

The Pace Setter

July 2014

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



Just Run 2014





Indian Ladder Trail Runs-2014



20th Annual

15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 3, 2014

9:00 am – 15K and 3.5 mile start

10:30 am – 1 Mile Kid's Run start

Note: 15k and 3.5 mile races will be run simultaneously

Day of Race Registration

7:45 to 8:30 am – 3.5 mile & 15k

9:00 – 10:00 am - 1 mile Kid's Run

*Kid's Run is FREE

1st 250 registrants
Will receive an ILTR shirt.

**No-Fee ONLINE
REGISTRATION
AVAILABLE AT**

WWW.HMRRC.COM

Questions? Email: mjk3ny@gmail.com

Register Online or Mail w/check payable to **HMRRRC** to: **HMRRRC, 1009 Tollgate Lane, Schenectady, NY 12303**

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157-- Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 19]: \$17 – Member; \$20 – Nonmember/Guest
July 20 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 26)

What you get ...

Race entry; Indian Ladder T-shirt to 1st 250 registrants of 15k or 3.5m race; John Boyd Thacher State Park entry pass and post-race refreshments.

Course Descriptions ...maps available at www.hmrrc.com. Start and finish in front of Haile's Cave Picnic Area

Marked course with water/aid stations on course

15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads-- two

challenging hills; **3.5M** – Loop – 99% natural surface--rolling terrain

Sponsors



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only)

featuring the 19th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB m dd yyyy	Age on 8/3/2014		
Pre-registration by July 19 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
Pre-registration July 20 to July 26 <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian must sign for applicant under 18]				

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— **Profiles**
— **Footnotes**

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— **Short Circuits**

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The Pace Setter

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Photos in this issue are by Ray Lee, Bill Meehan, Norb Kosinski, Sally Drake

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

The summer has set in and the Club's events now shift from the road to the track. Your dues really pay off during the summer. HMRRC's July offers five Tuesday Colonie track events and three Thursday HMRRC events all of which are free to members. The Colonie track event offers a great venue to bring the family and work on your skills or just enjoy a run with friends. It is also a great way for our high school athletes to say in shape for the upcoming season.

The Colonie Mile, which is part of the Grand Prix, starts the month off on Tuesday July 1. Last year Sam Dikeman was the male winner with a time of 4:32.6 and Emily Bryans was our female winner with a time of 5:13.9. This is a great race to see how your speed work has been going.

On Thursday June 10th we have our HMRRC Two Person Relay 6 X 1 Mile. Last year won by the team of Mike Roda and Scott Henricks with a time of 39:52 with the female side being won by Connie Smith and Maia Klippert in a time of 43:37. This race offers a way to see how your 5K training is going.

On July 17th we have the 41st running of the HMRRC Hour Run. This event helps work on endurance for race day. Last year

Mike Roda won with 9.57 miles and Martha DeGrazia with 6.27 miles. Last year was the fourth time Martha won for the females, which is the most times a female has won. Martha now joins Emily Bryans and Megan Leitzinger with four wins of this event. We have not added a member to the men's 10 mile club since Thomas O'Grady joined in 2010 with 10.13 miles and Dana Peterson was the last to join the female nine mile club in 2007 with 9.28 miles. Let's see what this year brings. Any new members out there?

On Thursday July 24th it's the 38th running for the HMRRC Pentathlon. This event offers all the distances wrapped into a single event and lets you really see how your training has been going. Last year's winner was Ben Girodias with 4,744 points and our female winner was Lisa D'Aniello with 3,267 points. Ben's win got him membership in the 4,700+ club for the men and ranked 11th. Lisa's 3,267 point makes her a three time member of the female 3,000+ club member. Lisa's win gets her ranked 5th, 7th and 8th. Looking for new members – have you got what it takes?

Hope you get out there and enjoy the summer running. ☐





What's Happening in June

by Al Maikels

The HMRRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 1 at 6:00 p.m. at the Colonie High School track. This is also the shortest grand prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:00 p.m.

Keeping the track theme going the other three club races for July will also be held on the Colonie High track. The two-person relay is set for Thursday July 10, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with faster

runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time. The 41st HMRRRC Hour Run is set for July 17 with a 6:15 p.m. start at the Colonie track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 39th HMRRRC Pentathlon will be held on Thursday, July 24 at the Colonie High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 and go till dusk.

July is usually the hottest month of the year, make sure you stay hydrated and run safely. □

Submissions for the September Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

callen@gscallen.com

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.

FATHERS DAY HOME RUN 5K





SUMMER TRACK JAMBOREE 2014

Presented in Association with Team Utopia

WHERE? ACPHS Track Complex, 41 Union Drive, Albany, NY 12208

WHEN? Saturday August 2nd, 2014 @ 9:00 AM

COST? \$10.00 entry fee plus \$5.00 for every additional event you wish to participate in
There will be no limit on entries!

Day of Race Registration Only!

VISIT WWW.ACPHSATHLETICS.COM FOR MORE DETAILS!

ORDER OF EVENTS: WOMEN FOLLOWED BY MEN

1. 10,000 Meter Race (Men and Women Combined)
2. 3,000 Meter Racewalk
3. 1 Mile Race
4. 400 Meter Dash
5. 400 Meter Race for Kids 12 and Under
6. 800 Meter Dash
7. Distance Medley Relay (1200 meter, 400 meter, 800 meter, 1600 meter)
8. 5000 Meter Race
9. 4x400 Meter Relay

*Spikes of "1/4 inch" or smaller will be allowed

**Proceeds to benefit Albany College of Pharmacy and Health Sciences Cross Country/Track and Field Programs



TEAM

UTOPIA

A Running Club based in the Capital Region, but running all over New York State

"BEEN THERE, DONE THAT"

by Mike Becker

July 1974...Forty Years Ago

• The First Annual Old Stone Fort 10K (from Middleburgh to Schoharie) was held on the seventh and directed by Jim Shrader. Larry Frederick won with a brisk 33:05, followed by Jim Bowles, future Nike President Tom Clarke, and Don Wilken. Cathy Shrader was the top female with a 43:10. A picnic was enjoyed by runners and their families at the Old Stone Fort Museum.

July 1979...Thirty Five Years Ago

• Bob Oates directed the I've Gone Bananas eight-mile run in Albany on the 15th. The race began at 2:00 AM(!), and the weather was described as "dark, very muggy, 75-80 degrees." Chris Costigan won with a 41:53 and was given a bunch of bananas as a prize. The entry fee was 50 cents.

• Cathy Shrader was the top female in the grueling 18.7-mile Escarpment Trail Race in the Catskills on the 22nd with a 5:24.

July 1984...Thirty Years Ago

• The Women's Distance Festival was held in East Greenbush on the 21st. Denise Herman won the five-miler with a 31:37, with Sandy Phibbs, Anny Stockman, and Marge Rajczewski also finishing in the top ten. Lori Tripoli won the 2.5-miler.

• The club picnic was held on the 15th at Camp Yomenca in Brunswick. For \$3.00, members got a two- or five-mile race, pool for the day, watermelon, beer, soda, and a picnic lunch. Dale Keenan ran 26:25 to edge Pat Glover in the five-miler, with Marge Rajczewski winning the female title with a 36:54.

July 1989...Twenty Five Years Ago

• From Short Circuits: The recent club Mother's Day race provided a thrill for some back-of-the-packers. Imagine passing local speedster Denise Herman! Denise was coaching well-known media personality Benita Zahn.

• The top local male and female finishers in the Boilermaker 15K on the ninth were Tom Dalton, 47:25 (25th place) and Cheri Goddard 58:41 (309th place).

• Al Maikels and Thurman Reynolds won the Two-Person Relay on the 20th at SUNYA with a combined 33:75 for the six miles. Two of the 14 teams were disqualified for reasons not specified in the Pace Setter.

July 1994...Twenty Years Ago

• Lori Christina was profiled. She began running in the "dark ages" of women's distance running at Hudson HS, running XC and one- and two-mile track races. After an unsuccessful attempt at running in college, she began running again at age 30. Her PRs include a 20:45 5K and a 1:43 half marathon. Lori was honored with the club Distinguished Service Award in 2002.

• Local finishers with good times in the Boilermaker 15K include Vinny O'Brien (36th),



Rich Cummings (66th), Lori Hewig (80th), Russ Hoyer (128th), Jon Rocco (314th), Vince Juliano (570th), and Jo-Ann Spinelli (1231st).

• About 100 runners participated in the Colonie Mile on the 12th. Non-club member Jason Porter won with a 4:17, with club member Dave Garner taking second with a 4:27. Linda Kimmey was the female winner with a 5:18, with Jo-Ann Spinelli taking second.

July 1999...Fifteen Years Ago

• Tyson Evensen and Heather Cox won the Colonie Mile on the 13th with times of 4:25 and 5:14, respectively. Pat Glover won the 50+ age group with a 5:13. Forty-one of the 76 runners ran under six minutes.

• Peter Flynn won the Indian Ladder Trail Run 15K in Thacher Park on the 18th with a 55:17, with Bob Irwin placing second. Emily Bryans was the top female with a 68:28, followed by Mary Peck. Tyson Evensen and Amy Herold won the 3.5-miler.

July 2004...Ten Years Ago

• Todd Raymond won the Adirondack Distance Run ten-miler in Lake George on the third with a 53:37, about 90 seconds ahead of Chuck Terry. Katie Derusso was the female winner with a 66:26, followed by Megan Leitzinger and Kimberly Miseno. There were 625 finishers.

• Pete Newkirk directed the Two-Person Relay at Shaker HS on the 22nd. Megan Leitzinger and Elliott Vogel were the winners with a combined 34:26 for the six miles. There were seven teams participating.

• Doug Bowden directed the Hour Run at Shaker HS on the 29th. Rob Kuhn, Josh Merlis, and Chad Davey joined the ten-mile club. Emily Bryans and Megan Leitzinger joined the ladies eight-mile club, with Emily actually running 9.63 miles, tying her event record set in 2000.

July 2009...Five Years Ago

• Teens Demetri Goutos (20:44) and Hannah Davidson (23:16) won the Third Annual Saratoga Firecracker four-miler on the fourth in Saratoga Springs. There were 967 finishers.

• Among the locals running a good Boil-

ermaker 15K on the 12th were Greg Kelsey (23rd), Macky Lloyd (40th), Alex Grout (41st), Justin Bishop (47th), Joel Frost-Tift (51st), Tom O'Grady (73rd), Samantha Roecker (F26th), Eileen Combs (F27th), Susan Ashe (F30th), and Brina Seguire (F33rd).

• Justin Bishop won the club Pentathlon on the 29th at Guilderland HS on a rainy night, winning all five events outright (5K, 800m, 3200m, 400m, 1600m). Kay Byrne was the top (and only) female. □





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY COMMUNITY SERIES RACE REGISTRATION



First Name _____ Last Name _____ Date of Birth ___/___/___

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Gender M / F Are you a YMCA member? Yes / No If YES, what branch? _____

I hereby release the Capital District YMCA and all municipal agencies whose property and /or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2014 Capital District YMCA Healthy Community Series. In addition, I permit the use of my/his/her photo in brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(if under 18)

RACE EVENT & PAYMENT INFORMATION

DATE	LOCATION	TIME	5K (\$20)	3K (\$10)	COST	KID'S RUN (FREE)
August 8	Southern Saratoga Y Clifton Park	6:00PM	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
Sept. 20	Guilderland Y Brenda Deer 5K	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
					TOTAL	_____

See a full list of all Healthy Community Series Events, including Triathlons at www.CDYMCA.org.

