contributions has been keeping meticulous records that date back to 1969 so that today's top-tier runners can compare their best performances to those of prior generations.

Frank Myers has had a remarkable coaching career, mentoring the next generation of talented runners for 40 years at Colonie High School. He has supported the HMRRRC Labor Day 5K scholastic team competition each year by encouraging teams of Colonie HS runners to participate. For many years, Frank has brought dozens of young runners to the event to participate in the 5K road race.

Frank started his coaching career at South Colonie Central High School during the fall of 1969 and coached cross country and indoor and outdoor track. He retired from teaching in 2000 but has continued to coach three sports per year - a total of 129 straight seasons (43 years).

In 1979, Frank founded - and still organizes - the Dynamic Duo male/female relay race, held annually (33 years) in the Colonie Town Park. This unique event is very popular with high school and collegiate top-tier talent, but is also open to runners of all age groups. Last year, the HMRRRC assumed sponsorship of the Dynamic Duo by defraying some of the rental and insurance costs as a trade-off for bringing this popular youth driven event under the club's umbrella of race offerings. After much discussion and serious debate, the HMRRRC has chosen to invest a healthy portion of this largess on youth programs, namely the "Just Run" program, and to incorporate new events in its schedule that appeal to the next generation of runners, such as the Dynamic Duo.

During my tenure as newsletter editor (1974-1979), Frank wrote an incredibly detailed

column for me about local high school track and cross country. He has continued to write for *The Pace Setter* under the pen name "Wes St. Riders" (his inside joke of naming himself after "West Albany Striders" is now revealed!) about high school running and the Dynamic Duo race.

It's Frank's long-term commitment to local track and cross country that might be his biggest contribution to the Capital Region being such a hotbed of running. He has served in many capacities for high school athletics over the years, most recently as President of the Tri-County Indoor Track League. Again, his quiet but passionate dedication and quality work for high school athletics is a major factor why Section 2 has so much success in track and cross country, and also why, in combination with the summer meets, the Dynamic Duo race, and the HMRRRC events, we have so many young people who stay with running as a lifetime activity, for health, fellowship and competition.

Frank's long-time friend, Bob Oates, who is another race organizer, high school track official and former coach, adds, "Frank brought common sense to coaches' and officials' meetings. His innovations in indoor track meets, policies, and procedures have helped get hundreds of runners through races in a logical manner. He's a leader in the best sense of the word and his work always has the student as the prime beneficiary."

Bob told me a little known fact about Frank. In addition to organizing his own events, "Frank would help put on other races and volunteer at the drop of a hat! He missed only one of my races (as a timer) over 26 years and 77 races.

Continued on page 18



Hall of Fame Inductee Pete Newkirk: HMRRC's "Quiet Man"

by Tom Bulger

Pete Newkirk has been one of the most active and influential members of the HMRRC for the past thirty-two years. He has finally been selected as a member of the HMRRC Hall of Fame. I attribute this delay in recognition to the fact that Pete is one of the most self-effacing club members around, making major contributions without calling attention to himself. He reminds me of the role John Wayne played in the great movie, "The Quiet Man." Like Sean Thornton (Wayne's role in the movie), Pete is a strong person who works behind the scenes to achieve results that are spectacularly successful. As Cathy Sliwinski wrote in her letter nominating Pete for the Hall of Fame, "There are few other individuals in the Club's history who have contributed more to HMRRC than Pete Newkirk." As Cathy also noted, Pete has "volunteered his time, invested his own money, and extended his business knowledge and expertise into making HMRRC what it is today."

Where does one begin to list Pete's contributions to the HMRRC? Most recently, Pete directed the hugely successful Workforce Team Challenge from 2006-11. As long-time HMRRC members know, the Team Challenge has evolved into the largest participatory event north of New York City and east of Utica. The Challenge has become the major source of income for the club. In large part, this is due to Pete taking over the reins of this race. Under his direction, the race increased from 5,000 runners to 9,000 runners. Because Pete was able to negotiate a major sponsorship agreement with CDPHP, the race has generated large profits for the HMRRC as well as provided financial support to a "Charity of Choice." This race has become so financially successful that the HMRRC has been able to fund its other charitable contributions, including the high-school scholarship program for aspiring runners, the Just Run! program, and other grants and club operations. Pete is stepping down as race director of the Team Challenge next year, but he has left behind him a race that has a solid foundation for future success that will add to his legacy.

There are so many other contributions that Pete has made to the HMRRC that it would take a book to list them all. Here are but a few of the many ways Pete has made a difference to the HMRRC.

- He has directed the Two Person Relay from 2000 to the present. This makes Pete the director of both the Club's largest event (the Workforce Challenge) and its smallest.

- He has been the finish line coordinator for the Runnin' of the Green from 2000-2009.

- He won the club's Distinguished Service Award in 2004, the President's Outstanding Service Award in 2007, and the Extra Mile

Award in 2003 and 2006.

- His company, Newkirk Products, started and continues to finance the Willow Street Athletic Club, which supports some of the region's best runners. The Willow Street Athletic Club allows talented runners to develop within a positive and supportive team atmosphere.

- His company has also done a host of administrative, advertising, marketing, and warehousing tasks for the HMRRC.

- Along with his brother Ray, Pete spent many years helping the race organization for the Freihofer's Run for Women.

- As Ray said to me, "Every race I directed, Pete could and should have been listed as co-director." This is yet another example of Pete as the "Quiet Man."

- In addition to all his service work, Pete is a very accomplished runner in his own right. He has completed an impressive seventeen marathons, with a personal best of 3:17. He has also broken 40 minutes in the 10-K. He continues to remain competitive in his age group.

