

The Pace Setter

February 2014

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





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HMRRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRRC exists.

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

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President's Message

by Maureen Cox

We only have 28 days in this month but we plan to pack a few of them full with HMRRC events. We have Winter Series # 5, The Club Banquet and the Winter Marathon all in a two week span! We have been running those loops at SUNY Albany in preparation for the final race of the Winter Series, Winter Series #5 on February 2, 2014 at 10 a.m. and the Winter Marathon on February 16th at 10 a.m. Winter Series 5 offers three distances and the 10 miler is a Grand Prix event. If you are working on your winter series survivor award you only have one more race to run or volunteer. The Winter Marathon event attracts runners from far and wide. We also offer a relay marathon which allows a team to compete in age and gender categories.

The HMRRC Annual Awards Banquet will be held on February 8, 2014 at The Desmond with social hour beginning at 6:00 p.m. and dinner at 7:00 p.m. This year Bob Oates and Bill Meehan will be inducted into the Hall of Fame. They will be the 27th and 28th club members to receive this award. We will also be recognizing, at the banquet, our Distinguished Service award winner, John Haley. We will also honor

the recipients of the President's Outstanding Service Award and the Race Committee's "Extra Mile Awards" which honor members for contributions made at club races. There will be recognition of the top three age group winners in the Club's Grand Prix Series. The banquet is a great opportunity to come together and celebrate our personal victories and recognize the talents of the group.

As we close out the winter series and look forward to the spring calendar we see the Runnin' of the Green (Island) on Saturday, March 15 at 10 a.m. This race has become so popular that it has a cap on how many runners can participate. Hope you got registered and will enjoy this run.

Lastly, I am wondering how you are doing at volunteering for an event? There are over 3,000 members in our club and if everyone volunteered just once we would have very happy race directors. Please consider giving back to this wonderful running community.

Finally, thanks to all who stopped by to say hello, at the Winter Series, to the soup lady. If you haven't yet, there's still time. ☐



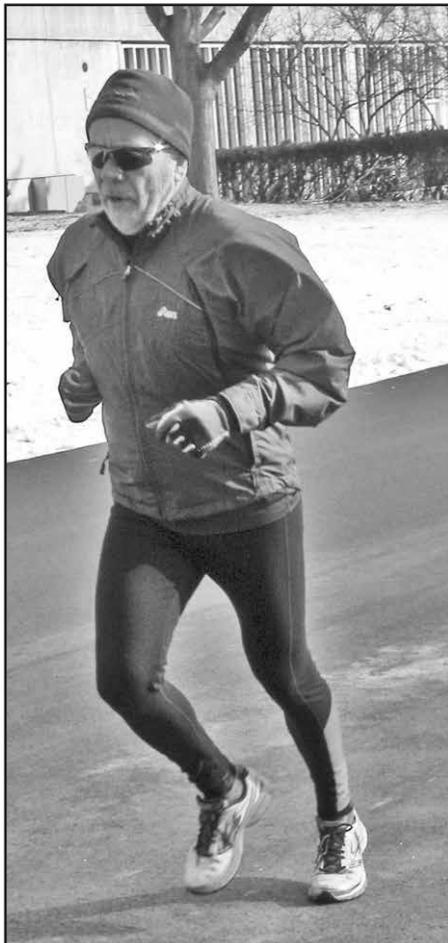


What's Happening in February

by Al Maikels

February is a short month with some long races. The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 2. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon while the 4-mile race is popular with those runners just looking to get in a short workout. Quite often the race distance chosen is factor of the weather, as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987 as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

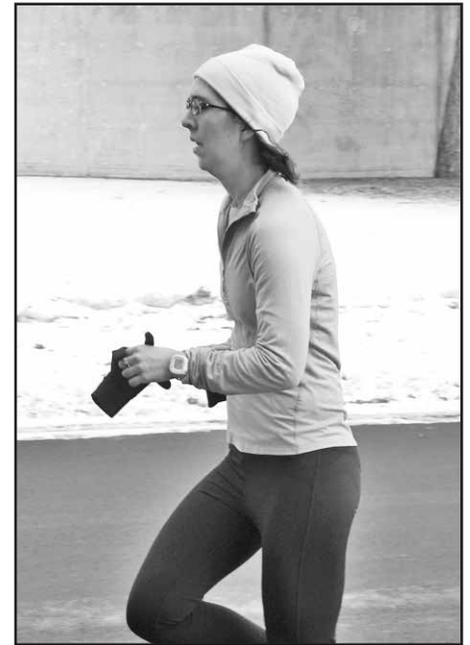
The 41st Winter Marathon and 28th Annual 3 Person Relay will be held on Sunday, February 16 at 10 a.m. at UAlbany. Back in the day, when running was running the Winter Mara-



thon was billed as a last chance to qualify for Boston; now it can be a first chance to qualify for next year's Boston. The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers, and as always volunteers are needed.

The HMRRRC Club Banquet will be held on February 8 at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards and this year features the induction of Bill Meehan and Bob Oates into the HMRRRC Hall of Fame.

The club business meeting for February is set for Wednesday, February 12 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged these meetings. □



On the Web!

The Hudson Mohawk Road
Runners Club is on the Web



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

www.hmrrc.com

Submissions for the May Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

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

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

"BEEN THERE, DONE THAT"

by Mike Becker

February 1974...Forty Years Ago

• A note from the Newsletter indicated: "Sunday Feb. 3rd found our runners facing a minus 13-degree wind chill and blowing snow. Getting to SUNY was a small feat in itself with icy roads and impatient drivers." Six runners finished the six-miler, and nine finished the three-miler including Don Wilken and Jim Bowles. Hot coffee and time splits were provided by Bill Shrader, Sr., Paul Rosenberg, and Ed & Harriet Thomas.

February 1979...Thirty Five Years Ago

• There was an unprecedented sixth Winter Series event on the 24th at SUNYA, with races of 4, 10, 20, and 23 miles. The 23-miler had the rare feat of three runners, Frank Ripple, Pat Glover, and Gust Svanson, tying for first with a time of 2:20:11, breaking Don Wilken's course record. Mark Mindel won the ten-miler in 58:28 to break Bill Robinson's course record by eight seconds.

February 1984...Thirty Years Ago

• A total of 151 runners competed in the three Winter Series races on the 11th at SUNYA. James Robinson won the four-miler with a 21:28, with Jane Loftus running 29:40 for top female honors. Bob Crego and Rosemary Hillegas won the ten-miler with times of 54:47 and 80:04, respectively. Doug Irons and Jane Welzel were winners of the 20-miler.

• Bill Meehan directed the club Winter Marathon on the 25th. Hall-of-Famer Dale Keenan won with a 2:32, for his first of an eventual six Winter Marathon titles. The top masters finisher was Don Wilken with a 2:56. There were 42 finishers, and just one female. A strong west wind and cold temperatures likely kept the field smaller than recent years.

February 1989...Twenty Five Years Ago

• The Pace Setter had a story about club co-founder Tom Robinson's tragic death in a car-pedestrian accident near his home in suburban Chicago. Robinson had moved to Chicago just a few months prior to work as a professor at the University of Chicago Cardiovascular Institute. His passing sent shockwaves through the large community of his friends in the Capital District.

• Dale Keenan won the ten-mile Winter Series race on the 11th with a 54:51, 35 seconds ahead of Chris Buckley. Anne Kuklinski was the top female with a 64:00. Mike Brinkman and Nancy Egerton won the 20-miler.

• Brian DeBraccio won the Winter Marathon on the 26th with a 2:50. Just 18 of 38 who registered finished the race, and no women finished. It was 15 degrees at the start.

February 1994...Twenty Years Ago

• Photos of the Winter Series races on the 12th indicated very cold weather for participants and volunteers. Just 81 runners com-



pleted the three races, including 13 in the 20-miler, suggesting the Race Committee may rethink having the 20-miler in the future. Bill Sell and Amy Herold-Russom won the 20-miler, and Pat Glover and Martha DeGrazia won the ten-miler.