PAYMENT BY CREDIT CARD

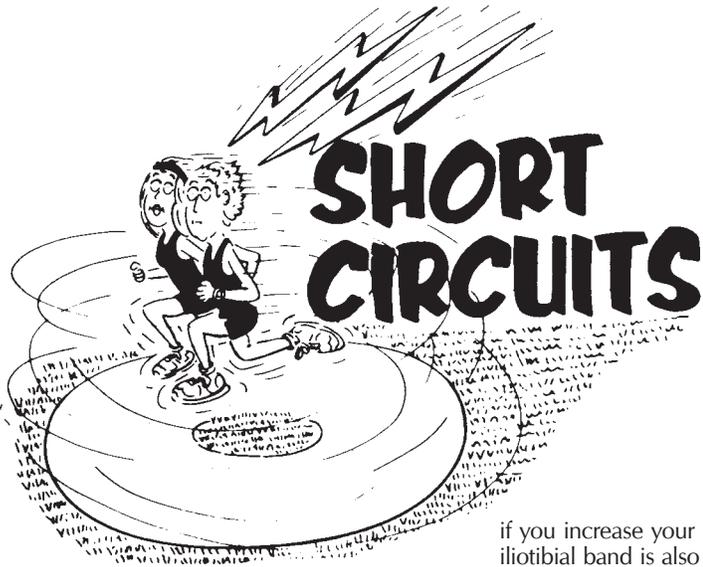
Name on Account _____

Visa MasterCard Discover AmEx

Expiration Date ___/___/___

Make checks payable to:
CAPITAL DISTRICT YMCA
465 New Karner Road
Albany, NY 12205
or return your form and payment to any
Capital District YMCA branch.

SAVE TIME! • REGISTER ONLINE AT CDYMCA.ORG



According to research published in *Proceedings of the Royal Society B*, wild mice followed over several years repeatedly chose to enter outdoor wheels to run. The researchers monitoring the mice believe this indicates the mice are running because they enjoy it, and that this trait could be inherent in other species, including humans.

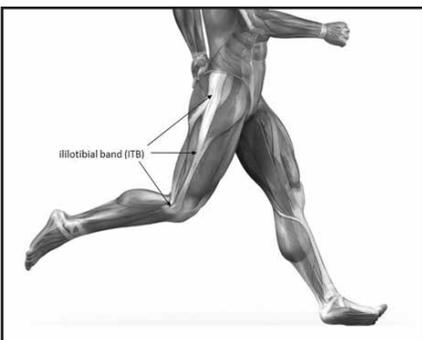
The fact that the mice were wild supports that hypothesis, because it removes the possibility that, as with mice kept in cages, wheel running was a coping mechanism for an extremely stressful situation.



Born to run!



Definition: Iliotibial band: A thick, fibrous band that connects your hips and knees. It helps to flex and rotate your hips and stabilize and extend your knees. It can become easily strained, leading to iliotibial band syndrome,



if you increase your mileage too quickly. The iliotibial band is also often irritated on the leg farther away from traffic if you regularly run on canted roads.



Jeff Whitehead is suing his local parish in Louisiana for slipping and falling on wet paint during a run. Whitehead says that he was bruised and had a punctured lung after falling on a slick white road marking in the town of Metairie.



Caution: wet paint



A tour group's amateur sports license issued specifically for the Havana Marathon means that American runners can enter the race without fear of tripping over U.S. travel restrictions, according to *Conde Nast Traveler*. The tour group, Insight Cuba, has spots available for the November 16 marathon and half marathon. The license encompasses non-running travel companions.



Run with Fidel



Running Tip: For every week of complete inactivity, allow 2 to 3 weeks to get back to your previous level of fitness.

If you are interested in writing this column, since Joe Hein is retiring from the position, please email pseditor123@gmail.com. Thank you to Joe Hein for all of his hard work for The Pace Setter



When Jon Sutherland ran 3 miles on May morning, he did something no other American has: He extended his running streak to 45 years and 2 days, thereby surpassing the record set by his friend Mark Covert, who last year ended his streak on its 45th anniversary. Sutherland, 63, has a self-set daily minimum of one mile, but he certainly hasn't sacrificed quantity for consistency. He's logged more than 190,000 miles during his streak and averaged just more than 11 miles a day. As for quality, Sutherland has a 10K personal best of 28:51.



45 years; still going strong



Adrienne Haslet-Davis, a professional dancer who lost her lower left leg in the Boston Marathon bombings, tweeted that she was fitted for a "running leg." In her tweet, Haslet-Davis said her new prosthesis will allow her better range of motion to dance the waltz, fox-trot, salsa, and more. □



Now, to dance the night away



12th Race The Train



Lodging available at:

Black Mountain Restaurant and Lodge
(518)-251-2800

Alp Horn Motel 518-494-4141

Copperfield Inn www.copperfieldinn.com
(518) 251-2300

Saturday, August 2, 2014

8.4 Mile Run from Riparius to North Creek, NY To Benefit Johnsbury Dollars for Scholars An Official Adirondack Runners Grand Prix Event

- TIME:** 8:00 a.m. the Train departs North Creek Depot, bringing racers and spectators to Riverside Station in Riparius for the **9:00 am start**. Overflow will be bussed to the start.
- CHECK-IN:** 5:00 to 7:30 p.m. Friday, August 1, or 7:00-7:45 a.m. Saturday, August 2.
- LOCATION:** North Creek Depot, 3 Railway Place, North Creek, NY
- COURSE:** The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside Station. It continues west and turns right onto the wooded rolling hills of River Road, a seasonal-use dirt road running parallel to the Saratoga & North Creek Railway and the Hudson River. The finish line is in the village of North Creek at the North Creek Depot.
- ENTRY FEE:** Preregistered runners \$28.00 adults / \$20.00 for ages 19 and under. \$35.00 Race Day for All
- T-SHIRTS:** Custom, high quality short sleeve T-shirt (guaranteed to first 275 registered.)
- FACILITIES:** Restrooms available at both train stations;
- AWARDS:** Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd. Finisher Medals to all who complete the course with special Ribbons for the first 75 runners to beat the train back to the station.
- RACE INFORMATION:** Tracy Watson 518-251-0107

First 275 registered runners guaranteed to ride FREE on the Saratoga & North Creek Railway!!!!

Family, friends and spectators may purchase tickets to ride the train to Riparius with the runners and ride the train back to North Creek.

A limited number of spectator tickets can be reserved by calling the North Creek Depot at
(518) 618-3595

(Depot numbers are for spectator tickets only; they cannot answer race questions)

One Mile Family Fun Run

All ages welcome.
Finishers 14 and under receive medals! It will begin immediately following the finish of Race the Train.
(approximately 11.00 a.m.)
Entry Fee \$5.00
(Does not include T-shirt)

AWARDS REFRESHMENTS RAFFLE PRIZES

Cut and mail bottom portion.

_____	_____	_____	M	F	_____	____/____/____
Last Name	First	MI	Sex		Age Race Day	Date of Birth
Address _____						
_____	_____	_____				
City	State/Province	Zip				
____(____)____	____-____					
Area code	Phone Number	Shirt Size	Sm.	Med.	Lg.	XLg.
Email Address _____						

Entry Fee	\$ _____
Additional Donation For Dollars for Scholars	\$ _____
Total	\$ _____

FOR OFFICIAL USE ONLY	
_____	Date Rec'd
_____	Check #
_____	Race Bib #

In consideration of the opportunity to participate in this race, I hereby release and forever discharge the sponsoring organization, their members and any other person staffing this race, for any demands as a result of my participation. I also certify that I am in good physical condition and have trained for this race.

Signature _____ Date _____

Signature of Parent (If under 18) _____

Make checks payable to: Johnsbury Dollars for Scholars
Check here if this is a Fun Run Application _____

Mail Entries To
Jill Pederson
261 Glen Lake Road
Lake George, NY 12845

Super Sports Foods: Do They Really Need to be Exotic?

Do you ever get tired of reading yet-another headline about The 10 Best Super Sports Foods, only be instructed to buy exotic fruits, ancient grains, and other unusual items? Do runners really need chia, spelt, and quinoa? Is anything wrong with old-fashioned peanut butter, broccoli and brown rice? Doubtful! Powerful nutrients are found in standard foods that are readily available at a reasonable cost. You know, oranges, bananas, berries, oatmeal, almonds, hummus, lowfat yogurt, brown rice, tuna ... the basic, wholesome foods recommended by the government's My Plate (www.ChooseMyPlate.gov). Are those foods exotic? No. But do they still do a great job of offering super nutrition? Yes!

To add to the confusion about exotic sports foods, the sports food industry touts their list of engineered super sports supplements. Ads lead you to believe you really need to buy these products to support your athletic performance. The question arises: Are there special nutrients or components of food that can really help runners to go faster, higher or stronger? If so, can they be consumed in the form of whole foods or do we actually need special commercial supplements?

At a 2014 meeting of Professionals in Nutrition for Exercise and Sport (PINESNutrition.org), exercise researchers from around the globe discussed that topic and provided the following answers to the following thought-provoking questions.

Is there any difference between consuming pre-exercise caffeine in the form of pills, gels or coffee?

Regardless of the source of caffeine (pill, gel, coffee), it is a popular way to enhance athletic performance. Take note: High doses of caffeine (2.5 to 4 mg/lb body weight; 6 to 9 mg/kg) are no better than the amount runners typically consume (1.5 mg/lb; 3 mg/kg). Hence, drinking an extra cup of coffee is unlikely to be advantageous, particularly when consumed later in the day before an afternoon workout and ends up interfering with sleep.

Do tart (Montmorency) cherries offer any benefits to sports performance? If so, what's the best way to consume them?

Tart cherries (and many other deeply colored fruits and veggies) are rich in health-protective antioxidants and polyphenols. Tart cherries can reduce inflammation, enhance post-exercise recovery, repair muscles, reduce muscle soreness, and improve sleep. Runners who are training hard, doing double workouts, or traveling through time zones would be wise to enjoy generous portions. Yet, to get the rec-

ommended dose of cherries that researchers use to elicit benefits, you would need to eat 90 to 110 cherries twice a day for seven days pre-event. Most runners prefer to swig a shot of cherry juice concentrate instead!

What about food polyphenols such as quercetin and resveratrol?

Polyphenols are colorful plant compounds that are linked with good health when they are consumed in whole foods. Yet, polyphenol supplements, such as quercetin or resveratrol, do not offer the same positive anti-oxidant or anti-inflammatory benefits. An explanation might be that once in the colon, where most polyphenols go, parts leak into the bloodstream during heavy exercise. These smaller compounds create the anti-inflammatory effect. Athletes who routinely eat colorful fruits during endurance training offer their gut the opportunity to distribute good health!

Does curcumin reduce chronic inflammation?

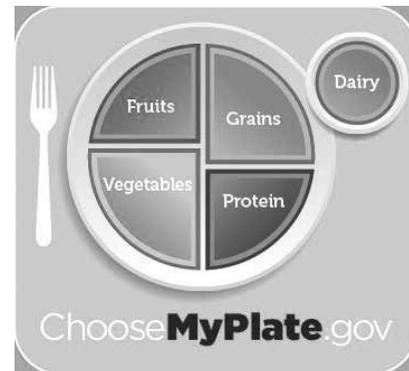
Curcumin (an active constituent of tumeric, the spice that gives the yellow color to curry and mustard) has beneficial properties that have been shown to help prevent cancer, enhance eye health, and reduce inflammation. Subjects with osteoarthritis (an inflammatory condition) who took curcumin supplements for 8 months reported less pain (due to less inflammation) and better quality of life. Unfortunately, curcumin is rapidly metabolized and therefore has low bioavailability when consumed in the diet. To increase absorption, supplements often contain curcumin combined with piperine (black pepper extract).

Does green tea help improve body composition in athletes? What is the best way to take it?

Green tea reportedly enhances fat oxidation and helps with weight loss, particularly when combined with caffeine. But the amount of additional fat burned is minimal, and the 10 to 12 cups of green tea needed to create any effect is a bit overwhelming. (Hence, most studies use a green tea extract.) Because green tea has not been studied in lean runners, we can only guess that it is unlikely to offer a significant improvement in body composition.

Is watermelon juice a powerful stimulant for sports performance?

Watermelon juice is a source of L-citrulline, an amino acid that contributes to production of nitric oxide. Nitric oxide helps relax the blood vessels and thus enhances blood flow so more oxygen can get transported to the



working muscles. One study with athletes who consumed L-citrulline supplements reports they attained a 7% higher peak power output as compared to when they exercised without L-citrulline.

