

The Pace Setter

May 2014

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



**DELMAR
DASH**

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Road Runners Club
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Photos in this issue are from the Delmar Dash and are by Bill Meehan



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

Did those April showers bring May flowers? We have a couple of races flowering this month: the Mother's Race on Sunday, May 11 at 10 a.m. in Central Park, Schenectady and the CDPHP Workforce Team Challenge on Thursday, May 15 at 6:25 p.m. in Albany.

This will be the 34th running of the Mother's Day Race which is co-directed by Diane Fisher Golden and Jonathan Golden, who along with being race directors, are also the Club's Membership Chair and Race Committee Treasurer. This will be its third year under their direction and in Schenectady's Central Park. The race is a women's only individual competition, team competition and a kids fun run. Sons may participate on a team with their Mom but only women will be individually scored. Last year we had 148 runners, who ranged in age from 8 to 75, up slightly from the year before. Last year's winner was Elizabeth Chauhan with a time of 21:01 and Team Drake (Sally and Ben) with a combined time of 48:22. This is a great way to start your Mother's Day and tune up for the Freihofer's Run for Women 5K at the end of the month, or the CDPHP Workforce Team Challenge later in the week.

This year will be the 38th running of the CDPHP Workforce Team Challenge, which is a descendant of the 1980 Manufacturers Hanover Capital Challenge and boasts of being the biggest annual road race between New

York City and Utica. This race gives the Club a chance to show off its stuff as we coordinate and manage the 3.5 miles of the course ensuring all the teams are registered and bibs distributed, runners are directed properly and safe from traffic, have water at the water stops, entertainment along the course, souvenir shirts to wear, refreshments and a post race results event. Last year we added chip timing to the event and had 7,689 runners cross the finish mats, all with a great sense of accomplishment. Last year's male winner was Alex Leuchencka, running for Fleet Feet Sports Albany, with a time of 17 minutes and 31 seconds, and the female winner was our own Pace Setter Editor, Kristina Gracey, running for Albany Medical Center, with a time of 20 minutes and 46 seconds. Last year we had 108 CEO's, 700 female teams, 583 male teams and 390 co-ed teams. The winning male team was Fleet Feet Sports, female team was General Electric and co-ed team was Albany Medical Center. This event, besides being a race, also affords a great social opportunity and camaraderie for the Capital Region's workforce. Let's see who is at the head of the pack come May 15th around 6:45 p.m.

It takes a lot of volunteers to put on these events, so if you can help, please sign up and wear your best HMRRC smile as you greet those runners! □





What's Happening in May

by Al Maikels

The 34th Annual Mother's Day Race leads off the May schedule on Sunday, May 11 at 9:30 a.m. at Central Park in Schenectady. After a long run in Bethlehem, the race moved to Schenectady in an effort to increase the race numbers. This race is for women and their children and is used by many women as their "tune up" for the Freihofer's Run.

The other club race in May is the largest and most name-changed race in the Capital District. The CDPHP Workforce Team Challenge will be held on Thursday, May 15 at 6:25 p.m. at the Empire State Plaza. This is also the 34th running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge, as well as GHI Workforce Team Challenge. The Workforce Team Challenge is a 3 and one-half mile race and is run as a team competition open to employees of local businesses and government agencies. If your place of employment has a team, sign up. If there isn't a team, organize one. If all else fails, get a group of people together, or just your own self and volunteer for the race. The CDPHP race is the major fundraiser for the HMRRRC and with

over 9,000 runners expected, the event can always use the help.

The Freihofer's Run for Women returns to the May schedule with the 36th edition of the race set for Saturday, May 31. The race is held at the Empire State Plaza and will go off at 9:45. There is also a series of kids runs held at the race, making it a great family day at the plaza.

The best race value in the area is the Voorheesville Memorial Day races. There is a 2-mile race on the roads and a 15k that goes off the roads for 2 miles of fun in the Indian Ladder apple orchard. The races begin at 12 noon on Saturday, May 24. The post race festivities include two of the major components of the food pyramid, beer and hot dogs.

The 34th Annual Rotary Run will be held on Sunday, May 18 at the Green Meadow School on Rts 9 & 20 in Castleton. The 5 mile race is set for 8:30 a.m., the 5k Bob Smith Memorial is at 10 a.m. and kids runs follow the 5k.

The club business meeting for May will be Wednesday, May 7 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave Extension. □



Submissions for the July Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is June 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.**



Let CDPHP® help you achieve...

Your Challenge, Your Way



There is no one-size-fits-all solution for getting in shape. That's why CDPHP created *Your Challenge, Your Way*, a program designed to help you reach your unique fitness goals by giving you tips and tools to **Walk your first 5K --- Run your first 5K --- Run your fastest 5K.**

You don't have to be a CDPHP member – everyone can join!*

Here's how it works:

1. Visit www.cdphp.com/challenge to sign up for *Your Challenge, Your Way*.
2. Choose your challenge.
3. Get weekly tips, tools, and motivation specifically tailored to help you work toward your goal!

And it gets better – each week, five lucky participants will win a Fitbit® One™! So enter today – getting in shape has never been more rewarding!

Visit www.cdphp.com/challenge through May 11.



* No purchase necessary. A purchase does not increase your chances of winning. Must be a legal resident of New York and 18 or older to participate. Sweepstakes begin on March 17, 2014 and end on May 11, 2014. Additional terms and restrictions apply. See Official Rules at www.cdphp.com/challenge for details. Void where prohibited. Fitbit® One™ is not a sponsor of or associated in any way with this sweepstakes. CDPHP employees and CDPHP members with Medicaid Select, Family Health Plus, or Child Health Plus plans are not eligible to enter.

"BEEN THERE, DONE THAT"

by Mike Becker

May 1974...Forty Years Ago

• Bill Shrader Jr. became club President and announced some new policies. "Check with me before scheduling a race. I want no conflict of interest in the Adirondack area." "We may have permanent numbers for all members to wear at all races." "Entry fee 50 cents for members, additional 50 cents for non-members, no exceptions." "Certain races will be closed to all but HMRRC members; these will be designated ahead of time. Others may run but unofficially only." And finally, "I hope I don't scare too many. I want to make running a pleasant experience for all concerned."

May 1979...Thirty Five Years Ago

• The May newsletter reports on a race called the Freihofer's Women's Run for Life. Held in April, it was a national 10K championship and attracted a field of 234 including many highly-ranked competitors. Among locals, Diane Myers finished 10th, Inge Stockman 19th, Daniele Cherniak 25th, Cathy Shrader 30th, Susan Cohen 62nd, Diane Barone 71st, Kathy Keenan 81st, and Anny Stockman 95th. The winner was Karin VonBerg from Vermont with a 34:26. This race turns out to have legs.

