## The Pace Setter

#### February 2012

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



### HUDSON-MOHAWK ROAD RUNNERS CLUB 2012 DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can/nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to jonrocco@hotmail.com or by mailing a nomination form to Jon Rocco, 15 Lincoln Avenue, Colonie, NY 12205 by March 1, 2012. Nomination forms can be found at www.hmrrc.com. Nomination forms may also be submitted in person at the March 2012 club meeting.

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

#### Previous recipients of the Distinguished Service Award:

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

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2012. The election of the DSA recipient(s) will take place at the April 2012 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact Jon Rocco, Committee Chair, at jonrocco@hotmail.com.

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#### **Editor:**

Kristin Zielinski (pscontenteditor@gmail.com)

#### **Managing Editor:**

Robin Nagengast (pseditor123@gmail.com)

#### **Assistant Managing Editor:**

Open

#### Associate Editor:

Bill Robinson

#### **Production Editors:**

Kathleen Bronson, Mike McLean, Robin Nagengast, Kristina DePeau Gracey Matthew Side

#### **Advertising/Business Directors:**

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

#### Photo Coordinator:

Bill Meehan

#### **Photography Staff:**

Tom Adams, Phil Borgese, Nancy Briskie, Donna Davidson, Ray Lee, Bill Meehan, Gerri Moore, Paul Turner

#### **Proofreader:**

Daniele Cherniak

#### **Contributing Editors:**

Jim Moore

- Grand Prix Update

Al Maikels

- What's Happening

Dr. Russ Ebbetts

- Off The Road

Nancy Clark

Athlete's Kitchen

Dr. Tim Maggs

The Running Doctor

Dr. Robert Irwin

— For Your Health

Mike Becker

Been There, Done That

Jim Tierney & Ken Orner

Senior Running

Ed Gillen

— Profile of a Runner

Joe Hein

Short Circuits

Bob Kopac

- Kopac's Korner



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HM-RRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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Photos in this issue by Bill Meehan, Ray Lee and Neil Sergott

#### **HMRRC** Mission Statement

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

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

#### HUDSON MOHAWK ROAD RUNNERS CLUB

President JOHN PARISELLA 464-5698

Executive Vice President JON ROCCO 862-9279

Vice President for Finance CHARLES TERRY 482-5572

> Treasurer PAM ZENTKO 372-8275

Secretary BARBARA LIGHT 326-0313

Race Committee Treasurer JONATHAN GOLDEN hmrrcjon@gmail.com

### HMRRC COMMITTEE CHAIRPERSONS

Membership Committee DIANE FISHER hmrrcdiane@gmail.com

Race Committee MARK WARNER, 464-5698

Public Relations ROBERT MOORE 377-1836 • rmoore4626@aol.com

> HMRRC Web Page DIANE FISHER hmrrcdiane@gmail.com

Clocks & Van Equipment TOM ADAMS 366-5266

Volunteer Coordinator MARCIA ADAMS 356-2551

www.hmrrc.com

## President's Message

by John Parisella

Welcome to the middle of the winter in the Capital Region! As I prepare this note I hope we will have had a little snow and we will all have had opportunities to enjoy the fine outdoor sports and activities our region has to offer. This includes, of course, running. By this time we've all likely made promising starts on all of our new year's resolutions, right? Either way, there's no time like the present moment to get going.

In February 2009, Chris Rush wrote an article for The Pace Setter; the subject of that article was Jim Tierney. In it, Chris described many of Jim's accomplishments in road racing, including a sub eighteen-minute 5k and sub three-hour Boston Marathon, both at the young age of 52. Chris described how Jim had also been a 'marathon' leader and volunteer for this organization, serving in many varied roles with the club, including serving as the race director for the Masters 10k. Soon, Jim would like to step down from one of these roles, that of Advertising Director, responsible for the monthly ads and race registrations that are placed in each month's Pace Setter. The HMRRC has benefited from Jim's leadership in this role for sixteen years. If you're thinking about potentially increasing your activity with HMRRC, I encourage you to look into this position. You may feel free to contact me and I'll be happy to provide you with more information.

I would like to take a few moments to thank



Jim Tierney again. For the past couple of years I have had opportunities to work regularly with Jim, through his role as Advertising Director or because he picks up the HMRRC mail and gets the mail to whom it needs to go. Jim is a great guy and a real joy to speak with and to joke around with. In his article a couple of years ago, Chris indicated that Jim's strong performances often motivated him to go a little harder. Although I never had to compete with Jim in races, the race performances he turned in did serve as goals for me. Similarly, anyone might look to Jim's many years of volunteer service to HMRRC and to the capital area running community as a model.