Given all he does for the HMRRC, in addition to his workload at Newkirk Products, plus his devotion to his family (ask his wife Marilyn about that), it would be tempting to think that Pete would have no time to do anything else. But Pete exemplifies the old cliché, "If you want something done, ask a busy hard-working person to do it." As an engaged citizen, Pete has also been active in a variety of charitable enterprises. He has been involved with the Homeless and Travelers Aid Society (HATAS) since 2002 and is currently the President of the Board of Directors of this organization. Besides this, Pete and Newkirk Products have supported of many other social work causes, including the City Mission of Schenectady, United Tenants of Albany, Habitat for Humanity and the Albany Community Land Trust. Just recently (10/26/2011), the Community Loan Fund bestowed its O'Shaughnessy Award to Ray and Pete Newkirk, as "models of corporate responsibility and community involvement." Altruism is not something Pete sporadically exercises; it is the core of his being.

I volunteered to write this article, because my father worked for Pete and Ray Newkirk for years. I am going to quote passages of the Hall of Fame article I wrote about Ray, because the sentiments expressed there hold true for Pete as well. "What has impressed me about Pete is the way he has brought the same values to everything he does. These values include but are not limited to the following: intense loyalty, determination and dedication, keen attention to detail, directness, generosity. Those who know Pete can recognize that he brings this matrix of values to all he does."



My dad and Pete got along very well, because they shared many of the same values. I still remember Pete telling me the story of how once when my dad and Pete were driving back to Albany from a business trip, my father asked Pete to stop at a rest area, so my dad could call my mother to tell her when he would be home. That Pete was impressed by my father's thoughtfulness showed me he too is that kind of thoughtful person. I also learned from Pete that one of my father's favorite work phrases at work was, "That is the beauty of the thing" (for anything done well). Until Pete told me this, I never knew this about my father. Finally, my mother recounted to me this exchange she had with Pete at my father's wake: "Ed Bulger loved three things in life: his family, Siena basketball, and working at Newkirk Products. And not necessarily in that order."

One more note of gratitude I have for Pete. When my father died, the Newkirks donated a sizeable contribution to the Brunswick Volunteer Fire House in the memory of my father. (My father had helped the fire house raise funds.) So in this firehouse, the kitchen has been remodeled with a picture of my father displayed. If Newkirk Products had a theme song, it would be the same as the championship Pittsburgh Pirates had: "We are family."

That is the beauty of the thing/life Pete Newkirk has created. ▢



The HMRRC Annual Awards Banquet

SATURDAY, FEBRUARY 11, 2012

THE DESMOND

660 ALBANY SHAKER ROAD, ALBANY, NY

PETE NEWKIRK and FRANK MYERS

to be inducted into the HMRRC Hall of Fame

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

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DINNER BUFFET: 7:00 P.M.

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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 VIENESESE PASTRIES

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Stockade-athon: Then & Now

by Vince Juliano

Those who recall history can better appreciate the significance of current events.

A quarter century ago, an unknown twenty year old runner from the Mohawk Valley in Central New York, wearing a non-descript bib # 1147 on his Brooks singlet, ran away from a talented field that included ten competitors who ran under 49 minutes for the 15K distance. He won the 1986 Stockade-athon by nearly a minute in a swift 46:06, the start of a remarkable career that would peak with an American marathon record of 2:09:35 at Chicago, a Stockade-athon course record of 44:39, and a 1:01 half marathon in Houston, Texas. The athlete, Jerry Lawson, became an iconic figure in New York distance running lore and after taking up residence in Florida, he returned to post top ten finishes every year at the Utica Boilermaker for nearly a decade.

Fast forward 25 years, and a 23-year old SUNY Brockport graduate student, perhaps trying to fly under the radar, registered at the “last chance” expo and was assigned an emergency bib #2150, as an official late entrant. Tim Chichester’s late entry may not have been quite the surprise to his competitors as Lawson’s was, for he did debut in the Stockade-athon the prior year and nearly won. But when this year’s edition of the Stockade-athon concluded the following day, one could not help but be reminded of Lawson’s impressive run 25 years ago when describing the special performance witnessed from this gifted runner from Mt. Morris, NY.

The Stockade-athon course loops past the finish prior to the one mile split, where Chichester had already opened a clear gap on the field of 1,600, with only Kiernan O’Connor from New York City in close pursuit. The Scotia, NY native realized early he was running for second place, as Chichester ripped through the initial 5K in 15:14. Chichester used the downhill 4th mile to recover before making a big move up the decisive State Street hill, running solo with a torrid 5:12 split. He passed the 10K mat in Vale Cemetery in 31 minutes flat and felt so good he continued running scared, with only the sounds of a female bagpiper to keep him company.

Behind Chichester, a competitive race developed for the runner up spot, as O’Connor battled with two of the top masters’ runners in the country in Mark Andrews (48:41) and Kevin Collins (49:06). O’Connor (48:36) would eventually edge clear in the final mile, but not before gaining a lot of respect for the elder duo. Post-race, O’Connor said, “both of them were kicking my butt early and I was just trying to hang on. As masters guys I figured I was not going to have any problems, but they are tough, tough competition”.

The winner would finish in 46:59, more than a minute and a half clear of O’Connor and Andrews in an impressive start to finish effort that even had Chichester reflecting back in history. “This is a great race! To be put in the

history books with all the great runners who have won this, it feels good.”

The women’s race was highlighted by a duel of two Olympic Marathon Trials qualifiers in Jodi Robertson (nee Schoppmann) and Albany native Ashley Gorr. Gorr, 24, was coming off her marathon qualifier at the ING Hartford Marathon four weeks prior, where she placed second in a personal best of 2:45:30 in only her 4th marathon. Robertson posted her 2:42 marathon qualifier in the spring in the marathon on her native Long Island, but was a slight underdog in this event, as she spent most of the summer recovering from a stress fracture in her back. Robertson would edge clear of Gorr with less than two miles remaining, and held her at bay by 16 seconds. (54:47 to 55:03).