May 1984...Thirty Years Ago

• Denise Herman won the Mother's Day 3.5-miler in Delmar on the 13th with a 20:24. Anny and Inge Stockman was the fastest mother-daughter team with a combined 44:09, a record that still stands. There were 335 finishers.

• Tom Greene was profiled. He was a Phys. Ed. teacher and coach at Bishop Maginn HS at the time and now coaches at Colonie HS. When he started running in high school, he was 4' 10" and 95 pounds and decided to stay away from football. His high school coaches Frank Myers and Paul Gansle convinced him to be a long-distance runner. Among his best races was a 31:52 Turkey Trot 10K and his PRs include a 49:39 15K and 2:49 marathon.

May 1989...Twenty Five Years Ago

• Sue and Don Cohen directed the masters 10K in Guilderland on the sixth. Bill Robinson won the race now named in his honor with a 35:20, 18 seconds ahead of Pat Glover. Fifty-one year old Don Wilken ran a fine 37:49 for fifth place. Maureen McLeod was the top female with a 41:34, with Teresa Wuerdeman placing second.

• Tom Dalton was the familiar winner of the Manufacturers Hanover Corporate Challenge 3.5-miler on the 25th with a 17:04. Kathy Jones was the female winner with a 21:02. GE had the top male and female teams, and Albany Med won the co-ed team title.

May 1994...Twenty Years Ago

• Jen Fazioli won the Mother's Day 3.5-miler in Delmar on the 12th with a 20:16. Michelle Matejka and Gail Hein were the fastest mother-daughter team with a combined 58:28.

• Bob Simmons won the Bruegger's Bagel 5K in Albany on the 15th with a 15:36, 26



seconds ahead of Tom Bulger. Jen Fazioli was the top female with a 17:47. Andrew Campbell won the 10K with a 35:44, with Jim Bowles finishing fourth. Vanessa Denning topped the ladies with a 41:04.

• Tom Dalton again won the Chemical Bank Corporate Challenge 3.5-miler on the 26th with a 17:27, with Linda Kimmey winning the third of her four consecutive titles with a 21:47. Runners were met with rain, high winds, and lightning just as the race began.

May 1999...Fifteen Years Ago

• The Mother's Day 3.5-Miler was held in Delmar on the 9th. Linda Kimmey won with a 21:32. Beth Gottung and Denise Herman were among the age group winners. There were 115 finishers.

• The Fifth annual Keep the Wind at your Back 5K was held on the 16th at Crossgates Mall. Tyson Evensen won with a 15:59, with masters runner Ellen Predmore taking the female title with an 18:15.

• The Chase Corporate Challenge was held on the 27th with Mark McKenzie from GE winning the 3.5-miler with a 17:32. Linda Kimmey was the female winner with a 21:13.

May 2004...Ten Years Ago

• Ken Plowman won the Neighborhood Challenge 5K in Albany on the first with a 16:53, with Joan Paul topping the ladies with a 19:30. Age group winners included Steve Cummings, Kim Miseno, Nancy Nicholson, Ken Klapp, Judy Phelps, and Jim Moore.

• Tom Dalton and Emily Bryans won the GHI Corporate Challenge 3.5-miler on the 20th with times of 17:51 and 20:35, respectively. GE and Albany Med again won the male and female team titles, with Schenectady City Schools taking the co-ed team title.

• The Tenth Annual Tour Du Parc 5K cross country race was held in Delmar on the 30th. Roxanne Wegman was the female winner with a 19:36. Jamie Rodriguez was the overall winner with a 15:51 with Tom Dalton and Chuck Terry next. Age group winners included Bob Irwin, Nancy Taormina, Martha DeGrazia, and Fred Eames.

May 2009...Five Years Ago

• The 31st Voorheesville Memorial Day Races were held on the 23rd. Ed Hampston won the 15K with a 60:22, three minutes ahead of Russ Hoyer. Wendy Burke was the female winner with a 76:04 over Martha DeGrazia. Macky Lloyd won the two-miler with a 9:59 over Conor Cashin.

• Local runners with excellent times in the Vermont City Marathon on the 24th included Jim Sweeney – 11th – 2:37, Joe Hayter – 14th – 2:39, Josh Merlis – 21st – 2:44, Aaron Knobloch – 28th – 2:48, Jon Rocco – 68th – 3:00, and Erin Davis – 13th female – 3:14).

• Justin Bishop won the Distinguished Service 8-miler on the 31st at SUNYA with a 42:38. Ada Lauterbach was the female winner with a 53:30. Chuck Terry and Brina Seguire were runners up, and Anny Stockman was the age-graded winner. □



43RD ANNUAL

DISTINGUISHED SERVICE AWARD

8 MILE ROAD RACE

Sunday, June 8, 2014, at 9:00 a.m.

Honoring

★ **JON ROCCO & JIM MOORE** ★

PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:

JOHN HALEY ('13)	ED NEILES, JUDY DE CHIRO ('91)
ED GILLEN ('12)	CHRIS RUSH ('90)
CATHY SLIWINSKI ('11)	RICH BROWN ('89)
MARCIA & TOM ADAMS ('10)	BERT SOLTYSIAK ('88)
NANCY BRISKIE ('09)	KATHY CARRIGAN ('87)
JIM GILMER ('08)	JOE HEIN ('86)
DEBBIE BEACH ('07)	DIANE BARONE, BILL MEEHAN, CARTER ANDERSSON-WINTLE ('85)
VINCE JULIANO ('06)	RAY NEWKIRK ('84)
ELAINE HUMPHREY ('05)	TOM MILLER, PAUL MURRAY ('83)
PETE NEWKIRK ('04)	CHUCK HAUGH ('82)
ED THOMAS ('03)	MICHAEL LANCOR ('81)
LORI ANN CHRISTINA ('02)	DAVID KELLEY ('80)
ART TETRAULT ('01)	CONNIE FILM ('79)
KEN SKINNER ('00)	JOHN ARONSON ('78)
JIM TIERNEY ('99)	DON & LINDA BOURGEOIS ('77)
DOUG BOWDEN ('98)	PAUL ROSENBERG ('76)
JIM BURNES & SHARON BOEHLKE ('97)	DON WILKEN ('75)
DON FIALKA ('96)	BILL SHRADER, SR. ('74)
CINDY KELLY, JULIE LEEPER ('95)	BURKE ADAMS ('73)
STEVE BASINAIT, HANK STEADMAN ('94)	TOM OSLER ('72)
AL MAIKELS ('93)	
CHARLES MATLOCK, CARL POOLE ('92)	

Starts & Finishes near the Physical Education Building at The University at Albany