• Jim Michaels, Jr. won the club Winter Marathon on the 27th with a 2:48, one of just two runners to break three hours. Nancy Felix was the female winner with a 3:52, one of just two female finishers among the 31 total finishers.

February 1999...Fifteen Years Ago

• The all-male team of Brooks, Urrey, and Evensen ran a 2:34:39 to win the club Marathon Relay on the 28th. Seventeen of the 23 teams ran under four hours. The top all-female team of Spinelli, Wuerdman, and DeGrazia ran a fine 3:26:47.

• Dan Dominie from Canton won his second of eventual five Winter Marathon titles with a 2:52. The top female was Daniele Cherniak with a 3:20.

• Michael Jordan (likely not the basketball player) won the 20-mile race at the Winter Series #5 on the 14th with a 2:11, about ten minutes ahead of Chester Tumidajewicz. Tyson Evensen won the popular ten-mile Grand Prix event with a 55:25. Janet Christman was the top female with a 66:38.

February 2004...Ten Years Ago

• Fred Eames won the Cystic Fibrosis Stair Climb at the 41-story Corning Tower in Albany on the fifth with a time of 5:25. The top female was Kyle Restina with a 7:13.

• Scott Ginsburg directed the Winter Series races on the eighth at SUNYA. Jamie Rodriguez won the Grand Prix ten-miler with a 57:30, with Josh Merlis coming in second. Emily Bryans was the female winner with a 71:30, with Kimberly Miseno finishing second. Jim Lombardi and Penny McDermott won the 20-miler.

February 2009...Five Years Ago

• Pat Cullen won the ten-mile Grand Prix race on the eighth with a 54:54, about a minute ahead of Chuck Terry. Emily Bryans was the top female with a 68:17, 39 seconds ahead of Diane Matthews.

• Tim VanOrden from Bennington won the Camp Saratoga 8K snowshoe race on the 14th with a time of 32:50. Abby Woods was the female winner.

• Thirty-seven teams of various combinations of sexes completed the 23rd club Winter Marathon Relay on the 22nd at SUNYA. Times ranged from 2:52 to 4:24, with the two-male, one-female team of Jones/Culligan/Pearson winning. Footing was good with a temperature of 31 degrees with light snow falling. □





MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, OCTOBER 12, 2014

ALBANY'S PREMIER MARATHON RUNNING EVENT

Runner's World magazine called the Mohawk Hudson River Marathon one of the top 10 races nationwide. Our point-to-point course is flat and fast making it the perfect event for first time runners, or those pushing to qualify for the Boston Marathon.

The course is primarily run on paved bike trails, and features pace teams, shuttles to the race start, and some of the most enthusiastic water stop crews you will ever encounter. Prize money is awarded for the top 5 men and women in each race. And for those moving at a different pace, there's a walker's division featured in our Half Marathon.

Visit www.mohawkhudsonmarathon.com for registration and race details, sponsorship opportunities, and volunteer information.

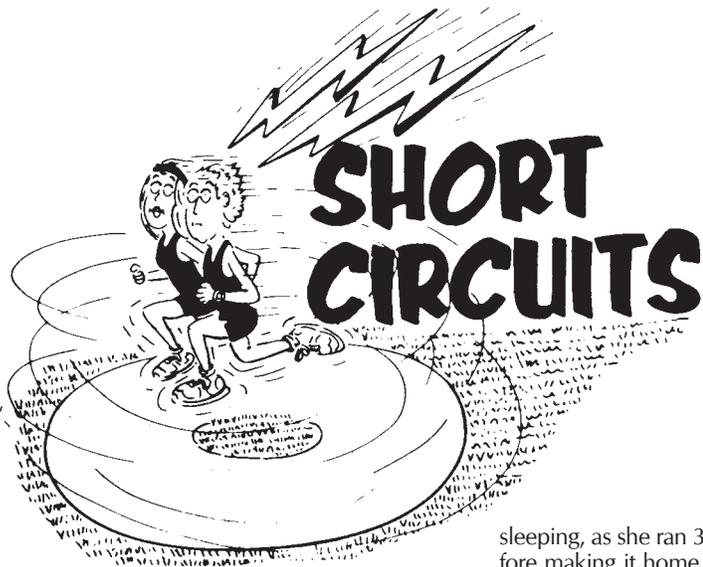
ONLINE REGISTRATION OPENS MARCH 1, 2014

Directed by:



Race Expo presented by:





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

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

Jim Sweeney and James O'Connor of Fleet Feet raised over \$20,000 for the Regional Food Bank by running a combined 230 miles in 24 hours – on treadmills at Fleet Feet.



O'Connor (left) congratulates Sweeney



Kim Allan of New Zealand broke the women's world record for distance covered without

sleeping, as she ran 310 miles in Auckland before making it home to spend Christmas with her family.

Allan is a mother of four and a veteran of competitive 24-hour runs. Her achievement, dubbed "Sleepless in Auckland," erased the old world record set by American Pam Reed in 2005 and took the better part of four days.



Sleepless in Auckland



Running taught me valuable lessons. In cross-country competition, training counted more than intrinsic ability, and I could com-

Many of us have run for a bus. But racing alongside one? The multiple sprint world record holder and Olympic gold medalist Usain Bolt ran an 80-meter race against a commuter bus full of passengers in Buenos Aires, Argentina. Who won? Bolt by a Bumper.



Bolt flashes smile to bus driver



Running taught tim



Anthony Russo, a 5-year-old kindergartener from Jackson, NJ ran his first half-marathon in 2:22:25 in December in Trenton. His father explained: "He can take this as far as he wants to . . . We have no reason to push him to do this. He enjoys it and has a gift. If we restrict him that would be doing him a disservice." □



This is fun?

Bill Shrader, Sr.

Memorial

Scholarships

\$18,000 in total

Higher Education Awards

For Student Runners

The Hudson Mohawk Road Runners Club offers separate scholarships for three male and three female student athletes who participate in cross country or track and field.

For application details go to

www.hmrrc.com

(See “membership benefits” under the “membership info link”)

Applications must be submitted by

April 1, 2014

Running Against the Grain



How often have your health and dietary dogma been upended? At one time, butter was seen as a culprit in the diet to be replaced by margarine which was then itself later vilified. The status of chocolate went from being unacceptable to almost a health food. Ditto coffee and red wine. Stretching exercises that were once thought mandatory before runs are now done at the discretion of the runner. With this in mind, we examine some new heresies.

In the modern running world, hydration has been king. Other than being told that we should drink at least eight glasses of water a day, hydration during running is seen as essential for good performance, but is it? According to a recent study published in the *British Journal of Sports Medicine* this is not the case and in fact may actually harm you. In Australia, two groups of cyclists were tested who performed strenuous exercise, one group being hydrated and the other not. They were given fluids intravenously but were unaware of the volume of fluid they received. At the end of the exercises, both groups of athletes performed the same even though one group had little hydration. The surprising result may be explained by the circumstances in which ancient humans evolved. Intense exercise in high heat selected for hominids who required less water. It is now believed that the real danger to athletes is hydrating too much (hyponatremia) rather than too little. Around eight glasses of water a day is recommended, but many of the foods we eat are awash in water, as are the beverages we drink such as coffee and beer. There is actually a study that was done on some lucky university students in Britain who had to drink a lot of beer to see if it dehydrated them, and the good news was that it didn't. So, if you are thirsty, have a drink but don't overdo it.

