

# The Pace Setter

January 2011

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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**Editor:**

Kari Gathen (pacesetterarticles@nycap.rr.com)

**Managing Editor:**

Robin Nagengast (pseditor123@gmail.com)

**Assistant Managing Editor:**

Open

**Associate Editor:**

Bill Robinson

**Production Editors:**

Kathleen Bronson, Terri Commerford,  
Mike McLean, Robin Nagengast

**Advertising/Business Directors:**

Jim Tierney (869-5597, runnerjmt@aol.com)  
Bob Knouse

**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

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— **Short Circuits**

Bob Kopac

— **Kopac's Komer**

# The Pace Setter

JANUARY 2011

|                                                                                                                     |    |
|---------------------------------------------------------------------------------------------------------------------|----|
| President's Message .....                                                                                           | 4  |
| What's Happening in January .....                                                                                   | 5  |
| New HMRRC Members .....                                                                                             | 5  |
| Been There, Done That.....                                                                                          | 7  |
| Short Circuits.....                                                                                                 | 10 |
| LCpl Jeremy S. Lasher USMC.....                                                                                     | 13 |
| <i>by Gail Hein</i>                                                                                                 |    |
| The 2010 Turkey RaffAL Run Breaking the 400 Barrier.....                                                            | 15 |
| Stockade-athon Kicks Off With Sister Race in Kabul;<br>Ends With a Record Turnout in Central Park, Schenectady..... | 17 |
| <i>by Vince Juliano</i>                                                                                             |    |
| Tricks and Treats at Hairy Gorilla .....                                                                            | 18 |
| <i>by Laura Clark</i>                                                                                               |    |
| Profile of a Runner: Rebekah Gart .....                                                                             | 18 |
| Let's Get Started.....                                                                                              | 19 |
| <i>by Mike Naylor</i>                                                                                               |    |
| You Are Here: Saratoga Springs, NY .....                                                                            | 19 |
| <i>by Eva Barsoum</i>                                                                                               |    |
| Venice - My 90th Marathon .....                                                                                     | 21 |
| <i>by Lichu Sloan</i>                                                                                               |    |
| Pollock Reaches Elite Marathon Status .....                                                                         | 23 |
| <i>by Alex Matthews</i>                                                                                             |    |
| The Athlete's Kitchen:<br>News from the American Dietetic Association.....                                          | 25 |
| Grand Prix Update.....                                                                                              | 26 |
| Minutes from the HMRRC General Meeting 11/10/2010 .....                                                             | 28 |

*Photos in this issue by Phil Borgese and Bill Meehan*



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### HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) 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 HMRRC exists.

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

## HUDSON MOHAWK ROAD RUNNERS CLUB

President  
JON ROCCO  
862-9279

Executive Vice President  
JOHN PARISELLA  
374-4190

Vice President for Finance  
CHARLES TERRY  
482-5572

Treasurer  
PAM ZENTKO  
372-8275

Secretary  
BARBARA LIGHT  
326-0313

Race Committee Treasurer  
NANCY BRISKIE  
355-3276

### 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

Digital Clock & Timer  
BILL MEEHAN  
456-4564

Volunteer Coordinator  
MARCIA ADAMS  
356-2551

[www.hmrrc.com](http://www.hmrrc.com)



by Jon Rocco

Happy New Year Club members! 2011 has arrived and so has the 40th year of the existence of the Hudson Mohawk Road Runners Club. The club, 2250 strong and growing, is full of thanks to those who had a vision in 1971 and to all the volunteers along the way who helped make it all happen and continue to make it happen. I want to begin the year by recognizing three individuals who have earned the great distinction of having club races named after them.

We just completed a very special Winter Series #1, which forever going forward will be known as The Doug Bowden 15K and 3M Winter Series. Doug was the recipient of the 1998 Distinguished Service Award. He has been the race director for the first Winter Series race (held in December) since the early 1990's as well as race director for the summer track Hour Run for a similar length of time. Doug's first stint with race directing goes back to the Hangover Half in the mid 1980's. He has served as a past Race Committee Chairperson, has been involved with the meticulous measurements of the Winter Series loops and map layouts, and as the coordinator for the Cohoes portion of the marathon. He is responsible for the water stations at a number of our major races and even as been deemed as the 'Water Czar.' Rumor has it that Doug had developed a multi-page handout for water station volunteers with step by step instructions on how to pour and hand out water to the runners. The 'Willow Street Gang' has been meeting regularly from his house on Sundays for several decades and Doug continues to place water and Gatorade on the course at the top of Grant Hill for the runners. While Doug is not able to run anymore due to knee injuries, you can see him out there walking regularly on the UAlbany campus. Doug is the 3rd club member to have a current club race named in his honor, joining Bill Hogan and Bill Robinson. Congratulations Doug!

New Year's Day kicks off our first race of the year. In addition to the Hangover Half Marathon, we have The Bill Hogan 3.5 Miler. After suffering a heart attack, Bill became more serious about exercise as part of his physical therapy and rehabilitation. He soon started racewalking and eventually fell in love with the sport. Shortly thereafter he became co-founder of the Capital District Racewalkers Club. Bill competed in races throughout New York State and New England, where he won numerous

awards and medals. His favorite race was said to have been the Lender's Bagel 5K at Quinipiac College. He participated in the Empire State and Senior Games. He became active in the HMRRRC and served as the race director for the New Year's Day race. It has been noted that his proudest achievement was winning the silver medal in the 5K at the Empire State Games in Rome, NY. He accomplished this a few months before his death in 2001 after a very courageous battle with cancer.

The Bill Robinson Masters 10K takes place every April and is a club Grand Prix race for those 40 years and older. Bill was inducted in the HMRRRC Hall of Fame in 2001 and was part of USATF National 10K Championship teams at the masters level. He coached cross country at Cohoes High School and Keveny Memorial Academy in Cohoes and directed a popular early club race in the Cohoes 5 Miler. His accomplishments as a masters runner are national class. Consider a 32:12 10K at age 43, a 4:27.9 mile, a 15:25 5K (his only 5K), and a 49:45 15K, all at age 40. At 43, he still clocked a 4:28.9 mile and a 2:02.3 in the 800 (only 2.4 seconds slower than his PR, which he set 18 years earlier at 1:59.9). He is a 2:35 marathoner and has a 31:45 10K PR. Bill had a tragic accident when he was struck by a motorist in 1989 during a training run that left him immobilized in a wheelchair. He remains an inspiration to all of us in the running community where his support and encouragement continues on.

I hope everyone has a healthy, injury free, and prosperous New Year, where your goals are met, personal records are achieved, new friends are made, and you continue to have fun with what you love to do. □

## NOTICE



All HMRRRC members are invited to attend monthly club meetings, held the second Wednesday of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.



# What's Happening in January

by Al Maikels

Happy New Year! The first month of this New Year shows a full race schedule. The racing kicks off on New Year's Day with the Hangover Half and its companion 3.5-mile run/walk. Unlike the other Winter Series races, the New Year's Day races begin at 12 noon. The half marathon race is also the first Grand Prix race for 2011. The Winter Series continues on Sunday, January 9 with races of 3 miles, 10k and 25k to choose from, with the start at 10 a.m.. When the HMRRRC was a serious distance running club, the 25k was a Grand Prix race, sadly those days still seem to be over. Sunday, January 23 is the date of the next Winter Series with races of 3 miles, 15k and 30k. All of the Winter Series races are held at UAlbany. The Winter Series is one of the great assets of the HMRRRC and it takes a lot to put these races on. If you can find the time, volunteer at one of these races and help the club keep this great series going.

Runners looking for an out of town racing fix are directed to the Winter Wimp 2.2 and 4.4 mile races, held on Saturday, January 8 at 1 p.m. in Hagaman, 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 23 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. □

## New HMRRRC Members

- Liz Argotsinger
- Angie & Sam Armstrong
- Katie & Rian Bahrn
- Eva Barsoum
- Harry Beckenstein
- Matthew Bell
- Lisbeth Brooks
- Sondra Buono
- Margaret Capozzola
- The Cappelletti Family
- Matt Carl
- Colleen Carpenter-Rice
- David & Sarah Ciesinski
- David Clark
- Mary Ellen Cox
- Tammy D'Angelo
- Meghan Davey
- Nicole Della Rocco
- Kris Diemer
- Glori Ekberg
- David Fernet
- Hilary & Chris Ferrone
- Michael Franke
- Alice Gilbert
- Kelly Gilbert
- Megan Gilbert
- Jim Glavin
- Tim Glavin
- Shannon Guastella
- Abby Guenther
- The Guenther Family
- Sheila Guiry
- Suzanne Johnson
- James LaChapelle
- Matthew Landy
- Michael & Meghan Libertucci
- Stefanie & Michael Loomis
- Carol Milano-Smith
- Chris Minner
- Hyla Clapper Minner
- Patricia Minner
- William Minner
- Mark Mortensen
- Elizabeth Nalbhone
- Steven Nicoll
- Jonathan Peck
- Edward Pine
- Leah Rice
- Gail Sansivero
- Bob Senez
- Ronnie & Chris Senez
- Terry Smith
- Andrew Sponable
- Robert Stout, Jr.
- Louie Tobias
- Kenneth Tracy
- Patricia Trudeau
- Tom White
- Colleen Williams
- Bonny Wilson
- Jessica Wilson
- Kristin Ann Zielinski





# The HMRRRC Annual Awards Banquet

SATURDAY, FEBRUARY 12, 2011

## THE DESMOND

660 ALBANY SHAKER ROAD, ALBANY, NY

## MARK WARNER

to be inducted into the HMRRRC Hall of Fame

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

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

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

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

**NUMBER OF RESERVATIONS @ \$35.00 \_\_\_\_\_ X \$35.00 = \_\_\_\_\_ TOTAL ENCLOSED**

# "BEEN THERE, DONE THAT"

by Mike Becker

## January 1976...Thirty Five Years Ago

- Races of three and thirteen miles are held at SUNYA on the 10th. Jerry Williams (74:15) beats Pat Glover by two seconds in the thirteen-miler and gives Pat his first non-win in a club race. Mark Mindel finishes third, and the top three break the previous course record held by Don Wilken. Don Shrader and Chuck Clark each run 16:42 to win the three-miler.

- Bill Shrader, Sr. is profiled. At that time he was the first 60-plus competitor in the club. Bill has twelve children, including eleven who have run at one time or another. He was the first high-schooler in South Norwalk Conn. to break five minutes in the mile. He attended Harvard on an academic scholarship and competed in cross country, track, and boxing. He quit running in 1937, only to take it up again about 1965 at the urging of his sons. He considers the 1972 Bristol Mumathon (eight hilly miles) his best race, passing about 50 runners in the last two miles.

## January 1981...Thirty Years Ago

- Sportshoes sponsors and Don Wilken directs the Winter Series races on the 1st at SUNYA. Jack Connor runs a 16:23 in the Three-Mile Sober Up Run to beat Fred Kitzrow by 18 seconds. Maureen McLeod is top female with a 20:48. Dennis Northrup wins the half marathon with a blistering 70:43, which is the second fastest half marathon in club history. Diane Myers and Ellen Weglarz are top females, each with a 91:42.

- Pat Glover and Bruce Hamilton are the only runners to break 90 minutes in the 15-mile race at Winter Series #3 on the 17th. Thirteen other men did break 100 minutes including Lee Wilcox, Paul Murray, Tom Bulger, and Bill Robinson. The top female is Grace Cialek with a 1:49:42.