Mary Wilsey, the official lead cyclist for the women’s race, described the duel this way: “From my perspective the race was run very seamlessly – runners were safe on the course [and fast!]. Just as an aside – I had the lead women and at every mile I couldn’t believe the splits (5:50) my Garmin was showing. They ran an amazing race!”

The race had its usual contingent of strong masters and age-graded runners, led by the Canadian marathon legend Ed Whitlock who set a new five-year world age record (80+) running 1:07:05 to best the existing record of 1:13:28 by over six minutes. Almost as impressive was the turn-out of legendary New England runners who forgot to act their age. Bill Dixon of Brattleboro, Vermont ran 58:15 at age 64; Norm Larson of Burlington, Vermont posted a 55:03 at age 55, Gordon Macfarland of Arlington, MA ran 1:00:06 at age 63 and Sidney Letendre of Florance, MA finished in 1:06:07 at age 57. New York’s top local performance went to Derrick Staley, who at age 53 posted an impressive 54:42. Said Staley post-race, “I feel young, pretty good for an old man.”

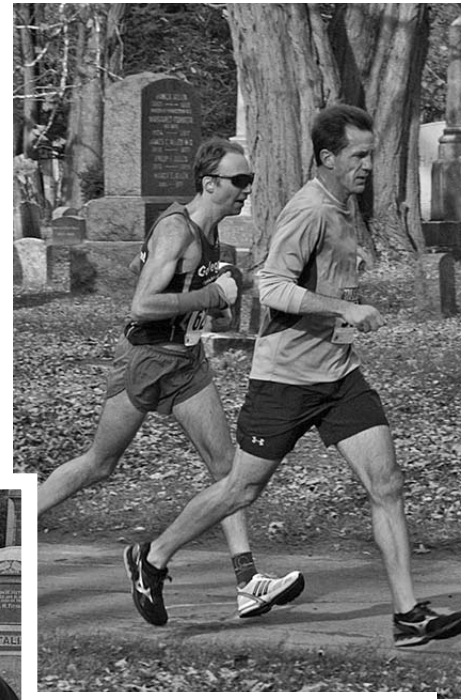
In 1986, the 11th edition of the Stockade-athon had 886 finishers and only 16% were women.

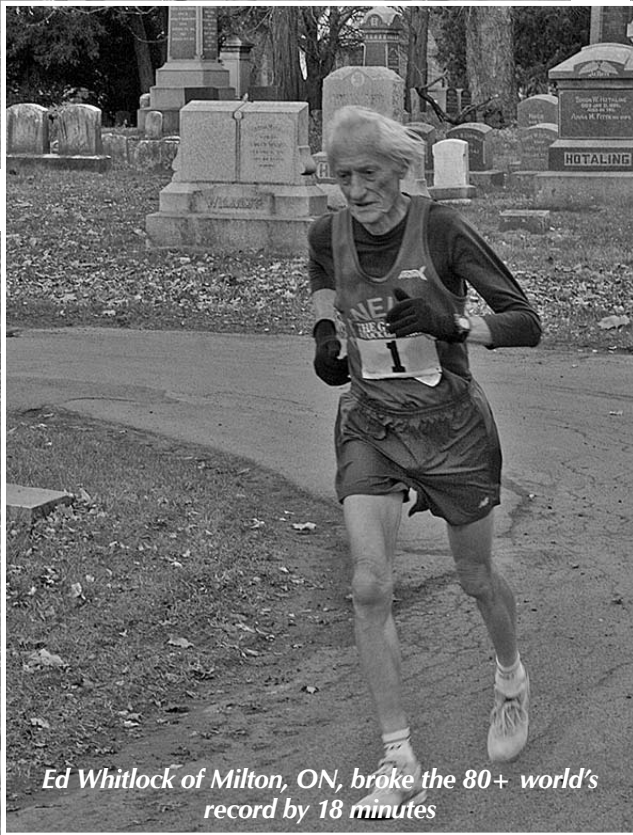
The 36th edition will be remembered for a record turnout (1,794 registered and 1,603 finished, plus a record 150 + children in the one mile Duck Pond Run.) It will also be remembered for a surge of women participants that for the first time equaled the number of men. Each pre-registered woman received a pink performance racing shirt by Brooks, which proved to be very popular.

Said Central Massachusetts masters mainstay Sidney Letendre (57), “Thanks for really one of the greatest races ever. I loved the pavilion with the fire and the whole set up of food was really great. I don’t think there was one detail that was left undone. So thank you for a fine day. PS: I LOVE the pink t-shirts!”

So, from three-time Stockade-athon Champion Jerry Lawson to women’s age-graded champion Sidney Letendre 25 years later, the Brooks tradition continues. ▣







Ed Whitlock of Milton, ON, broke the 80+ world's record by 18 minutes



Frank Myers, continued from page 12

He also drove the pace car for the I've Gone Bananas eight miler through Albany at 2 a.m. You can't ask for a better friend."

Frank has been an exceptional runner in his own right for many decades. His strength has always been track events, but he has been versatile enough to succeed at road races ranging in distances from 5K to a marathon. Listed below are his impressive personal bests, many at HMRRRC events. Frank has remained a competitive runner on a consistent basis throughout his long running career – often winning awards in his respective age-group.