The next icon to be shattered concerns the importance of pronation when purchasing running shoes. Have you ever had your gait analyzed to find out if you under or over pronate and then bought shoes accordingly? Again, the *British Journal of Sports Medicine* is in the forefront of running controversies. It published the results of a study in Denmark that tested around 1,000 people to learn if the type of running shoe worn mattered. Participants ranged in age from 18 to 65. All were in excellent physical shape and were novice runners. The scientists classified the participants' gaits but despite differences all were given the same type of lightweight neutral running shoe. At the end of the year, the data revealed the same rate of injury in the control group as in the larger population of runners who got specialized shoes. In fact, other studies pointed toward a slightly higher injury rate in those who wore shoes that tried to control pronation.

Consequently, the doctors who conducted the study recommended that runners should buy shoes that feel most comfortable and heed other factors such as previous injuries, training, age, etc. that can directly impact running, rather than worrying about pronation.

What about orthotics? Doctors specializing in biomechanics, kinesiology and orthotics think that these may work but are uncertain why. Some people with the same type of injury are helped by orthotics while others are not. Interestingly, the major area of study in orthotics' effectiveness has been with people who have medical conditions rather than runners. Further, there is little agreement on what type of orthotics to prescribe. In a book, the *Biomechanics of Running Shoes*, Dr. Benno M. Nigg relates an incident where one of his patients who was a runner went to five certified orthotics makers with the same problem and was given five different orthotic prescriptions. Dr. Nigg conducted a study on Canadian soldiers, half of whom received orthotics and half did not. Those who received the orthotics had slightly fewer injuries but findings were inconsistent. Rather than buying orthotics, Dr. Nigg recommends exercises that strengthen the foot. The old adage, "if the shoe fits, wear it" is applicable as long as the shoes are comfortable.

Who knows what the newspapers or next month's *British Journal of Sports Medicine* will assault us with that may lead us to run immediately for a chocolate or hydrate with beer. The important thing to remember is not to worry and enjoy your run.

Happy running!

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Unlucky 13

by George Jackson

Every time I run the NYC marathon I have a new adventure, and 2013 was no exception. This was my 13th marathon in the Big Apple. My son Joel came with me for his first time. We met on Saturday at Penn Station, went to the expo for our packets, and I took my son on his first ever subway ride, showed him the finish line, and then went to a nice Italian restaurant on 75th street. So far nothing unusual.

Sunday morning we were picked up at 5 a.m. by Rev. Donald L. Paine and his wife. She drove us to Fort Wadsworth on Staten Island, where we made our way to the tent for an 8 a.m. worship service for runners of all faiths. Don started this ministry in 1986, and has completed 26 NYC marathons. The first time I assisted him in 1989, we had no tent, microphones, or chairs. We were not officially recognized, and simply handed out song sheets and invited people to join us for a worship time before the race. Since then, NYRRC has included the worship service in the official program and provided space and equipment. For several years I brought a guitar to lead in singing worship songs, but after 9/11 this was not allowed. Now I bring a harmonica, which is much easier to carry. We have met lots of interesting people over the years. Some runners return every year to worship with us. The most memorable year was when a couple came up at the end of the service, marriage license in hand, and asked to be married. I played the wedding march on my guitar, the ceremony was performed, and they ran happily ever after.



Hip

Finally it was time to go to our corral for the start of the race. The system in place now is very well organized compared to what it used to be. In the past I have started in the front right behind the elite runners, in the back so far that it took 30 minutes to get to the start line, and even in the women's start. We moved like cattle out onto the bridge, the national anthem was sung, the cannon fired, and we were off. Walking. In a few minutes we were ascending the Verrazano Bridge, weaving and bobbing with thousands of other runners in the first mile of the race. My son was about 10 feet ahead of me when disaster struck. Someone caught my

heel from behind and I went sprawling to the pavement. As I fell, another foot kicked my ear. I landed on my right knee, elbow and hip. I got to see the bridge up close and personal, but did not hit my head. Since I did not want to get trampled, I scrambled to my feet and continued running. I caught up to Joel, not realizing how much damage was done, and we ran together for the next 9 miles. Somehow we got separated at that point and at the half I was about one minute ahead. By the time I reached the Queensboro bridge at mile 15 my hip was throbbing and I had to walk some. Joel passed me on the bridge but I did not see him. We know that is where he went by because our spouses were watching the little dots on the tracking app.

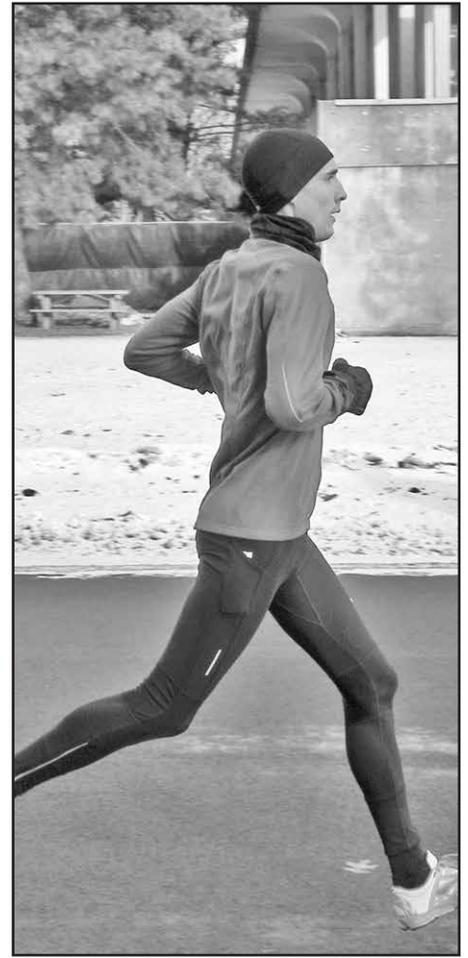
The rest of the race was a slow struggle as I dealt with pain. I distracted myself by chatting with other sufferers from France, Italy, and elsewhere. Somewhere around mile 20 I almost fell again as the road was covered with wet banana peels. I have since wondered if that was what caused Joy Johnson to fall.

The remaining miles were a blur, and I was never so glad to see Columbus Circle where I commenced my "sprint" to the finish. When I got to our room, only a few blocks from the finish, my son was already there, having finished 11 minutes ahead of me. It was the first time he has finished ahead of me in any race. After I showered, cleaned and dressed my wounds, we went back out to locate my friend Don, who was just finishing. He was cold and shaking, so we wrapped him in an orange poncho, hailed a taxi, and took him to his son's apartment on 57th. There we were treated to a wonderful meal prepared by his son's wife, which included the best homemade butternut squash soup on the planet.

The next morning we boarded our respective trains at Penn station to return to Rennselaer, NY and Lancaster, PA, and our adventure was over. □



Knee



HUDSON-MOHAWK ROAD RUNNERS CLUB

2014 DISTINGUISHED SERVICE AWARD

NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to meghan.mort@gmail.com or by mailing a nomination form to Meghan Mortensen, 2040 Ferguson Street, Rotterdam, NY 12303 by March 1, 2014. Nomination forms can be found at www.hmrrc.com. Nomination forms may also be submitted in person at the March 12, 2014 club meeting.

Qualifications of nominees may include – but are not limited to – an elected officer, member or chair of a standing or *ad hoc* committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at club functions or races, or an attendee at monthly club meetings.

Previous recipients of the Distinguished Service Award:

John Haley (2013), Edward Gillen (2012), Cathy Sliwinski (2011), Tom & Marcia Adams (2010), Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson-Wintle (1985), Bill Mehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2014. The election of the DSA recipient(s) will take place at the April 9, 2014 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

Any questions, contact Meghan Mortensen, Committee Chair, at meghan.mort@gmail.com.

Caffeine: Performance Enhancement in a Mug

Whether you are looking for a hit, boost, pleasing stimulant, or excuse to socialize with your friends, coffee is the go-to beverage for many runners. Coffee drinkers enjoy the way a cup of morning brew enhances their feelings of well-being and their ability to accomplish daily tasks. An estimated 80% of us drink coffee daily. Why, we are more likely to drink coffee than eat fruit! Thank goodness moderate coffee intake is typically not associated with health risks.