- A total of 29 runners race the four-miler on the 31st at SUNYA as part of Winter Series #4. They all took a wrong turn unfortunately and cut the course by a few tenths of a mile. Pat Glover and Anny Stockman win the 8.7-miler, and Bruce Hamilton and Grace Cialek win the 18.9-miler.

## January 1986...Twenty Five Years Ago

- Dale Keenan beats Pat Glover by three minutes in the Hangover Half Marathon on the 1st. Also finishing in the top ten are Bill Robinson and Jim Bowles. Sixteen-year-old Chrissy Smith is top female with a 87:31 followed by Jean Kerr and Sandy Phibbs. Lee Wilcox beats Paul Murray for the men's Masters title. A total of 56 runners run sub 90 minutes. A stiff west wind slowed the field by an average of about two minutes.

- In an item from Short Circuits: Club member Dean Frederick, while on sabbatical from RPI, qualified for Boston by running a 3:13 in the flat Berlin Marathon, in which Czech Olympic Gold Medal winner Emil Zátopek



fired the starting gun.

- Heavy snow and rain the night before and during Winter Series #4 on the 26th forces race directors Ted Bick and Joe Bouchard to modify the races to just one, two, or three miles of the standard bus loop, for races of three, six, and nine miles. The 90 participants were actually PAID \$1 to register, and the six non-club members were paid \$2 in hopes that they would join.

## January 1991...Twenty Years Ago

- From Short Circuits, Dale Keenan recently ran The Great Race 10K in Pittsburgh and placed third in a very tough master's field with a time of 30:57.

- A large crowd of 362 runners compete in the Winter Series races on the 1st at SUNYA. Dale Keenan repeats as winner of the half with a time of 71:15, and Inge Aiken wins the women's division with a 91:56. The relatively warm and dry weather no doubt played a big role in the large turnout. Jay Brundige and Bill Cooney are co-directors.

- Mike McCarthy and Don Wilken co-direct the Winter Series races on the 27th. Winners are as follows: 5K – Jeff Eades and Chris Selkirk; 15K – Bill McCartan and Inge Aiken; 30K – Vinny Reda and Pat Remmers.

## January 1996...Fifteen Years Ago

- Bill Hogan and Elaine Humphrey co-direct the Winter Series races on the 1st. A new age category award of over 70 is added. Thirty-three runners go sub 90 in the half, and sixteen go sub 20 in the three-miler.

- Lori Hewig is the overall winner in the 15K Winter Series race on the 28th with a time of 56:36, more than four minutes ahead of top male Ed Menis. Birger Ohlsson and Ken Plowman finish one-two in the 5K.

## January 2001...Ten Years Ago

- Local finishers in the Sixth Annual Fat Ass 50K in Staatsburg on the 7th include second overall finisher Russ Hoyer, Ken Klemp, and Martha DeGrazia, who was the second female finisher.

- Jessica Spatz and Jay Shelgren co-direct the Winter Series races on the 14th at SUNYA. Zach Yannone and Vikki McKane take the 25K. Peter Flynn ties with Nick Conway in the 10K, and Emily Bryans is top female in the 10K. Chuck Smullen and Elizabeth Hamilton win the 5K.

- Gene Reilly and Mike Cashin co-direct the Winter Series #4 races on a cold, windy 28th. Winners are as follows: 30K: Charlie Casey and Linda Kimmey; 15K: Jim Sweeney and Emily Bryans; 5K: Dan Dix and Daniele Cherniak.

## January 2006...Five Years Ago

- Fred Joslyn blisters the field in the 30th Annual Hangover Half Marathon on the 1st with a 69:54, for a 5:21 pace, more than six minutes ahead of Chuck Terry. Joslyn's time was just over a minute slower than Tom Dalton's course record. Kara-Lynne Kerr is top female with an 83:03, good for 10th overall.

- The club unveiled its new web site.
- From the HMRRRC Business Meeting notes on the 11th – Race Committee Chair Doug Bowden proposes a new race, Father's Day 5K at The Crossings, to be directed by Sue Nealon.

- Chuck Terry and Kara-Lynne Kerr finish one-two at the Winter Series 25K on the 15th. Derrick Staley and Mary Buck win their respective divisions in the 10K.

- Kara-Lynne Kerr continues her assault on the Winter Series races by winning the 30K on the 29th and finishes third overall. Bob Irwin wins by nearly 15 minutes over second place Jon Rocco. □



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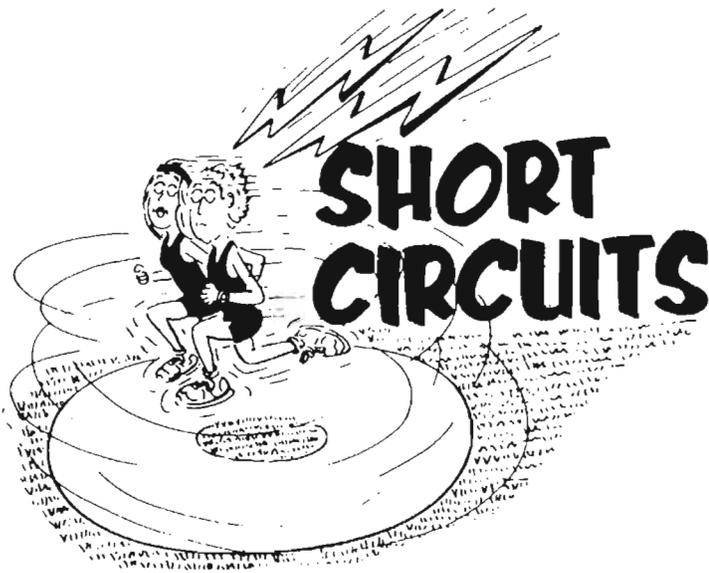


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A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRC members.

All Short Circuits must be e-mailed to [jheinlaw@earthlink.net](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

Only Phil: Phil Carducci, race director for the Run Off the Turkey Trot, was seen getting in his vehicle just before the start of the race. "Where's Phil going?" emanated from the crowd. "He's going home," someone responded. Then about five minutes after the posted start of the race, Phil reappeared to start the race, having gone home, picked up some water, and dropped it off at the water stop.



"Big Phil" Carducci with bodyguard escort, Bill Shrader, Jr.



Subway Jared plays to the NYC crowd



Haile Gebrselassie dropped out of the 2010 NYC Marathon due to an inflamed knee. He received approximately \$400,000 for his appearance.



The media-created head-to-head competition at the NYC Marathon between Edison Pena, the Chilean miner, and Jared "Subway Diet" Fogle, was won by Jared. Edison had a large lead at the half but had knee problems in the second half and hobbled in at 5:40:51. Jared ran a 5:13:28. □



Edison Pena, Chilean hero





*Thank you one and all for volunteering over this past year!*

*We could not do what we do without each and every one of you.*

*May your holidays be filled with much happiness and the warmth of friends and family!*

**WANT MORE INVOLVEMENT?**

Come to a Club meeting and see why you want to be involved!

**IF INTERESTED,  
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COORDINATOR  
at 356-2551 or  
madams01@nycap.  
rr.com**

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





# LCpl Jeremy S. Lasher USMC

by Gail Hein

Sometimes the courage to accept a challenge and press forward comes from an unexpected source. Sometimes serendipity intervenes on an ordinary day. On August 3, 2010, it was just a regular sunny morning very early in my training efforts towards my first half marathon that a message from above, literally, was found near my feet. In a field near my house, next to the road, was a broken yellow balloon with a red ribbon, carefully curled, and a card attached. Without my glasses, I could not read the card but pocketed the items and continued to run. When reaching home, I examined what was found.

Breaking my heart in two, the message read:



**LCpl Jeremy S. Lasher USMC**  
**Nov 12, 1981 – July 23, 2009**  
**KIA Helmand Province Afghanistan**  
**Operation Enduring Freedom**  
**Forever in Our Hearts**  
**Always On Our Minds**

On the reverse of the card, the handwritten sentiment read, "Thank you for serving our country and making the ultimate sacrifice." As a mom with a son also born in 1981, the reality hit deeply. An internet search quickly revealed that LCpl Lasher was from Oneida, NY and a golf tournament in his memory was recently held. Balloons were released and this is the only one that was found, almost two hours drive due east of Oneida. I was able to contact Jeremy's mother via a post on his memorial website:

"Today, 8/3/2010, I stepped out of my home to run in training for a half marathon. In a field nearby I found a yellow balloon tied with a red ribbon with the memorial card for LCpl Jeremy S. Lasher, on the reverse it was handwritten "Thank you for serving our country and making the ultimate sacrifice." I need to add a thank you LCpl Lasher and all our servicemen and women and their families for their sacrifices that allow us to walk out of our homes every single day and enjoy our precious freedoms. The red ribbon will be tied on my sneakers during the race in October and will be my inspiration to persevere. I am so sorry for your loss."

She emailed back:

"Gail, My name is Vicky Arnold and I am the proud, but heartbroken Mom of LCpl Jeremy Lasher. Thank you so much for your e-mail to let us know of the balloon you found. I was hoping that by attaching Jeremy's info to all 209 balloons we released on July 23rd that



if any were found people would take the time to look up Jeremy. He was such a great young man that I want to make sure as many people as possible know of him and for each person that does that is one more that will never forget him. I am so proud that you are going to wear the ribbon in a marathon. Your e-mail made my day. Once again, thank you for being such a kind person. Take care and good luck with your marathon. You'll be in my prayers."

Vicky Arnold

PROUD MOM OF 2 MARINES

His mom, Vicky, graciously shared some reflections about Jeremy. As a high school athlete, he participated in a wide variety of sports and loved to skateboard, rollerblade, swim, and play street hockey. He played Pop Warner football and baseball from Little League to Babe Ruth putting his "whole heart" into the games. Jeremy's interests ranged from music, art, and video games to the outdoors and landscaping while he worked as a golf course grounds person. He was, without doubt, the type of person to raise his hand when asked to serve. He began volunteering his time as a member of the Verona Fire Department at the age of 21 in 2002. His passion for helping others motivated him to drop everything at the first alert of his pager. Jeremy's name was added to the Fallen Firefighters Memorial at the most recent dedication ceremony on the Empire State Plaza on October 5, 2010.

Besides his mother and siblings, Daniel, Ryan and Jennifer, and extended family, he leaves behind a young son, Caden, and wife, Andrea. Jeremy missed the birth of his son on November 19, 2007 due to his deployment to Ramadi, Iraq, attached to the 2nd Battalion 8th Marines "America's Battalion," Echo Company. His sister stood in for him at the birth and Jeremy met his son for the first time in May 2008. After just one year at home, Jeremy was again deployed to Helmand Province, Afghanistan, this time serving with the 2nd Battalion 8th Marines "America's Battalion," Weapons Company. Very shortly after he arrived, he was killed in action by an IED in Mian Poshteh on Route Redskins. This proud, "funny beyond words, soft-spoken" man and father died in the service of our country.

When times are tough we call upon the Marines and many times as I trained, I looked down on the slip of red ribbon laced into my

running shoes, and thought if Jeremy could train and defend our country and work to free the people of Afghanistan from the Taliban, then certainly I could keep on going to do the best of my ability.