Registration: 8:00-8:45 a.m. at the rear of the PE Building

**DAY OF RACE
REGISTRATION ONLY!**

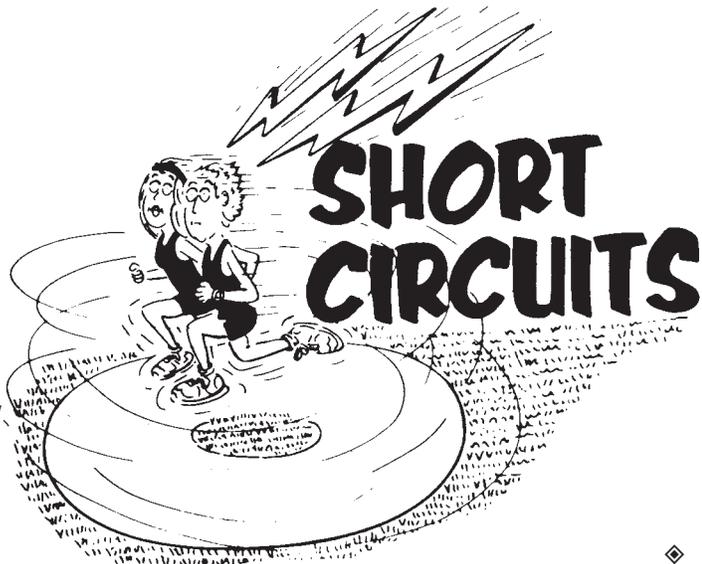
ENTRY FEE:

FREE for HMRRRC Members, \$6.00 for Non-Members

AWARDS:

Top Three Overall Male & Female & Age Group Winners (5-year age groups)

*For Info or to Volunteer:
Call Mark & Angela
464-5698 or e-mail:
mwarner1@nycap.rr.com*



A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRC members.
All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

The marathon was more popular than ever in the United States in 2013, according to Running USA's annual marathon report. There was an all-time high of 541,000 marathon finishers in 2013, 43 percent of them women, according to the report.



More than ever



Winner! Ugly runner's toes contest



Race event gaining popularity – Run in your underwear, other clothing optional. ☐

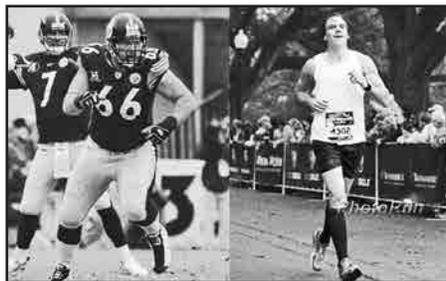


Running Rules of Thumb

1. If you see a porta potty with no line, use it. Even if you don't need to.
2. If you have to ask yourself, does this driver see me? The answer is no.
3. If you have to ask yourself, are these shorts too short? The answer is yes.
4. 1 glazed doughnut = 2 miles



That will be two more miles, please



Big Alan goes skinny

The "Run Like a Dog" Workout (including qarmup and cooldown): Walk 8 seconds. Trot 4 seconds. Stop. Sniff. Sprint 7 seconds. Freeze. Walk 5 seconds in any direction but forward. Stare 9 seconds. Lunge at rabbit. Double back, walk 3 seconds. Urinate. Repeat six times. Collapse on rug.



Underwear race in winter

TAWASENTHA MUD MANIA 4

Tawasentha Park, Route 146, Guilderland, NY



Saturday, June 14, 2014

Kids' Race: 11:30 am

Adult Races: 12:00 – 1:30 pm



Awesome Kids & Adult Obstacle Course & Fun Run!

WHAT IS IT?

The fourth annual running of the Tawasentha Mud Mania, that's what! It's an event for the whole family! Bring the kids, bring grandma, even that crazy uncle. The event kicks off with the kids race at 11:30am and continues with adult races every half hour through 1:30pm. Throughout the event, there will be music, mud to play in, and an all-around festive atmosphere!

WHAT WILL I HAVE TO DO?

First, the kids race is about 1k (a little over a half mile.) The adult race, which is approximately 5k, takes you on a fun, muddy, roller-coaster ride around the park. Walk, run, crawl—whatever you prefer! There are several obstacles that you'll have to navigate through, around, and over. There's also a giant mud pit that isn't part of the course that will leave your kids unidentifiable but also as happy as a pig as they lose track of time.

HOW MUCH IS IT?

	Before May 1	In May	In June
Kids	\$5	\$6	\$7
Adult	\$25	\$30	\$35

Register online at ZippyReg.com

No additional fees!



WHAT DO I GET?

Muddy! A feeling of accomplishment! A coupon for the post-race BBQ, including your choice of a burger or dog and a drink. (Yes, there are vegetarian options as well.) A shirt! (If you register by June 1 you are guaranteed one.) Kids shirts are also available for \$10 when registering online.

Those in the 12pm wave will get results. Those in the 12:30pm, 1pm, or 1:30pm will not—so no need to worry about the clock!

In addition, partial proceeds from the event go to the Town of Guilderland Parks and Recreation Department to continue to improve town facilities.

HOW DO I REGISTER?

We strongly prefer that you register online. It ensures your information is typed correctly and as there are some limits on waves, it also guarantees that you are placed into the wave you desire.

If you prefer to register by mail, please make the check out to "AREEP", fill out the form and mail to:

Mud Mania
c/o AREEP
PO Box 38195
Albany, NY 12203



www.TawasenthaMudMania.com

Name		BDay / /		Age (6/14/14)	<input type="checkbox"/> M <input type="checkbox"/> F
Address			Email		
City	State	Zip	Shirt <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL		
Phone - -	Race <input type="checkbox"/> Kids <input type="checkbox"/> 12pm <input type="checkbox"/> 12:30pm <input type="checkbox"/> 1pm <input type="checkbox"/> 1:30pm				
<small>Waiver of Liability and Statement of Fitness: In consideration of my entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Guilderland, Guilderland Parks & Recreation, ARE Event Productions, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission to the Town of Guilderland to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.</small>					
Signature _____	Date _____	Parent's Signature _____ (if under 18)			



39th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACES

PLUS

Children's Races - Fun Walk

MEMORIAL DAY CELEBRATION SATURDAY, MAY 24, 2014

Schedule:

	10 A.M.	Memorial Day Parade
	11 A.M.	Children's Races
#	12:15 P.M.	15 KM (9.3 mile) Race
#	12:25 P.M.	3.2 KM (2 mile) Race & Fun Walk

15 KM Course: Accurately measured; mostly flat; 2 miles of race in an apple orchard; loop course; starts at the Voorheesville American Legion.

Registration: 9:30 A.M. – 11:30 A.M. Voorheesville Ambulance Area.
Dressing facilities not available.