For runners, caffeine is a proven performance enhancer. In their new book *Caffeine for Sports Performance*, sports dietitians Louise Burke and Ben Desbrow and exercise physiologist Lawrence Spriet address all-things-caffeine that a runner might want to know. Here are just a few tidbits that I gleaned from this comprehensive resource. Perhaps the information will help you add a little bit of zip to your workouts.

Note: No amount of caffeine will compensate for a lousy diet. If you choose to use caffeinated products to enhance your sports performance, make sure you are also fueling wisely!

- A cup of pre-exercise coffee can help most runners work harder—without realizing it. Caffeine has been shown to enhance performance by about 1% to 3%, particularly in endurance sports. For example, cyclists who consumed caffeine prior to a 24-mile (40-km) time-trial generated 3.5% more power than when they did the ride without caffeine.

- Runners vary in their responsiveness to caffeine, from highly effective to negative. Some of the side effects associated with too much caffeine include higher heart rate, anxiety, “coffee stomach”, irritability, and insomnia.

- The recommended performance-enhancing dose of caffeine is about 1.5 mg/lb (3 mg/kg) body weight. This can be consumed 1 hour before you run, and/or during a long run (such as a caffeinated gel or defizzed cola every hour). For example, triathletes commonly consume caffeinated gels before each segment, to distribute the caffeine throughout the event rather than have a big pre-race jolt that might make them feel shaky and unable to concentrate. Some runners delay caffeine intake until fatigue starts to appear, and then they ingest 0.5-1 mg/lb (1-2 mg/kg) body weight.

- Caffeine’s ergogenic effect maxes out at about 200 to 250 mg caffeine. (This is much less than previously recommended.) More is not better. Experiment during training to learn what amount (if any) works best for your body!

- Because the amount of caffeine in coffee and tea varies, elite runners commonly use caffeine pills or commercial products to ensure the desired intake. A comparison of the caffeine content in 16 ounces of coffee from 20 coffee vendors ranged from about 60 to 260 mg. Even when the researchers purchased the same brand of coffee (Starbucks Breakfast Blend) from the same location on six consecutive days, the caffeine content ranged from about 260 to

565 milligrams per 16 ounces.

- Research suggests the caffeine content of espresso also varies. A customer might get served 0.5 to 3.0 ounces of espresso (depending on the barista’s generosity) with a caffeine range of 25 to 214 mg. In general, the larger vendors (such as Starbucks) offer a more consistent product. But this means you don’t know what you will be getting if you plan to purchase a pre-race espresso or coffee.

- Energy drinks are a popular source of caffeine. A study of 500 college students in North Carolina reports 51% drank at least one energy drink in an average month in the semester. Sixty-seven percent used the energy drink to stay awake; 65%, to increase energy; and 54%, to drink with alcohol while partying. Of the party-drinkers, 49% consumed 3 or more energy drinks. That makes for a wide-awake drunk who may believe it’s OK to drive a car...

- Caffeinated chewing gum is popular among (sleep deprived) soldiers. The gum effectively boosts physical and mental performance and helps maintain reaction time, vigilance, and ability to think clearly. The caffeine in chewing gum gets delivered quicker than via a pill (achieving significant levels in the blood in 5 vs. 30 minutes) because it gets absorbed through the cheeks, not the gut.

- Caffeinated colas offer not only caffeine but also a hefty dose of sugar. Colas, taken later in a long run, can provide a much-needed source of fuel so the combination of caffeine + sugar can provide a nice boost! Hence, some runners claim defizzed Coca-Cola is their preferred sports drink despite having only 35 mg caffeine per 12-ounce can.

- Caffeine is only a weak diuretic and is no longer considered to be dehydrating. A novice coffee drinker can become tolerant to the diuretic effects of caffeine in 4 to 5 days of regular caffeine intake. Even high doses (3 mg/lb; 6 mg/kg) have no significant effect on urine production in coffee or tea drinkers. Hence, there appears to be no hydration-related reason for runners

to avoid caffeinated beverages.

- Caution: Consuming caffeine might contribute to negative effects. For example, let’s say you are running in more than one competitive event in a day. If caffeine helps you go harder in the first event, will that “fry” you for the second event? Can taking another dose of caffeine counter that fatigue? With back to back events, will too much caffeine on the first day ruin your sleep, so you are unable to perform as well on the second day? More research is needed to answer those questions but for the moment, these situations provide good examples of why advice to use the smallest effective dose of caffeine is sensible.

- In 1984, caffeine was banned by the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA). But in 2004, WADA reversed the ruling. New research indicated the amount of caffeine needed to reach the threshold dose was detrimental to performance. Although caffeine is no longer banned by WADA, it is on the banned list for NCAA, the governing body of collegiate sports. Collegiate runners can be cited for doping if their caffeine level is higher than 15 micrograms/ml urine. (A normal urine caffeine level is between 1-2 micrograms). Unlikely but possible.

- Teen runners should be fully mature and eating an optimal sports diet before even considering the use of caffeine. Again, no amount of caffeine will compensate for lousy fueling practices.

- For even more helpful tips and tid-bits, get a copy of *Caffeine for Sports Performance*. You’ll actually stay awake while reading it; the book is not a snoozer!

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

SIDEBAR: Common Sources of Caffeine

For a 150-pound (68 kg) runner, the recommended dose of caffeine is about 200 mg one hour before exercise. That’s the amount in a large mug (16 oz) of coffee. No problem for most coffee-drinkers!

Brewed coffee	250 ml (about 8 oz; small)	80 (ranges 40-110)
Starbucks Breakfast Blend	600 ml (20 oz; venti)	415 (range 256-564)
Tea, black	250 ml (about 8 oz; small)	25-110
Tea, green	250 ml (about 8 oz; small)	30-50
Coca-Cola	1 can (12 oz / 335 ml)	34
Red Bull	1 can (8 oz / 250 ml)	80
PowerBar caffeinated gels	1 pouch (1.25 oz / 40 g)	25 - 50
GU caffeinated gel	1 pouch (1 oz / 32 g)	20-40
Jolt Caffeine Energy Gum	1 piece	33
NoDoz	1 tablet	200 (USA), 100 (Australia)



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CHECK IN: Starts 8:30 am race day at the Glens Falls High School Gymnasium.
COURSE: 5 mile basically flat & fast loop course – www.AmericasRunningRoutes.com.
PRE- REGISTRATION: Received by March 25th - \$20.00 (\$16.00 Member Adirondack Runners)
RACE-DAY REGISTRATION: \$25.00 closes 10:30 am
RESULTS: Chip-Timing by **Sisu Racing**.
T-SHIRTS: High Quality, Custom T-shirts (**First 400 Entrants**).
DONATIONS: All proceeds benefit Warren-Washington Counties Special Olympics Programs.
FACILITIES: Glens Falls High School. Showers & Restrooms available.
INFORMATION: Kevin Sullivan - (518)798-9593 or shamrockshuffle@roadrunner.com or www.adirondackrunners.org



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CITY										STATE/PROVINCE					ZIP/POSTAL CODE					Age Race Day		DOB mm/dd/yy	

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Overtraining

Athletes pride themselves on the ability to “go the extra mile.” That cliché translates differently for different sports. It may be one more drill, another set in the weight room, another interval or literally one more mile. From a psychological standpoint this mindset of “one more” can translate into the mental toughness necessary to push past the point of fatigue, even pain, and produce a superlative effort.

We see this all the time. The media champions superhuman feats that both amaze and inspire. But all this extra effort comes with a cost and raises a thorny question. When is enough, enough? Or even more troubling is the associated mindset that “good enough is never enough.”

There is a fine line between training and overtraining. Fatigue is a defense mechanism of the body. This reality may be ignored by the novice, but it is always on the mind of the competitive athlete, as the consequences of overtraining, illness and injury, are a sure brake to athletic development.