My Diva's Half Marathon race bib was personalized with the words "Diva Run4Lasher" and the red ribbon was proudly tied on my shoe on race day. The morning of the event dawned clear and cool as race participants gathered in Eisenhower Park, East Meadow, NY. This turned out to be one of the best supported races in which I've ever participated. There was a bag check area near the start, plenty of porta-potties (always a hit in a women's race), lots of excited runners, some of whom were wearing costumes or "girly" team shirts in the spirit of the race. Spirits ran high and everyone was enthusiastic and ready to run. After the quick and hectic start of the 5k, the chip timed Half Marathon began as we poured over the mats. All along the course there was uplifting rock music, cheerleaders from local high schools and plenty of local well-wishers. There was a water/Gatorade stand with helpful volunteers at every single mile. While the course itself was not the most scenic, sections could be compared to the State Office Campus, complete with overpasses and office buildings on an oval. The course incorporated two "out and backs" where we could cheer on and support our friends.

The miles clicked off behind me and I felt prepared and comfortable until about mile 12 when my spirits flagged. Just when I needed it, there was a boa and tiara "distribution station" where I could see the other smiling runners receiving their sparkly tiaras and bright pink boas before they ran the final stretch to the finish. Upon crossing the finish, a hunky fireman crowned each of us with our bling-embellished medals. Handsome guys in tuxes handed each finisher a red rose and a flute of champagne as we entered the finish area for refreshments and celebration. I felt great, proud of my time (2:15:05), and eager to link back up with my Albany Running Exchange Divas. I thank my wonderful tiara-wearing, pink boa wrapped Diva friends, Stacey Kelly, Kathy VanValen, Alicia Bialy, Diana Steenburg, Brenda King, Carly Gross, Donna Lustenhouwer, Holly Klein, and Janeen Javorski, for both the encouragement (aka peer pressure) to sign up and cheerful support throughout.

We celebrated our Diva Half Marathon accomplishment on October 3, 2010 in Long Island with joy and freedom. As you read this, the red ribbon, a bit weather worn, is still laced onto my shoes and will remain a reminder of Jeremy during my training for my anticipated second half marathon, the Disney Half. His mom said that Jeremy believed in giving back and doing for others. To those of you who run on the Plaza, I hope you can swing by the Firefighters Memorial one of those times and pay your respects. I know I will. □



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

### Articles:

Deadline is Jan. 25. Submit to: Editor, [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com)

### Advertisements:

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

### Ads should be sent to:

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

*High resolution black & white files required (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](mailto:callen@gscallen.com) for further info.*

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# The 2010 Turkey RaffAL Run Breaking the 400 Barrier

The 2010 Turkey RaffAL Run marked a milestone, as the race exceeded 400 participants for the first time in its illustrious history. I joined the HMRRRC in the fall of 1985 and the first Pace Setter that I received had the race schedule for November in it. One of the club races listed was an event called the Turkey Raffle Run. The race was held at the Saratoga State Park near the Columbia Pavilion and featured a challenging 1 mile loop with a little bit of a cross country feel. The race lasted an hour and each loop got you a raffle ticket. It was a fun race, a good workout with a little bit of suspense at the end with the raffle. If my memory serves me there may have been 75-100 people in the race and everyone seemed to enjoy themselves.

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

From November of 1989 through 2006 the Turkey Raffle Run was held at Washington Park in Albany. For the first eight or nine years we had the full use of the facilities, including the Lake House. The race attracted 100 to 140 runners and was one of the staples of the fall schedule. There were years when I was traveling and Charlie Matlock would step in and direct the race and it didn't skip a beat. In 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 employee Dan Marr and his crew go out of their way to accommodate our event and the runners seem to like the amenities that the Crossings has to offer.

Race day 2010 brought nice late fall weather and the record crowd of runners. Roxanne and Ed Gillen, Lisa Ciancetta and Jill Meehan 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 Liz Milo, Matt Sissman, Paul Turner, Susan Wong, Michael Conroy, Rich Eckhardt and other volunteers were there to hand out the raffAL tickets. We had a great supply of refreshments for the runners, as leftover items from past races were put to use. Tom and Marcia Adams brought a lot of the refreshments and the club van with the clock and other supplies.

After the hour was over, the crowd of runners filled out their raffAL slips with surprising speed and decent penmanship. I did not count how many items we had to raffAL to go along with the 15 turkeys, but my guess was that it was close to 180. Among those winning turkeys were Alicia BiALLY, Paul Mueller, Matthew Kugler, Frank Close, Zach Russo, Dale Broomhead and Steve Dickerson. Other prize winners included Judy Phelps, Angela Vasilikos, Judy Lynch, HMRRRC President Jon Rocco and Mark Devenpeck, just to name a few.

The race is always the Sunday before Thanksgiving. See you there in 2011. □





# Stockade-athon Kicks Off With Sister Race in Kabul; Ends With a Record Turnout in Central Park, Schenectady

by Vince Juliano

The Stockade-athon weekend began early this year, as approximately 50 runners representing all four branches of the US military joined international forces from a NATO base in Kabul, Afghanistan to run a sister race on a cool sunny Friday morning. The brainchild of Capt. Cassie Ayott of the US Air Force Expeditionary Group, the race was an innovative way to give some sense of racing excitement to break up the tedium of everyday life on the base, where road racing opportunities are scarce.

Cassie Ayott, an HMRRRC member who trains regularly on base at 5:45 a.m., was happy to receive a box with specially designed tan Stockade-athon shirts, along with bib numbers compliments of the Stockade-athon Road Race. Mike and Cameron Mclean acted as liaison between Cassie, myself and the Gazette Newspapers, who generously provided ample media coverage in the weekend newspapers.

During the same time period, race officials back in Schenectady were hard at work, moving 5000 lbs. of beverages from a warehouse in Albany to Central Park. More heavy lifting included removing and shuffling 30 picnic tables within the park pavilion in preparation for a first class refreshment spread organized in anticipation of another record turnout.

Out on the race course, race officials spray painted specially designed mile markers and direction arrows on the 9 mile urban layout to assist runners on the twisting figure-8 course that highlights many of the most interesting sections of historic Schenectady.

The expo, one of the largest, was in full swing later Saturday morning, as 1000 runners, and family members used the opportunity to visit arts and crafts, clothing and health related booths. A popular addition to this year's expo was a clown who painted faces of what seemed like an endless line of children. Runners received reflective Brooks performance shirts on the final day of daylight savings time, as Sunday would usher in the first of shorter and shorter hours of sunlight. Later in the afternoon, the first ever Woman's Distance Running Forum was held upstairs in an ornate room within the Proctor's complex. An elite panel of talented women distance runners including Emily Lasala, Lori Kingsley, Emily Bryans and Eileen Combs fielded questions from the race director and those in attendance on issues as diverse as injury prevention, training, race strategies, long term goals and longevity, and a bit of reminiscing on their scholastic careers. The panel members especially enjoyed listening to each other and their often common approaches to the sport despite their age differences ranging from 25 to 44. Also in attendance was Ed Whitlock, after just arriving from Milton, Ontario in preparation of his final Stockade-athon run in the 75-79 age group.

Race morning arrived typically cool and

crisp, with the sun shining brightly on the maple trees surrounding Iroquois Lake, as their brilliant orange and yellow dress reflected vividly on the calm lake waters. As the 9 a.m. siren sounded, a record field of 1500 runners emerged from Central Parkway through the finish area for the first time, and the men's and women's competitive races quickly took shape by the 1-mile display clock near the westward edge of the lake.

At the top of Monument Hill, exiting the park, the men's duo of 2007 champion Andy Allstadt and former SUNY Geneseo talent Tim Chichester separated themselves from the chase pack after a debut mile of 4:52 and an impressive push up the first of 3 noteworthy hills. The 4-man chase pack included the top returning runners from last year, Scott Mindel (6th), and Aaron Roberston (4th), former Guilderland star Seth Dubois, and Rochester's Mark Andrews, who recently turned 40.

On the fast downward run to the historic Stockade, Allstadt and Chichester, dueling at 5:05 minute per mile pace, stretched their lead on the chase group while clinging to each other. At the base of State Street Hill, Chichester surged to open a small gap on Allstadt that widened to about 15 meters through Vale Cemetery. Mindel made a superb move exiting the Stockade to leave the chase pack, with the intent of reeling in the dueling leaders. On Bradley, the final hill but still 2 miles from the finish, the contest became a 3 person race as Mindel fought to within 15 meters of Allstadt, who refused to give way as Chichester maintained a small separation at the crest of the incline near the final water stop.

The final 2 mile layout of twisting terrain through Central Park encourages spectator support, and the cheering had a revitalizing affect on Allstadt as he found another gear to pull even with Chichester near the 8 mile mark and repulse his challenger around the lake. Allstadt's second Stockade-athon victory was by a hard earned 6 seconds, after trailing on the hilly sections earlier. Allstadt was the first repeat winner since 2005, when Kevin Collins won the last of his 4 Stockade-athon titles. Prior to that, Jerry Lawson and Tom Dalton collected 9 titles between their brilliant careers. The trio of Allstadt, Chichester and Mindel finished within 20 seconds of each other in one of the closest 3-way contests in race history.

The women's race was a 3-way duel also, in what could arguably be called the fastest women's race in Stockade history. Rising NY star Emily Lasala, a two time All-American at Indiana Wesleyan, dictated the pace early and reached the 10K split in a swift 35:48 with Levittown's Jodie Schoppmann, a late entrant at the expo clinging to Lasala most of the way. Lasala, the winner of the Syracuse Mountain Goat 10-miler in the spring, and the Festival of



Races 5K in the fall, came into the race with the best 15K resume based on her 54:35 posting at this years Boilermaker. Schoppmann, who had run a 16:53 5K on the track earlier this spring, was coming off a summer stress fracture that left her 15K fitness level in question. Trailing by 6 seconds but running within herself at the 10K was Syracuse Charger standout Amanda Lopiccolo (nee Latham), who entered the Stockade-athon on a roll, with victories at the hilly Pit Run 10K in Oneonta and the 5K Fam Fund Run in Cobleskill.

The Stockade-athon is often decided at the infamous State Street Hill, but not this year as the deciding move was made on Bradley Street Hill reentering the park, when Lopiccolo surged past a resilient Lasala as Schoppmann began to drop off the relentless pace. Lopiccolo would post up in an impressive 53:58, three seconds faster than last year's winning time by Laurel Burdick. Runner-up Lasala bettered her Boilermaker PR by 10 seconds, with Schoppmann finishing in 55 flat. It is the first time that the top 3 women ran 55:00 or faster at a Stockade-athon race, and with the 4th and 5th place runners Lori Kingsley and Emily Bryans finishing under the master's course record, this women's race was one for the record books.

The amazing Ed Whitlock won a remarkable 6th age-graded title while finishing ahead of world class age-graded runners Kathryn Martin (58) and Bill Borla (70) who both rank tops nationally in their respective age groups. Whitlock averaged 7:10 per mile pace at age 79, after setting a single year world record at the half marathon distance earlier this fall, averaging 7:12 per mile pace. Whitlock hopes to run a full marathon next year at age 80 in Rotterdam.

By the time Kathleen Darby, 61, from Chatham crossed the finish line as the last runner, a record number of finishers stormed the Stockade for the third consecutive year, ensuring that the race will remain ranked one of the largest and most competitive 15K races in the USA. □



# Tricks and Treats at Hairy Gorilla

by Laura Clark

When we reach a certain landmark age, seven minute miles are a thing of the past and PRs only come at odd 11.35 mile distances or at races never before experienced.

So I have shifted my focus away from PRs and towards equaling or surpassing more recent performances.

To add interest, I have also developed some fairly quirky goals. After Brian Teague pointed out that folks never seem to carpool with me more than once, that quest has topped my list. As with all objectives, there are certain quantifying factors. Brian, being a hybrid runner of many years standing, doesn't count. And neither does my husband Jeff. He doesn't have a choice. At this juncture, I reluctantly admit that my failure to entice others has less to do with my choice of friends than with my outlook. What I regard as a fairly mild trail tends to frighten normal people.