Awards: 15 & 3.2 KM Races - Trophy for 1st 3 places in each division
1st 125 finishers in each race receive a souvenir
Children's races (50 -100 yards according to grade & sex) - no entry fees.

Entry Fee: For 15KM & 3.2KM: \$5.00 by mail before May 17; \$6.00 on race day.
Send Entries to: Herbert W. Reilly, Jr.
22 Voorheesville Avenue
Voorheesville, NY 12186

Refreshments for all distance runners at the Voorheesville American Legion

Official Entry Form

Name: _____ **Age (as of 5/24/14):** ____ **Phone:** _____

Address: _____ **City:** _____ **Zip Code:** _____

15 KM Race : **Men's Divisions :** Open(18-29) High School Sub Master(30-39)
 Masters(40-49) Seniors(50-59) 60 and over
Women's Divisions : Under 35 35 to 49 50 and over

3.2 KM Race: **Boy's Divisions:** Grade 1-5 Grades 6 - 8 Grades 9-12
Men's Divisions: 18-29 30-39 40 & Over
Girl's Divisions: Grade 1 - 5 Grades 6 - 8 Grades 9-12
Women's Divisions: 18-29 30-39 40 & Over

In consideration of acceptance by the sponsors of my application to participate in the Voorheesville 15 KM race or the 3.2 KM race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owning to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit.

Date: _____ **Signature:** _____ **Parent's Signature:** _____
(sanctioned by USA Track and Field) (If entrant is under 18 years of age)

In Like a Lion, Out Like a Lamb

by Brendan Quinn

Racing in March is not for the faint of heart, but for those who have the courage and perseverance; it has its own rewards. March is a much maligned month, but as I slowly pass through middle age I have become somewhat fond of it. I recall the line from *Jeremiah Johnson* spoken by Bear Claw the crusty old Will Geer character – “Green muddy month down below, some people like it, farmers mostly ... Winter’s a long time gone Pilgrim.” Here in the northeast, though, in March winter still remains and green comes reluctantly, but the days are noticeably longer and ever so slowly you begin to smell the earth again. The small creeks and streams begin to run as the sun becomes stronger and the snow melts.

This March I ran three road races, two half marathons and a five miler/8 K. I ran the Shamrock run in Buffalo on March 1st (the 8K), the Celebrate Life Half Marathon in Rock Hill, New York (near Monticello) on March 9th and the Westfield, Massachusetts Half Marathon on March 30th. Each offered its own challenges and gifts.

Of course the weather in Buffalo on March 1st can be brutal and I have run this race before in such weather, but this year we were lucky. The temperature was in the mid-30’s with little wind as we ran through the Old First Ward and along Buffalo’s once thriving industrial waterfront. The only hills were a highway overpass or two but there were dramatic views of enormous old grain silos looming over the derelict plants and the smell of Cheerios were in the air from the still operating General Mills Plant. It was a festive St. Patrick’s Day crowd, sort of like a moving party of several thousand people, some of whom stopped at accommodating taverns for beers along the way. There were, to be sure, a fair number of amateurs in the crowd, which no doubt caused the PA announcer to call out at the beginning of the race, “if you are holding a beer in your hand, you should probably move to the back of the pack.” Personally, I did not partake, having exhausted my lifetime quota many years ago. I

felt good running, coming in a solid 743 out of a total of about 3,600 runners.

The weather on March 9th down in Rock Hill, New York, on the fringe of the southern Catskills was a different matter altogether. It was cold, in the high 20s, and the wind was fierce, though the

sun shone brightly most of the race. It was a beautiful but very tough course which wound around several lakes with five or six major hills. Fortunately, the course changed directions many times so the wind, which I recall as being out of the west, was not a constant factor and sometimes was even a helpful tailwind. I felt good for about ten or eleven miles until the cumulative effect of the hills sapped my strength and I struggled home for the last couple of miles. The race finished downhill so I was able to muster a sprint to the finish and pick off a couple of flagging runners at the end. There were no amateurs in this race; these people had come to run and I crept in with a very mediocre 459 out of 705 runners. There was a nice post race lunch of steak and chicken provided by Outback at the host facility, the Sullivan Inn and Hotel.

On March 30th I drove through the mist-shrouded Berkshires to run the Westfield Half Marathon (formally the Oleksak Lumber Half). Although they have changed the name, jacked up the price and changed the course significantly, it still remains essentially a great small town race. It rained steadily as I drove over, and again when I drove back, but for the two hours or so that I was running it rained very little. It is a hilly course which heads out



into the country from the still vibrant Westfield downtown with the Berkshires off to the west, setting a beautiful backdrop to the entire landscape as we snaked our way up and down country roads and over small creeks and rivers, now swollen and roaring with the spring snow melt. One short stretch was down a street misnamed Stony Lane, which contained no rock that I could see but rather spongy mud, which actually was not a bad surface to run on. Most of the last several miles was down a long, straight well-traveled road with no shoulder, and a good deal of collected road grit and debris and a fair number of drivers who had no clue how to drive when approaching runners (slow down and move over is apparently a foreign concept to these jokers). The long straightaway was both soul and energy sapping but I managed to remain relatively strong, finishing in just over a respectable two hours. A nice homemade lunch of meatballs and pasta followed, which made it all worth-while.

And so we bid farewell to the winter and to March, goodbye to bundling up in several layers and setting out on the cold, windy roads as icy stalactites form on the frame of your glasses. Perversely, I will miss those runs. For me, running has been mostly about perseverance and challenge. It is not about comfort. If we wanted the easier, softer way we would be on the elliptical machine at the YMCA. People need to be uncomfortable every once in a while; it’s good for the body and for the soul. □



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+



16th Annual Kinderhook Bank

OK 5k

Saturday — June 7, 2014 — 9:00 AM

2014 USATF Adirondack Grand Prix Road Race

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.						
Registration	Web www.OK5krace.org or form below. email: kinderhookok5krace@gmail.com						
Entry Fee (5K Race)	<table> <tr> <td>\$18.00 before May 31st</td> <td>\$25 May 31st and after</td> </tr> <tr> <td>\$16.00 KRC Members before May 31st</td> <td>\$25 May 31st and after</td> </tr> <tr> <td>\$15.00 Students before May 31st</td> <td>\$25 May 31st and after</td> </tr> </table>	\$18.00 before May 31 st	\$25 May 31 st and after	\$16.00 KRC Members before May 31 st	\$25 May 31 st and after	\$15.00 Students before May 31 st	\$25 May 31 st and after
\$18.00 before May 31 st	\$25 May 31 st and after						
\$16.00 KRC Members before May 31 st	\$25 May 31 st and after						
\$15.00 Students before May 31 st	\$25 May 31 st and after						
Packet Pickup	Friday, June 6 th , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 7 – Village Square: 7– 8:30 AM. No Race Day registration after 8:30						
Awards	5-year Age Groups and 3-Member Teams - including under 10 to 10-14 through 70-74, 75-79 and 80 and greater age groups No Race Day Registrations for Teams.						
USATF	Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552						
OK 1 Mile Run Ages: 4 to 12	Sponsored by: Kinderhook Runners Club Time - 8:15 AM – Finishers’ Medals for all. Starts in Village Square. Fee: \$2.00 - Medal to winner in each 1 year age group						
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.						
Donations	Please consider bringing a non-perishable food item for the local Food Pantry and/ or Women's running shoes for a running program for victims of domestic violence.						