Yet, when athletes were given watermelon juice (contains L-citrulline) or apple juice (that has no L-citrulline), the peak power was only slightly higher and the L-citrulline gave no significant benefits. The bottom line: Watermelon is a nourishing fruit and a welcome refreshment for thirsty athletes. You would need to eat a lot of watermelon to get the equivalent of L-citrulline found in (expensive) supplements. Your best bet is to enjoy watermelon in standard portions as a tasty addition to your sports diet.

What can be done with pea, hemp, or other plant protein to make them as effective as whey for building muscle?

In general, plants (such as peas, hemp) contain less leucine than found in animal proteins. Leucine helps drive the muscle's ability to make new protein. Hence, to increase the muscle-building properties of plant proteins, you need to either eat large portions of, let's say, hemp or pea protein (to get a bigger dose of leucine), or you can combine those plant-foods with leucine-rich proteins, such as soy, egg, or whey.

The bottom line:

Your best bet to optimize performance is to optimize your total sports diet. No amount of any glimmer-of-hope supplement will compensate for lousy eating.

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her private practice is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (new 5th edition) and food guides for runners, cyclists and soccer players, see www.nancyclarkrd.com. For online education, also see www.sportsnutritionworkshop.com. □

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Half-marathon start: 8am 10k start: 9am

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10k: Is an out and back course, starting and finishing at Camp Chingachgook
- Transportation:** Free transportation will be provided from Camp Chingachgook to the Half-Marathon start before the race, as well as from the finish back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 9, 2014, \$40 after July 9 or day of race
10k – \$25 if received by July 9. \$35 after July 9 or day of race
- T-Shirts:** T-Shirts will only be available to runners that register by July 9, 2014



- Awards:** Prizes for Top 3 male and female overall finishers in each race.
 1st place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to www.AREEP.com
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Course Records:

Half Marathon: Shaun Evans 1:12:17	10k: John Rogers 35:22
Jordan White 1:24:22	Katherine Cimonitti 40:53

Masters Shine

by Christine Bishop



This year was the 34th annual HMRRRC Bill Robinson Masters Championship, with Jim Tierney in his 16th year as race director. The race has special meaning for Jim as it celebrates the skills of runners 40 years or older and honors Bill Robinson's impressive racing career.

The race has changed its name, but not its focus. When created in 1981 as a 10K Masters race, it was named after Tom Robinson, who was one of the founders of the HMRRRC. Tom moved to Chicago in 1988. In 1990, Jim Tierney proposed to HMRRRC officials and president Tom Bulger to change the name of the race to honor Bill Robinson, a club member and two-time winner of the race who had been tragically injured while running with friends near the Albany College of Pharmacy during their lunch break. The proposal was enthusias-

tically endorsed and thus the name changed. The Masters Race is one of the twelve HMRRRC Grand Prix events and is also one of the six USATF Adirondack Championship events. The others are the Runnin' of the Green, 4M; Delmar Dash, 5M; Stockade-athon, 15K; MHR Half Marathon and Marathon.

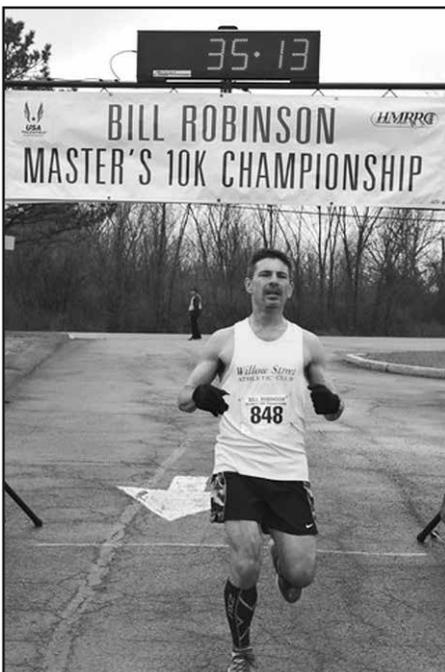
Before the accident, Bill Robinson won many races and spurred others on to faster paces. In 2001 he was elected to the HMRRRC Hall of Fame cited for being a USATF National 10K Team Champion; an 800 Meter Man, 1:59; a marathon, 2:35; and cross-country coaching and race directing. In addition, he won the Robinson Masters 10K Championship twice: in 1987, 34:15 and in 1989, 35:00. Even after his accident he has remained an ardent supporter of running.

The history of the race defines the event. In 1981, Pete Vangarderen set the course male record in 31:54. In 2013, Lori Kingsley broke the female record with a time of 37:32. Tom Dalton won the race more times than any



other male, winning three years in a row and then again two years later. Dale Keenan, who holds the record for the MHR Marathon, won the Masters three times. On the female side, Ann Benson holds the outstanding record of 5 wins, 2004-2006 and 2011-2012. Beth Gottung, Maureen McLeod and Marilyn Martin have each won three times. In the 34 years of the race 2,714 have participated. The course is known for its challenging hills and curves.

The outcome of this year's race was unpredictable. Many of the strongest contenders were not in attendance while some of the just turned forty competitors were exceptionally strong. Last year's male winner, John Stadlander (36:28) didn't run because he was recovering from the Boston Marathon. Runners James O'Connor (age 40) and Bob Irwin (age 41) recently competed fiercely with each other at the Delmar Dash, with James winning by nine seconds. Last year's female record setter, Lori Kingsley, and ultra fast Emily Bryans, did not participate because the next day they were competing in the USA Track & Field National Masters 10K Championship in Dedham, Massachusetts. In that race, Emily Bryans catapulted past Lori Kingsley beating her by 30 seconds and placing first in her age category while achieving a fantastic 85% national





ranking. Furthermore, five-time record holder Ann Benson was out with an injury and volunteered as a road marshal instead. So who would win this race? It was up in the air. After a fast start, two contenders took the lead to be soon overtaken by James O'Connor and Bob Irwin. Bob decided to hold back and let James keep the lead, hoping to pass him at the end in a burst of speed, but that did not happen. James cruised in to win his first Masters race in 34:36 with Bob coming in at 35:13. Derrick Staley came third with a time of 36:06. Penny Tisko took the lead among the females and easily won with a time of 44:17. She was followed by Kristen Hislop, 44:50, and then by Christine Varley, 45:11. Anny Stockman, aged 82 placed in a regional ranking of 76% of females her age. It was an exciting race and plaudits go to all who participated.

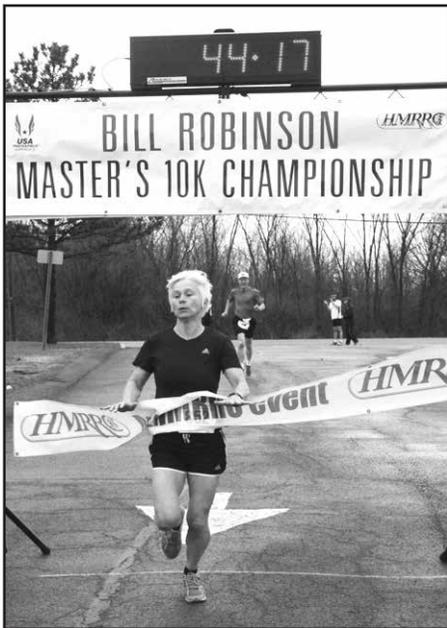
Jim Tierney thanks this year's volunteers.

Volunteers

Marcia and Tom Adams, Katherine Ambrosio, Anne Benson, Chris and Charles Bishop, Emily Bryans, Mike Caccuitto, Karen Dott, Rich Eckhardt, Lori Francesconi, Linda Hayen, Vince Juliano, Ken Klemp, Bob Knouse, Lori Kingsley, Barbara Light, Charlie Matlock, Joan and Lowell Montgomery, Ed Neiles, Ginny Pezzula, Joe Premo, and Ernie Paquin.

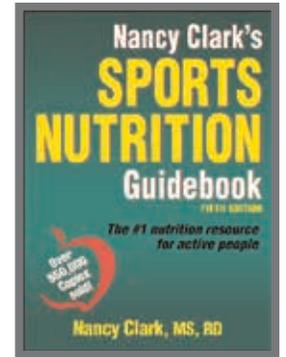
If you would like to volunteer to help with this race or any other event, visit hmrrc.com to find out more.

Happy Running! ☐



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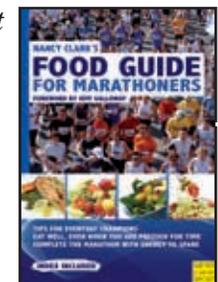


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2014 Bill Shrader, Sr. Memorial Scholarships

by Meghan Mortensen



The 2014 Bill Shrader, Sr. Memorial Scholarship winners have been selected. The scholarship program, which is sponsored by the Hudson Mohawk Road Runners Club, awarded a total of \$18,000 to six recipients for a second consecutive year. The purpose of the program is to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. The scholarship is in memory of Bill Shrader, Sr., one of the founders of the HMRRC, the club's first vice president, and an accomplished runner. Bill was also a race director, the winner of the 1974 Distinguished Service Award, and an initial member of the HMRRC Hall of Fame, elected in 1991.

The scholarship program began in 2000. In 2008, the HMRRC increased the number of scholarship awards from two to four and in 2010, the Club increased the total award from \$6,000 to \$10,000. In 2014, the Club increased both the number of scholarships from four to six recipients and the amount from \$10,000 to \$18,000. This year, there were 41 total applicants, 23 of which were females and 18 males, representing 23 different schools across Section II. The candidates were evaluated and scored based on four criteria: extra-curricular activities, running experience, an essay on "the importance of running," and two letters of recommendation. It has been a pleasure to serve as Chair of the Committee alongside Joan Celentano, Jon Rocco, Chris Rush, and Ken Skinner. Choosing three female and three male recipients among a stack of such talented applicants, all of whom who were deeply involved in their school, community, and a wide array of organizations, was no easy task.

The three female award winners were Megan Kellogg from Queensbury High School, Sarah Lapham from Greenwich Central Schools, and Danielle Skufca from Niskayuna High School. The three male award winners were Devin FitzGerald from Schenectady High School, Jay Navin from Saratoga Springs High School, and Joseph Verro from Saratoga Springs High School. All members were in-

vited to the May HMRRC meeting and five of the six recipients were able to attend with their families and accept their \$3,000 check and plaque. Sarah Lapham will be presented her award at her school awards banquet by a member of the Scholarship Committee.

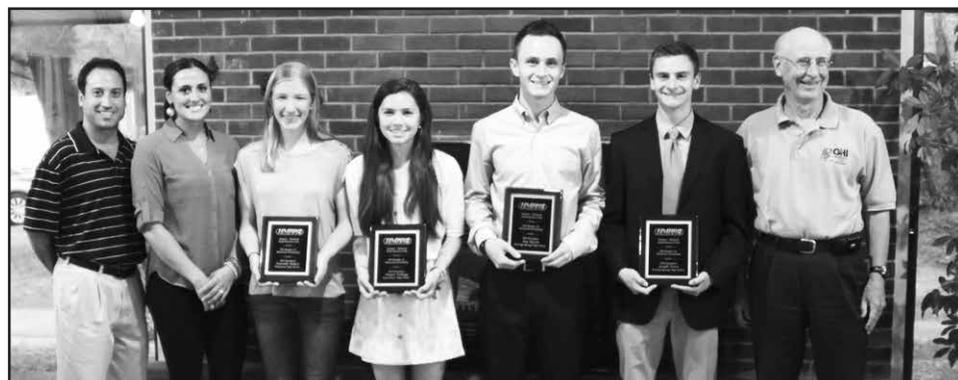
Megan Kellogg, a senior at Queensbury High School, plans to continue her running career at St. Lawrence University in the fall of 2014 and study business administration, marketing and advertising. Megan has been an active member of Queensbury's cross-country, track and Nordic ski teams for the last six years. She knows what it is like to have success, as she was a member of the 2014 NYS Nordic Skiing Championship team, a member of the Foothills Council championship team for cross-country for four years and two-time section II championship team as well. Megan holds the school records for the Freshman 400m and Frosh/Soph 800m. Her personal best performances are as follows: 400m (62.5), 800m (2:16.5 at the New Balance Outdoor National Championships in 2013), 1500m (4:46.1). Additionally, Megan is a two-time winner of the USATF Memorial Day Mile in Glens Falls, recently posting a time of 5:03.6. Megan fits the description of a true student-athlete, ranking 14th of 300 students in her class, who excels in work ethic, as well as humility. According to her recommendations, she is always willing to



work collaboratively with her classmates and is an excellent role model. Her positive attitude was evident throughout her entire application. She wrote, "Certainly, I have had my share of defeats and disappointments in the sport of running, but there is always another day and another competition."