Overtraining (OT) may be defined as a physiologic state where the misguided athlete has mistakenly transitioned from work as a productive, strengthening activity to work where one’s effort exceeds the body’s ability to recover from the stress, with illness and injury the long-term result.

The body adapts to the stresses placed upon it – to a point. Modern training is about stress management. If the stress is manageable the body gets stronger, faster or “healthier,” however these qualities may be more fully defined. This cycle of stress can be represented by Yokalev’s Model (figure 1). The three components, stress, rest and adaptation are the three components of all training.

The key to understanding this curve is understanding the role rest and recovery play. One of the catchy maxims that is circulating within the athletic community is that one should “recover as hard as one trains.” On the surface that statement may seem like nonsense, as the implied effort of “hard” is the polar opposite of the passive rest.

But what is meant here is that rest should not be a passive process but rather a disciplined, organized activity that allows an individual to maximize the benefits of nutrition, sleep, and other factors such as flexibility, hydration and mindset. When viewed this way, rest is something that can be actively done right or passively done wrong.

Overtraining can become an issue when there is little regard for recovery or when the workload exceeds the body’s ability to recover. In truth OT is a fatigue continuum that progresses from fatigue to overreaching, overtraining and finally illness and injury. (figure 2) The most telling factor in all these states is time. Note that the deeper one progresses in the fa-

tigue states, the longer one may remain there and the more difficult it is to return to normal.

In recent years the understanding of OT has evolved so that now fatigue syndromes are divided into two pathways – neural and metabolic. Speed and power athletes (sprinters, shot putters, and weight lifters), whose competitions depend on explosive bursts of the sympathetic nervous system, are prone to develop neural OT. It is believed this type of OT is due to exhaustion of the axioplasm, the “blood” of a nerve. The combination of lack of recovery, poor diet and poor training design all conspire to produce neural OT.

Metabolic OT is more a general system exhaustion affecting the parasympathetic nervous system. Metabolic OT has a slower onset, with depletion of the system happening over time due to long-term imbalances of an acidic body pH, poor nutrition or a chronic lack of sleep. Long distance runners and triathletes are more apt to suffer from metabolic OT. Diet plays a more central role in metabolic OT. A habitual narrow food selection repeated week after week slowly depletes the body of essential nutrients and the energy reserves of the body.

There is a psychological overlay to both types of OT. Both neural and metabolic OT are characterized by a loss of motivation. Coordination, concentration and the ability to relax also suffer. Many of the signs of melancholy or slight depression are similar to that of OT. While depressed individuals may not be athletic by any means, it is nonetheless fair to say these individuals may be “overtrained” by life.

One of the points emphasized in the December 2013 issue of *The Pace Setter* column on “Training Theory” was the importance of cycling through a series of hard-medium-easy days. For one to expect positive results after a series of hard, soul killing days of work is both unrealistic and dangerous to the body. While all this work may be part of the “plan” I would argue strongly that it is a misguided plan that will eventually lead to physical breakdown.

This raises the question as to how a coach or athlete could monitor stress and fitness levels or can this even be done? In fact, something as simple as monitoring one’s morning heart rate will give a good indication as to how one has recovered from the previous day’s work.

What needs to be established is a simple baseline of morning heart rate over the days of a season. A consistent number will emerge. If, for example, a series of 60 beat mornings is one’s baseline a spike of 10% or six beats per minute is a sign that one has not recovered from the stress of the previous day’s workout. An easy day with some extra rest is in order.

A second, equally effective, method is to test morning urine pH to see if the urine is acidic or alkaline. This can be done with a simple



strip of litmus paper (MicroEssentials pH range 5.5-8.0 available from most drug stores). Acidic urine signals an alkaline body physiology (this is good). Alkaline urine signals an acidic body physiology (this is bad) which is the result of overtraining, poor diet, not enough rest or a combination of the three indicating that the body has not recovered from the previous day’s workout.

Other early telltale signs of OT include a steadily decreasing body weight. This is not the preferred monitoring method, as high levels of fitness can result in some weight loss. Another indication is how well one tolerates cold. In a healthy, resilient state, momentarily stepping into the cold without a coat is no big deal. When you are physically run down, the chill to the body is immediate.

A final telltale sign is loss of motivation to train. When the practice has become such a grind that simply putting on one’s shoes is a chore, a few days off or an alternate physical activity is in order. This speaks to the psychological overlay of OT mentioned above.

Just as the wise farmer understands the importance of seasonal crop rotation in maintaining healthy earth, the experienced athlete accepts that one cannot healthily train the same way with a high level of intensity day after day.

Fatigue syndromes progress on a continuum. More work is not necessarily better; you cannot beat a dead horse. Smarter work is better. Insecurity causes one to overprepare. While this may have short-term benefits in planning a meeting or a business trip, it is frequently disastrous when applied long-term to an athletic career. The “one more,” extra mile and 110% effort mentality are all sentiments that will eventually lead to breakdown.

Sacrifice, dedication and hard work will always be the cornerstones of outstanding achievements. The pursuit of excellence can never be a sometime thing. Training with intention is a critical factor, but also is recovering with intention. Directed recovery efforts allow one to optimize the results of hard work and effort. Overtraining in all its gradations is an avoidable state when one applies some knowledge, self-monitoring and simple rest.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University and the High Peaks STR8 Maps trail guide to the Adirondack 46 High Peaks. Copies are available from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoc-tor229@hotmail.com. □

Hot off the press: Nancy Clark's Sports Nutrition Guidebook, Fifth Edition

Nancy Clark's best-selling *Sports Nutrition Guidebook* is now available in a new Fifth Edition!!! The mission of the new edition is to create clear and simple solutions to your food challenges.

If you have already enjoyed the first four editions, why would you want to buy this new fifth edition?

Why? The Fifth Edition offers the cumulative wisdom gained during 35 years of being an effective "food and weight coach" for both casual exercisers and competitive athletes. Just maybe the information in this book will help you resolve the barriers that block you from getting what you want from your current diet and teach you how to enjoy more energy, lose undesired body fat, and have more fun. The E in Eating, after all, should stand for Energy and Enjoyment!

Clark's Sports Nutrition Guidebook is fast-reading, entertaining, and filled with real-life stories. If you are not a "reader" (or have "no time" to read), that's no excuse to overlook this book. It is well indexed so you can simply look up a specific topic and find practical tips and food information that resolves your food and fueling questions. Simply leave the book on your kitchen counter and use it as a resource!

Clark's Sports Nutrition Guidebook has four sections:

1. Day-to-Day Eating on the Run
2. Sports Nutrition: Fueling for Success
3. Weight Management Tactics / Tips to Resolve Diets Gone Awry
4. Simple Recipes for non-chefs and active families

In the information-packed pages, you'll get the tools you need to solve your food, weight, and energy problems—as well as take your performance to the next level. When ordering, add a few extra copies for your active family members, friends and teammates. What better gift than practical solutions to the challenges of our daily food environment?! Plus, everyone loves the quick-and-easy recipes that are family-friendly and yummy!

With thanks for your support of good nutrition,
Nancy
Nancy Clark MS RD CSSD
Available at www.nancyclarkrd.com

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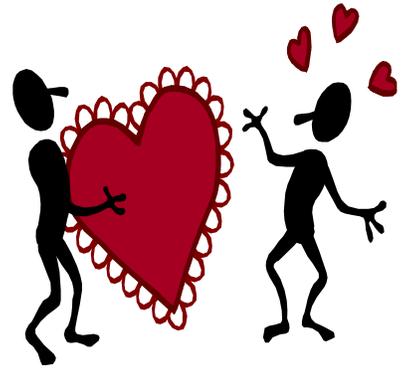
What new in the Fifth Edition?