RACE APPLICATION FORM

5K Kids Run (1 mile) 3 Member Team Entry (each team member separately fills out form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (*checks payable to: OK 5k*)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT (register by 5/1 to guarantee size):

SMALL MEDIUM LARGE EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male Female KRC Member Circle One: Y N USATF # _____

Email address _____

FOR TEAM MEMBERS ONLY:

Team Type : All Male All Female Mixed (Co-ed) Team Name (10 characters or less): _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

Pressing Reset

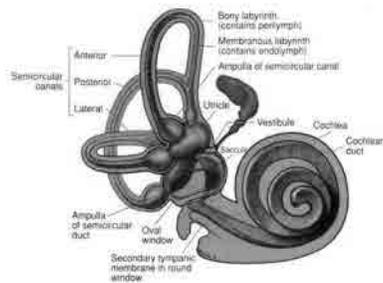
by Mat Nark

What do you do when your phone or computer is not working correctly? You might re-boot or reset the technology to regain proper working order. Imagine if you could reset your own motor control patterns in your brain to improve your movement capabilities? By pressing reset in your own vestibular system you can stimulate rapid changes in movement quality.

Certain corrective movements can stimulate the vestibular system and promote gains in overall movement competency. I will introduce a series of five resets that can produce immediate improvements in your movements, strength, and performance. These five resets can be unlocked by diaphragmatic breathing, head nodding, rolling, rocking, and crawling. Certain resets will be more beneficial than others and individual results will vary from person to person. The key is to find the combination of resets that work best for you and will aid in your movement improvements.

As an infant, we learn how to move our body about in this world. Holding our head up, rolling, and crawling are all fundamental movements that we learn to be proficient at. These movements will lead to kneeling, standing, and eventually upright walking. We master our head control and gain the ability to move our contralateral patterns. All of these movements will help to develop our vestibular system. This system will be critical in our later years as we begin to participate and excel in sports.

Fast forward thirteen years and we're all looking for that missing variable in our training program that will help to take us to the next level. We try various types of supplemental training modalities in hope of improving our performances. What if we were able to address injury prevention, balance, and performance enhancement all simultaneously with a new, system-specific training method? All of this is to supplement our running and get us closer to that next personal best. Have you ever thought about or considered implementing some vestibular training into your program? What is the vestibular system and how could this enhance my running? This is a valid question and I will



shed some light on the topic.

The vestibular system could be the most important sensory system that we have. This is your "balance" system and your visual and proprioceptive systems are dependent on the vestibular system to allow optimal movement

and performance. Keeping your vestibular system finely tuned and sharp will translate to gains in mobility, stability, and strength. As those three variables improve performance is soon to follow. The vestibular system, which is a contributor to our balance system and our sense of spatial orientation, is the sensory system that provides the dominant input about movement and equilibrium. Vestibular sense provides information related to movement and head position. The vestibular sense is important for development of balance, coordination, eye control, attention, being secure with movement and some aspects of language development. The vestibular system is composed of the vestibular receptors in the inner ear, the connections between them and other areas in the central nervous system. Together with the cochlea, a part of the auditory system, it constitutes the labyrinth of the inner ear, situated in the inner ear. The vestibular system sends signals primarily to the neural structures that control our eye movements, and to the muscles that keep us upright.

Keeping the vestibular system sharp and ready for our activities should be our main goal. Like any system of the body, if you leave it unchallenged and inactive it gets rusty and will function less than optimally. As we strive for improvements in performance it's these loose ends that can be the difference in climbing through your current plateau in training. To address this system we have incorporated a system created by our friends at Original Strength and Tim Anderson.



1. Breathing: This is the first step in our system resets. As many infants mature developmentally, they tend to drift away from our preferred breathing patterns. Without proper diaphragmatic activation in our breathing patterns our body will fall short of our movement potential. Proper diaphragmatic breathing can do wonders for core activation, gait patterns, and improved performance. Once we master our breathing from basic supine positions we can then begin to utilize these techniques while



involved in more dynamic upright movements.

2. Quadruped Rocking: This particular reset can produce immediate changes in your ability to squat to proficiency. This unloaded movement allows you to groove the squatting pattern and prepare your for adding appropriate loads. Start in the quadruped position or on hands and knees. From this position you will rock in and out of the squat position in an inverted, unloaded posture. This rocking movement can be used in warm ups or as an active recovery exercise in between sets of comple-



mentary movements.

3. Head Nodding: Head control is essential for balance, posture, and coordination. We teach head nods to help people start learning how to regain control of how to use their head. This improved head control can help restore balance postural coordination. The vestibular system also lives in the head and nods are a direct way to activate the vestibular system very quickly. Head nods also help to ignite the posterior chain which will help to improve



gait patterns and improved performance.

4. Rolling: Rolling is a concept that is beginning to gain respect in the strength and conditioning world thanks to the great work of Pavel Kolar, Gray Cook, and Craig Liebenson. The basis of rolling goes back to the developmental sequence during which a baby follows a predictable set of developmental movement parameters as a result of "pre-programmed" neural patterns. After lifting the head, the first step in the sequence is rolling. By allowing appropriate developmental sequencing, the baby goes through postural ontogenesis and develops reflex responses that are useful at later stages of development. By practicing these movements we can re-establish neural connections that may have been lost over our childhood, adolescent, and adult years. (Tim Anderson, Breaking Muscle 2013)

5. Crawling: Crawling is a developmental movement pattern that ties everything about



you together. In developing children, crawling activates and integrates the different parts of the brain. Through crawling, neural connections and pathways are established in the brain that allow the brain to become more efficient at communication between the left and right hemispheres. Perhaps the greatest benefit to crawling is that it builds a foundation of reflexive strength, the original strength you were born to develop. Your reflexive strength, also known as your reflexive stability, is your body's ability to anticipate movement before it happens and/or reflexively react to movement as it happens. □



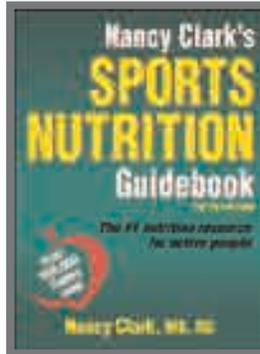
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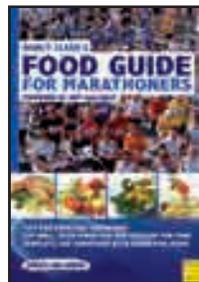


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TUESDAY NIGHT SUMMER TRACK PROGRAM

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

BARB LIGHT



Barb Light came to running late but has made up for lost time. She runs all distances except the marathon and loves 10 milers the best. She runs and trains with her friends on Team Utopia.