Sarah Lapham, a senior at Greenwich Central School, plans to run cross-country and track at Division I Bryant University this upcoming fall. She has been an active runner of her school's varsity indoor and outdoor track team since the 7th grade and varsity cross-country since 8th grade. Individually, Sarah has been Wasaren League champion in the 1500m, 800m, and 400m in various years. In 2013, Sarah placed 9th at the NYS cross-country meet. She has continually been recognized as a student-athlete and has won the Wasaren League Sportsmanship Award. In 2010, Sarah was inducted into the Greenwich Athletic Hall of Fame. She lives by the motto of her coach, "nothing for nothing," meaning only if you put in the work will you be successful. A well-rounded individual, Sarah has been class president for three years, was elected Prom Queen by her peers, is a member of the Future Farmers of America, and student council. According to her recommendations, "Sarah exudes good will, friendliness, commitment, leadership and love of others."

Danielle Skufca, a senior at Niskayuna High School, plans to attend Tufts University in the fall. She is an active member of Niskayuna's cross-country, track and field, and Al





pine Ski teams. Her coach describes her as a true captain, a leader. Her personal best performances are as follows: 5K (19:19), 1500m (5:18), Triple Jump (31' 2.75"). Danielle developed a unique passion for running, with the urge to spread this enthusiasm with younger athletes. She decided to form the Nisky Athletic Club, a USATF youth running team. She has coached between 18 and 25 young runners and in October 2013, the Nisky Youth Club hosted their first ever USATF All Comers Youth Developmental Invitational, providing a series of 2k, 3k and 4k cross-country races for over 100 runners at River Road Park in Niskayuna. Her coach wrote, "It is remarkable that as a three-sport athlete and a big contributor to our community, she is also an outstanding student at Niskayuna High School." She was awarded the USATF Youth Service Award in January 2014. "Her academic endeavors are definitely superior, but well beyond that, it will be her outstanding character and integrity demonstrated by the development of the Nisky Youth Club that will set her apart from the rest."

Devin FitzGerald is the first recipient from Schenectady High School to receive the Bill Shrader, Sr. Scholarship award in its 15th year. He is a senior who plans to attend SUNY Potsdam's Crane School of Music this fall. Prior to starting his organized running career in September of 2011, Devin has skied on the US Water-ski Team at Jumpin' Jacks for two summers and competed on his school's swimming and diving teams. Devin has a very musical background as he has participated in numerous school plays,



played the percussion in concerts and the trumpet in an intermediate Jazz band. Devin has participated in the Stockade-athon, the Cardiac Classic, and the last two years has placed 3rd and 2nd at the Corning Tower Stair Climb. As a sophomore, Devin decided to begin running cross-country and track for Schenectady High School. Soon thereafter, he was received the Most Improved Runner award and 2nd team Big Ten Conference All-Star. Devin's personal best performances are as follows: 1 mile (4:41), 5K (17:26). This past year, Devin worked closely with his coach planning, and overcoming many obstacles to hold the first ever Schenectady Cross-Country Camp for three nights at Gilbert Lake State Park.

Jay Navin, a senior at Saratoga High School, plans to attend Northeastern University this fall to continue his running career and study business with a concentration in entrepreneurship. Jay is a member of the National Honor Society and has volunteered in events such as the Firecracker 4-miler, 5K for K9s and the Relay for Uganda. He is a 2-time Section II team champion for cross-country, 2012 Section II cross-country runner-up, 9-time individual Section II champion in track (including the 800m, 1600m, 3200m, 1000m, and 4x800m), and the New York Relays meet record holder for the 3200m. Jay has placed 3rd at the Milrose Games High School Mile, 5th in the 2013 Penn Relays Championship Mile, and is a 3-time All American for Indoor Track. To top it off, Jay holds Saratoga High School records in the 800m, 1000m, Distance Medley Relay and the 4x800m Relay. His outstanding running accomplishments include personal best performances as follows: 800m (1:53), 1 Mile (4:13), 2 Mile (9:17), 5K (15:29). Jay is described by his coaches as being extremely selfless, respectful and caring when it comes to his family, friends, coaches, teammates and opponents. Jay has stated, "With the inspiration I've gained from my coaches, the camaraderie and support I've gained from my teammates, and the respect I have for my opponents, it's very clear that I haven't achieved this success on my own"

Joseph Verro, a senior at Saratoga High School, plans to attend the University of New Hampshire to continue his running career this fall. Joe is an active member of the National Honor Society, a Faith Formation member at St. Clement's Church in Saratoga, and an active volunteer in the community. He holds his school record in the 4x800m relay and achieved All-American status by placing 4th at the New Balance Nationals in the 4x1mile. Joe's personal best performances are as follows: 5K (15:40 in 2013, down 2:44 from 2010), 800m (1:59), 1600m (4:24), 3200m (9:49). Joe has written, "It is not that I haven't



failed, it's that those failures have fueled me to become more successful." He is described by his coaches as being the "voice of reason" because he is "calm, focused, driven and always prepared." "Joe is mature, patient, determined and goal-oriented, all great traits of a Bill Shrader, Sr. Scholarship winner.

On behalf of the Bill Shrader, Sr. Scholarship committee and the Hudson Mohawk Road Runners Club, we wish the best of luck to all of our 2014 recipients and applicants in college and beyond. We look forward to hearing about your future accomplishments. □



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8:30 A.M. Saturday, Aug. 16, 2014

Family Fun Run promptly at 8:30 AM

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5 K Run - 9:15 AM, 5K Walk - 9:20 AM

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Directions: Take I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer. Go through 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. In Castleton, turn left at the flashing light at Stewart's onto Scott Avenue (Rt. 150). The Castleton Elementary School is located on Scott Avenue about 1/2 mile from Rt. 9J on the right. Persons traveling from other areas should use MapQuest to obtain directions to the Elementary School.

Parking: Parking is available at the Castleton Elementary School and the surrounding streets. No parking on Campbell Ave. between Scott and Green Avenues.

Entry Fees:

10 Mile Run, 5K Run, and 5 K Walk

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Please Read and Sign: In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor and its affiliates from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in this event. I am physically fit to participate in the race event(s) indicated. Children may participate in only one event, either the 5 K Run, the 5K Walk, or the 1 Mile Family Fun Run. I also allow any photographs taken of myself during the event to be used for publicity purposes.

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(if under age of 18)

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Smarter, Not Harder

by Mat Nark

This most underrated variable in running programs across the land is RECOVERY. Most athletes believe that working harder, faster, and training longer will produce optimally desired results. The “more is better” mentality is common and plagues runners of all abilities and experience levels. It is not only individual athletes who struggle with this; even formal training programs sometimes fail simply because inadequate recovery is prescribed. Unfortunately, without adequate recovery, we may not see the true benefits of our hard work on the track and roads.

Recovery is a critical training component and encompasses concepts such as “days off” from running, sleep and mental recovery. All athletes will respond differently and there is no “one size fits all” when addressing these factors. The volume and frequency of recovery greatly depends on the experience and history of the athlete, as well as individual psychosocial factors. Past injury, age, goals, and levels of commitment must all be taken into account to find the ideal ratio of running to rest in order to produce consistent improvements in performance as years pass. As we all know, to truly excel in running, we need to be as consistent as possible and log enough miles to get us to our goals – without becoming injured or overdoing it. By getting some much needed rest and relaxation from time to time, you can keep yourself fresh, motivated, and continually improving.

It can be difficult to know exactly how much rest is needed for each one of us. Some will wait until they find themselves at the orthopedic specialist to get that rest in.



Hopefully, your recovery has either been pre-planned or the need has been acknowledged prior to injury. The human body uses common injuries to protect itself from more serious overuse. Most of us will need days and even weeks off on an annual basis. In a Finnish study, “Training-related risk factors in the etiology of overuse injuries in endurance sports,” 446 Finnish athletes who used less than 2 rest days per week had a 5.2 fold increased risk for an overuse injury; tendon overuse injuries were more common in older athletes compared to younger. This is not particularly surprising; however, each one of us typically wonders, how much rest do we need in order to avoid these injuries? Since the answer to this question can only be determined for each one

of us through experience, the key may really be avoiding what is known as “overreaching,” or, even more concerning, “overtraining syndrome.”

Overreaching and overtraining syndrome (OTS) are well-studied phenomena. OTS is a clinical diagnosis is a “maladapted response to excessive exercise without adequate rest, resulting in perturbations of multiple body systems (neurologic, endocrinologic, immunologic) coupled with mood changes” (Kreher et al, Overtraining syndrome: a practical guide. Sports Health. 2012 Mar;4(2):128-38). As defined by the joint consensus statement of the European College of Sport Science and the American College of Sports Medicine (Meeusen et al, 2006), “overreaching” is different and has less severe consequences compared to OTS. Overreaching can be considered “functional” or “nonfunctional” but most athletes will recover from either type of overreaching. Functional overreaching leads to “short-term decrements in performance in capacity with or without physiologic and psychological signs and symptoms of maladaptation in which restoration of performance capacity may take several days to several weeks” (Meeusen et al, 2006) but eventually leads to positive performance outcomes in the long run. An example might be attendance at a running camp that, in the short term, makes competing in races difficult but, in the long run, leads to better performance overall. Nonfunctional over-



Tom O’Grady: 5k - 15:21, 10k - 32:12, 10 Mile - 53:38, Half Marathon - 1:10.56 Marathon - 2:28.39 - One break in 8 years



Jim Sweeney: 100 Miles - 14:14:25, 100K - 7:11:53, 50 Miles - 5:38, Marathon - 2:35, 50k - 3:17 --
8 Year running streak on August 20th 2014

reaching is more negative, where an athlete who consistently works at levels that are taxing (without allowing for adequate rest) experiences challenges in performance that are more remarkable (without seeing the longer term benefits); recovery from nonfunctional overreaching takes weeks to months, leading to negative psychological, neurologic or hormonal side effects and poor performance outcomes. Recovery from nonfunctional overreaching eventually occurs, given appropriate prolonged rest. At the most extreme, athletes who overtrain are susceptible to OTS; recovery from OTS may take months, or may not be possible at all; individuals sometimes have to discontinue a career in running. The concerning clinical warning signs of OTS include extreme lethargy, loss of appetite, decreased coordination and physical side effects such as impaired performance, postural hypotension, loss of menstruation, and changes in heart rate from normal. To avoid overtraining syndrome, the key is avoiding excessive training (including excessive non-running activities) and focusing on obtaining adequate rest, as well as controlling other factors including nutrition and minimizing psychosocial stressors in one’s life.

Two interesting examples of high volume runners in our area are Tom O’Grady and Jim Sweeney; each rarely takes a rest day but both

seem to avoid overreaching and OTS. These two men exemplify what true consistency and dedication is all about; by uniquely managing their recovery, they have been able to generally stay clear of common injury and have built impressive running resumes. Between the two of them they've had one break (5 days off with appendicitis for Tom O'Grady) in the last 15 years. During this eight year span they have accumulated a rough total of about 60,000 miles between the two of them. The total mileage here would have taken them two and a half times around the world.

Recovery for some runners – such as for Tom and Jim – does not mean taking a day or two off from running every week. When asked about this topic, Tom stated, "Recovery for me is running with new people or trying some new running routes." Tom does not feel he has experienced overreaching or OTS. By managing his workout schedule nutrition, sleep, and psychosocial factors so well, Tom has continued to make gains year-by-year in his running performance, despite high mileage and an intense training regimen. Jim's record speaks loud and clear.