The new Fifth Edition of Nancy Clark's Sports Nutrition Guidebook is fortified with the latest information about the following topics:

- Beta-alanine
- Beetroot juice
- Chocolate cake for breakfast diet
- Chocolate milk for recovery food
- Coffee drinkers live longer than coffee abstainers.
- Defining fiber vs. whole grain
- Dental health, sports drinks and colas
- Eggs: allowed in heart-healthy diet?
- Fish oil supplements: Are they what they are cracked up to be?
- Fitness vs. fatness: health risks abate with fitness
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- Gaining weight: Why some skinny people have trouble
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 - February 2
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- Delmar Dash – April 6
- Bill Robinson Masters – April 26
- Mother’s Day Race – May 11
- CDPHP Workforce Team Challenge – May 15

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- Van/Equipment Coordinator
- Webmaster

Questions? Comments? Suggestions?

Contact any officer of the club or me!

Marcia Adams

Email:

madams01@nycap.rr.com

It's not just about the running

It Runs in the Family:

STEVE & JIM SWEENEY



With one or both parents running, it is only natural that their children would become interested. This column will highlight families that run in our area. The Sweeneys are the inaugural family, but look for more in our upcoming issues. If you know of a family who you think should be highlighted, please contact me at bishop.pacesetter@gmail.com.

Steve Sweeney – the Father

Steve began running in high school. He was a natural runner and set records. By his



senior year, he was the school star in the two mile, and was fifth in the state running the two mile. He ran while at Worcester Polytechnic Institute (WPI), but his primary focus was on becoming an engineer. However, he sometimes ran 50 mile weeks. He continued to run after college, participating in over 20 marathons, including Boston 7 times and HMRRRC 4 times. He even toyed with trying to qualify for the Olympic Trials but realized that raising a family took precedence.

As he trained, Steve asked his two sons if they would like to run with him. His older son Jim did. There will be more about him later.

Steve gave up running at age 40 due to constant knee pain and took up soccer, which he



still plays today. He resumed running at age 47 after he had an epiphany that led him on the path to ultras. He wondered what he would do when he reached 50. He realized he loved running and remembered crewing a friend ten years earlier for a 100 mile race. It was then he realized that ultrarunning was what he wished to pursue. By age 49 he entered the JFK 50 Mile, the largest ultramarathon in the US, and did it at an 8:42 pace. At age 50, he signed up for the Vermont 100 Mile Endurance Race, which is part of the Grand Slam Series of Ultrarunning, awarding prizes to runners who complete the Vermont race, the Western States 100 Endurance Run, the Leadville Trail 100 Mile Run, and the Wasatch Front 100 Mile Endurance Run in the same year. He has since raced the Vermont, 100 Mile five times and has earned a special buckle for that accomplishment.



The Vermont race taught him a lesson that he gives as a training tip. The first time he ran the Vermont race, at mile 75 he was seriously flagging but suddenly realized happily that he had less than a marathon to go and that spurred him on. He advises runners to break all races into three parts and set goals for each section.

In addition to the ultras mentioned above, Steve has run the Miwok 100K race, whose many steep hills provide spectacular views of the San Francisco Bay area. The Leadville 100 Miler (aka The Race Across The Sky) in Colorado is another cool race that Steve finished. The Wikipedia entry states it is run on "trails and dirt roads near Leadville, Colorado, through the heart of the Rocky Mountains. ... runners in the race climb and descend 15,600 feet (4,800 m), with elevations ranging between 9,200-12,620 feet. In most years, less than half the starters complete the race within the 30-hour time limit." His son Jim crewed him during the race. In total Steve has done 6 one hundred milers. His goal is to finish three one hundred milers in one year. Steve's father was running competitively at age 85, so it would



appear that Steve has many years to achieve this record.

Jim Sweeney – the Son

When Jim was young, he would ride his bike as his father ran. Sometimes he would run a mile with his dad. They also did Colonie track meets and had ice cream after. Both Steve and Jim told me of the time when Steve was preparing for the Boston Marathon, he ran twenty miles while minding the boys. To accomplish this he would go one quarter mile to the west and back to the house to check on the boys and then go one quarter mile to the east. His neighbors were amazed by how many times they saw Steve run by that day!

Jim too was a natural runner at school and won many awards. While at SUNY Fredonia, he set records and went to the Nationals in cross country, where he set the sixth fastest running time in the 10K in Fredonia's history.

After graduating in 2004, he told himself he was going to wait a year after college before running a marathon, but he signed up for MHRM anyway, and won. Two years later he ran the JFK 50 Mile and placed 2nd overall. He later ran the JFK on a team with his dad and Chris Chromzack, finishing second in the team category. As for the ultras, Steve never asked Jim to run with him, but after helping his dad with his first one hundred mile race Jim was hooked.

In addition, Jim has gone on running trips that most would only dream of. He and Josh Merlis ran and hiked up Longs Peak in Rocky Mountain National Park, which rises to 14,259 feet. Jim's favorite run was in Glacier National Park. He and Josh just wanted to run 30 minutes out and 30 back. They both had read the book *The Night of the Grizzlies* and ran silently through the wilderness while Josh thought of escape routes if they encountered a bear, while Jim was grateful that he was faster than Josh. Jim thinks that their outing was the fastest eight miles they had ever done. Another run that he loved was 48 miles going from rim to rim of the majestic Grand Canyon.

His favorite distances are 100-mile races and marathons. He has a love-hate relationship with the JFK 50 Mile, which he has run five times, dropping out twice, and finishing 2nd, 11th and 12th. In July 2013, he came in third in the United States at the Burning River



100 Mile. His favorite marathon is the Vermont City. He loves the course and the challenge it presents with all the hills.

In 2013 he "only" ran four ultras and 1 trail race, Mudders and Grunters, which wins the award for more mud per mile than any other race. In 2012 he was ranked 9th in the country for the 100 mile run. His goal for 2014 is to qualify for the IAU World Cup 100K United States National Team. The qualifying time is 7 hours 20 minutes. He is only 10 minutes shy of that time.

Components of Steve and Jim's Running Training

Steve runs one long run a week, does weight training twice per week, plays soccer one time per week, and averages 30 to 40 miles a week. (i.e. could run a 50 and then a 20.)

Jim has run every day for the past 7 years! He runs a five-mile loop repeatedly in the Pine Bush, which his friends call the Sweeney Loop. He does strength training twice a week, one long run of 30-50 miles, track work once a week, tempo running of 10 miles at 6 minute pace, and fartleks. He runs 80 miles per week.

Diet

Steve and his fiancé Ginny Mosher believe in protein but try to keep red meats down. They focus on vegetables and non-white foods: yams rather than potatoes, brown rice rather than white rice, whole wheat bread rather than white, etc. Both love fish. Steve takes at least 20 vitamin and supplements per day.

Jim and his girlfriend are trying very hard to be vegetarians but sometime have fish. They eat organic and belong to CSI (Community Supported Agriculture) in Schoharie using Foxberry Farms. He does not take vitamins or supplements.

Running Shoes

Steve runs in New Balance minimalist shoes because of their low drop and light weight. He finds that he has actually gotten 1,000 miles out of the New Balance minimalists. Previously he would only get 250 to 500 miles out of his shoes. He keeps track of this on the ARE running log app.

Jim wears his sponsor's Pearl Izumi shoes. He also loves the New Balance 1400s. He runs in shoes for around one thousand miles like his dad and uses the ARE app to track his mileage.

PRs

Steve

Mile - 4:33, college; 2 mile - 9:52, high school; Marathon - 2:41 Hudson Mohawk River Marathon; 10k - 35:20; 50k - 4:03, Caumsett 50k; 50 mile - 7:58, JFK 50 mile; 100 mile - 19:48, Vermont 100.

Jim

Mile - 4:22; 3200m - 9:22; 5k - 15:31; 10k - 32:00; 15K - 49:30; 10 mile - 53:34; Marathon - 2:35:53; 50k - 3:17; 50m - 6:06; 100k - 8:22; 100 miles - 14:14:25

Recommended Books

Both recommend *Once a Runner* and *Running with Buffaloes*. □



My Love-Hate Relationship with Treadmills

by Leith Ramsey

I have an aversion to treadmills because being on them is too much like exercise for me. I enjoy walking, running, hiking, biking, rollerblading and skiing but not “working out”. I really hate to exercise. Running is not exercise, but part of my daily life. To get on a machine is torture to me.