So naturally I figured there was no chance I would ever find a car buddy for the Albany Running Exchange's Hairy Gorilla Half Marathon and Squirrely Six Miler. Besides the requisite muddy, technical trail, this Halloween race features fully costumed Gorillas and Squirrels, themed water stops, assorted graveyards and a chainsaw wielding woodsman.

But I was wrong. I corralled Jen Ferris, who to my delight, said it sounded like fun. Jen made the perfect companion for two reasons. First, she lives just up the road so we needed only one car and didn't have to plan an elaborate rendezvous in a mutually familiar out-of-the-way location. Second, she is a computer wizard to whom the Albany roundabouts represent a fun experience and not a nightmarish adventure. I could picture her holding her own against fearless French competition on that mother of all roundabouts, the Champs Elysees. With Jen navigating, this was the first time I did not end up in the Price Chopper parking lot. This particular Price Chopper has long been a rendezvous point for many befuddled souls who find themselves rotating through Dante's nine circles of hell as a prelude to Thacher Park's Graveyard.

I'm suggesting that next year Race Director Josh Merlis hire Jen Ferris, or perhaps even Dante himself, to design a similar series of traffic circles for the second half of the 13 miler, where things can get rather hairy. A major portion of this section consists of a half dozen or so intersecting trails that were very likely designed by someone experiencing nature on his ATV. This someone was obviously very lost, traveling up and down, back and forth on his own personal journey through hell, pulling us along in his wake. The result is dizzying, even for someone like me who is not running all that fast. The same runners kaleidoscope by time and again, heading in multiple directions. I have always wondered how the course mar-

shals Gorillas seem to know where you have been and where you need to go when there are so many of us helter-skeltering along. Obviously, this section just begs for roundabout restructuring, perhaps featuring a refueling table sponsored by Price Chopper.

Moving right along, my other vaguely race-related goal was to locate my gravestone. As close as I can figure it, every pre-registered runner gets his own personal gravestone. Other headstones memorialize those who have run the race in previous years but are currently too dead to make an appearance. Some gravestones form an ominous cemetery plot at the start; others are randomly planted along the course or on the edge of the parking lot. Somehow, I never seem to have enough energy after the race to go exploring. But this year, my headstone was conveniently lodged near the six mile finish line, indicating that if I had any sense I would lie down and take a nap. I declined the invitation and planned on absconding with my marker after six more miles. Since I was conveniently buried directly behind the food tent, I could approach the scene of the crime fully fortified.

But with six miles left in which to ponder the implications, I began to have my doubts. If I took my gravestone home and suddenly became undead next year, would I get another? Would I even deserve another? Perhaps one of Dante's roundabouts was reserved for folks who stole valued objects. I decided not to chance it. What starts out as a treat could just as easily revert back to a cruel trick of fate.

But the cruelest tricks were yet to come. Somewhere around the nine mile mark I was passed by a perky grey-haired lady who spronged past me with evident enthusiasm and no apology whatsoever. Naturally, I fretted that she could very likely be in my age group. But in a light bulb moment, in itself surprising for this late in the game, I remembered that this event also featured a half marathon relay. Obviously, she was part of a relay team. Tricked again! She was Suzanne Mahoney from High Bridge, NJ and she won my age group!

If you enter enough local trail races you can pretty much judge how you are doing by who is already ahead of you and who is trying to get ahead of you. True to form, Barb Sorrell and Darlene McCarthy finished several minutes in front of me, but Martin Glendon crossed the line a full ten minutes in the lead. Marty and I had been running buddies all summer, sometimes even dead-heating it. Now one month after our neck-and-neck at Curly's Half, he was suddenly ten minutes better! The best I could figure was that some Gorilla out there passed him a Get Out of Roundabout Free Card.

Next year I may just trade a few extra bananas for my gravestone and see if I can run faster as a mummy. ☐

## Profile of a Runner REBEKAH GART



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

I am 31. I am the mother of 3 children ages 10, 7, and 3. I enjoy all outdoor activities, including hiking, fishing, and geocaching.

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

I started running as my new year's resolution. I was going through a hard time in my life, and I was looking for a way to outlet my stress in a positive way.

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

Love the Delmar Dash!

**What are your most memorable races?**

I haven't run enough races to have a memorable one yet, but loved the Delmar Dash. The rush of all the people, the great weather, the people clapping on the sidelines.

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

I started running very slow. Each day I increased my run time by just a minute or so. I run alone with upbeat music.

**What are your current goals?**

My goal was to eventually run about 5 miles a week, but I have already exceeded my goal and I am running about 20 miles a week.

**Do you have any future running goals?**

I plan to do a 1/2 marathon someday soon.

**Do you have a philosophy of running?**

It's a mental game! Don't let your mind tell you it's time to stop!

**Any funny stories?**

During the Delmar Dash, I passed a winded runner during mile 4. As I jogged by, I smiled and said, "This is a mental game! Don't stop! Keep going! You can do this race!" The runner smiled back and laughed and started running again! The runner ended up finishing the race in front of me! I was happy in the end though. I was able to encourage them! ☐

# Let's Get Started

by Coach Mike Naylor

Let me start by saying that it is very important that you see your doctor regularly. I decided that when I turned 40, I would see my doctor every year for a complete physical. And, over the years, these visits have identified some issues that I was able to correct with his support, especially, when I was diagnosed with diabetes. Now, by watching my diet (which I suck at) and, taking my pills, I am able to keep my blood sugar at a normal and acceptable level. So, if you are out there and you have not seen a doctor in a while, be sure to call them right now! I know there are procedures that are uncomfortable, but, they are necessary and could save your life.

Now let us begin.

We are now entering the winter season, and for the most part, this is when you should be concentrating on building up your mileage and getting yourself physically in top shape. Also, it is a time, if you have been nursing a slight injury, that you take some time off to let it heal properly, or go to see a doctor about it.

Another thing you have to take into consideration is the fact that there is a lot less daylight out there and you have to be careful that you are being seen by drivers, who are rushing back and forth from their homes to school, shopping, etc. So, make sure you have some reflective material on and have someone check it out when you are running to make sure you are seen.

Personally, I try to be more aware of my surroundings during this time of year, and especially if there has been a significant snowfall that lessens the distance between me and passing cars. It is a good idea to try to find an alternative and safe location to do your running, even if you have to travel a bit to get there. I have found that running around the State Office Campus, not the University Campus, is pretty wide, well lit, and free of traffic after 6 p.m.

Also, you should try your best to find a running partner(s). You will find it more enjoyable and safer if you have a partner to share a nice run with. I made the mistake of having a partner who was a much better runner than I, so his easy training run was my all out race pace. Make sure you hook up with a partner who is of equal ability to yourself.

Another important issue is to stay hydrated enough when you go out for a run. Even though the weather is cooler, your body is still producing heat and looking to keep itself comfortable. The first time I made the mistake of not drinking enough fluid cost me when I hit the 12 mile mark of a 15 mile race. All of a sudden, everything seemed to go in slow motion and the harder I tried to maintain my pace, the slower I ran. The temperature was in the high 30's, so I never even thought about making sure, I had taken in enough fluids. I do now. I drink till I have to go and then I know I am ready to take on an extended period of exercising.

I want to talk about what you should be

doing over the next several months. Basically, begin running up to 2x's a day, 5 days a week, and one day a week you should be doing a very long and extended run. Of course, you build up to this over several weeks and a good way to do this is by participating in the Club's Winter Series, when every other week you will notice that there is a long run, that gets longer as the Winter Series goes on. It is great way to enjoy a long run because you will be participating with other club members, who are out just to have some fun.

Let me clarify the 2x a day workouts. Do a nice easy run in the morning; this will get your blood pumping and kick start your metabolic rate. For novice and beginning runners, you need only to go for 2-4 miles. For serious and more intense runners, you should go 7-10 miles. And, in the evening, do the same run. The weekend long runs should be 3x's the distance of your morning run. Of course, the pace for these runs is comfortable and you should be able to carry on a conversation. Novice and beginning runners can increase the mileage as the weeks go by and their comfort level increases. The more seasoned runners should

try to blow off some steam by hopping in a 10k once every three weeks. This replaces the long run, but with a warm up and cool down the mileage should still be about the same.

Finally, you should supplement the above by introducing some situps, pushups, and wall toe raises daily either in the morning or evening or both. Try to start with 50 pushups, 100 situps, and 200 toe raises. You can do them in sets and increase the amount of each when you can say to yourself, "Hey! That was pretty easy." Of course, if you can get to a gym and work with a professional trainer, then go for it. You can let them know what you are doing and they can develop a training schedule for you.

If you have any questions about your training, or would like me to work with you to improve as a runner. Feel free to contact me at [mnaylor@nycap.rr.com](mailto:mnaylor@nycap.rr.com). There is no fee for club members and their families.

See you out there!

Coach ☐



## You Are Here: Suggested Places To Run

# Saratoga Springs, NY

by Eva Barsoum

As I lace up my sneakers on a frigid and sunny day in November, I choose as my destination the historic and charming city of Saratoga Springs. I start my run at the Saratoga Spa State Park located on the outskirts of downtown, approximately 25 minutes north of Albany. Take I-87 (Northway) north to exit 13N or take scenic Route 9N to the traffic light in front of the park, and at the sign for the Saratoga Spa State Park turn left. Parking is available throughout the park; however, I suggest either parking at the parking lot turning at the first right or following the Auto Museum signs taking you to the west side of the park.

With myriad trails, roads and paths available throughout the park, I always include the stretch past the golf course set in the middle of the park in hopes of finding or being hit by a misguided golf ball – an act only appreciated by those who have actually swung a golf club or witnessed those playing on the course. The design of the park is functional, with signage being very clear and running paths readily accessible. Hidden somewhere on the west side of the park is the only bathroom that I have found that remains open year round - a useful tidbit when running in the cold. Throughout the park are areas with streams, bridges and various gazebos – quite spectacular during the fall season when the leaves are changing.

However, if traffic is your form of excitement or you like other visual distractions, you can choose to run out the west entrance (past the Auto Museum) turning right on Route 50 west, passing a residential area and commercial plaza with a Price Chopper, turn right on

either Adelphi Street or Lincoln Avenue onto Congress Street which turns into Broadway. Taking a left onto Congress Street you'll see Historic Congress Park with its various sites, including the one-of-a-kind carousel, statues, and ponds throughout the park. As you meander through historic downtown I suggest finding the following: the art district (see sign in front of Starbucks); the majestic and creative lifelike horses on Broadway; Hathorn Springs fountain on the corner of Spring Street (across from Congress Park); Standard Time on Church Street; and, the dedicated rock located on Division Street and Railroad Place (near Sanctuary Salon) that recognizes those who have served in the Afghanistan-Iraq wars – all features unique to Saratoga Springs.

As you turn back to where you began, I suggest heading south on Broadway toward the entrance of Saratoga Spa State Park. This will take you past 3 art-deco metal horses located in front of the Hilton Garden Inn, adjacent to the Washington Inn and then past the National Museum of Dance. But before you leave Saratoga Springs, be sure to stop downtown and appreciate the many diverse selections of places to fill up with java, including Uncommon Grounds, Dunkin' Donuts, Stewart's, or Starbucks before you start your journey back home.

As I reflect on my recent milestone of 17 years of running, which I believe is a necessity, and my own survival through pain, agony, injuries and great discomfort, my mantra has been that the best part of the run is when it's over.