Her two children, Greg and Kati, both ran cross-country and track while in middle and high school, but Barb at that time was a seasoned equestrian. She started riding horses when she was five on her father's dairy farm. She and her sister rode their own horses. Barb showed horses competitively from age five until she graduated from high school. She competed in show jumping and showed thoroughbreds, some of which she trained to be hunters. Barb, accompanied by her mother, travelled all over the country to show horses. Her dad supported her and her sister and eventually he replaced the dairy farm operation with a thoroughbred breeding farm operation that produced many horses that raced at Saratoga and other New York tracks. Barb's first job after graduating from college was Broodmare Manager at the farm. She enjoyed working with horses and delivering the new foals and

watching them develop.

She went to the Grand Nationals in Oklahoma 5 times and won titles in various events. She competed in both Hunt Seat and Western/Stock Seat at the Grand Nationals winning the Grand National Championship for Hunt Seat Equitation over Fences. Barb was a Grand National Champion in the Hunter Division and Jumper Division. In Equitation the rider is judged on their performance, in Hunter classes the horse is judged, and Jumper is based on points accumulated in different classes. One



class is based on how fast you can jump the fences without having faults (knocking down fences or refusals), another is based on jump offs. Everyone who has a "clear" round goes again with higher fences and if there are still clear rounds the third round is based on how fast a rider goes without faults. The last is a Gamblers Choice where each fence is worth so many points and you can pick your own course to accumulate as many points as possible during a specified time. Fences in hunter



classes usually are no higher than 3'6" and the jumper classes start at 4' and go to 4'6". Her sister did dressage and cross-country and also won national prizes. Later her sister became a large and small animal veterinarian and was one of the first women to be admitted to Cornell College of Veterinary Medicine.

Barb is now an accomplished runner. She started running in 1995 at a stressful point in her life. Her teenage niece gradually introduced her to running until she gained distance and speed. Barb discovered she loved running and decided to enter the Freihofer's 5K race. She continued to run but not to race again until she met Chuck Terry, Sr. who introduced her to the HMRRC and the world of competitive running. Chuck also encouraged her to join Team Utopia. She later left the company where they both worked to join her family's business Certified Water Smoke and Fire where they do mediation or clean up on behalf of homeowners who have a fire or water damage. She is now in charge of opening up a new phase of the business, Certified Document Security, where they manage the storing of paper files and shredding for insurance companies and other businesses. In her spare time, she recently became certified to teach John Maxwell Leadership courses and has met John Maxwell personally at training sessions.

Team Utopia, of which she has been a member since 2002, shaped her running and her accomplishments. The coaching by Jim Bowles, pointed her in the right direction and vastly improved her skill and speed. Coach Jim still makes up training programs for her and she continues to improve. She loves the camaraderie of Team Utopia and its broad spectrum of activities.

Barb knows her limits in running and will not attempt marathons because of past back



injuries from her equestrian years. She has done several half marathons but enjoys 10 mile runs more. Her favorite ten miler is the Annual Adirondack Distance Run from Lake George Village to Bolton Landing. The beauty of the run and the feeling of the morning air inspires her and prepares her for the last hill, which is quite imposing. She also has a love-hate relationship with the Stockade-athon where the Bradley Hill "gets me every time." Chuck told her it was 100 steps and the counting gets her through it. She loves the Masters 10K too, even though it too has some wicked hills. She's not too fond of 5Ks because they are short and hard. Her fastest 5K was the Troy Turkey Trot where Chuck paced her. Barb and Chuck signed up for the Palio Half Marathon, which she wanted to do in less than 2 hours. Chuck is not called the "Pace Man" for nothing. He intuitively broke up every mile into nine minutes and paced her. It worked and she achieved her goal.

Her training varies with the season. During this past severe winter, she went to Planet Fitness when not training with Team Utopia. She uses the elliptical combined with an exercise regime devised by coach Jim Bowles. On Sundays she does a long run, weather permitting, with Team Utopia members.

Her diet has changed since she was on the farm. She now eats small balanced portions of chicken and fish with lots of vegetables and occasionally red meat.

She trains and races in Saucony stability running shoes, alternating between two pairs. She replaces them when they start to wear, usually after about three hundred miles.

Barb's Running Tip: Listen to your body. If your body is hurting, back off. Over compensating can lead to other unplanned injuries that can be devastating.

Barb's PRs: 5K - 24 minutes, 10K - 54 minutes, 15K - 81 minutes, half marathon - 1:59, mile - 7:20 minutes, 10 Mile Adirondack Distance Run - 90 minutes.

Volunteerism: Barb believes strongly on volunteerism and encourages others to do it. She is currently secretary of the HMRRRC, a position she has held since 2008. □



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

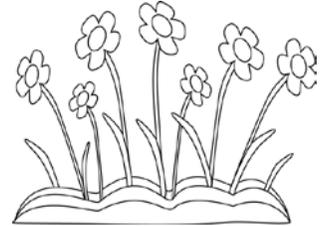




It may not be Chris Columbus but...

MAY FLOWERS

with volunteer opportunities!



May 11: Mother's Day Race

May 15: CDPHP Workforce Team Challenge

And in June:

June 3 and 4: Just Run Track Meet

June 8: Distinguished Service Race honoring Jon Rocco and Jim Moore

June 10 and continuing: Colonie Track Meets

June 14: Tri-Valley Cats Father's Day Home Run 5K

Sign Up online today!
members.hmrrc.com/Admin/default.aspx

Questions/Comments?
Marcia Adams
Volunteer Coordinator, HMRRC
Email: madams01@nycap.rr.com
Telephone: 518-356-2551

It's not just about the running ...