Runner's World quotes the claim that running is only 14 percent mental. It's not that way for me. Recently I read about a woman in Alaska who prepared for a marathon on her treadmill; I couldn't imagine a worse way to train. It's too easy to just stop when you get bored and I need more motivation. If you run outside you must get yourself home one way or another.

I run outside in hot and humid or freezing wind-chill weather. A few years ago a nice neighbor left me a note with the name of a company where I could buy strap-on treads to run on ice. She saw me in the early morning hours, slipping and sliding and thought I could use them. They look odd but work great, chains for my sneakers.

Recently, while away, I faced a dilemma. It was 19 degrees outside our hotel. I looked at the stack of clothes I packed to run in. The large pile consisted of ski socks, long johns, wind pants, running shirt, fleece top, hat, mittens and a long red anorak. This jacket was handed down from my sister-in-law and is technically two sizes too big. It makes me look like a kangaroo as I pack my extra mittens, tissues, i-phone and headphones in it. What it lacks in fashion sense it makes up in warmth and reliability. Compared to the t-shirt and shorts I would need to run on the hotel's treadmill, it should have been an easy decision. The smaller pile of clothes won out and I went to the gym.

The first 10 minutes of running were agonizing. Constantly looking at my pace, miles and calories did not make the time go any quicker.

Once warmed up, I upped the pace and got into a groove. Listening to the Pandora station on my i-phone and watching the muted TV “Mister Ed” show I was distracted and another 10 minutes passed. Then I became competitive with myself. Originally I was aiming for 35 minutes with a 5 minute cool down. Then 25 minutes passed and the increased pace moved me faster toward a new goal of 4 miles. I paused to open the window and bring some of the freezing air in to cool me. Before I knew it 45 minutes passed, I'm sweating and ready for a shower. As I close the window and feel the bitter air outside I know I made the right decision.

A few weeks later I decided to take advantage of our family membership at the YMCA. There is only one thing I hate more than treadmills and that's being injured.

Getting older raises my chances of injury and I have to find alternatives.

I met with a trainer who set up a program with the weight machines and gave me some guidance on which ones would be best to use. We made our way to the aero-bic equipment and I got on the elliptical machine, which simulates cross country skiing and running at the same time. It even goes backwards, not so bad I thought.

As I sit here writing the temperature is a bitter 9 degrees and both my daughters have gone to the Y. The girls come home from the gym excited to tell me who they have seen.

“What did you do?”, I asked. “We ran on the track!” they both enthused, “You know how boring the treadmill is. You aren't going anywhere and you just look at the clock! Why didn't you join us?”

“Oh, I ran outside already,” I replied, “it's not cold enough to force me inside yet.” Guess you can lead a runner to the treadmill but you can't make her run on it!



Grand Prix Update

Race #1 Hangover Half Marathon, January 1, 2014

Men

Male Open

- 12 Tom O'Grady
- 10 Brad Lewis
- 8 Jaime Julia
- 7 Alex Paley
- 6 Thomas Dansereau
- 5 James Faraci
- 4 Alan Finder

Male 30-39

- 12 Chuck Terry
- 10 Josh Merlis
- 8 Jake Stookey
- 7 Dave Vona
- 6 Jim Eaton
- 5 Chris Mulford
- 4 Aaron Knobloch

Male 40-49

- 12 John Stadtlander
- 10 Mark Stephenson
- 8 Andy Reed
- 7 Kevin Creagan
- 6 Jon Rocco
- 5 Shawn Decenzo
- 4 Tom Fraser

Male 50-59

- 12 Jay Thorn
- 10 Kevin Dollard
- 8 Craig Dubois
- 7 David Roy
- 6 Patrick Culligan
- 5 Steve Vnuk
- 4 John Parisella

Male 60-69

- 12 Ken Klapp
- 10 Kevin Donohue
- 8 Rich Tanchyk
- 7 Frank Broderick
- 6 Steve Harris
- 5 Tim Fisher
- 4 Jesse Dinkin

Male 70+

- 12 Wade Stockman
- 10 Ray Lee

Women

Female Open

- 12 Alyssa Lotmore
- 10 Janne Rand
- 8 Christine Houde
- 7 Liz Chauhan
- 6 Valerie Belding
- 5 Leslie Aiken
- 4 Monica Blount
- 22 - The Pace Setter

Female 30-39

- 12 Kristina Gracey
- 10 Danielle Maslowsky
- 8 Laura Zima
- 7 Diana Tobin-Knobloch
- 6 Crystal Perno
- 5 Nikki O'Meara
- 4 Kari Deer

Female 40-49

- 12 Chris Varley
- 10 Mary Fenton
- 8 Stacia Smith
- 7 Connie Smith
- 6 Pamela Delsignore
- 5 Andrea Robinson
- 4 Diane Montes Harris

Female 50-59

- 12 Inge Aiken
- 10 Kim Law
- 8 Maureen Fitzgerald
- 7 Jenny Lee
- 6 Monique Jacobs
- 5 Kirsten LeBlanc
- 4 Mary Signorelli

Female 60-69

- 12 Martha Degrazia
- 10 Joan Celentano
- 8 Susan Wong
- 7 Karen Spinozzi
- 6 Judy Lynch
- 5 Katherine Ambrosio

Female 70+

- 12 Anny Stockman

Age Graded

Men

Race #1. Hangover Half Marathon, January 1, 2014

	Runner	Age	G
1	12 Kevin Dollard	58	M
2	10 Tom O'Grady	28	M
3	8 David Roy	58	M
4	7 Kristina Gracey	31	F
5	6 Chuck Terry	31	M
6	5 Brad Lewis	27	M
7	4 Alyssa Lotmore	28	F

Totals After 1 Race

Men

Male Open

- 12 Tom O'Grady
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AFTER A TOUGH WORKOUT
REPLENISH
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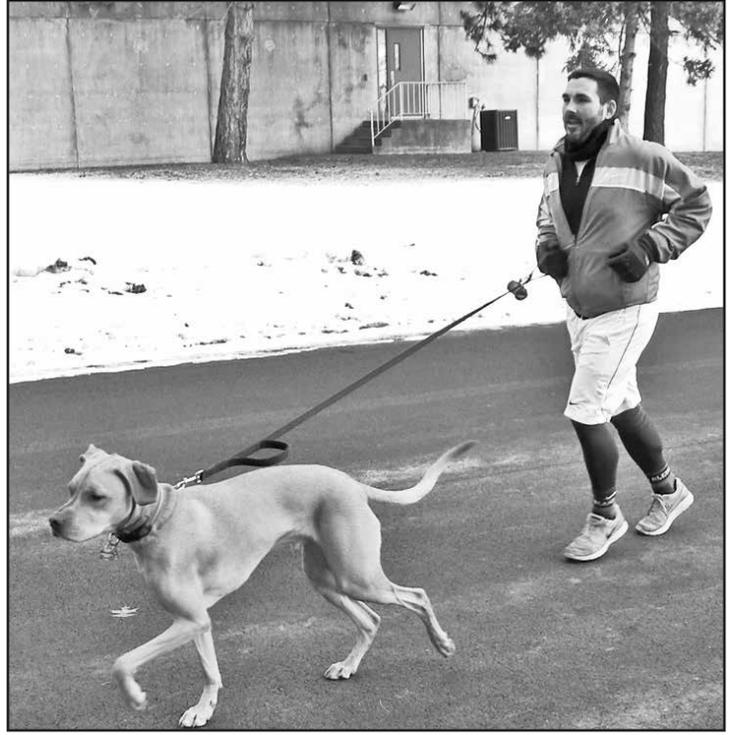
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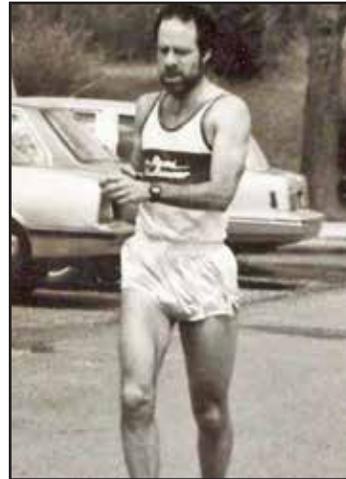


34th ANNUAL HMRRRC
BILL ROBINSON
Masters 10K Championship

For Runners 40 Years Old or Older
 Grand Prix Race – USATF / HMRRRC
 Adirondack USATF Masters Championship



*Bill Robinson
 Race Winner
 1987, 34:15 (pace 5:30)*



*Bill Robinson
 Race Winner
 1989, 35:20 pace (5:36)*

SATURDAY, APRIL 26, 2014 - 9 A.M.