To be continued ... ☐



# Venice – My 90th Marathon

by Lichu Sloan

At age 62, I ran my number 90 marathon at the 25th Venice Marathon on October 24, 2010. A decade ago, at age 52, I ran my first marathon at the 2000 Mohawk Hudson River Marathon. I have been challenging myself ever since. I appreciate the experience of being a part of a marathon event, traveling to distant places and the sense of accomplishment I get from completing a marathon.



Even after 90 marathons, I still can't believe that I can run, run far, and run so many. I was a baby boomer after World War II; the girls weren't encouraged to be in any sports. The Chinese considered it taboo for a girl to run outside and be exposed to all kinds of weather.

I felt refreshed and liberated when I took up the sport of running at age 49. I was delighted that such a simple and repetitive activity could have such a positive effect on me. I found inner peace and gratification.

On my 10th anniversary of my marathon journey - I have completed Boston three times; World Major Marathons (Boston, London, Berlin, Chicago, and New York City); 7 marathons on 7 continents in 7 weeks (Morocco, Florida, New Zealand, Japan, Malta, Antarctica, and Argentina); 17 countries and the great 50 states of the USA.

I make up my marathon and traveling schedule one or two years in advance. The Venice Marathon was on my list to do this year. I wanted to visit Venice again - our first visit was in 1994. It was very special that we visited Verona, of Romeo and Juliet fame, the day after the marathon on Monday, October 25, to celebrate the 41st anniversary of our first date.

Paul and I met in Taipei when I was working for the US Government in 1969, and he was serving in the Army Security Agency. The civilian employees used to call us "Romeo and Juliet". At that time, it was fitting - our Chinese names had the syllable of "Ro" and "Ju"; we were from two different countries, race, and cultural backgrounds; and our families were against our dating. Unlike the story of "Romeo and Juliet", we were blessed, and married in Troy, New York, 38 years ago.

In Verona, we visited Juliet's house and Juliet's statue. Legend has it that it's good luck if you rub Juliet's breast. We did that (as have

millions of others) and kissed under Juliet's balcony. In Verona, we visited Arena di Verona, Castlevecchio, Duomo, and San Zeno Maggiore. We had lunch and watched people in the Piazza delle Erbe. We walked along River Adige, and looked at the snow-capped Italian Alps. It was breathtaking!

We then traveled to the medieval town of Treviso, referred to as "Little Venice." The City was destroyed badly during World War II. However, there are many buildings remaining with beautiful fresco paintings. We accidentally walked into a catering business, "Gastronome", not too far from our hotel. We talked with the owner, Kathy. She did her best to speak English to us, and seemed to enjoy the opportunity. We felt embarrassed to speak only 5 words of Italian. She was so nice and cooked a dinner for us. We had a bottle of local red wine (superb), a four course dinner with a variety of breads and cheeses, all for only 24 Euro (\$34). We will visit her again if we go back in the future. The Italians are very friendly, and seem to like Americans. We enjoyed our adventure after the Venice Marathon.

We arrived on Friday morning before the marathon. The Expo was located in Mestre's Parco San Giuliano (San Giuliano Park). We crossed a steep bridge, which is an overpass to the park, and the 29K marker. The park was very lovely with rolling hills; this was a part of the marathon course. All the volunteers at the Expo were so friendly, very encouraging and supportive.

At the Expo, we were so impressed that my name was on a flat TV screen, listing my bib number, my name, and SS YMCA Pacers. A young attractive couple came up to us, the woman asked me: "Are you running? 42.2 kilometers." I answered: "Yes. Are you running?" She replied: "No. He is." The man told us that this is his first marathon, and asked me: "Is this your first?" Paul answered: "No." They want to know how many. Paul replied: "Ninety." Their jaws dropped, and said: "Nineteen?" Paul said: "No. Nine zero." They were shocked that I had run so many marathons.

We walked and went sightseeing in Venice on Saturday; there were tourists from all over the world. We were so tired from so much walking before the marathon.

The Venice Marathon was spectacular.



We started in front of Villa Pisani (a beautiful mansion) in the small town of Stra. I met a group of marathoners from Hong Kong; they are planning to run the 2500th Anniversary of Marathon Running in Athens, the week after Venice.

One girl decided to run with me because of my marathon experience.

I originally planned to run the special 2500 Year Anniversary Marathon, but was not comfortable being away from home on Halloween.

We ran through many towns, and the volunteers and spectators were very supportive. It was raining at 34K, when the Venice skyline, with its countless bell towers, appears on the horizon at the end of the never-ending five-kilometer-long Ponte dell Libertà (i.e. Bridge of Freedom) connecting the mainland to Venice. One runner came up to me and said that she grew up in Albany, her father is retired from SUNY, and is living in Albany. She has been living outside of Venice for four years, and loves Italy very much. My SS YMCA Pacers singlet says: "Clifton Park, New York" on the back, and so gets the attention of many runners' where ever I go.

Finally, we ran across the Grand Canal on a pontoon bridge which was temporarily put up for the marathon. It was windy and somehow slippery in the light rain. I was scared when the bridge swayed a little. Once we arrived in Venice, there was only 2K left, the crowd was very encouraging. We ran over cobblestones, and then, one by one, the 14 bridges which have created the Venice Marathon legend. Ramps were installed on 13 bridges; however, they were still steep and challenging. It was a very unique experience.

"Knowledge and Experience is Power." - Lichu Sloan, SS YMCA Marathon Coach. Money and material is power, however, knowledge and experience will stay in your heart and mind forever.

Venice Marathon Registered athletes: 7,000  
Starting runners: 6,519  
Total Finishers: 6,253  
Women who finished the race: 998 (including 1 wheelchair athlete.) ☐





# Pollock Reaches Elite Marathon Status

by Alex Matthews

Posted Tuesday, October 19, 2010, 1:25 a.m. – reprinted with permission from the Post Star

Lee Pollock hadn't even heard about the club he was on the cusp of joining until he received a personal e-mail from *Runner's World* Magazine.

Editor at large Amby Burfoot contacted the Queensbury resident in January to check his marathon status. If Pollock, now 58, ran the 26.2-mile distance in under three hours, he would be the 16th person in the world to notch the sub-3:00 times in five different decades.

It wouldn't be easy. Sure, Pollock, a father of three former Queensbury runners and cross-country skiers, had run plenty of marathons in fast times. Since his first at the 1978 inaugural Empire State Games, where he finished in 2:32:38, Pollock completed about 15 -- which he said isn't much.

"It's over 30-some-odd years," he said. "It doesn't seem like that many."

After achieving the sub-3:00 feat in the 70's, 80's, 90's and in 2007, Pollock needed to run another between 2010 -2019 in under 6:52-minute/miles.

He did so on an auspicious Sunday, Oct. 10 (10/10/10), placing 17th in the Mohawk Hudson River Marathon in Albany in 2:57:24. On the same day in Chicago, Joan Benoit-Samuels became the first woman to make the Association of Road Running Statisticians' "Five Decades of Sub-3:00 Marathons" club.

"I didn't know if I could do it," Pollock said. "I really thought it was going to be a dry run at an attempt for next year, and I got lucky."

Leading up to the race, Pollock struggled for the first time in his running career. He had been an Olympic trials contender in the 3,000-meter steeplechase in 1980 and won Denver's Mile High Marathon, yet he lacked confidence.

"For the first time in my life, I went out for a long run and I just bonked," Pollock said. "So...I put on my Facebook that I was just feeling kind of down."

A response from a younger runner from his alma mater, St. Lawrence University, snapped him out of it.

It read: "Lee Pollock can do anything," he said.

As the 11th American to be inducted into the elite club, Pollock said he doesn't expect more than his name on the list. The community support has been enough, he said.

He also doesn't expect to be one of 17 for long. Because his generation is part of the running boom, Pollock said he anticipated the list to grow to 24 within the next five years.

"For the first time, people have looked at running as a sport for life," he said. "For me it was an opportunity to set a goal and meet it, and there will be other goals as well."

As for marathons: "Right now, I'm done,"



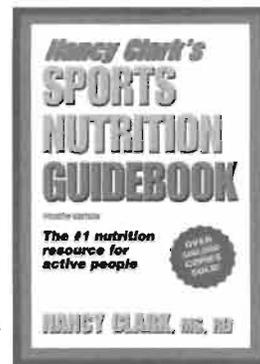
Photo by Ken Shelton Photography

he said, shifting to his plans of hiking in Nepal and cross-country skiing in Quebec. "I'm resting on my laurels." □



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# News from the American Dietetic Association

The American Dietetic Association (the nation's largest group of food and nutrition professionals) recently convened in Boston (Nov., 2010). The following are just a few of the highlights from that meeting. Perhaps the information will help you enjoy a high energy, high quality, health-promoting sports diet.

- While cholesterol used to be the buzzword when it comes to heart disease, inflammation is the current focus. Dr. Britt Burton-Freeman of the National Center for Food Safety and Technology spoke about the power of food on reducing inflammation and lowering the risk of the so-called diseases of aging (that are actually diseases of inflammation). Obesity, for example, is a pro-inflammatory condition. This helps explain why obesity is associated with inflammatory diseases such as heart disease, cancer, diabetes, Alzheimer's, arthritis, and pulmonary diseases.

How can you reduce inflammation? By eating at each meal a colorful rainbow of fruits and vegetables rich in bioactive compounds. This would offer your body continual protection and could potentially reduce your risk of heart disease and stroke by 20%, and cancer and diabetes by 30%. Red strawberries, blueberries, dark purple grapes (or grape juice), oranges, and leafy greens are just a few examples of colorful foods that fight inflammation.

Nuts are also powerfully health protective. Dr. Michelle Wien of Loma Linda University reported that people who eat two ounces (46) almonds a day can significantly reduce the risk of heart disease and diabetes. And more almonds are better! No, you will not get fat from eating the nuts. The trick is to exchange other snacks (such as cookies or cheese & crackers) for almonds. Note: 23 almonds = about 160 calories

Plan to enjoy almonds with carbs, such as dried fruit, or as almond butter on toast. This reduces the blood glucose response of the carbohydrates with which the almonds are eaten. This helps stabilize blood glucose swings that can contribute to inflammation. (Plus, carb-protein combinations contribute to sustained energy that gets you through a busy day and a hard workout, as well as optimizes recovery from workouts.) Almonds are a good source of magnesium, a mineral protective against heart disease and diabetes. Bottom line: enjoy almonds (and other nuts) daily!

- If you are fond of pistachio nuts, buy them in the shell. You'll be less likely to overeat them. Keep the empty shells in plain sight (as compared to discarding the empty shells into a waste basket where you don't see them). The pile of empty shells becomes a visual clue you've eaten plenty!

- Most dieters believe the less they eat, the more body fat they will lose. Not always true. A study compared obese people who were giv-

en 1,200-calorie (for women) and 1,600-calorie (for men) reducing diets. A comparison group was given diets with about 1,750 calories (women) and 2,100 calories (men). Both groups lost the same amount of weight—even though one group ate about 500 more calories each day. Conclusion: Why suffer needless deprivation when you can achieve weight loss success with a higher calorie level?

- Many runners who want to lose weight restrict chocolate, thinking it's fattening. In a weight reduction study, overweight women enjoyed a daily dark chocolate snack as a part of their "discretionary calories" in a reduced-calorie diet. They lost the same amount of weight as the comparison group who ate no chocolate. The researchers concluded a daily dose of dark chocolate does not interfere with weight reduction and may reduce cravings for sweets. Woohoo!!!!

- If you want to lose weight, try to make sleep a priority. A survey of 772 college students suggests those who slept less than seven hours a night had a significantly higher Body Mass Index (BMI) than those who slept more than seven hours. This association was strongest among the female students.