In a few short days there will be three free races: The Winter series 4-, 10- and 20-mile races, to be held at the University at Albany and the Harriman State Office Campus. The 10-miler is an HMRRC Grand Prix event. This set of races has been directed by Patrick Lynskey for the past couple of years, and he has done so with the help of many volunteers who direct runners on the course, provide water and gels, and who assist with race registration and timing. If you're not running, or if you're running the 4- or 10-milers, please consider volunteering to help out. You won't regret it.

Good luck. I'll see you out there. Get going. Only several more weeks to the Runnin' of the Green!





## What's Happening in February

by Al Maikels

If we are going to get an extra day this year, why does it have to be in February? June or even September might be better months to extend, certainly they would be better than February. The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 5. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon while the 4-mile race is popular with those runners just looking to get in a short workout. Quite often the race distance chosen is a factor of the weather, as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987, as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 39th Winter Marathon and 23rd Annual 3 Person Relay will be held on Sunday, February 22 at 10 a.m. at UAlbany. The relay

consists of three legs of 9.7, 5.5 and 11 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers and as always, volunteers are needed.

The HMRRC Club Banquet will be held on February 11th at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards and this year features the induction of Pete Newkirk and Frank Myers into the HMRRC Hall of Fame.

There's not much else going on in February although the calendar is not completely bare. The Adirondack Runners hold their Polar Cap Run on Saturday, February 4 at 10 a.m. in Lake George at the Lake George Elementary School.

The club business meeting for February is set for Wednesday, February 8 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged these meetings. 

□

Queens - just to cheer us on, and she ran the last 2 miles with us! It was very memorable.

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

I have a bunch of running friends that I run with. However, I also run during the week by myself. I am lucky enough to work from home - so I can just go out mid-day and get my run in. However, when it's time for a long run on the weekend - I MUST do it with friends! That is the only way I will survive.

#### What are your current goals?

I am currently training for my very first FULL marathon. It is on May 6th in New Jersey and my training begins this week. I will also continue to run 5K's and I would like to run the Boilermaker again this year. I ran it for the first time last year and it was great!

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

I just registered for the NYC Marathon. If I get in – I guess then I will be training for that!

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

For me running is about checking off my goals. I was never an athlete in high school or college. As I complete my goals, I love the feeling of accomplishment it gives me and I love having a plan and following through with it.

## Profile of a Runner BRIDGET GRABER

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

I started running 2 years ago in March. A friend of mine is an avid runner and she started a running group with a bunch of friends because she was so sick of hearing us all say that we couldn't run. She was pregnant with her 2nd child at the time and she started the running group. Our goal was to start training in March and then run the Freihofer's Run for Women as our first 5K. We successfully trained and completed the Freihofer's Run. Since then, I was hooked. I ran a bunch of 5Ks that year and then moved onto a 10K and then I moved onto training for a half marathon. I ran my first half in Queens last April and since then I have run Adirondack Half and the Hangover Half.

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

I would have to say the Freihofer's Run for Women is my favorite. I will always have a speical place in my heart for that race since it was my very first race. I will always run that race every year. It is so empowering to have all women running and it is very inspiring.

#### What are your most memorable races?

The 13.1 series in Queens last April. That was my first half marathon and it was a spe-



cial one. A bunch of us ran it and we had a lot of friends cheering us on. It turned out to be a beautiful 50 degree day in April and one of my running friends and I crossed the finish line holding hands. It was very special. In addition, I had a friend who drove from Albany to

# Ad Director Volunteer for The Pace Setter Magazine Needed

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

Time commitment is approximately 3 hours per month.

If interested, please email Robin at pseditor123@gmail.com for more info.

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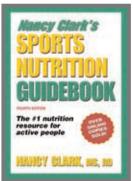
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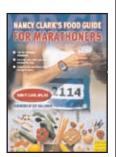
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## Submissions for the April Issue of *The Pace Setter*

#### **Articles:**

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

#### **Advertisements:**

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

#### Ads should be sent to:

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

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



with Best Fitness

2330 Watt Street Schenectady

February 25 at 6:30 p.m.

Break up the winter doldrums!

Join your fellow HMRRC'ers for snacks, drinks and fun including an after-hours tour of the facilities.

raffles - raffles - raffles - raffles

Cost: \$2.00

Save your spot! RSVP on line by 2/22 at www.hmrrc.com under Events



I recently read with interest the article by Norman Dovberg titled "Geezer Power" in the December issue of this running magazine and found a recurring theme being echoed by some senior members of our running community. That theme being that they feel a lack of recognition for their accomplishments, inadequate awards, and an unwillingness of directors to compensate for aging trends within this small community of senior runners.