Perhaps recovery means taking a week off after a marathon – or taking two days off on a harder week when you're juggling work challenges. Perhaps changing things up a bit after a long season and incorporating cross-training into your workout can give you that boost you need to pursue your new goals. Whatever it may be, remember that recovery is a critical component of training and continually improving your running while avoiding overreaching and overtraining syndrome. □



HMRRC HALL OF FAME

HMRRC's Hall of Fame Committee is looking for candidates for the 2014 HMRRC Hall of Fame

HMRRC's Hall of Fame honors individuals who have earned extraordinary distinction as a member of HMRRC. Candidates should have been, or continue to be, active members of HMRRC and recognized leaders of the local running community in running performance and/or service.

Selection Criteria for Induction:

The guidelines used to select a candidate include (but are not limited to):

1. Historical significance to HMRRC
2. Performance as a competitive runner in HMRRC races
3. Noteworthy performance as a competitive runner at the local, regional, national, or international level
4. Service to HMRRC as an elected officer
5. Service to HMRRC as a staff member or writer for *The Pace Setter* over a period of time
6. Service to HMRRC or the larger running community as a race director
7. Volunteer service over an extended period of years to multiple club events
8. Service over an extended period of years to local running events
9. Service to HMRRC or the running community as a mentor, coach, or educator of local runners
10. Service to the larger running community as an officer of local, regional, national or international running organizations.

If you would like to recommend a member for this honor, send the candidate's name and appropriate supporting information by August 15th to:

HMRRC Hall of Fame Committee
c/o Cathy Sliwinski
11 Victoria Way
Albany, NY 12209
Or Email csliwin@nycap.rr.com

TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—46th Season—

JUNE 10, 17, 24

JULY 1, 8, 15, 22, 29 (Ribbon Night)

AUGUST 5

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

- ORDER OF EVENTS -

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT THIS YEAR)

For further information, contact Frank Myers at 869-9333

**** A Reminder - The Dynamic Duo is August 2nd ****

This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District

DERRICK STALEY



Running is Derrick Staley's salvation and gift. Early in life, he took a wrong turn and let street life and addiction engulf him. In his twenties his grandmother tried to help but when she unexpectedly died, he fell back into bad habits and it was not until he was 32 that Derrick realized that if he did not take control of his life, he would destroy himself. It was then he took up running and found he had a natural gift and passion.

His friends encouraged him to run and advised him to change his work boots for running shoes. Once he did, he was able to gradually increase both his distance and pace. He was so successful in his initial races that he realized with intensive training he could do well while leading a healthy life. At this point, running became his new "addiction." Initially he began to place in many races, and then began to win many outright. Derrick became known for his kick at the end that propelled him to victory.

As his life got back on track, he attended college with the aim of getting certified to help others who had alcohol and substance abuse problems. He earned bachelors degrees in psychology and criminal justice, and earned a license as a credentialed alcoholism and substance abuse counselor (CASAC). He now works as a New York State Developmental Disabilities and Group Therapist at Conifer Park in Glenville.

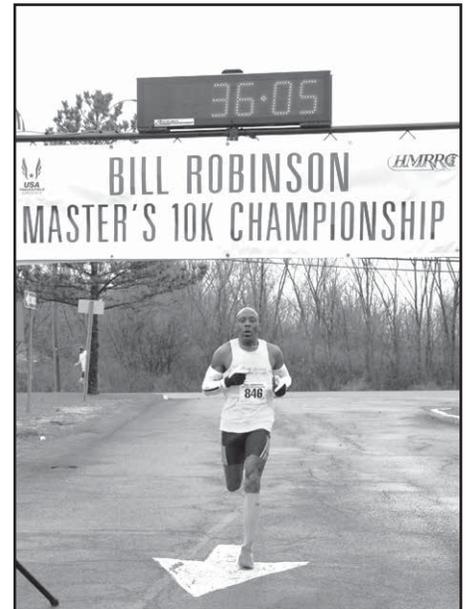
While his career is replete with many victories, he has had some fierce competitors that he remembers vividly. He mentions Tom Dalton in reverence as the person he strived to beat. It took years but the first time he beat him was in the Green Island 4 mile race. Tom

was running the race under 21 minutes but Derrick caught him coming in and burst ahead of him. Since then, Derrick usually beats Tom. The two friends trained together until Tom became ill. Tom returned to racing last summer at the Masters Championship 5K in Syracuse where he ran just over 17 minutes, but Derrick's time was just under 17 minutes. They



both ran the Kinderhook 5K last year, where Derrick beat Tom by a mere 10 seconds. Derrick talks about beating the times of competitors like Dale Keenan, Dan Cantwell, and Bill Robinson, who were all great runners. At a Bill Robinson Masters 10K race with Dale Keenan Derrick exclaimed: "we were at it for the first four miles like cats and dogs ." He said that he really wanted to win that race. At the turn around coming back, he caught up to Dale and, nearing the end with his now famous kick, beat him.

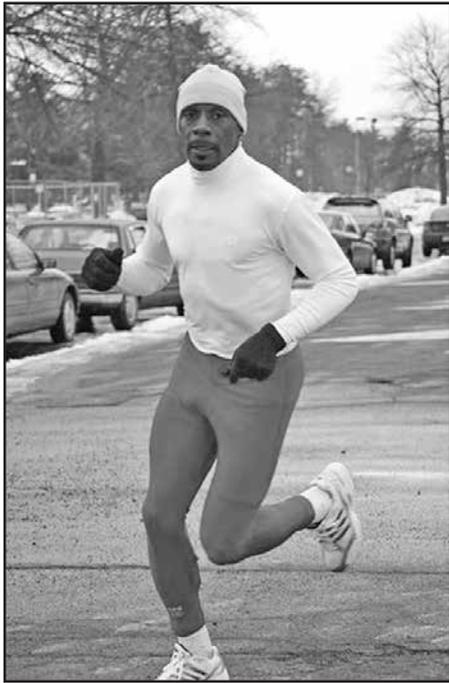
Derrick has a room filled with trophies



and medals. One of his favorite runs, the Arsenal City 5K , he won five years in a row. He says of the Arsenal race that if the course was any flatter, it would be under ground. He also loves the Troy Turkey Trot 10K, where he usually places first in his age group and in the top 6 overall. He has won the Bill Robinson Masters 10K Championship twice outright and placed first in his age group numerous times. He loves the Memorial Day Mile in Glens Falls because the markings tell you exactly where you are so you can gauge your time accurately. Still another of his favorites, because of the the challenge it offers, is the Chris Thater Memorial 5K race in Binghamton, NY, that draws top runners from around the region. In 2013 he placed first in his age category there, as he has done in other years.

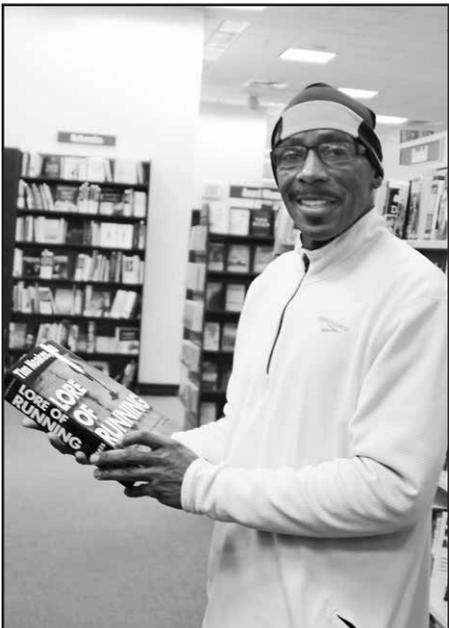
Derrick may be the only runner in the Albany area to have achieved age-graded world-class status. The USATF age grading system handicaps runners by their age. Those who place in 70%+ are ranked regional, 80%+ are national, and 90+ world class. By this system, Derrick fluctuates between 89 to 91.5%, placing him in the stratosphere of world-class runners. He was voted by the *New England Runner* magazine the outstanding runner in 2010 and 2011 among runners aged 50-59. His exceptional ranking motivates him to train harder.

Until last year when he broke his ankle going down icy stairs on a cold night when



leaving work, he had only taken three days off from running at one time in his entire running career. Forced to go for eight weeks without training, his Willow Street Athletic Club running friends supported him by taking him to training runs, and to races in Virginia Beach, and to the Boston Marathon. He credits their kindness with getting him through his ordeal. Miraculously, he has fully recovered and is now able to run as well as before.

As you can imagine, Derrick has a rigorous training schedule. During the winter when it is impossible to go out he uses a treadmill, but he doesn't like it. He runs an hour at an eight-minute per mile pace, then increases his time every half mile until he reaches an 11 mph pace. He repeats this three or four days a week until spring arrives. On days when he does not run, he cross trains, doing about 200 repeats involving exercises for his abs, triceps, biceps,



shoulders, as well as crunches. He always tries to take one day off. As a member of the Willow Street Athletic Club, he goes on their 20-mile Sunday runs. As the weather gets warmer, he increases his distances to improve his time in 10K and 5K races. He has never done a marathon but has completed four half marathons with a 1:17 PR at the MHR half marathon.

Derrick, now in his mid fifties, trains with younger runners to remain competitive, but his memories remain of the great runners he has vied with. Sometimes he wonders how long

he will keep up his running, but when you read his advice to runners, the answer will become abundantly clear:

"People say to enjoy the sport but it is more to me. It is a commitment. It's mind, body and spirit. It's a discipline, it's motivation, it's longevity, it's healthy and it's clean. It's something you have to want. It's either going to be at a recreational or higher level. And you have to maintain that level whether it's frigid or hot. Whether you are tired or in pain. That is what the sport is about." □

JUST RUN 2014



36TH ANNIVERSARY OF THE

“DYNAMIC DUO” ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

SATURDAY, AUGUST 2, 2014 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

PURSUIT RACE — WOMEN RUN FIRST, HAND OFF TO MEN —
TOTAL TIME DETERMINES PLACES (Men run first in 2015)

ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 11 age groups.
Total prizes = \$176 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)

IMPORTANT: Free use of the pool from when the final man is done (until 11:00).
If we can't have the race for reasons we can't control, we cannot remit entry fees.

MAIL ENTRY FORM TO:

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

MAKE CHECKS PAYABLE TO: Hudson-Mohawk Road Runners Club

The Colonie Town Park is 3 miles north of the Latham Circle on Rt. 9 in Cohoes

2013 WINNERS

-36

TRAVIS BRIGGS 16:34 34:50
MARGARET MACDONALD 18:16

37-45

ADAM CUSTOR 15:19 33:11
MAGGIE SZPAK 17:52

46-54

ALEX PALEY 14:52 30:50
MEGAN HOGAN 15:58

55-63

JUAN REYES-ALVAREZ 16:29 36:46
KIM MISENO-BOWLES 22:17

64-72

DANIEL GRACEY 19:25 37:20
KRISTINA GRACEY 17:55

73-81

JAMES O'CONNOR 15:49 33:36
RENEE TOLAN 17:47

82-90

DERRICK STALEY 16:56 36:19
LIZ CHAUHAN 19:23

91-99

JIM LARKIN 21:20 39:29
SHELLY BINSFIELD 18:09

109-117

PAUL BENNETT 20:21 41:40
NANCY NICHOLSON 21:19

118+

NORMAN DOVBERG 22:39 48:14
JOAN CELANTANO 25:35

ENTRY FORM - PLEASE DETACH

NAMES

AGES

CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER

-36 37-45 46-54 55-63 64-72 73-81 82-90 91-99 100-108 109-117 118+

Training Maxims - Part I

A maxim is defined as a “concise rule of conduct.” Detailed below are a series of training maxims that speak to what an athlete should (and shouldn’t) do to maximize performance. While I doubt most will agree with all of them, I am confident any coach, athlete, teacher or parent will find more wheat than chaff.

The limiting factor in athletic performance is not enough time. From start to finish (or at least significant decline) most athletic careers last 10-12 years. Some master competitors may go on forever, but improved performance does not. This underscores the importance of planned training and recovery efforts in order to optimize potential. Poor planning, a reckless lifestyle and haphazard efforts produce haphazard results. Time is of the essence.