Track

100 Yard Dash	10.6
220 Yard Dash	22.8
440 Yard Dash	50.9
880 Yard Run	2:07.3
1500 Meters	4:25.6
1 Mile Run	4:46.4
2 Mile Run	10:49.1

Roads

5K	17:46	
10K	36:37	
15K	57:37	(Stockade-athon)
10 Mile	63:28	(Lake George)
1/2 Marathon	1:26.58	(HMRRRC)
30K	2:03.:28	(Chopperthon)
Marathon	3:06:55	(Montreal)

Frank Myers personifies more than anyone the direction the HMRRRC has chosen to pursue. He has been a leader for more than 40 years in promoting the sport of running to youth and remains an iconic presence for so many runners who received their first words of encouragement from Coach Myers.

I apologize for the length of this article, but those of us who know Frank can tell you this is just a quick synopsis of 50 years of Frank Myers' overall involvement with running. Bob Oates says it best: "He is a Capital District/Section 2/HMRRRC/West Albany Striders treasure." □



Is it Your New Year's Resolution to Volunteer at an HMRRRC Race?

*Anyone can qualify
to be a volunteer*

RACES FOR JANUARY

**Winter Series #2:
Hangover Half & Bill Hogan
3 Mile – January 1**

**Winter Series #3:
3 Mile, 10K, & 25K
January 8**

**Winter Series #4:
3 Mile, 15K, and 30K –
January 22**

*We welcome everyone – so if you
are planning to be at a race but
not running, why not lend a hand?
We pay with smiles and thank
you's and the occasional t-shirt!*

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Email:

Job Interested in (check all that apply):

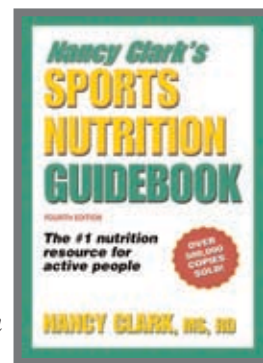
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- Refreshments
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Winter Nutrition: Fueling for Cold Weather Exercise

If you are a winter runner, you want to pay careful attention to your sports diet. Otherwise, lack of food and fluids can take the fun out of your outdoor activities. These tips can help you fuel wisely for cold weather workouts.

Winter hydration

- Cold blunts the thirst mechanism; you'll feel less thirsty despite significant sweat loss and may not "think to drink."

- Winter runners (especially those at high altitude) need to consciously consume fluids to replace the water vapor that gets exhaled via breathing. When you breathe in cold dry air, your body warms and humidifies that air. As you exhale, you lose significant amounts of water. You can see this vapor ("steam") when you breathe.

- Unless you are hot, you do not want to drink icy water (i.e., from a water bottle kept on your bike or outside pocket of your back pack). Cold water can cool you off and give you the chills. The better bet is having an insulated water bottle or a bottle filled with hot sports drink then covered with a wool sock to help retain the heat.

- Dress in layers, so you sweat less. Sweaty clothing drains body heat. As the weather becomes "tropical" inside your exercise outfit, make the effort to strip down. You'll stay drier and warmer. Simply taking off a hat is cooling; 30% to 40% of body heat gets lost through the head.

- Some winter athletes purposefully skimp on fluids to minimize the need to urinate. There's no doubt that undoing layer after layer of clothing (ski suit, hockey gear, etc.) can be a hassle. Yet, dehydration hurts performance. Whether you are running or skiing, think to drink!

- Failing to drink enough fluids is a major mistake made by winter athletes. A study comparing hydration status of skiers, football players, or soccer athletes reported the skiers had the highest rate of chronic dehydration. Before a competition, 11 of the 12 alpine skiers showed up dehydrated (1).

Winter fuel

You need adequate pre-run fuel to generate body heat. Hence, you want to fuel up before you embark on a winter long run or any outside activity in extreme cold.

- Food's overall warming effect is known as thermogenesis (that is, "heat making"). Thirty to sixty minutes after you eat, your body generates about 10% more heat than when you have an empty stomach. Hence, eating not only provides fuel but also increases heat production (warmth).

- Running can increase your metabolism by 7 to 10 times above the resting level. That means, if you were to run hard for an hour and dissipate no heat, you would cook yourself in

the process! In the summer, your body sweats heavily to dissipate this heat. But in the winter, the warmth helps you survive in a cold environment. Running is an excellent way to warm up in the winter!

- If you become chilled during winter exercise (or even when swimming, for that matter), you'll likely find yourself searching for food. A drop in body temperature stimulates the appetite and you experience hunger. Your body wants fuel to "stoke the furnace" so it can generate heat.

- For safety's sake, you should always carry some source of emergency food (such as an energy bar) with you in case you slip on the ice or experience some incident that leaves you static in a frigid environment. Winter campers, for example, commonly keep a supply of dried fruit, chocolate, or cookies within reach, in case they wake up cold at 3:00 a.m.

Energy needs

Cold weather itself does not increase energy needs, but you will burn extra calories if your body temperature drops and you start to shiver. Shivering is involuntary muscle tensing that generates heat.

- When you first become slightly chilled (such as when watching a football game or waiting for your running buddies to show up), you'll find yourself doing an isometric type of muscle tensing that can increase your metabolic rate two to four times.

- As you get further chilled, you'll find yourself hopping from foot to foot and jumping around. This is nature's way to get you to generate heat and warm your body.

- If you become so cold that you start to shiver, these vigorous muscular contractions generate lots of heat--perhaps 400 calories per hour. Such intense shivering quickly depletes your muscle glycogen stores and drains your energy. This is when you'll be glad you have emergency food with you!

- Your body uses a considerable amount of energy to warm and humidify the air you breathe when you exercise in the cold. For example, if you were to burn 600 calories while running for an hour in 0° F weather, you might use about 150 of those calories to warm the inspired air. In summer, you would have dissipated that heat via sweat.