Another sleep-related study with healthy adults suggests sleep deprivation is associated with increased hunger and the potential to overeat. Without doubt, sleep is helpful for a successful weight management program.

- One way to lose weight is to go on an eco-friendly diet that save calories as well as the environment. Here's how: buy fewer foods and beverages with excess packaging (such as soda, vending items, take-out foods); use running as a means of transportation, enjoy local parks for recreation, and support farmers' markets.

- Given two-thirds of Americans are overweight or obese, you likely have friends or relatives who have Type II (adult onset) diabetes. To help resolve their confusion about what to eat, encourage them to explore The Healthy Diabetes Plate Website ([www.extension.uidaho.edu/diabetesplate/index.html](http://www.extension.uidaho.edu/diabetesplate/index.html)). It is an excellent interactive tool for planning balanced meals. Runners with "bad diets" can also benefit from the info; just add more portions to satisfy your need for more calories.

- More and more people (including runners) are following gluten-free diets. Because these diets is very restrictive, gluten-free eaters need to be educated how to choose balanced meals. "Problem nutrients" that tend to be low in gluten-free menus include fiber, iron, B-vitamins, and carbohydrates. If you need to go gluten-free, seek help from a registered dietitian. (Use the referral network at [SCANdpg.org](http://SCANdpg.org) to find a RD who is a sports dietitian.)

- Is vegetarianism a passing fad? No! A three-year follow-up survey of 176 vegetarians

suggests 83% were still vegetarian and 11% had become vegan. Only 6% were no longer vegetarian. Among those who ate vegetarian diets for primarily environmental concerns, 100% remained vegetarian, as compared to 91-92% who remained vegetarian if their primary motivation was health or animal rights, respectively.

- Energy drinks are popularly consumed as a mixer with alcohol (more so than as a way to improve athletic performance). Energy drinks are associated with negative effects: 41% of student consumers reported "jolt and crash" events; 22% reported heart palpitations. Consume in moderation ... or, better yet, perk yourself up with an invigorating run!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For more information, enjoy her *Sports Nutrition Guidebook* and food guides for new runners, marathoners or soccer players. See [www.nancyclarkrd.com](http://www.nancyclarkrd.com) and [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com). □



# Grand Prix Update

## Race #12 Stockade-athon, November 7, 2010

### Men

#### Male Open

12 Andy Allstadt  
10 Tom O'Grady  
8 James Sweeney  
7 Daniel Jordy  
6 Brad Lewis  
5 Kevin Treadwell  
4 Dave Vona

#### Male 30-39

12 Joe Hayter  
10 Patrick Lynskey  
8 David Tromp  
7 Jason Pare  
6 Todd Smith  
5 Richard Hamlin  
4 David Newman

#### Male 40-49

12 Ahmed Elasser  
10 Richard Cummings  
8 Thomas Kracker  
7 Kevin Creagan  
6 Bob Radliff  
5 Ed Menis  
4 Jon Rocco

#### Male 50-59

12 John Noonan  
10 William Venner  
8 Lee Pollock  
7 Russ Hoyer  
6 LD Davidson  
5 Tony Maddaloni  
4 John Couch

#### Male 60-69

12 Ken Klapp  
10 Juergen Reher  
8 Lenny Collins  
7 Ernie Paquin  
6 John Silk  
5 Bob Ellison  
4 Rick Morse

#### Male 70+

12 John Pelton  
10 Wade Stockman  
8 Joseph Richardson  
7 George Freeman  
6 James McGuinness  
5 Ed Doucette

### Women

#### Female Open

12 Roxanne Wegman  
10 Karen Bertasso  
8 Crystal Cammarano-Perno  
7 Erin Rightmyer

6 Katie Vitello  
5 Kelcey Heenan  
4 Kelly Virkler

#### Female 30-39

12 Shelly Binsfeld  
10 Sabrina Krouse  
8 Gretchen Oliver  
7 Kimberly Miseno-Bowles  
6 Jessica Hageman  
5 Colleen Murray  
4 Sheila Couch

#### Female 40-49

12 Emily Bryans  
10 Anne Benson  
8 Kari Gathen  
7 Nancy Nicholson  
6 Mary Buck  
5 Karen Dolge  
4 Megan Leitzinger

#### Female 50-59

12 Martha DeGrazia  
10 Stephanie Landy  
8 Judy Phelps  
7 Jane Mastaitis  
6 Hope Plavin  
5 Joan Celantano  
4 Joanne Fitzgerald

#### Female 60-69

12 Katherine Ambrosio  
10 Lichu Sloan  
8 Coral Crossman

#### Female 70-79

12 Anny Stockman  
10 Eiko Bogue

### Age Graded

| Runner            | Age    | G |
|-------------------|--------|---|
| 12 John Noonan    | 51     | M |
| 10 William Venner | 51     | M |
| 8 Andy Allstadt   | 27     | M |
| 7 Martha DeGrazia | 58/59  | F |
| 6 Emily Bryans    | 43     | F |
| 5 Lee Pollock     | 58     | M |
| 4 Judy Phelps     | 59     | F |
| 3 Ahmed Elasser   | 47     | M |
| 2 Anne Benson     | 45     | F |
| 1 Tom O'Grady     | 24/25M |   |

### Total After 12 Races

#### Men

##### Male Open

66 Chuck Terry  
64 Tom O'Grady  
61 Andy Allstadt  
38 Richard Messineo  
35 Jim Sweeney

31 Brad Lewis  
29 Justin Bishop  
29 Dave Vona  
23 Andrew McCarthy  
19 Zach Russo  
18 Josh Merlis  
15 Daniel Jordy  
15 Chris Senez  
12 Kevin Treadwell  
11 Michael Donovan  
10 Dan George  
9 Jason Lange  
9 Paul Cox  
9 Kahill Scott  
8 Louis Serafini  
7 Tim White  
6 Ryan Boisvert  
6 Evan Mastaitis  
6 Jordan Pantalone  
5 Benjamin Bober  
5 Jonathon DiCesare  
5 Mike Ryan  
4 Seaton Drebtko  
4 Matt Lange  
4 Brien Maney  
4 Tim Ryan

##### Male 30-39

70 Eamon Dempsey  
49 David Tromp  
48 Aaron Knobloch  
29 Patrick Lynskey  
29 Chris Mulford  
26 Brian Northan  
26 Michael Roda  
24 Joe Hayter  
23 Jeff Loukmas  
23 Matthew Nark  
22 Anthony Giuliano  
21 Dallas DeVries  
19 Jonathon Bright  
19 Chad Davey  
19 Neil Sergott  
12 Patrick Sorsby  
11 Parker Morse  
10 Richard Hamlin  
10 Gabe McGarry  
8 Jonathon Catlett  
8 Bob Irwin  
8 David Newman  
7 Matthew Brom  
7 Jason Pare  
7 Matthew Purdy  
7 Andrew Rickert  
6 Matthew Fryer  
6 Todd Smith  
5 Jeff Andrews  
5 Jim David  
4 Greg Ethier  
4 Mike Kelly  
4 Andrew Loux

##### Male 40-49

72 Ahmed Elasser  
56 Tim Hoff  
54 Jon Rocco

31 Tom Kracker  
27 Rob Paley  
26 Christain Lietzau  
26 Joseph Sullivan  
23 Dan Cantwell  
21 Kevin Creagan  
20 Craig DuBois  
17 Richard Cummings  
15 Steve Becker  
14 Norris Pearson  
12 Geoff Flynn  
12 Larry Poitras  
11 Ken Evans  
11 Todd Mesick  
10 Todd Salvesvold  
10 Bob Wither  
8 Rik Stevens  
7 George Burke  
7 Brian DeBraccio  
6 Frank Boscoe  
6 Jim Foley  
6 Bill Grimaldi  
6 John Kinnicutt  
6 William Kowal  
6 Bob Radliff  
5 William Drapeau  
5 Ed Hampston  
5 Russ Hoyer  
5 William Janeway  
5 Ed Menis  
4 Mike Becker  
4 Tom McGrath  
4 Bill Sherman  
4 Mark Sullivan

##### Male 50-59

70 Rick Munson  
34 Derrick Staley  
33 Richard Clark  
27 L.D. Davidson  
26 Alar Elken  
26 Paul Forbes  
22 Tom Dalton  
22 Kevin Dollard  
21 John Parisella  
20 Lee Pollock  
17 Russ Hoyer  
16 Dale Keenan  
16 Chris Murphy  
15 Bill Herkenham  
15 Steve Vnuk  
14 Rob Colborn  
14 Mark Warner  
13 Patrick Culligan  
13 John Haley  
12 Tom Messer  
12 John Noonan  
10 Steve Conant  
10 Carl Matuszek  
10 William Venner  
9 Jack Nabozny  
9 Martin Patrick  
8 Pete Cure  
8 Jim Maney  
8 William Ports  
7 Cole Hickland

7 Ken Klapp  
 6 Dale Broomhead  
 6 Steve Dickenson  
 6 Karl Griffith  
 5 Tony Maddaloni  
 4 John Couch  
 4 Fred Kitzrow  
 4 Bob Somerville  
 4 Tom Tift

**Male 60-69**

70 Ernie Paquin  
 56 Juergen Reher  
 45 Bob Ellison  
 45 John Stockwell  
 34 Tom Yannone  
 30 Jim Bowles  
 27 George Jackson  
 23 Joe Yavonditte  
 22 Ken Klapp  
 20 John Silk  
 18 Tom Adams  
 16 Frank Klose  
 13 Lenny Collins  
 12 Bob Giambalvo  
 12 Pat Glover  
 11 Jim Fiore  
 10 Seamus Hodgkinson  
 10 Ray Lee  
 9 James Thomas  
 9 Paul Turner  
 8 Kenneth Lapenta  
 7 Ed Bown  
 7 Frank Myers  
 7 Greg Rickes  
 6 Rick Morse  
 5 Steve Engel  
 5 Ed Litts  
 4 Jack Berkery  
 4 Leo DiPierro  
 4 Edward Wronski

**Male 70+**

66 Wade Stockman  
 57 Jim Moore  
 50 Bob Husted  
 36 John Pelton  
 20 Ed Doucette  
 15 Joseph Richardson  
 15 Ken Skinner  
 13 George Freeman  
 13 Don Wilken  
 12 James McGuinness  
 12 Chris Rush  
 10 Joe Kelly  
 9 Paul Dillon  
 7 Jim Hotaling  
 5 Denis Burns  
 5 Joe Corrigan  
 4 Richard Eckhardt

**Women**

**Female Open**

62 Karen Bertasso  
 49 Meghan Davey  
 46 Roxanne Wegman  
 40 Heidi Nark  
 36 Ada Lauterbach  
 35 Diana Tobon-Knobloch

34 Erin Rightmyer  
 31 Kristina Gracey  
 18 Katie Jones  
 16 Amy Becker  
 14 Crystal Cammarano-Perno  
 14 Carolyn Herkenham  
 13 Alicia Bousa  
 12 Brina Seguin  
 10 Allison Klein  
 9 Kelcey Heenan  
 9 Katie Vitello  
 8 Erin McDonald  
 8 Irene Sommerville  
 8 Emily Swanzey  
 7 Caitlin Conner  
 7 Kathleen Hermann  
 7 Sarah Jones  
 7 Sara O'Grady  
 7 Tarya Reese  
 7 Kelly Virkler  
 7 Katie Vitello  
 6 Shannon Finnegan  
 6 Melissa Patrick  
 6 Olya Prevo  
 5 Sallie Gilliland  
 5 Rita Ramos  
 5 Jennifer Senez  
 4 Ashley Brown  
 4 Christina Jordy  
 4 Julia Maloney  
 4 Jessica Sherry  
 4 Amanda Terzian