Train with intention. If the goal is improvement, should not all efforts be directed to that end? Athletes need to critically evaluate the various components of a training plan (interval training, strength work, pre-hab efforts, biomotor skill development) to see if they are aiding or hindering their training goals. Lifestyle also comes into play, therefore living with intention is a good idea too. This involves knowledge and forethought and the sense to re-evaluate as necessary. Mindlessness has no focus. Don’t just do it.

Speed is a function of strength. If your goal is to run fast you need to be strong. All top-level sprinters are powerful people. Power is defined as a combination of speed and strength. While various methods to strengthen the legs can be used (weights, hiking, long slow distance) strengthening the prime movers (gluts, quads, TFL, hamstrings, gastroc/soleus) is critical to run faster. Weight training with a progressive overload is the safest and simplest way.

Psychological strength comes from psychological security. The “home court advantage” happens because prior to (and during) a competitive event one knows the venue, the registration procedures, travel times, and such simple creature comforts as where the water fountains and bathrooms are. The elimination of “surprises” that alter competitive focus need to be minimized through planning and trouble-shooting before the big day.

The limiting factor in athletic performance is energy/nutrition. Life is an endurance sport. The quality and length of our lives is directly affected by the quality of the food we ingest. In a competitive situation the depletion of the body’s energy stores (“hitting the wall”) has taken on mythic qualities. The expressions of speed, strength or endurance all hinge in part, on the fuel in the tank, our nutritional stockpile.

Nothing goes in your mouth by accident. The exception to this rule might be a bug or bee

but past that – let’s get real, twinkies, drugs, alcohol or “more than enough” are the results of our willpower or lack thereof. Temptation can be answered by critically evaluating the object of desire and asking, “What part of my body do I want this to become?”

You are what you eat. How could this not be true? High salt, high sugar, processed foods loaded with trans-fats do little for the body other than taste good and temporarily satisfy hunger. These fillers are empty calories that cannot be built upon. In the early days of computer programming there was a saying “garbage in-garbage out” and everyone came to know what that meant. It works for food too.

Vitamin supplementation is meant to enhance food, not replace it. In America we are enamored with pills. The pharmaceutical industry has a pill for every stage of one’s life, for problems real and imagined. There is a tendency to believe that pills cure all ills. Processed foods, genetically engineered grains from heavily fertilized, devitalized ground produces devitalized foods. Vitamin supplementation can help make-up for nutritional short falls. But one must still start with the highest quality fruits, vegetables and protein sources available.

Insecurity overprepares. Many people mistakenly equate “extra effort” with success. Whether it is one more set or rep or mile they reason that this extra effort is what will ultimately distinguish them from the competition. As often as not, this extra effort leads to an overtraining situation, whether it is an illness or injury in the short run or significant breakdown and shortened career in the long run. This underscores the “train with intention” maxim.

Process precedes outcome. For the musician to complete a musical piece they must complete a series of notes (or combinations of notes) in sequence. One sound follows another. When this is done with timing and coordination, music is produced. From the un-skilled we get noise. For an athlete to solely focus on the end goal without attention to the daily steps blurs focus of the here and now. Goals may offer direction, but it is what one does at this moment that one can control. If the daily process is learned and done correctly, a successful outcome will follow.

Practice what you can, not what you can’t. If I were to tell you that I could change a Cadillac into a Rolls Royce by driving it faster, you’d laugh at me. For that transformation to take place you’d have to change and improve the parts. To train physically as a four-minute miler when you are running 4:20’s will only lead to frustration and injury. An honest evaluation of current fitness level is necessary. Perfect that process and then aim for an incremental improvement. Success more often comes by ap-

proximation than with a fantastic leap.

Never create doubt. Doubt is a cancer of the mind. One of the things that distinguish successful athletes from the run of the mill athletes is the unshakable belief that a goal can be accomplished. Part of that belief is the role the coach and important others (teammates, parents, teachers, etc.) play in creating an, “I can do this,” environment. Necessarily part of this environment is the presentation or creation of challenges that (through process) are met and accomplished. This creates an inventory of success and a mindset on the part of the athlete that with preparation and diligent application the challenges can be successfully met. If sarcasm, cynicism and cutting remarks are mixed with unrealistic goals, success or failure will be left to chance. When the first thought faced with a challenge is, “I can do this,” the battle is more than half won.

When training children – don’t fatigue the system. For the child there is a fine line between growth and development and training and competition. While they both can happen simultaneously, should one pair dominate it is to the detriment of the other. The reason one cannot do both is due to the limited energy reserves of the body. Childhood and adolescence are times that place significant energy demands on the body due to growth. If a child is highly trained or over competed energies that would go towards growth and development are shunted towards competitive survival. Allowing the child to transition through periods of fun (ages 6-11), commitment (ages 12-17) and performance (18+) offers a more natural progression that roughly parallels the mental and physical development stages to maturity. What constitutes system fatigue? Tudor Bompa has recommended 65% efforts, but that can be difficult to quantify. A simple clue to early fatigue is when the laughing stops and the hands go on the knees – workout done.

All things only grow once. Therefore, some believe, you should train the child hard from the start, let them get used to it and they will grow with it. This didn’t work with the child labor tragedies of the 1800s, so why would it work with athletic competition? What this maxim speaks to is the necessity of fundamentals. These fundamentals could be movement patterns, thought patterns or problem solving skills. Ingrained problem solving skills, behaviors and attitudes, along with a progressive history of successfully meeting challenges, creates within the young athlete an inventory of knowledge, skills and abilities that can be developed as one moves through the higher levels of competition. This value system, developed early on, creates a self-support system when the inevitable setbacks, failures and frustrations of life occur and challenge our efforts. It is the strength of this value system that determines whether the obstacle is a stumbling block or a stepping stone.

The body adapts to the stresses placed upon it. This statement is true to a point. If the stress on the body faces is gradual and progressive, the body will react by adapting with

See **Training Maxims** on next page

Are They Necessary? Should You Take Advil or other NSAIDs Before a Race to Circumvent Pain?

by Christine Bishop

Many times before a race I have wondered whether I should take an Advil before I run. Could it help, or perhaps harm, me? It seems logical that if I pop an Advil, Aleve, Motrin, aspirin or another NSAID (non-steroidal anti-inflammatory drug), it would prevent pain and I would run better. After reviewing many studies involving large numbers of athletes, most of whom took NSAIDs before and during long races, the answer was surprising.

Physiologist David Neiman of Appalachian State University's Human Performance Laboratory in North Carolina studied the 100-mile Western States Endurance Run to learn the effects of long distance and altitude on runners. He coincidentally found that seven out of ten runners used NSAIDs throughout the race. After examining their blood work, to his amazement, he discovered that those who used them had a higher rate of inflammation, experienced mild kidney impairment, and had a leakage of bacteria from their colon into their bloodstream. Neiman noted that there was "widespread use and very little understanding of the consequences." Another study at the Ironman Triathlon in Brazil in 2008 reported that 60% of the competitors used NSAIDs months before the race and that 50% were popping them during the race. Another researcher, Stuart Warden, an assistant professor and director of physical therapy research at Indiana University, stated that their use had become a ritual with athletes, who ate them like candy.

Training Maxims *continued*

increased speed, strength or endurance. It becomes important that the training be focused to the task demands of the event or sport. To train a marathoner's vertical jumping ability would be a waste of time, just as it would be wasted time to train a high jumper's ability to run a marathon. But with too much focused training without adequate recovery time, the body will not adapt to training and overtraining, illness or injury will result. At the higher levels of training this is a fine line.

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. □

To understand why taking NSAIDs before exercise may not be good, you need to know how they affect the body. NSAIDs suppress manufacture of prostaglandins, which are natural substances that protect your stomach, regulate blood pressure, and help reduce swelling. In addition, they can inhibit collagen production, which is essential as a building block of tissue and bone growth. Without enough collagen production, there can be tissue damage, including micro-tears, bone injuries and loss of bone density. So, ironically, the pills that athletes take to improve their workouts can actually degrade their performance and cause injury.

Tests were done on cyclists to examine the results of taking NSAIDs while exercising. Half of the group took NSAIDs before cycling and half did not. The results showed that the ones who took NSAIDs had slightly more intestinal damage after exercise than those who did not. The study concluded, "that ibuprofen aggravates exercise-induced small intestinal injury and induces gut barrier dysfunction in healthy individuals. We conclude that nonsteroidal anti-inflammatory drugs consumption by athletes is not harmless and should be discouraged." 1

Another study found that when NSAIDs were taken before a race, they masked pain, enabling more muscle injury to occur (and ironically that is why they are taken).2

A scientific study of those participating in a 100-mile Ironman race was consistent with the above findings about possible muscle damage. The test participants were divided into three groups. One group was given nothing; one group was given 600 mg the day before the race and during the race; and the third group received 1200 mg each day. At the water stops and at the end of the race, the runners all complained about muscle soreness, but upon medical analysis the groups taking the NSAIDs had more muscle injury, and the higher the NSAIDs dose, the more the damage. 3

Still another study reporting tests done on those running marathons and endurance events discovered that NSAID intake exacerbated kidney function and the body's ability to judge the proper amount of hydration needed. The negative effects of NSAIDs were heightened in hot weather and the chance of kidney damage increased dramatically with temperature. 4

An editorial written in the *British Journal of Sports Medicine* stated that "there is no indi-

cation or rationale for the current prophylactic use of NSAIDs by athletes, and such ritual use represents misuse."5 A potentially harmful aspect of taking NSAIDs while exercising is that your body does not give you an inkling that processes are going awry until it is almost too late. So, think twice before taking an Advil or any other NSAID before or during a race. You may be lucky and it has no effect, or you may not be lucky and the effect it ultimately might have on your body is not what you would desire. However, if you do have an injury and want some immediate relief, NSAIDs reduce inflammation and can be of help; just do not take too many, and avoid using them while exercising.

Happy running.

1. Aggravation of Exercise-Induced Intestinal Injury by *Ibuprofen* in Athletes. Kim Van Wijck – Kaatje Lenaerts – Annemarie A. Van Bijnen – Bas Boonen – Luc J.C. Van Loon – Cornelis H.C. Dejong – Wim A. Buurman – *Medicine & Science in Sports & Exercise* – 2012.
2. Effects of ibuprofen on exercise-induced muscle soreness and indices of muscle damage. AE Donnelly – RJ Maughan – PH Whiting – *British Journal of Sports Medicine* – 1990.
3. NSAID use increases the risk of developing hyponatremia during an Ironman triathlon. Paul C. Wharam – Dale B. Speedy – Timothy D. Noaker – John MD Thompson – Stephen A. Reid – Lucy-May Holtzhausen – *Medicine & Science in Sports & Exercise* – 2006.
4. The isolated and combined effects of selected physical activity and ibuprofen on delayed-onset muscle soreness. N Rahnama – F Rahmani-Nia – K Ebrahim – *Journal of Sports Sciences* – 2005.
5. Editorial: Prophylactic misuse and recommended use of non-steroidal anti-inflammatory drugs by athletes. *British journal of Sports Medicine* – 2009 □





13th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 14, 2014 – 9:00 a.m.



Course: Both the 5K run and 1 mile walk start and finish at the **Washington Park Lake House** on the west (Madison Avenue) side of the park. Paved roads throughout.

Registration on the day of the Run & Walk begins at 7:45 a.m. at the Washington Park Lake House

Entry Fee: **Individuals:** \$15 Pre-registration before September 1 only;
Register onsite for \$20 after September 1
Team Members: \$12 Pre-registration before September 1 only;
Register onsite \$20 after September 1
Children: \$5 ages 10 and under



Awards: Awards will be given to 1st, 2nd, and 3rd place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards.
Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

***** FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**

To register or collect donations online for you or your team, please visit
www.firstgiving.com/CaringTogether

SPONSORED BY CARING TOGETHER, INC. *1996 – 2014*
Providing Ovarian Cancer Support, Education & Research Funding

Ovarian Cancer Awareness
Displays

Children's Area w/ Face Painting
Teal Hair Extensions

Refreshments &
Raffles

For important race day and parking information, please visit: www.CaringTogetherNY.org

Mail Entry Form and Check To: Caring Together, Inc., P.O. Box 64, Delmar, NY 12054



Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Home Phone: _____ Age on Race Day: _____

Sex: Male Female I am a: Runner Walker

Team Member? Yes No If yes, enter Team Name _____

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED

No Shirt (please use all money towards research)



NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.