Awards- 3 deep in 5-year age group – Beginning at 40-44 through 80+

TEAMS: Top three USATF Registered Female and Male teams in ten year age groups.
 For team entry forms or to join USATF visit: www.usatfadir.org
(USATF ADK member # is required for USATF Grand Prix scoring)

Memento: Commemorative Gift to First 100 Registered Runners
Post Race Refreshments – Certified Course (NY98008AM)

REPORT TO: GUILDERLAND HIGH SCHOOL - Meadowdale Rd Guilderland Ctr.

ENTRY FEE: \$13.00 (HMRRRC/USATF members) or **\$15.00** (non members)
 Day of Race Entry: **\$20; MASTERS ONLY!**
For On-Line Registration, visit www.hmrrc.com

MAIL ENTRY TO: (Checks payable to HMRRC): HMRRC, P.O. Box 12304, Albany, NY 12212

Questions: Jim Tierney, 518-869-5597, or e-mail: runnerjmt@aol.com

Name: _____

Street Address: _____

City/ Town _____ State _____ Zip _____

Email Address: _____

Emergency Phone Contact: _____ Gender: Female Male

Birth Date _____ Age (on race day) _____ USATF # _____

Release: I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools, the Hudson-Mohawk Road Runners Club, & USATF for any and all injuries suffered by me in said event. These organizations and their representatives shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____

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EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
01/01/14	12:00 PM	Winter Series #2 -- 38th Hangover Half[GP] & Bill Hogan 3.5M Run	Univ at Albany ----- Day of Race Signup only!	Cheryl & Brian DeBraccio	rund@nycap.rr.com
02/01/14	10:00 AM	Beer & Chill 5K & 10K Run/Walk	7408 Main Street	Terry Fellows	fellows5@ntcnet.com
02/01/14	10:00 AM	Saranac Lake Winter Carnival 4 mile Fun Run	Next to the Ice Palace in Saranac Lake	David Staszak	dstaszak@hotmail.com
02/02/14	10:00 AM	Winter Series #5 -- 4M - 10M [GP] - 20M	Univ at Albany --- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freihofersrun.com
02/08/14	6:00 PM	HMRRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach	dbeach21@verizon.net
02/15/14	11:00 AM	PA State Snowshoe Championship 5km	Nescopeck State Park	Frank Gaval	barb123@ptd.net
02/16/14	10:00 AM	41st HMRRRC Winter Marathon & Marathon Relay	Univeristy at Albany	Dana Peterson, Clay Lodovice, Ed Hampston	peterson.danac@gmail.com
03/15/14	10:00 AM	Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Leticia & Dave Rudeman	RO64Race@aol.com
03/22/14	10:00 AM	Sap Run 5K (3rd)	Knox Town Hall	Dawn Jordan	HHInformation@gmail.com
03/29/14	9:00 AM	4th Annual Ice Breaker Challenge	Corning Preserve	Kathy Johnston	Wade.Johnston@Hotmail.com
04/06/14	6:30 AM	Twin State 50k	Windsor	Ben Pangle	deadsunkracing2011@gmail.com
04/06/14	9:00 AM	26th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam.tobon@gmail.com
04/12/14	10:00 AM	Schoharie 5K Run / Walk	Schoharie Elem School	David Roy	David.Roy@ScaryLegRunners.com
04/12/14	10:00 AM	Schoharie 5K Run / Walk	Schoharie Elem. School	David Roy	David.Roy@ScaryLegRunners.com
04/12/14	9:30 AM	Bacon Hill Bonanza 5k/10k	Bacon Hill Reformed Church Rt32n Schuylerville	Jennifer Thomas	jdthom01@yahoo.com
04/12/14	10:00 AM	Schoharie 5K Run/Walk	Schoharie Elem. School	David Roy	David.Roy@ScaryLegRunners.com
04/19/14	9:30 AM	5K Rabbit Run	Barrytown College	John Raucci	ideal@valstar.net
04/19/14	10:00 AM	20th annual Rabbit Ramble 4 Mile Run/2 Mile Walk	Guilderland High School	Phil Carducci	rabbitramble@nycap.rr.com
04/26/14	10:00 AM	GRACE RACE 4 Mile Run/Walk	E. Cobleskill	Peter DeBartolo	peterdebartolo@thefieldsolgrace.org
04/26/14	9:00 AM	34th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
04/27/14	10:15 AM	Cherry Blossom 5K Race for ALS	Miskayuna	Tim Fecura	info@5kraceforals.com
05/03/14	8:30 AM	11th Annual Spring RunOff 5k and 10k	Corning Preserve Amphitheater	Brian Dollard Race Director	11thSpringRunOff@gmail.com
05/10/14	9:00 AM	Ryan's Run 5K -- by Saratoga Springs Teacher's	Saratoga Spa Park - Warming Hut	Paul Wersten	miopfoundation@gmail.com
05/11/14	10:00 AM	34th Mother's Day 5K	Central Park	Diane Fisher & Jon Golden	hmrrcdiane@gmail.com
05/15/14	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
06/08/14	9:00 AM	43rd Distinguished Service Race 8 Mile [GP]	SUNY/Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
06/10/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/14/14	6:00 AM	Utah Valley Marathon	Provo	Hyrum Oaks	utahvalleymarathon@gmail.com
06/14/14	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
06/17/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
06/24/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/01/14	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
07/08/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/10/14	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
07/15/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/17/14	6:15 PM	41st HMRRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
07/22/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/24/14	6:15 PM	38th HMRRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/29/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/02/14	8:30 AM	The 36th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/03/14	9:00 AM	20th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjk3ny@gmail.com
08/05/14	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/11/14	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/16/14	8:30 AM	Castleton Schodack Kiwanis Clove Run 10 Mile 5K Run/Walk 1 Mile Fun Run	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com
08/18/14	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
08/25/14	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
09/01/14	9:00 AM	26th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
09/14/14	9:00 AM	42nd HMRRRC Anniversary Run [GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
09/28/14	10:00 AM	34th HMRRRC Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only!	Jim Thomas -- Russ Hoyer	jth430@verizon.net
10/11/14	9:00 AM	The Pink Series	Park City Utah	Rachelle Sondrup	thepinkrun@gmail.com
10/12/14	8:30 AM	31st Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/12/14	8:30 AM	13th Mohawk Hudson River Half Marathon	Colonie Town Park	Maureen Cox	racedirector@mohawkhudsonmarathon.com
11/09/14	9:00 AM	39th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamlebryans@nycap.rr.com
11/23/14	10:00 AM	HMRRRC Turkey Raffle Run -- 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com
12/14/14	10:00 AM	The Doug Bowden Winter Series Race #1-15K & 3M	SUNY/Albany	Bart Trudeau -- Gretchen Oliver	bart@truarchs.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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NEW MEMBERS
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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!