Grand Prix Update

Race #3 Runnin' of the Green (Island) 4 Miles, March 15, 2014

Men

Male Open

12 Eric Young
10 Kevin Treadway
8 Nick Webster
7 Jonathon Lazzara
6 Brien Maney
5 Owen Hooper
4 Giovanni Rosetti

Male 30-39

12 Chuck Terry
10 Mike Roda
8 Jake Stookey
7 Aaron Knobloch
6 Joe Sullivan
5 Paul Mueller
4 David Tromp

Male 40-49

12 John Stadtlander
10 Randell Cannell
8 Thomas Kracker
7 Ed Hampston
6 Tom Fraser
5 Shawn Decenzo
4 Matthew O'Neil

Male 50-59

12 Derrick Staley
10 Mark Stephenson
8 David Roy
7 Jay Thorn
6 John Sestito
5 John Weilbaker
4 John Parisella

Male 60-69

12 Carl Matuszek
10 Robert Somerville
8 Ken Klapp
7 Paul Bennett
6 Tom McGuire
5 George Baranauskas
4 Pat Glover

Male 70+

12 Bob Flick
10 Joe Kelly
8 Charles Bishop

Women

Female Open

12 Karen Bertasso
10 Brina Seguine
8 Kathryn Tenney
7 Lindsey Choppy
6 Elizabeth Chauhan

24 – The Pace Setter

5 Jane Rand
4 Shylah Weber

Female 30-39

12 Erin Corcoran
10 Estelle Burns
8 Jessica Chapman
7 Kari Deer
6 Deane Webster
5 Heidi Nark
4 Rachel Wasserman

Female 40-49

12 Judy Guzzo
10 Mary Fenton
8 Chris Varley
7 Penny Tisko
6 Colleen Murray
5 Aixa Toledo
4 Kimberly Miseno-Bowles

Female 50-59

12 Nancy Nicholson
10 Colleen Brackett
8 Nancy Taormina
7 Karen Proventure
6 Karen Gerstenberger
5 Lauren Herbs
4 Kirsten LeBlanc

Female 60-69

12 Judy Phelps
10 Martha DeGrazia
8 Erika Oesterle
7 Susan Wong
6 Cynthia Finnegan
5 Joan Celentano
4 Carolyn Burke George

Female 70+

12 Christine Bishop
10 Eiko Bogue

Age Graded

Runner	Age	G
12 Derrick Staley	55	M
10 Judy Phelps	63	F
8 David Roy	59	M
7 John Stadtlander	48	M
6 Martha DeGrassia	63	F
5 Karen Bertasso	29	F
4 Kathryn Tenney	12	F

Totals after 3 races

Men

Male Open

24 Tom O'Grady
17 Jonathon Lazzara
12 Eric Young
11 Alan Finder
10 Brad Lewis

10 Kevin Treadway
8 Jaime Julia
8 Paul Mueller
8 Nick Webster
7 Alex Paley
6 Thomas Dansereau
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
8 Joe Sullivan
7 Dave Vona
6 Eamon Dempsey
6 Jim Eaton
6 Clay Lodovico
6 Chris Mulford
6 David Tromp
5 Paul Mueller
5 Brian Northan
4 Jim Sweeney

Male 40-49

34 John Stadtlander
17 Tom Fraser
14 Jon Rocco
12 Bob Irwin
10 Randell Cannell
10 Shawn Decenzo
10 Mark Stephenson
9 Ken Tarullo
8 Thomas Kracker
8 Andy Reed
8 John Williams-Searle
7 Kevin Creagan
7 Ed Hampston
4 Mathew Nark
4 Matthew O'Neil
4 Gaven Richard

Male 50-59

29 Jay Thorn
24 Derrick Staley
23 David Roy
10 Kevin Dollard
10 Mark Stephenson
8 Craig Dubois
8 John Parisella
7 Brian Borden
6 Patrick Culligan
6 Rick Munson
6 Mark Nunez
6 John Sestito
5 Steve Vnuk
5 John Weilbaker
4 Andrew Sponable

Male 60-69

20 Ken Klapp
18 Kevin Donohue
12 Frank Broderick

12 Richard Clark
12 Carl Matuszek
10 James Larkin
10 Juergen Reher
10 Robert Somerville
8 Tim Fisher
8 Paul Forbes
8 Rich Tanchyk
7 Paul Bennett
6 Steve Harris
6 Tom McGuire
5 George Baranauskas
4 Tom Adams
4 Jesse Dinkin
4 Pat Glover

Male 70+

24 Wade Stockman
20 Ray Lee
12 Bob Flick
10 Joe Kelly
8 Charles Bishop

Women

Female Open

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

Female 30-39

20 Erin Corcoran
19 Diana Tobin-Knobloch
18 Laura Zima
14 Jessica Chapman
13 Deane Webster
12 Kristina Gracey
11 Kari Deer
10 Estelle Burns
10 Danielle Maslowsky
10 Heidi Nark
7 Gretchen Oliver
6 Colleen McGarry
6 Crystal Perno
5 Nikki O'Meara
4 Rachel Wasserman

Female 40-49

32 Chris Varley
20 Mary Fenton
18 Connie Smith

- 15 Aixa Toledo
- 12 Judy Guzzo
- 10 Kimberly Miseno-Bowles
- 8 Diane Montes Harris
- 8 Stacia Smith
- 7 Ruth Sadinsky
- 7 Penny Tisko
- 6 Pamela Delsignore
- 6 Brenda Lennon
- 6 Colleen Murray
- 5 Andrea Robinson

Female 50-59

- 20 Colleen Brackett
- 14 Jenny Lee
- 12 Inge Aiken
- 12 Nancy Briskie
- 12 Nancy Nicholson
- 10 Kim Law
- 10 Mary Signorelli
- 9 Kirsten LeBlanc
- 8 Susan Burns
- 8 Maureen Fitzgerald
- 8 Nancy Taormina
- 7 Karen Proventure
- 6 Karen Gerstenberger
- 6 Monique Jacobs
- 5 Lauren Herbs
- 5 Amy Keegan
- 4 Susan Huston

Female 60-69

- 34 Martha DeGrazia
- 25 Joan Celentano
- 23 Susan Wong
- 12 Katherine Ambrosio
- 12 Judy Phelps
- 8 Erika Oesterle
- 7 Karen Spinozzi
- 7 Anne Tyrell
- 6 Cynthia Finnegan
- 6 Judy Lynch
- 4 Carolyn Burke George

Female 70+

- 24 Anny Stockman
- 20 Eiko Bogue
- 12 Christine Bishop

Age Graded

Runner	Age	G
24 Derrick Staley	55	M
20 David Roy	58	M
18 Tom O'Grady	28	M
12 Kevin Dollard	58	M
12 John Stadtlander	48	M
10 Nancy Briskie	56	F
10 Judy Phelps	63	F
9 Mike Roda	38	M
7 Martha DeGrassia	62/63	F
7 Kristina Gracey	31	F
6 Josh Merlis	32	M
6 Chuck Terry	31	M
5 Karen Bertasso	29	F
5 Brad Lewis	27	M
4 Alyssa Lotmore	28	F
4 Kathryn Tenney	12	F