Signature _____ Date: _____

Signature of Parent or Guardian (required if participant is under age 18): _____

FAM 5K

September 27, 2014

Run  Walk



Saturday, September 27, 2014

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region

Schoharie County ARC (2014 Charity)

8:15 - 9:30 Race Day Registration or

REGISTER ONLINE!

Visit FAM5K.com



Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists



The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*
Host of the 2014: **USATF Adirondack 5K Open Men's Road Race Championship**

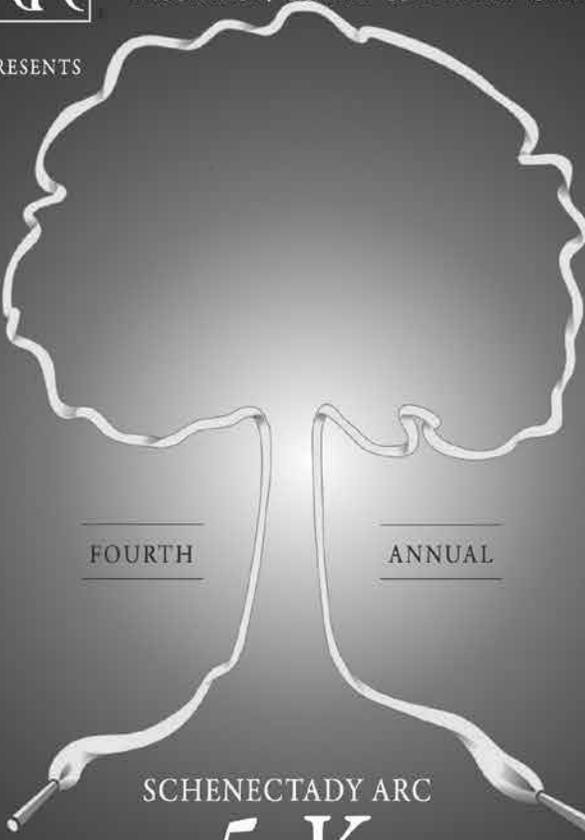
REGISTER ONLINE AT ARC5KCHALLENGE.COM * RUN AUGUST 8, 2014



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FOURTH

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SCHENECTADY ARC

5K
Challenge

TO BENEFIT

Schenectady ARC Programs & Services



RUN THE BEST RACE OF THE SUMMER

August 8, 2014

Central Park • Schenectady • New York

6:00 PM

First 300 registered runners receive a 5K Challenge dri-fit tech running shirt.

REGISTER @ www.arc5kchallenge.com

RAIN OR SHINE



SPONSORED IN PART BY:



Grand Prix Update

Race #5 Distinguished Service Race 8-Miler June 8, 2014

Men

Male Open

12 Thomas Dansereau
10 Dan Briggs
8 Victor Warner
7 Jonathon Lazzara

Male 30-39

12 Dan Murphy
10 David Tromp
8 Carl Brewer
7 Pat Sorsby
6 Dallas Devries
5 Tim Nevinger
4 Dan Gracey

Male 40-49

12 Richard Hamlin
10 Jon Rocco
8 John Williams-Searle
7 Neil Sergott
6 Lotfi Sayahi
5 Jim Foley
4 Bill Grimaldi

Male 50-59

12 Mark Stephenson
10 Rick Munson
8 Brian Borden
7 Patrick Irish
6 Paul Bohl
5 Vincent Wenger
4 John Parisella

Male 60-69

12 Carl Matuszek
10 Richard Clark
8 Paul Forbes
7 Kevin Donohue
6 Robert Somerville
5 Juergen Reher
4 David Rowell

Male 70+

12 Jim Moore
10 Wade Stockman
8 Ray Lee

Women

Female Open

12 Irene Somerville
10 Stephanie Arango
8 Liz Chauhan
7 Shylah Weber
6 kelcey Heenan
5 Megan Mortensen
4 Laurel Abowd

Female 30-39

12 Karen Bertasso
10 Diana Tobin-Knobloch
8 Danielle Maslowski
7 Heidi Nark
6 Sarah Reed-Hauenstein
5 Judith Wines
4 Jennifer Newman

Female 40-49

12 Sally Drake
10 Emily Bryans
8 Andrea Robinson
7 Regina McGarvey
6 Miriam Hardin
5 Theresa Hudda

Female 50-59

12 Nancy Taormina
10 Karen Gerstenberger
8 Denise Gonder
7 Jenny Lee
6 Karen Dott
5 Jill Mehan
4 Barb Bender

Female 60-69

12 Martha DeGrazia
10 Susan Wong
8 Katherine Ambrosio
7 Donna Choinere
6 Cynthia Finnegan

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	G
12 Carl Matuszak	62	M
10 Susan Wong	66	F
8 Martha DeGrassia	63	F
7 Rick Munson	57	M
6 Karen Bertasso	30	F
5 Mark Stephenson	50	M
4 Richard Clark	60	M

Total after 5 Races

Men

Male Open

24 Jonathon Lazzara
24 Tom O'Grady
18 Thomas Dansereau
13 Dan Briggs
12 Eric Young
11 Alan Finder
10 Brad Lewis
10 Kevin Treadway
8 Jaime Julia
8 Paul Mueller
8 Victor Warner

8 Nick Webster
7 Alex Paley
6 Brien Maney
5 James Faraci
5 Owen Hooper
4 Giovanni Rosetti

Male 30-39

31 Chuck Terry
22 Josh Merlis
20 Mike Roda
19 Aaron Knobloch
16 Jake Stookey
16 David Tromp
12 Dan Murphy
8 Carl Brewer
8 Joe Sullivan
7 Pat Sorsby
7 Dave Vona
6 Eamon Dempsey
6 Dallas Devries
6 Jim Eaton
6 Clay Lodovico
6 Chris Mulford
5 Paul Mueller
5 Tim Nevinger
5 Brian Northan
4 Dan Gracey
4 Jim Sweeney

Male 40-49

34 John Stadlander
25 Tom Fraser
24 Bob Irwin
24 Jon Rocco
22 John Williams-Searle
15 Shawn Decenzo
14 Richard Hamlin
14 Ed Hampston
12 Neil Sergott
10 Randell Cannell
10 Chong-Hwan Son
10 Mark Stephenson
9 Lotfi Sayahi
9 Ken Tarullo
8 Thomas Kracker
8 Andy Reed
7 Kevin Creagan
5 Gil Chorbajian
5 Jim Foley
5 Bill Grimaldi
4 Mathew Nark
4 Matthew O'Neil
4 Gaven Richard

Male 50-59

39 Jay Thorn
36 Derrick Staley
30 David Roy
30 Mark Stephenson
17 John Parisella
15 Brian Borden
10 Kevin Dollard
10 Rick Munson
10 John Sestito
8 Craig Dubois

7 Patrick Irish
6 Paul Bohl
6 Patrick Culligan
6 Rick Munson
6 Mark Nunez
6 Mark Warner
5 Steve Vnuk
5 John Weillbaker
5 Vincent Wenger
4 Samuel Mercado
4 Andrew Sponable

Male 60-69

27 Ken Klapp
34 Richard Clark
25 Kevin Donohue
26 Paul Forbes
16 James Larkin
14 Tom McGuire
12 Frank Broderick
24 Carl Matuszek
10 George Baranauskas
15 Juergen Reher
16 Robert Somerville
8 Tim Fisher
8 Rich Tanchyk
7 Paul Bennett
6 Pat Glover
6 Steve Harris
5 Tom Adams
4 John Carlson
4 Jesse Dinkin

Male 70+

44 Wade Stockman
36 Ray Lee
12 Bob Flick
12 Frank Klose
12 Jim Moore
10 Joe Kelly
8 Charles Bishop

Women

Female Open

21 Janne Rand
21 Shylah Weber
17 Megan Mortensen
14 Elizabeth Chauhan
12 Karen Bertasso
12 Alyssa Lotmore
12 Irene Somerville
10 Stephanie Arango
10 Brina Seguine
8 Lisa D'aniello
8 Christine Houde
8 Kathryn Tenney
7 Liz Chauhan
7 Lindsey Choppy
7 Kelcey Heenan
7 Becky Wheat
6 Valerie Belding
6 Samantha McBee
5 Leslie Aiken
5 Kristen Quaresimo

- 4 Laurel Abowd
- 4 Monica Blount

Female 30-39

- 29 Diana Tobin-Knobloch
- 20 Erin Corcoran
- 18 Danielle Maslowsky
- 18 Laura Zima
- 17 Heidi Nark
- 14 Jessica Chapman
- 13 Deane Webster
- 12 Karen Bertasso
- 12 Kristina Gracey
- 11 Kari Deer
- 10 Estelle Burns
- 7 Gretchen Oliver
- 6 Colleen McGarry
- 6 Crystal Perno
- 6 Sarah Reed-Hauenstein
- 5 Nikki O'Meara
- 5 Judith Wines
- 4 Jennifer Newman
- 4 Rachel Wasserman

Female 40-49

- 32 Chris Varley
- 25 Connie Smith
- 20 Mary Fenton
- 19 Penny Tisko
- 16 Regina McGarvey
- 16 Stacia Smith
- 15 Kimberly Miseno-Bowles
- 15 Aixa Toledo
- 13 Andrea Robinson
- 12 Sally Drake
- 12 Judy Guzzo
- 10 Emily Bryans
- 10 Kristen Hislop
- 8 Diane Montes Harris
- 7 Ruth Sadinsky
- 6 Pamela Delsignore
- 6 Miriam Hardin
- 6 Brenda Lennon
- 6 Colleen Murray
- 5 Theresa Hudda
- 4 Louise Bataillon

Female 50-59

- 30 Colleen Brackett
- 27 Nancy Taormina
- 21 Jenny Lee
- 20 Karen Gerstenberger
- 13 Susan Burns
- 13 Karen Proventure
- 12 Inge Aiken
- 12 Nancy Briskie
- 12 Nancy Nicholson
- 12 Chris Varley
- 10 Kim Law
- 10 Mary Signorelli
- 9 Kirsten LeBlanc
- 8 Mary Buck
- 8 Maureen Fitzgerald
- 8 Denise Gonder
- 6 Karen Dott
- 6 Monique Jacobs
- 5 Lauren Herbs
- 5 Amy Keegan
- 5 Jill Mehan
- 4 Barb Bender
- 4 Susan Huston

Female 60-69

- 58 Martha DeGrazia
- 33 Susan Wong
- 30 Katherine Ambrosio
- 25 Joan Celentano
- 12 Cynthia Finnegan
- 12 Judy Phelps
- 8 Phyllis Fox
- 8 Erika Oesterle
- 7 Donna Choinere
- 7 Nancy Johnston
- 7 Karen Spinozzi
- 7 Anne Tyrell
- 6 Alice Carpenter
- 6 Judy Lynch
- 4 Carolyn Burke George

Female 70+

- 48 Anny Stockman
- 40 Eiko Bogue
- 12 Christine Bishop

Age Graded

Runner	Age	G
36 Derrick Staley	55	M
20 David Roy	58	M
18 Tom O'Grady	28	M
15 Martha DeGrazia	62/63	F
13 Bob Irwin	41	M
13 Carl Matuszak	62	M
13 Susan Wong	66	F
12 Kevin Dollard	58	M
12 John Stadlander	48	M
11 Karen Bertasso	29/30	F
10 Nancy Briskie	56	F
10 Judy Phelps	63	F
9 Mike Roda	38	M
9 Jay Thorn	51	M
7 Kristina Gracey	31	F
7 Rick Munson	57	M
7 Karen Provencher	59	F
6 Colleen Brackett	53	F
6 Josh Merlis	32	M
6 Chuck Terry	31	M
5 Brad Lewis	27	M
5 John Parisello	56	M
5 Mark Stephenson	50	M
4 Richard Clark	60	M
4 Alyssa Lotmore	28	F
4 Kathryn Tenney	12	F
4 Mark Warner	55	M



HAPPY 4th OF JULY! CELEBRATE AND BE SAFE!