- If you wear heavy clothing (boots, heavy parka, snow shoes, skis etc.), you will burn a few more calories carrying the extra weight. The Army allows 10% more calories for heavily clad troops who exercise in the cold. If you are a runner, however, the weight of your extra clothing is minimal. Think twice before chowing down!

Winter recovery foods

- To chase away chills, replenish depleted glycogen stores, and rehydrate your body, en-



joy warm carbohydrates with a little protein, such as hot cocoa made with milk, oatmeal with nuts, lentil soup, chili, and pasta with meatballs. The warm food, added to the thermogenic effect of eating, contributes to rapid recovery.

- In comparison, eating cold foods and frozen fluids can chill your body. That is, save the slushie (ice slurry) for summer workouts; it will cool you off. In winter, you want warm foods to fuel your workouts. Bring out the mulled cider or thermos of soup!

Winter weight gain

Many runners bemoan winter weight gain. Some eat too much because they are bored and less active. Others experience seasonal affective disorder (SAD). The change of seasons has a marked affect upon their mood. Changes in brain chemicals increase carbohydrate cravings and the desire to eat more. The temptations of winter holiday foods can also contribute to weight gain.

- To limit winter weight gain, stay active and keep running! Exercise helps manage health, weight, and the winter blues. The tricks are to invest in proper clothing, fuel well, and prevent dehydration so you can stay warm and enjoy winter's outdoor wonderland.

Nancy Clark, MS RD offers nutrition consultations to casual exercisers and competitive athletes at her private practice located at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her popular *Sports Nutrition Guidebook* and food guides for runners, cyclists, and soccer players are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

Reference

1. Johnson C, A Davenport, M Hansen, D Bacharach. Pre-competition hydration status of high school athletes participating in different sports. *Med Sci Sport Exerc* 42(5): S128 (Abstract 1149). □

Grand Prix Update

Race #12 Stockade-athon, November 13, 2011

Men

Male Open

12 Chuck Terry
10 Tom O'Grady
8 Kevin Treadway
7 Brad Lewis
6 Daniel Jordy
5 Josh Merlis
4 Alexander Paley

Male 30-39

12 Justin Bishop
10 Mike Roda
8 Joseph Hayter
7 Eamon Dempsey
6 John Gleeson
5 Andrew Rickert
4 Chris Mulford

Male 40-49

12 Michael Slinskey
10 Jon Rocco
8 Ahmed Elasser
7 Steve Becker
6 Thomas Kracker
5 Kevin Creagan
4 Craig Dubois

Male 50-59

12 Derrick Staley
10 Bill Venner
8 Michael Jordan
7 Lee Pollock
6 John Couch
5 Chris Buckley
4 Rob Colborn

Male 60-69

12 Paul Forbes
10 Paul Bennett
8 Juergen Reher
7 John Stockwell
6 Norman Dovberg
5 Bob Ellison
4 Randall Craig

Male 70+

12 Jim Moore
10 Wade Stockman
8 James McGuinness
7 George Freeman

Women

Female Open

12 Kristina Gracey
10 Roxanne Wegman
8 Karen Bertasso
7 Justine Mosher
6 Crystal Perno
5 Lisa D'Aniello
4 Kristina Honsinger
20 - The Pace Setter

Female 30-39

12 Shelly Binsfeld
10 Renee Tolan
8 Sonya Pasquini
7 Julie Gold
6 Erin Corcoran
5 Christine Ardito
4 Kari Deer

Female 40-49

12 Emily Bryans
10 Anne Benson
8 Karen Dolge
7 Nancy Nicholson
6 Teri Artese
5 Judy Guzzo
4 Christine Varley

Female 50-59

12 Beth Stalker
10 Janice Phoenix
8 Peggy McKeown
7 Joyce Goodrich
6 Debra-Jane Batcher
5 Jane Mastaitis
4 Hope Plavin

Female 60-69

12 Judy Phelps
10 Martha DeGrazia
8 Susan Wong
7 Cecily Dexter
6 Nancy Mitchell
5 Christine McKnight
4 Linda Keeley

Female 70+

12 Coral Crosman
10 Anny Stockman
8 Eiko Bogue

Age Graded

Runner	Age	G
12 Derrick Staley	53	M
10 Lee Pollock	59	M
8 Beth Stalker	52	F
7 Susan Wong	64	F
6 Judy Phelps	60	F
5 Anne Benson	46	F
4 Emily Bryans	44	F

Total After 12 Races

Men

Male Open

68 Tom O'Grady
64 Chuck Terry
48 Andrew McCarthy
43 Richard Messineo
41 Jason Cordeira
23 Brad Lewis
21 Daniel Jordy
18 Kevin Treadway
17 Zach Russo

16 Paul Mueller
16 Jim Sweeney
15 Paul Cox
12 Pat Cullen
12 Josh Merlis
10 Timothy Ryan
9 Connor Devine
9 Jordan Pantalone
8 Michael Ryan
7 Justin Bishop
7 David Clark
7 John Deer
7 Aaron Lozier
7 Evan Mastaitis
6 Jonathon DiCesare
6 Andrew Ennaco
6 Ambrose Schaffer
6 Kahil Scott
6 Ryan Walter
5 Jonathon Auyer
5 Andrew Coy
5 James Faraci
5 Sean Hannon
4 Brian Gyory
4 Jason Lange
4 Michael McClure
4 Alexander Paley
4 Sean Rumney
4 Greg Stevens