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EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
05/01/2014	6:15 PM	Law Day Run Against Domestic Violence	The Crossings of Colonie	Stacey Whiteley	swhiteley@albanycountybar.com
05/03/2014	9:00 AM	Joan Nicole Prince Home 5K	Central Park	Patti Nicoletta	pnicoletta@nycap.rr.com
05/03/2014	8:30 AM	11th Annual Spring RunOff 5k and 10k	Corning Preserve Amphitheater	Brian Dollard Race Director	11thSpringRunOff@gmail.com
05/03/2014	9:00 AM	Diocesan Dash 5k Road Race and 5k Walk	The Crossings	Christine Baseel	bbaseel@nd-hg.org
05/03/2014	3:00 PM	CCRC 5k Run/Walk/BBQ and 1k Kids' Run	Christ Com Ref Church	Pat Glover	plglove@aol.com
05/03/2014	9:00 AM	5k Triple Crown	Johnstown	Lisa	lisa@5ktriplecrown.com
05/04/2014	9:00 AM	Steffens Scleroderma Center 5K Run Breaking the Chains	Albany College of Pharmacy and Health Sciences	Sharyn Freitas	sharyn.freitas@acphs.edu
05/04/2014	10:00 AM	The Bride's 5K	Six Mile Waterworks	Robyn Haberman	rmichaleh@gmail.com
05/04/2014	10:00 AM	Troy Literacy 5K and Kids' Mile	Rensselaer Tech Park	Literacy Volunteers of Rensselaer County	FINISH99@LIVE.COM
05/04/2014	9:00 AM	Spring Has Sprung 10-Mile Run	YMCA - 1 Wall St	Jennifer Casey	jcasey@cdymca.org
05/10/2014	8:00 AM	The Mastodon Challenge 15K 5K & Kid's Fun Run	Craner Park Cohoes	Lisa Osorio	losorio@mararx.com
05/10/2014	10:00 AM	Team Dragonfly Virtual 5k/10k	Your favorite route	Heidi Barcomb	hbarcomb@arthritiis.org
05/10/2014	5:30 PM	26th Annual Towpath Trail Run	St. Johnsville	John Geesler	johngeesler@frontier.com
05/10/2014	9:00 AM	Albany YMCA 5K & Kids Run	Albany Riverfront Park at Corning Preserve	Ben Luke	bluke@cdymca.org
05/10/2014	9:00 AM	Ryan's Run 5K -- by Saratoga Springs Teacher's	Saratoga Spa Park - Warning Hut	Paul Wersten	miopofoundation@gmail.com
05/10/2014	9:00 AM	Sunny Hill Viking Obstacle Race - 5 miles/30 obstacles	Sunny Hill Resort and Golf Course	Trinker Nicholson-Pachter	trinker@sunnyhill.com
05/11/2014	9:00 AM	Mom's Day 5K	Albany Riverfront Park	Kari Benson	Kari.Benson@PlanAheadEvents.com
05/11/2014	9:30 AM	34th Mother's Day 5K BRUNCH	Central Park	Dee & Jon Golden	hnrccmothersday@gmail.com
05/11/2014	8:30 AM	Fleet Feet Sports 10k	Bethlehem High School	Jim Sweeney	frfbany@gmail.com
05/15/2014	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
05/17/2014	10:00 AM	New York/Vermont 5K Champlain Bridge Run	Crown Point State Historic Site	Nancy Ockrin	mmnockrin@gmail.com
05/17/2014	9:15 AM	Pennsylvania Spring Bialthon 4km run and shoot	Whitelail Preserve	Frank Gaval	barb123@tdt.net
05/26/2014	9:00 AM	Woodstock Races 15K & 5K	Zena Elementary School	Rich Gromek	gromekr@aol.com
05/31/2014	9:00 AM	Rail Trail To the Footbridges 5k	12 Water St Granville	Kerri Thomas	racedirector@alltrailtothefootbridges5k.com
05/31/2014	9:45 AM	Freihofer's Run for Women 5k	Albany	USATF Adirondack	runningrto@freihofer-run.com
05/31/2014	10:00 AM	Charlton 5K Run/Walk	Charlton Village near Town Hall	Bill Herkenham	bherke@nycap.rr.com
05/31/2014	9:00 AM	Emma's 5K Run	Waldorf School of Saratoga Springs	Candice Murray	Sktrace@waldorfsaratoga.org
05/31/2014	10:00 AM	Le Moyne College 5K Dolphin Dash	Le Moyne College - Syracuse	Christine Liggio	liggio@lemoyne.edu
06/01/2014	7:00 AM	Biggest Loser 5K/Half Marathon Plattsburgh	Plattsburgh	Biggest Loser	contact@biggestloserrunwalk.com
06/07/2014	9:00 AM	Kinderhook Bank OK5K	Kinderhook	Dan Curtin	kinderhookok5ktrace@gmail.com
06/07/2014	9:00 AM	West River Trail Run - 11 Miles of Trouble	South Londonderry	Jesilyn Arnsden	westrivertailrun@thecollaborative.us
06/08/2014	9:00 AM	43rd Distinguished Service Race 8 Mile [GPI]	SUNY/Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
06/08/2014	9:00 AM	Bank of America Pride 5K	Washington Park Lakehouse Albany	Curran Street	cstreet@capitalpridecenter.org
06/08/2014	9:00 AM	Albany Walk / 5K for Kidneys	SUNY Albany	Carol LaFleur	carol@healthykidneys.org
06/10/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB845@aol.com
06/14/2014	5:30 PM	19th Annual Lions Ramble	Fort Plain	John Geesler	johngeesler@frontier.com
06/14/2014	9:00 AM	Tri-City Valley Gas Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitinger	j.haley36@yahoo.com
06/14/2014	6:00 AM	Utah Valley Marathon	Provo	Hyrum Oaks	utahvalleymarathon@gmail.com
06/14/2014	8:30 AM	Whipple City 5K	Greenwich Central School	Barbara Hamel	whipplecity5k@yahoo.com
06/17/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB845@aol.com
06/21/2014	9:00 AM	Strides 4 STRIDE 5K	Albany Riverfront Park/ Corning Preserve	Kristen Kelley	kkelley@stride.org
06/22/2014	7:30 AM	Adirondack Distance Run (38th)	Lake George Village	Marcy Dreimiller	madonea1@readrunner.com
06/24/2014	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB845@aol.com

Hudson Mohawk Road Runners Club

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Address _____ Occupation _____

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

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Mail applications to:
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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!