Upcoming Events:

- Hour Run – July 17**
- Pentathlon – July 24**
- Dynamic Duo – August 2**
- Indian Ladder – August 3**
- Tawasentha Park Series**
- August 11, 18, and 25**
- SEFCU 5K – September 1**

It is not too early to volunteer for the Marathon, Half-marathon or Stockadeathon. These are large races that need many hands to guarantee their success.

Volunteers are always needed at all of these events so if you are not running, please lend a hand!

Thanks for volunteering!

Marcia Adams
HMRRC Volunteer Coordinator

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Schroon Lake***



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Good**

**Marathon, Half and
2 & 4 Person Relays**

September 28, 2014
Schroon Lake, New York

5K & 10K Races

September 27, 2014
Chestertown, New York

Kids Fun Run

September 27, 2014
Schroon Lake, New York

Adirondack Marathon Distance Festival

Visit Our Website www.adirondackmarathon.org

Are You Old or Just Growing Older?

by Ken Orner

Dear Friends:

This is a question I have thought a great deal about recently and I would like to share some of those thoughts with you. As I have slowed my running pace and increased my running times, I generally have explained it by saying that I am growing older. Perhaps you have used that expression as well and it seems logical, doesn't it?

However, now I can honestly say that I am old, and I base that upon two recent experiences. The first was a 5K that I ran, or more accurately jogged, while in Florida last winter. The top age group awards were for 80 and over and in this particular event I was the only finisher in that age group so I received a medal. Afterward I realized that I did not receive this award based upon my time completing the race nor did I receive it by being faster than others in my age group (there were none). My conclusion was that the award was given to me because I am old!

The second event took place on Memorial Day weekend. For the past three out of four years I participated in the 2 mile run held on the Saturday before Memorial Day in Voorheesville. As you may know, Herb Reilly organizes and directs this program and in my opinion does an outstanding job. There are two races, a 15K and a 3.2K, which is most commonly known as a two mile event. In the latter race the highest age group is 40 and over and obviously I will never qualify for an award in that age group. However, Herb does give a special award to the oldest veteran that completes one of the races. So in 2011, 2012 and this year, 2014 I was the recipient of a beautiful trophy for being the oldest Vet. I missed participating last year due to medical problems which I described in one of my previous articles. Again, and this is the point I am trying to make, the award was not based upon my running time or that I was faster than anyone else, it was because I am old.. However, I am still getting older and as the cliché goes, that beats the alternative.

Now that I explained the basis for my belief that I am old, I would like to delve into a subject that involves longevity. Have you seen the recent ads by an automobile dealership that offers a "lifetime warranty" if you purchase one of their new vehicles? A lifetime warranty sounds wonderful, doesn't it? But have you thought about what it means? I have come up with three possible definitions:

1. Say you purchase a vehicle from the dealer that gives you a lifetime warranty and then soon after that, you die. That's the end of your lifetime, right? So is that end of the warranty, or can the person that inherits your vehicle be eligible for the warranty?

2. Here is a second interpretation: You have purchased a vehicle with the lifetime warranty

and subsequently the dealership goes out of business. Then isn't that the end of the company's lifetime? What happens now? Do you think that another dealer or the manufacturer will honor the warranty? I doubt it.

3. The last analysis might be that the lifetime warranty refers to the life of the vehicle? If that is the case, what is the lifetime of your car, truck, van or SUV? I don't know, is it five years ten years or is it indefinitely? I presume that the warranty requires that you properly maintain the vehicle (oil changes, etc.) and probably excludes tires and what else?

Finally I guess you should have the sales person explain the "lifetime warranty" and then let the buyer beware and above all else get it in writing as part of the purchase contract.

What I have been leading up to is the question, how can a runner get a lifetime warranty? Of course there is none, but we can do certain things that may help such as eating a healthy diet, avoiding stress, exercising properly, getting regular check-ups and most of all, being lucky.

There is a famous quotation from Theodore Roosevelt that suggests an appropriate way to live your life: "Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in that gray twilight that knows neither victory nor defeat."

Finally, I must include a couple of puns:

"If your cardiologist tells you that you have to have an EKG test, try to do it without skipping a beat and take it 'whole-heartedly.'"

"I read recently that the price for burial



plots is going up and cemetery owners are blaming it on the 'cost of living.'"

Sincerely,
OLD Ken ☐

On the Web!

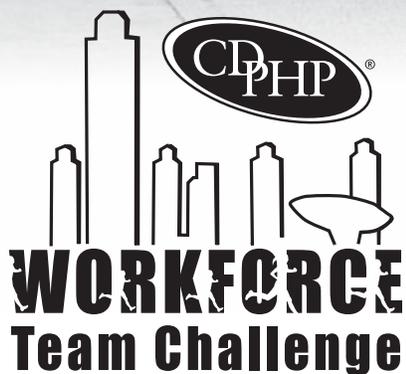
The Hudson Mohawk Road Runners Club is on the Web



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

www.hmrrc.com





THANK YOU

The Hudson-Mohawk Road Runners Club and CDPHP® thank the 482 teams and 9,691 runners and walkers, the hardworking team captains, the dedicated volunteers and sponsors, Mayor Sheehan, CDPHP president and CEO Dr. John Bennett, the PAL Color Guard, and Arielle King, who lent her beautiful voice to sing the National Anthem, for making the 35th annual Workforce Team Challenge an overwhelming success.

CDPHP WTC RACE COMMITTEE

Mark Warner (race director), Sheila Conant (race treasurer), Debbie Beach (communication/awards coordinator), Marcia Adams (registration/corporate sponsors coordinator), Ken Skinner (course coordinator), Ed Neiles (logistics coordinator), Vince Juliano (start line coordinator), John Parisella (finish line coordinator), Maureen Cox (refreshment coordinator), Jon Rocco (water coordinator), Angela Warner (charity of choice coordinator), Tom Adams (corporate sponsors/van coordinator), Patrick Cremmins (volunteer coordinator), Arleen Reyell and Jill Mehan (T-shirt coordinators), Tracy Callaghan (medical coordinator), and Don Wilken (course entertainment coordinator)

CDPHP SPONSORSHIP REPRESENTATIVES

John Demers (VP, public affairs & communications), Lisa Stratton (community relations), Adele O'Connell (community relations), Rebekah Alexis (graphic designer - ads and T-shirts), Candace Casucci (graphic designer), Ali Skinner (public relations), and Deanna Amore (public relations)

SPECIAL THANKS

Al Maikels, Rob Moore, Barbara Sorrell, Cathy Sliwinski, Jim Tierney, Mike Lee, Kevin Cox, Tom McGuire, Steve Conant, Pat Glover, Charlie Matlock, Karen and Mac Smith and the Troy Radio Club, Ray Lee, Chris Bishop, Charles Bishop, Bryan DeBraccio, Jason Rumpf and the New York State Office of General Services, City of Albany, Albany Police Department, Albany Fire Department, Hospitality House, the Kinderhook Running Club, the Nite Train band, Mohawk Ambulance, New York State Police, Times Union, All U, Inc., Coca-Cola, National Grid, and the Albany High School Jazz Band

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JUST RUN 2014



JUST RUN 2014



EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
07/01/2014	6:00 PM	The Coltone Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
07/04/2014	1:45 PM	Montcalm Mile	Ticonderoga	Fred Herbst	herbst@nycap.rr.com
07/04/2014	9:00 AM	Firecracker4 Miller	Saratoga Springs City Center	Bob Vanderminde	bobjr@telescopecasual.com
07/08/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/10/2014	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
07/12/2014	8:30 AM	Glenville & Schenectady VVCA 5K race	Freedom Park in Scotia	Allison Reinhardt	areinhardt@cdymca.org
07/15/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/17/2014	6:15 PM	41st HMRRRC Hour Run	Colonie HS Track	Barbara Bradley & Tom McGuire	tommm4barb@aol.com
07/19/2014	6:00 AM	Silks and Satins 5K	Saratoga Springs	Michelle Mumma	mmumma@nyso.org
07/19/2014	8:45 AM	3rd Annual Run the Ridge 5k Mud Run	Maple Ski Ridge	Kate	mapleskridge@msn.com
07/19/2014	9:15 AM	Pennsylvania Summer Biathlon 4km run and shoot	Whitetail Preserve	Frank Gaval	barb123@ptd.net
07/20/2014	9:00 AM	Dippkill Froggy Five Miller	Dippkill Wilderness Retreat	Josh Werlis	webcontact@areep.com
07/22/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
07/24/2014	6:15 PM	38th HMRRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
07/26/2014	9:00 AM	13th Annual Turning Point 5k/Kids Fun Run	Hudson Crossing Park	Kim Gamache	kingamache@hotmail.com
07/29/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
08/02/2014	8:30 AM	The 36th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
08/03/2014	9:00 AM	Sprint for Soldiers	Lynhurst Mansion	Kari Benson	Kari.Benson@PlanAheadEvents.com
08/03/2014	9:00 AM	20th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjk3ny@gmail.com
08/05/2014	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
08/08/2014	6:00 PM	SS YMCA 5K Run/3K Walk/Kids Fun Runs	Southern Saratoga YMCA	Lori Donato	ldonato@cdymca.org
08/08/2014	6:30 PM	4th Annual Schenectady ARC 5K	Central Park	Douglas Secor	dougs@arcschenectady.org
08/09/2014	9:30 AM	Festa 5K & Children's 1-mile Fun Run	Schenectady	Carmela Pasquarella	carmela.pasquarella@gmail.com
08/09/2014	8:00 AM	Camp Chingachgook Challenge	Lake George Elementary School	John Kinnicutt	jkinnicutt@gmail.com
08/09/2014	9:00 AM	Hilltown Triple Crown - Fox Creek 5K	Berne Town Park	Liz Chauvet	foxcreek5k@gmail.com
08/09/2014	9:00 AM	DanBan 5K Run/Walk and 1M Kid's Fun Run	Lake Hill Road	Michael Hale	mhal1@nycap.rr.com
08/10/2014	9:00 AM	Run for the Roses 5K	Grafton Lakes State Park	Leanna Sweet	LESweet924@aol.com
08/10/2014	9:00 AM	29th Annual Run for the Roses 5K	Grafton Lakes State Park	Cynthia Pulito	lorien@fairpoint.net
08/11/2014	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/16/2014	9:00 AM	Erin Shanley Memorial 5K/1 mile Race	Stissing Pond (Lion's Club Pavilion)	Tim Reynolds	t.reynolds1026@gmail.com
08/16/2014	9:00 AM	Pre Fall Classic 5K & 2 Mile Walk	Voorheesville High School	Pill Carducci	prefallclassick@yahoo.com
08/16/2014	8:30 AM	Castleton Schodack Kiwanis Clove Run	Castleton On Hudson	Christopher Chartrand	cjchartr@gmail.com
08/16/2014	9:00 AM	8th Perennial 5K Forest Run	Landis Arboretum	David Roy	David.Roy@ScaryLegRunners.com
08/18/2014	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
08/23/2014	9:00 AM	Altamont 5K Run/Walk (17th)	Bozenkill Park	Phil Carducci	altamont5k@nycap.rr.com
08/23/2014	9:00 AM	Glenville Rotary Muddy Sneaker 5k	Indian Meadows Park	Greg Stevens	gregstevens@gmail.com
08/23/2014	9:00 AM	Nescopeck State Park Trail Runs 5k+10km	Nescopeck State Park	Frank Gaval	barb123@ptd.net
08/25/2014	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
08/31/2014	10:30 AM	Capital District Scottish Game 5K	Altamont Fairgrounds	Rebecca Schenk	scotgames5k@yahoo.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

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NEW MEMBERS
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receipt of your first Pace Setter



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

E-MAIL _____ NEW APPLICANT RENEWAL GIFT MEMBERSHIP

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

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

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

For those who can afford it!

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

Mail applications to:
HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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