I find this argument quite perplexing, because older athletes have more opportunity to be recognized and win awards than in any time in history. The author failed to mention the age-graded awards added several years ago to the HMRRC Grand Prix and individual races in response to these trends. For the uninitiated, age-graded results are calculated by measuring a runner's performance against a world class standard for a runner of identical age and gender; the higher the percentage the more impressive the athlete's performance. While in theory, the age-graded handicap system could replace or do away with age-group awards, most race directors have chosen not to do so. As a result, older athletes now have the opportunity to collect awards in both divisions if their performance

Older athletes also have the opportunity to participate in a separate Grand Prix put on by the Adirondack Association of USATF simply by becoming of member of this organization. As part of this GP, awards for runners age 50 and older are scored on an agegraded basis.

With races nearly every weekend and the speed of posting results on the internet, all runners receive recognition of athletic performances in a way that few would have imagined 15 years ago.

Multiple Grand Prix Series, age group awards, age-graded awards, and now even cash awards, makes this era unequaled with regard to recognizing athletic performances at advancing ages.

If Mr. Dovberg has the good fortune to remain injury free and continues to run as well as he has, he may consider asking his running partner Tom Adams, a skilled handyman, to build him a display case for the bountiful supply of hardware coming his way in the years

Vince Juliano □

## Profile of a Runner SEAN

## **MAGUIRE**

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

I am a trainer for New York State working with local governments. I'm 33. I am a volunteer firefighter/EMT and a fire commissioner. I'm a husband and father.

When and how did you get started running?

I started about 4 years ago while trying to lose weight.

Do you have a favorite race or races?

I don't run many races but the Brink 5K at UAlbany is very special and important to me.

What are your most memorable races?

My first Brink 5K was the most memorable because it was the first race I ran start to fin-

#### How do you train? Do you have training

Not often enough. I try to run when I can, but the time can be hard to find. So I try to create opportunity. My training partners are my iPod and Nike+GPS.

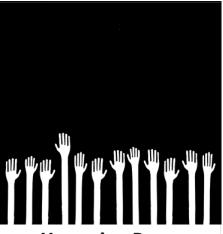
What are your current goals?

Currently I want to improve my time in a

Do you have any future running goals? Simply to keep running.

Do you have a philosophy of running? Pain is payoff.





**Upcoming Races** that need assistance:

Winter Marathon & Relay February 19

> Runnin' of the Green March 17

> > **Delmar Dash** April 15

**Bill Robinson 10K Masters** April 28

## Anyone can qualify to be a volunteer.

We welcome everyone -

So if you are planning to be at a race but you will not be running, why not lend a hand?

We pay with smiles and thank yous and the occasional T-shirt1

Either call Marcia Adams (356-2551) or email her (madams01@nycap.rr.com) or mail her the following info:

> NAME **ADDRESS TELEPHONE #** EMAIL (if available)

Mail to: Marcia Adams HMRRC Volunteer Coordinator 1009 Tollgate Lane Schenectady NY 12303

## Bill Shrader, Sr. Memorial Scholarships

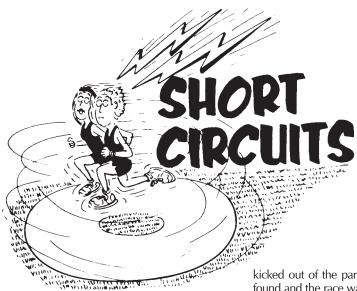
\$10,000 in total Higher Education Awards for Student Runners

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

For application details go to www.hmrrc.com

(See "membership benefits" under the "membership info link")

**Applications must be submitted by April 2, 2012.** 



What do the Chicago, Houston and Mohawk-Hudson River marathons have in common? They were all featured in the January issue of *Runner's World* magazine as among the 10 fastest, coolest and well-organized marathons in the U.S. HMRRC's Mohawk-Hudson River Marathon was selected because "an impressive 30 percent of Mohawk-Hudson's field typically qualifies for Boston. Runners moon over its consistent weather, 370-foot net elevation loss and unique "trail" cred. Much of the course follows a paved path that parallels the Mohawk and Hudson rivers' gradual descent, meaning no tangents to navigate, no banked roads to curse."