Male 30-39

65 Justin Bishop
64 Mike Roda
54 Eamon Dempsey
54 Chris Mulford
51 Aaron Knobloch
40 Matthew Nark
36 Jon Catlett
35 David Tromp
32 Brian Northan
18 Jonathon Golden
17 Andrew Rickert
12 Ken Plowman
10 Bill Davis
10 Todd Smith
10 Dennis VanVlack
9 Dan Murphy
9 David Newman
8 Joseph Hayter
8 Clay Lodovice
7 Anthony Giuliano
7 Ryan Kircher
7 Matt Mallet
6 Jeff Andrews
6 John Gleeson
5 Joseph Sullivan
5 Matt Zappen
4 Bob Irwin
4 Matthew Lindow
4 Gabriel McGarry
4 Neil Sergott

Male 40-49

70 Ahmed Elasser
64 Jon Rocco
51 Ed Hampston

26 Robert Paley
23 Thomas Kracker
22 Kevin Creagan
22 Craig Dubois
18 Christian Lietzau
16 Jonathon Bright
16 Craig Weidman
15 Ed Menis
15 John Williams-Searle
12 Bruce Beesley
12 Michael Slinskey
12 Craig Tynan
10 Larry Poitras
9 Blaine Freadman
9 Joseph Sullivan
8 Richard Cummings
8 Russ Lauer
8 Mike Hamel
8 Wayne Richardson
7 Scott Asmus
7 Steve Becker
7 Glen Berninger
7 Brian DeBraccio
7 Jeff Loukmas
7 Chuck Racey
7 David Shumpert
6 Timothy Egan Sr.
6 Bill Grimaldi
6 Sunil Kumta
6 Sam Mercado
6 Matt Neal
5 George Burke
5 Ken Evans
5 Jim Foley
5 Mike Kelly
5 John Sestito
5 Joe Skufca
4 Rich Homenick
4 Todd Thomas

Male 50-59

72 Derrick Staley
59 Rick Munson
46 Richard Clark
35 Steve Conant
34 Ken Evans
33 Rob Colborn
28 John Parisella
26 Bob Somerville
19 Robert Wither
16 Patrick Culligan
14 Lee Pollock
13 Russ Hoyer
12 Jack Nabozny
12 John Noonan
10 Art Reilly
10 Bill Venner
9 John Haley
8 Jim Devine
8 Michael Jordan
8 Jim Newlove
8 William Ports
7 Jeff Clark
7 Mark Regan
7 Steve Vnuk
7 Mark Warner
6 Dale Broomhead

6 John Couch
6 Peter Gerardi
5 Chris Buckley
5 Brian Collins
5 Steve Sweeney
4 Frank Broderick
4 Dan Cantwell
4 CJ Chartrand
4 Steve Dickerson
4 Alar Elkin
4 Tom McGuire
4 Frank Paone

Male 60-69

72 Paul Forbes
56 Paul Bennett
52 Juergen Reher
51 John Stockwell
46 Bob Ellison
24 Norman Dovberg
22 Joe Yavonditte
16 Pat Glover
15 Jim Bowles
12 Ed Bown
12 Bob Giambalvo
12 Jim Thomas
11 Pete Cowie
10 Lenny Collins
9 Tom Adams
9 Terry Smith
7 Seamus Hodgkinson
7 Ray Lee
7 Frank Myers
6 Jim Fiore
6 George Jackson
6 Ed Litts
5 Leo DiPierro
5 Kevin Donohue
5 Darryl Ferguson
5 Tom Kollar
5 Rick Morse
4 Randall Craig
4 Ken Klapp
4 Jim Thomas

Male 70+

70 Jim Moore
66 Wade Stockman
49 James McGuinness
28 Chris Rush
19 Ken Skinner
15 Charles Bishop
14 Joe Corrigan
14 Ken Orner
12 John Pelton
7 George Freeman
7 Bob Knouse
7 Keith Willis
6 Richard Eckhardt
5 Jim Hotaling
4 Armand Langevin

Women

Female Open

72 Kristina Gracey
58 Karen Bertasso
52 Meghan Davey
49 Crystal Perno

34 Roxanne Wegman
31 Liz Chauhan
30 Katie Vitello
24 Ada Lauterbach
24 Erin Rightmyer
16 Brina Seguin
12 Erin Ring
9 Rachel Swyer
8 Katie Auyer
8 Payton Czupil
8 Kathryn Hines
8 Krystle Kilmer
7 Allison Kerr
7 Justine Mosher
7 Cheyanne Munson
6 Alica Bousa
6 Kelcey Heenan
6 Christina Jordy
5 Lisa D'Aniello
5 Julie Nabozny
5 Leah Schaffer
5 Christine Sloat
4 Crystal Gipp
4 Kristina Honsinger
4 Kate Thomas

Female 30-39

58 Shelly Binsfeld
54 Sally Drake
42 Sonya Pasquini
40 Gretchen Oliver
36 Stephanie Wille
33 Kari Deer
26 Stacey Kelley
20 Mary Jane MacPherson
17 Deanne Webster
16 Jessica Mitchell
16 Heidi Nark
16 Sara O'Grady
15 Christine Ardito
12 Eileen Combs
11 Susan Bright
10 Anne Kubasiak
10 Stef Pitts
10 Renee Tolan
8 Amy Drucker
8 Jessica Hageman
8 Laura Lutz
8 Candice Panichi
7 Shanley Alber
7 Julie Gold
7 Jennifer Hebner
7 Jennifer Merritt
7 Laura Smith
7 Martha Snyder
6 Erin Corcoran
6 Kelly Crandell
6 Colleen Murray
5 Stephanie Pitts
5 April Russell
5 Angela Squadere
4 Allison Lynch
4 Kathleen Sellnow