**Female 30-39**

60 Gretchen Oliver  
 51 Sally Drake  
 48 Kimberly Miseno-Bowles  
 42 Shelly Binsfeld  
 28 Stephanie Wille  
 24 Eileen Combs  
 24 Erin McMahan  
 23 Susan Bright  
 22 Karen Dolge  
 17 Christina Ardito  
 16 Jessica Hageman  
 15 Deanne Webster  
 13 Stacey Kelly  
 12 Julie Gold  
 10 Jen Hebner  
 10 Allison Bradley  
 10 Erin Corcoran  
 10 Sabrina Krouse  
 9 Colleen Murray  
 8 Amy Drucker  
 8 Candice Panichi  
 7 Tammy Carroll  
 7 Kim Didrich  
 7 Colleen Ottalagano-McGarry  
 7 Jennifer Merritt  
 6 Kari Deer  
 6 Anne Kubasiak  
 6 Elin Mattfield  
 5 Samara Anderson  
 5 Cecile Aulnette  
 4 Shanley Alber  
 4 Sheila Couch  
 4 Sarah Dzikowicz  
 4 Regina McGarvey  
 4 Christie Papa  
 4 Diana Steenburg  
 4 Terra Stone

**Female 40-49**

68 Emily Bryans  
 48 Chris Varley  
 36 Kari Gathen  
 30 Nancy Nicholson  
 30 Anne Benson  
 20 Cheryl DeBraccio  
 21 Mary Buck  
 17 Megan Leitzinger  
 16 Regina McGarvey  
 15 Judy Guzzo  
 13 Michelle Costa  
 13 Karen Dolge  
 13 Sharon Fellner  
 13 Mary Fenton  
 12 Marcia Harrison  
 12 Lauren Herbs  
 12 Jamice Phoenix  
 12 Kathy VanValen  
 10 Melissa Frenyea  
 10 Heather Machabee  
 10 Connie Smith  
 9 Patty Greene  
 9 Mary Signorelli  
 8 Kay Byrne  
 8 Diane Hanson  
 8 Barb Light  
 8 Julia Hotme Murphy  
 7 Christine Capuano  
 7 Tamie Jones  
 7 Joanne Nolette  
 7 Ruth Sadinsky  
 7 Lori Vink  
 6 Chris Abowd  
 6 Pamela DelSignore  
 6 Vicki McQueeney  
 6 Rachel Schabot  
 5 Miriam Hardin  
 5 Denise Iannizzitto  
 5 Susan Motler  
 4 Deanna Hitchcock  
 4 Mary McNair  
 4 Pam Zentko

**Female 50-59**

72 Nancy Briskie  
 62 Martha DeGrazia  
 38 Cathy Sliwinski  
 37 Susan Burns  
 34 Joan Celantano  
 28 Judy Phelps  
 25 Debra-Jane Batcher  
 22 Jane Mastaitis  
 21 Donna Charlebois  
 21 Peggy McKeown  
 18 Erika Oesterle  
 15 Katherine Ambrosio  
 14 Joanne Fitzgerald  
 13 Karen Gerstenberger  
 12 Jenny Lee  
 12 Beth Stalker  
 12 Nanyc Taormina  
 10 Karen Dott  
 10 Stephanie Landy  
 9 Cynthia Southard  
 8 Diane Peverly  
 8 Nancy Taormina  
 7 Elizabeth Herkenham  
 7 Nancy Piche  
 6 Hope Plavin  
 6 Barbara Sorrell

5 Joanne Barlow  
 5 Joyce Reynolds  
 4 Dot Grimaldi  
 4 Deb McCarthy  
 4 Pia Sanda

**Female 60-69**

72 Susan Wong  
 32 Katherine Ambrosio  
 30 Mary Collins-Finn  
 18 Coral Crossman  
 18 Ginny Mosher  
 18 Ginny Pezzulo  
 13 Liz Milo  
 10 Cecily Dexter  
 10 Lichu Sloan  
 8 Linda Keeley  
 7 Noreen Buff  
 6 Barbara Eames  
 5 Susan Caccuitto  
 4 Harriet Kang

**Female 70-79**

72 Anny Stockman  
 36 Joan Corrigan  
 30 Eiko Bogue

**Age Graded**

| Runner              | Age   | G |
|---------------------|-------|---|
| 56 Susan Wong       | 62    | F |
| 47 Martha DeGrazia  | 58/59 | F |
| 42 Emily Bryans     | 42/43 | F |
| 41 Nancy Briskie    | 52/53 | F |
| 40 Ahmed Elasser    | 47    | M |
| 39 Chuck Terry      | 27/28 | M |
| 31 Andy Allstadt    | 27    | M |
| 33 Rick Munson      | 52/53 | M |
| 33 Tom O'Grady      | 24/25 | M |
| 26 Derrick Staley   | 51    | M |
| 25 Anny Stockman    | 78    | F |
| 21 Judy Phelps      | 59    | F |
| 18 Dale Keenan      | 59    | M |
| 15 Lee Pollock      | 58    | M |
| 13 David Vona       | 27/28 | M |
| 12 Kevin Dollard    | 54/55 | M |
| 12 Joe Hayter       | 30    | M |
| 12 John Noonan      | 51    | M |
| 11 Eamon Dempsey    | 30    | M |
| 10 Bob Giambalvo    | 60    | M |
| 10 William Venner   | 51    | M |
| 9 Tim Hoff          | 44    | M |
| 9 Christian Lietzau | 47    | M |
| 8 Justin Bishop     | 29    | M |
| 8 Tom Dalton        | 51    | M |
| 7 L.D. Davidson     | 53    | M |
| 7 Karen Dolge       | 39/40 | F |
| 7 Paul Forbes       | 60    | M |
| 6 Jonathon DiCesare | 13    | M |
| 6 Kari Gathen       | 42    | F |
| 6 Jason Lange       | 15    | M |
| 6 Carl Matuszek     | 58    | M |
| 6 Ernie Paquin      | 63/64 | M |
| 5 Eileen Combs      | 32    | F |
| 5 Tom Dalton        | 51    | M |
| 5 Josh Merlis       | 28    | M |
| 5 Beth Stalker      | 50    | F |
| 4 Daniel Jordy      | 26    | M |
| 4 Jon Rocco         | 43    | M |

# Meeting Minutes of the HMRRC General Meeting - November 10, 2010

Attendance: Barb Light, Jon Rocco, Nancy Briskie, Mark Warner, Ray Lee, Chuck Terry, Doug Bowden, Diane Fisher, Pam Zentko, Wade & Anny Stockman, David Newman, Tom Ryan, Josh Merlis, Tom & Marcia Adams, Vince Juliano, John Parisella, Rob Moore, Maureen Cox  
Call to Order (J. Rocco): meeting called to order at 7:30PM

1. Reading and approval of October 13, 2010 minutes (B. Light) – motion made to approve minutes by Chuck Terry, seconded by Mark Warner. Motion approved.

## 2. Reports of Officers:

2.1 President (J. Rocco)- Diane Fisher will be taking over as web administrator for Ed Neiles in January 2011. Diane & Ed talked and will be meeting over the next couple of months. Diane will also continue with membership chair. Jon spoke to Kari Gathen and they will be having a food drive again this year during the winter series races. Rob Moore won a drawing at the community expo for \$2500 to date we have not received check from SEFCU-Jon Rocco called them and they said it was mailed out November 1st. Jon will follow up with them. Received a card from Alney Tobias one of the Schrader scholarship winners thanking us for the scholarship we presented to him. He is currently attending

the College of Nebraska College of Engineering and is a member of the Track and Field team.

2.2 Executive Vice President (J. Parisella) No report

2.3 Executive Vice President- Finance (C. Terry): Presentation of 2011 Annual Budget-Chuck presented 2011 proposed budget. Discussion followed. Doug questioned expense for Website development-Chuck will look into with Ray Newkirk. Chuck will make the adjustments discussed and will present budget next month for vote and approval.

2.4 Secretary (B. Light) No Report.

2.5 Treasurer (P. Zentko)-No report.

## 3. Reports of Committees:

3.1 Membership (D. Fisher) – Current membership is at 2240 and we currently have 384 friends on Facebook and 16 following us on Twitter.

3.2 Volunteers (M. Adams) working on volunteer points this month-all race directors need to turn in waivers and volunteer reports. Mark will follow up at race director meeting.

3.3 Public Relations (R. Moore): Volunteers for Adirondack Winter Expo(11/20-21) are needed for the booth. 10-6 Saturday and Sunday at the Saratoga City Center. If you can volunteer please let Rob know.

3.4 Race Committee (M. Warner)- Winter Series meeting for series

race directors will be held on Monday, November 15th. We need to find a volunteer for the kids craft corner that we had last year and the Fathers Day race director is Roxanne Gillen. Mark Warner & Roxanne will meet with the credit union to go over things with them. Thank you to Roxanne for helping out. John Haley volunteered to do the insurance task for the race committee. Stockade-athon held last Sunday-another great job by Vince Juliano. Vince thanked all the volunteers-it was a collaborated effort which makes the race a success. 3rd year had great weather; had record crowd. 130-140 more runners more than last year; we had 1540 registered. Vince anticipating a good profit this year-final numbers not in yet but should have that done in a few weeks. Also had a "Stockade-athon" race run at the same time in Kabul, Afghanistan.

Turkey RafAL run this month and first Winter Series race is December 12th.

3.5 Race Committee Treasurer (N. Briskie)- making transition from Pam going over things with her.

3.6 Pace Setter (R. Nagengast/K. Gathen)- No report.

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

3.8 Safety Committee (V. Juliano) No report

3.9 Grants Committee (R. Newkirk)-

No report.

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

3.11 Just Run Program (K. Skinner)-had meeting in October and 4 people contacted him after that meeting that they want to participate in the program. He will continue to work to expand program.

3.12 Recycling Coordinator (E. Barsoum)-No report.

4. Unfinished Business: - Rob Moore noted that no one in charge at recycling table at Stockade-athon. Jon will follow up with Eva about Troy Turkey Trot. Rob did collect 26 bags of shirts & shoes and took all to the City Mission. Green Shoes also is looking to collect shoes and shirts at major races. Information was passed on to Jon and Eva.

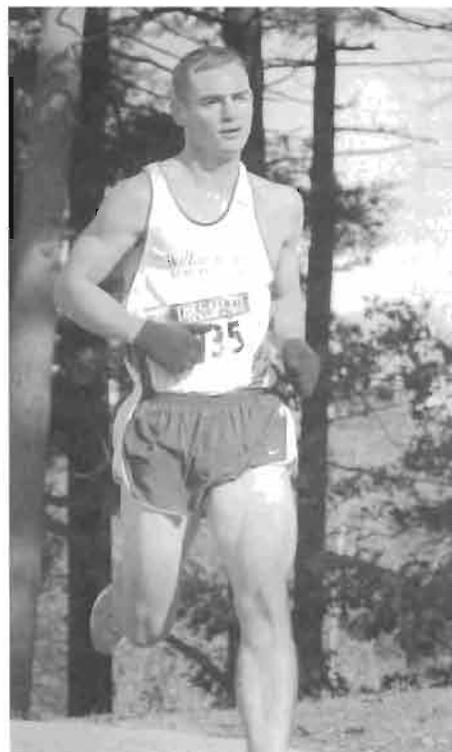
## 5. New Business:

None.

6. Announcements: December refreshments- Marcia Adams



7. Adjourn: Marcia Adams made motion to adjourn meeting, seconded by John Parisella. Meeting adjourned at 8:40PM. □







Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

| <u>Circle size and color where applicable</u>                                                | <u>Cost:</u> | <u>Total:</u> |
|----------------------------------------------------------------------------------------------|--------------|---------------|
| <b>Dryline Zip Shirt</b> , black, Male S,M,L, XXL; Female XS,S,M,L,XL                        | \$36         | _____         |
| <b>Insport Tights</b> , black, Male, S,M,L; Female S,L                                       | \$20         | _____         |
| <b>Club Jacket</b> , royal blue and black, Unisex S,L                                        | \$49         | _____         |
| <b>Warm-Ups</b> , black and gray jacket and pants, Male S,M,L                                | \$65         | _____         |
| <b>Long Sleeve Coolmax Shirts:</b>                                                           |              |               |
| <b>Lightweight</b> , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL         | \$22         | _____         |
| <b>Mock Turtleneck</b> , club logo on chest, Unisex black M,L,XL                             | \$22         | _____         |
| <b>Coolmax Singlets:</b>                                                                     |              |               |
| <b>White with royal blue side panels</b> , Female M,L - CLEARANCE                            | \$11         | _____         |
| <b>White with royal blue side panels</b> , Male S,M,L,XL                                     | \$21         | _____         |
| <b>Short Sleeve Coolmax Shirts:</b>                                                          |              |               |
| <b>Hind with reflective stripes</b> , Male, mustard S,XL, grey S; blue M,L,XL                | \$25         | _____         |
| <b>Female V-neck</b> , lemon, purple, S,M,L,XL; red S,M,L                                    | \$20         | _____         |
| <b>Shorts with white club logo</b>                                                           |              |               |
| <b>Female Asics</b> , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE        | \$15         | _____         |
| <b>Female Adidas</b> , black with blue trim, XL - CLEARANCE                                  | \$15         | _____         |
| <b>Female Race Ready Shorts, royal blue - ALL ON CLEARANCE</b>                               |              |               |
| <b>Split-cut</b> , 1" inseam, M,L - CLEARANCE                                                | \$15         | _____         |
| <b>Split-cut Long Distance</b> , 1" inseam, back mesh pockets, blue, L - CLEARANCE           | \$15         | _____         |
| <b>V-Notch</b> , 3" inseam, S,XL - CLEARANCE                                                 | \$15         | _____         |
| <b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, L - CLEARANCE                   | \$15         | _____         |
| <b>Easy</b> , 4" inseam, S,M,L - CLEARANCE                                                   | \$15         | _____         |
| <b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,XL                             | \$15         | _____         |
| <b>Male Race Ready Shorts, all are royal blue except where noted</b>                         |              |               |
| <b>Split-cut</b> , 1" inseam, S,M,XL royal                                                   | \$19         | _____         |
| <b>V-Notch</b> , 3" inseam, S,M,XL royal; L black                                            | \$19         | _____         |
| <b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, M,L, XL                         | \$24         | _____         |
| <b>Easy</b> , 4" inseam, S,M,XL                                                              | \$21         | _____         |
| <b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL                           | \$25         | _____         |
| <b>Sixers</b> , black, 6" inseam, back mesh pockets, S                                       | \$27         | _____         |
| <b>Running Cap</b> , embroidered logo, white, white/royal                                    | \$11         | _____         |
| <b>DeFeet Coolmax Socks</b> , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20 |              | _____         |
| <b>Smart ID tag</b> , 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:** \_\_\_\_\_

Postage \$5.15

*If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)  
Gift Certificates available for any amount. Just add \$.44*

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## "TENTATIVE" HMRRRC 2011 EVENTS SCHEDULE

| DAY      | DATE    | TIME      | LOCATION                         | EVENT                                                                     | RACE DIRECTOR(S)                        | E-MAIL                                     |
|----------|---------|-----------|----------------------------------|---------------------------------------------------------------------------|-----------------------------------------|--------------------------------------------|
| Saturday | Jan 01  | 12 Noon   | UAlbany                          | #,F Winter Series 2, <b>Hangover Half*</b> & The Bill Hogan 3.5M Run/Walk | Brian & Cheryl DeBraccio                | cmarathon@aol.com                          |
| Sunday   | Jan 09  | 10 a.m.   | UAlbany                          | #,F Winter Series 3: 3M, 10K, 25K                                         | Will Dixon<br>Ed Gillen                 | edgillen7@aol.com                          |
| Sunday   | Jan 23  | 10 a.m.   | UAlbany                          | #,F Winter Series 4: 3M, 15K, 30K                                         | Josh Merlis                             | jmerlis@areep.com                          |
| Sunday   | Feb 06  | 10 a.m.   | UAlbany                          | #,F Winter Series 5: 4M, <b>10M*</b> , 20M                                | Patrick Lynskey                         | plynskey@nycap.rr.com                      |
| Saturday | Feb 12  | 6:00 p.m. | Desmond Hotel                    | HMRRRC Club Banquet                                                       | Debbie Beach                            | dbeach21@verizon.net                       |
| Sunday   | Feb 20  | 10 a.m.   | UAlbany                          | Winter Marathon & Marathon Relay**                                        | Dana Peterson<br>Ken Klomp<br>Ed Neiles | peterson@albany.edu<br>kklomp@nycap.rr.com |
| Saturday | Mar 12  | 10 a.m.   | Green Island                     | <b>Runnin' of the Green (Island) 4M* ** +</b>                             | Ed Gillen                               | edgillen7@aol.com                          |
| Sunday   | Apr 10  | 9:00 a.m. | Bethlehem M.S.,<br>Delmar        | Delmar Dash 5M ** +                                                       | Tom & Marcia Adams                      | madams01@nycap.rr.com                      |
| Saturday | Apr 30  | 9:00 a.m. | Guilderland H.S.                 | <b>Bill Robinson 10K Masters Championship *[GP40+] **</b>                 | Jim Tierney                             | runnerjmt@aol.com                          |
| Sunday   | May 08  | 10 a.m.   | TBA                              | Mother's Day Race +                                                       | Sharon Boehlke                          | sharonruns@mindspring.com                  |
| Thursday | May 19  | 6:25 p.m. | Empire State Plaza               | CDPHP Workforce Team Challenge 3.5M **                                    | Pete Newkirk                            | pnewkirk@newkirk.com                       |
| Sunday   | June 12 | 9:00 a.m. | UAlbany                          | <b>#, F Distinguished Service 8M*</b>                                     | Mark & Angela Warner                    | mwarner1@nycap.rr.com                      |
| Tuesday  | June 14 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Sunday   | June 19 | 9:30 a.m. | The Crossings                    | Father's Day 5K ** +                                                      | Roxanne Bilodeau<br>Gillen              | rmonahan63@yahoo.com                       |
| Tuesday  | June 21 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Saturday | June 25 | 9:00 a.m. | Joe Bruno Stadium,<br>HVCC       | Tri-City Valley Cats Home Run 5K +                                        | John Haley<br>Megan Leitzinger          | j.haley36@yahoo.com                        |
| Tuesday  | June 28 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Tuesday  | July 5  | 6:00 p.m. | Colonie High School              | Colonie Summer Track, # <b>Colonie Mile*</b>                              | Ken Skinner                             | kennyskin@earthlink.net                    |
| Tuesday  | July 12 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Thursday | July 14 | 6:15 p.m. | TBA                              | #, F Summer Series: Two-Person Relay                                      | Pete Newkirk                            | pnewkirk@newkirk.com                       |
| Tuesday  | July 19 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Thursday | July 21 | 6:15 p.m. | TBA                              | #, F Summer Series: Hour Run                                              | Doug Bowden                             | bowden@nycap.rr.com                        |
| Tuesday  | July 26 | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Thursday | July 28 | 6:15 p.m. | TBA                              | #, F Summer Series: Pentathlon                                            | Todd Mesick                             | toddmesick@yahoo.com                       |
| Sunday   | Jul 31  | 9:00 a.m. | Thacher State Park               | Indian Ladder Trail Run 3.5M & 15K                                        | Mike Kelly                              | mjkhome@verizon.net                        |
| Sunday   | Jul 31  | Noon      | Thacher State Park               | Summer Picnic                                                             | Lisa Ciancetta                          | ljcny61@nycap.rr.com                       |
| Tuesday  | Aug 02  | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Saturday | Aug 06  | 8:30 a.m. | Colonie Town Park                | Dynamic Duo Pursuit Race                                                  | Frank Myers                             | FLYINGBB45@aol.com                         |
| Monday   | Aug 08  | 6:30 p.m. | Tawasentha Pk<br>Guilderland     | #, F Tawasentha XC 5K No. 1 +                                             | John Kinnicutt                          | jkinnicutt@gmail.com                       |
| Tuesday  | Aug 09  | 6:00 p.m. | Colonie High School              | Colonie Summer Track                                                      | Frank Myers                             | FLYINGBB45@aol.com                         |
| Monday   | Aug 15  | 6:30 p.m. | Tawasentha Pk<br>Guilderland     | #, F Tawasentha XC 5K No. 2* +                                            | John Kinnicutt                          | jkinnicutt@gmail.com                       |
| Monday   | Aug 22  | 6:30 p.m. | Tawasentha Pk<br>Guilderland     | #, F Tawasentha XC 5K No. 3 +                                             | John Kinnicutt                          | jkinnicutt@gmail.com                       |
| Monday   | Sep 05  | 9:00 a.m. | SEFCU HQ, State<br>Office Campus | <b>SEFCU Foundation Labor Day 5K* ** +</b>                                | John Parisella                          | jparisel@nycap.rr.com                      |
| Sunday   | Sep 11  | 9:00 a.m. | UAlbany                          | #, F <b>Anniversary Run, 2.8M &amp; 5.6M*</b>                             | Pat Glover                              | pjglove@aol.com                            |
| Sunday   | Oct 02  | 10 a.m.   | New Scotland Town<br>Park        | # <b>Voorheesville *[GP&lt;40] 7.1M</b>                                   | Jim Thomas<br>Russ Hoyer                | jth430@verizon.net<br>Russ.Hoyer@yahoo.com |
| Sunday   | Oct 09  | 8:30 a.m. | Central Park,<br>Schenectady     | <b>29th Annual Mohawk Hudson River<br/>Marathon* **</b>                   | Cathy & Rob<br>Sliwinski                | racedirector@mohawkhudsonmarathon.com      |
| Sunday   | Oct 09  | 8:30 a.m. | Colonie Town Park                | <b>10th Annual Half-Marathon**</b>                                        | Cathy & Rob<br>Sliwinski                | racedirector@mohawkhudsonmarathon.com      |
| Sunday   | Nov 13  | 9:00 a.m. | Central Park,<br>Schenectady     | <b>36th Annual Stockade-athon 15K* ** +</b>                               | Vince Jullano                           | Hamletbryans@nycap.rr.com                  |
| Sunday   | Nov 20  | 10 a.m.   | The Crossings of<br>Colonie      | # Turkey Raffle Run                                                       | Al Maikels                              | afmcpa1040@yahoo.com                       |
| Sunday   | Dec 11  | 10 a.m.   | UAlbany                          | #, F Winter Series Starter 3M & 15K                                       | Doug Bowden                             | bowden@nycap.rr.com                        |

# Day of Race Sign Up ONLY!

F No Entry Fee for HMRRRC Members

\* **Grand Prix Event [bold]**

\*\* 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!*