Female 40-49

52 Anne Benson
48 Emily Bryans
43 Kimberly Miseno-Bowles
41 Kari Gathen
36 Regina McGarvey
31 Chris Varley

30 Nancy Nicholson
30 Connie Smith
22 Mary Buck
22 Judy Guzzo
20 Kathy VanValen
18 Heather Machabee
17 Megan Leitzinger
16 Karen Dolge
13 Cheryl Debraccio
12 Christine Capuano
10 Becky Phillips
9 Peggy Egan
8 Melissa Frenyea
8 Lisa Nieradka
7 Roxanne Gillen
7 Ann Glackin
7 Heather Loukmas
6 Teri Artese
6 Brenda Lennon
6 Jennifer Treacy
5 Sue Motler
5 Stacia Smith
4 Eileen Catlin
4 Christa Dederick

Female 50-59

64 Debra-Jane Batchter
43 Joan Celentano
37 Jenny Lee
34 Peggy McKeown
33 Susan Burns
25 Karen Dott
24 Martha DeGrazia
22 Janice Phoenix
21 Deb McCarthy
19 Cathy Sliwinski
18 Karen Gerstenberger
18 Pia Sanda
17 Erika Osterle
16 Donna Charlebois
15 Jane Mastaitis
15 Marryanne McNamara
19 Joyce Goodrich
12 Lori Santos
12 Beth Stalker
11 Sharon Fellner
11 Hope Plavin
11 Nancy Taormina
8 Cynthia Finnegan
8 Lois Green
8 Barbara Sorrell
7 Cindy Novak
7 Cynthia Southard
6 Kathy Dillinger
5 Kathleen Goldberg
5 Linda Houlihan
5 Mary Wilsey
4 Sue Ciarmello
4 Nancy Piche

Female 60-69

72 Judy Phelps
62 Matha DeGrazia
60 Susan Wong
39 Katherine Ambrosio
27 Ginny Pezzula
18 Judy Lynch
13 Linda Keeley
8 Erika Oesterle
8 Anna Dickerson
7 Cecily Dexter



6 Mary Collins Finn
6 Nancy Mitchell
6 Suzzane Nealon
5 Nancy Johnston
5 Christine McKnight
4 Noreen Buff

Female 70+

72 Anny Stockman
56 Eiko Bogue
23 Joan Corrigan
12 Coral Crosman
10 Liz Milo
6 Harriet Thomas

Age Graded

Runner	Age	G
68 Derrick Staley	52/53	M
55 Judy Phelps	60	F
51 Martha DeGrazia	59/60	F
46 Susan Wong	63/64	F
37 Ahmed Elasser	48	M
33 Paul Forbes	60/61	M
30 Anny Stockman	78/79	F
25 Chuck Terry	29	M
20 Tom O'Grady	25/26	M
18 Kristina Gracey	28	F
17 Mike Roda	35	M
16 Anne Benson	46	F
16 Justin Bishop	30	M
15 Emily Bryans	43/44	F
13 Aaron Knobloch	35	M
13 Ada Lauterbach	21	F
13 Lee Pollock	58/59	M
12 Jonathon DiCesare	14	M
12 Bob Giambalvo	61	M
12 John Noonan	51	M
9 Karen Bertasso	27	F
8 Andrew McCarthy	27	M
8 Rick Munson	54	M
8 Ken Plowman	37	M
8 Beth Stalker	52	F
7 Pat Cullen	24	M
7 Richard Messineo	23	M
7 John Parisella	53	M
6 Jason Corderia	28	M
6 Meghan Davey	26	F
6 Daniel Jordy	27	M
6 Nancy Nicholson	49	F
5 Ginny Pezzula	65	F
5 Chris Rush	75	M
5 Christine Varley	47	F
4 Erika Oesterle	60	F

Meeting Minutes of the HMRRC General Meeting November 9, 2011

Attendance: Barb Light, Tom & Marcia Adams, Ray Lee, Jon Rocco, Chuck Terry, John Parisella, Rob Moore, Doug Bowden, Diane Fisher, Jonathan Golden, Mark Warner, Josh Merlis

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

Reading and approval of October 12, 2011 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by Rob Moore. Motion approved.

Reports of Officers

2.1 President (J. Parisella): Thank you letter from Mohawk Hudson Land Conservancy (Rail trail) thanking us for their grant.

2.2 Executive Vice President (J. Rocco): Rail Trail Grant-when check was presented Jon talked to coordinator about sending out a press release-which was sent out 10/14/11. Rail Trail Supporters and elected officials gathered November 5th in Delmar to accept a \$2,500 donation from the Hudson Mohawk Road Runners Club (HMRRC). Dan Rain, Friends of the Rail Trail(FORT) Ambassador, Judy Thompson, President, Mohawk Hudson Land Conservancy Board of Directors; Jon Rocco, Immediate Past President, HMRRC District; Sam Messina, Bethlehem Supervisor; Tom Cotrofeld, Albany County Legislator (34th). Also present were Herb Reilly, Albany County Legislator (33rd District) and John Smolinsky, Bethlehem Deputy Supervisor.

2.3 Executive Vice President – Finance (C. Terry): Chuck presented the budget for 2012. Discussion followed on the budget. Voting on budget will be during the next meeting.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): No report.

Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2024 down 49 from last month up 184 from last year.

Volunteers (M. Adams): We have 3 events-Stockade-athon-need volunteers. Contact Liz Chauhan. Tuesday track event at Tawasentha-volunteers report at 2PM. Turkey RafAL run November 20th.

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Public Relations (R. Moore): Sent press releases out for Stockade-athon. Will have shirt/sneaker recycle booth at Stockade-athon expo. Adirondack Sports Winter Expo November 19th & 20th. It will be held at the City Center in Saratoga, NY.

Race Committee (M. Warner): Met with Niskayuna Town Supervisor today about some issues with the Marathon, discussed resolutions for next year. We will meet again with him next year before the marathon to make sure all is OK. Finalized the 2012 race schedule. Mark will give to Pacesetter to publish. One issue is Mother's Day race-still making a decision on that race. Need a new Race Director and will probably have a new location. Discussion followed about different options on the Mother's Day race. Marcia offered to be Race Director for the race with a trainee. Mark will work with Marcia on this race. Mark will write something to put on the website to see if he can get any interest in someone being Race Director. Stockade-athon, Turkey RafAL run and Doug Bowden Winter Series race are all upcoming races.

Race Committee Treasurer (N. Briskie): See attached reports. Nancy will be stepping down as treasurer, so we will be looking for someone to replace her. Marcia will search the database and send John Parisella and Mark Warner some names.

Pace Setter: No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): No report.

Long Range Planning Committee (C. Sliwinski): No report.

Just Run Program (K. Skinner): No report.

Recycling Coordinator: No report.

New Business

Announcements:

December refreshments-Marcia Adams

Adjourn: Motion made to adjourn meeting made by Marcia Adams seconded by Jon Rocco meeting adjourned at 8:30PM. □



HMRRRC 2012 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL
Sunday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, Hangover Half* & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com
Sunday	Jan 08	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Jon Rocco	jonrocco@hotmail.com
Sunday	Jan 22	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	jmerlis@areep.com
Sunday	Feb 05	10 a.m.	UAlbany	#,F Winter Series 5: 4M, 10M*, 20M	Patrick Lynskey	plynskey@nycap.rr.com
Saturday	Feb 11	6:00 p.m.	Desmond Hotel	HMRRRC Club Banquet	Debbie Beach	dbeach21@verizon.net
Sunday	Feb 19	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterson@albany.edu kklemt@nycap.rr.com
Saturday	Mar 17	10 a.m.	Green Island	Runnin' of the Green (Island) 4M* ** +	Ed Gillen	edgillen7@aol.com
Sunday	Apr 15	9:00 a.m.	Bethlehem M.S., Delmar	Delmar Dash 5M ** +	Tom & Marcia Adams	madams01@nycap.rr.com
Saturday	Apr 28	9:00 a.m.	Guilderland H.S.	Bill Robinson 10K Masters Championship *[GP40+] **	Jim Tierney	runnerjmt@aol.com
Sunday	May 13	10 a.m.	TBD	Mother's Day Race +	Diane Fisher	hmrrcdiane@gmail.com
Thursday	May 17	6:25 p.m.	Empire State Plaza	CDPHP Workforce Team Challenge 3.5M **	Mike Rabideau	osgoodpond@yahoo.com
Sunday	June 10	9:00 a.m.	UAlbany	#, F Distinguished Service 8M*	Mark & Angela Warner	mwarner1@nycap.rr.com
Tuesday	June 12	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Sunday	June 17	9:30 a.m.	The Crossings	Father's Day 5K ** +	Roxanne Gillen	rmonahan63@yahoo.com
Tuesday	June 19	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Saturday	June 23	9:00 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K +	John Haley Megan Leitzinger	j.haley36@yahoo.com
Tuesday	June 26	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Tuesday	July 3	6:00 p.m.	Colonie High School	Colonie Summer Track, # Colonie Mile*	Ken Skinner	kennyskin@earthlink.net
Tuesday	July 10	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Thursday	July 12	6:15 p.m.	Colonie High School	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com
Tuesday	July 17	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Thursday	July 19	6:15 p.m.	Colonie High School	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com
Tuesday	July 24	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Thursday	July 26	6:15 p.m.	Colonie High School	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com
Tuesday	Jul 31	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Saturday	Aug 04	8:30 a.m.	Colonie Town Park	Dynamic Duo Pursuit Race	Frank Myers	flyingbb45@aol.com
Sunday	Aug 05	9:00 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly	mjkhome@verizon.net
Sunday	Aug 05	Noon	Thacher State Park	Summer Picnic	Lisa Ciancetta	ljcnyc61@nycap.rr.com
Tuesday	Aug 07	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com
Monday	Aug 13	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 1 +	John Kinnicutt	jkinnicutt@gmail.com
Monday	Aug 20	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 2* +	John Kinnicutt	jkinnicutt@gmail.com
Monday	Aug 27	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 3 +	John Kinnicutt	jkinnicutt@gmail.com
Monday	Sep 03	9:00 a.m.	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K* ** +	John Parisella	jparisel@nycap.rr.com
Sunday	Sep 16	9:00 a.m.	UAlbany	#, F Anniversary Run, 2.95M & 5.9M*	Pat Glover	pjglove@aol.com
Sunday	Sep 30	10 a.m.	New Scotland Town Park	# Voorheesville *[GP<40] 7.1M	Jim Thomas Russ Hoyer	jth430@verizon.net russ.hoyer@yahoo.com
Sunday	Oct 07	8:30 a.m.	Central Park, Schenectady	Mohawk Hudson River Marathon* **	Cathy Sliwinski	racedirector@mohawkhudsonmarathon.com
Sunday	Oct 07	8:30 a.m.	Colonie Town Park	Mohawk Hudson River Half-Marathon**	Cathy Sliwinski	racedirector@mohawkhudsonmarathon.com
Sunday	Nov 11	9:00 a.m.	Central Park, Schenectady	Stockade-athon 15K* ** +	Vince Juliano	Hamletbryans@nycap.rr.com
Sunday	Nov 18	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com
Sunday	Dec 9	10 a.m.	UAlbany	#, F Doug Bowden Winter Series 3M & 15K	Doug Bowden	bowden@nycap.rr.com

Day of Race Sign Up ONLY!

* Grand Prix Event [bold]

F No Entry Fee for HMRRRC Members

** USATF certified course

+ Kid's Race

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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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!*