Mohawk-Hudson River Brickyard



Operation Jack Marathon is a series of marathons and related running events that raise funds for autism. It is legit. An Operation Jack satellite marathon was scheduled for a public park in Houston in December. A few days before the event the local running club, the Houston Area Road Runners Association complained to city fathers that the race was inappropriate for the park and that the running club had been prohibited from conducting a large race in that park. So less than a week before the race it was

kicked out of the park. Another park site was found and the race was approved. But the running club was not finished. It used its extensive email list to send out a mass emailing to area runners discouraging them from participating in the Operation Jack race. Twenty-nine runners particiapted in the Operation Jack marathon.



During 2011, Kenyan men ran 41 of the 50 fastest marathon times worldwide, led by Patrick Makau's world record of 2:03:38 set at the Berlin Marathon.



Leader of the pack



A group of area runnners skipped town on New Year's day to participate in the Lake George Polar Plunge, a fundraiser for Special



Lake George Plungers from I to r: Laura Farley, Donna Lustenhouwer, Angela Vasilakos, Diana Steenburg, Ashley Peacock and Bob Norman (rear)

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.



Candy Arse Florida Plungers

Olympics. A similar event was held in St. Augustine, Florida where most of the "brave" plungers wore WET SUITS for the 64 degree water!



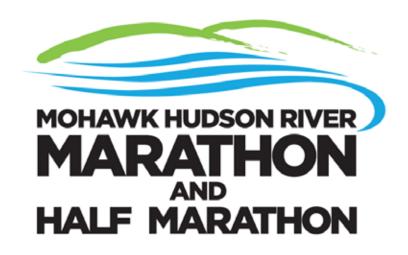
Speaking of candy, a dead mouse was spotted under a refreshment table at the HMRRC New Year Day races. One runner, not to be named, nearly swooned over upon spotting it. Another ran out of the building on the verge of tears. A third said she would not be partaking in any refreshments.  $\square$ 



Triggers reign of terror



What McWit lacks in speed, he gains in nose.



## SUNDAY, OCTOBER 7, 2012 HMRRC MEMBERS

REGISTRATION FOR THE 2012 MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON BEGINS ON **MARCH 1, 2012** 

PRIORITY ON-LINE REGISTRATION WILL BE OFFERED TO ALL MEMBERS OF HMRRC ON FEBRUARY 27, 28 AND 29, 2012 AT www.hmrrc.com.

For more information, see www.mohawkhudsonmarathon.com or contact racedirector@mohawkhudsonmarathon.com















## Hyponatremia

One of the limiting factors of athletic performance is the elevation of the body's core temperature. While a normal body temperature of 98.6° F may be present during times of rest prolonged exercise may increase the core temperature to 106°F/41°C or in some cases higher. The body uses its water and its fluid stores to dissipate this heat, but with perspiration these fluids must be replaced, hence the age old recommendation "to drink."

An ambient temperature of 55°F/13°C seems to be the point which heat can affect athletic performance. It is interesting to note that over the decades countless world and national records have been produced in the cooler, late summer evenings of Scandinavia.

In the old days of running "to drink (water) or not drink" was a very real question. To put this in perspective I am talking about a time before the running boom, Gatorade and *Runner's World*.

Any knowledge of the subject was more of the locker room variety passed along by aging sages who were just as likely to know what they were talking about as not.

Hydration, particularly during and postworkout or competition, followed various schools of thought. It would cause cramping. It had to be at room temperature. And it better be clear. You need to remember at one time soda and sugared "juices" were the only fluids other than water readily available. Distilled water was sold in grocery stores, but that was for your mother's electric iron. To buy water for consumption was a ridiculous idea. Adding to the problem was the fact that there were no screw caps for the water jugs.

But as the study of physiology advanced with treadmill runners as the main subjects, such things as perspiration rates, core temperatures and the perils of dehydration crept into the consciousness of the running community. The benefits of water were re-discovered and this "new" understanding was championed far and wide.

As the 80's and 90's wore on, the social status of completing a marathon became a mark of accomplishment for many runners. Everyone was doing it. Actors and actresses, the formerly sedentary on a personal crusade, even mammoth pro football players switched venues and pounded out the 26 miles.

All the while water, clear water, was touted as the magic solution for the physiologic stresses of longer endurance. But then some astute finish line EMT's and physicians began to notice something odd. Race finishers were beginning to present with a series of symptoms that were not those of classic dehydration. In fact, the ailing runners had been drinking water, plenty of water, before, during and after the competition, yet something was obviously wrong.

In fact, the well-hydrated athletes were suffering form water intoxication – they were drunk on water. No doubt the first time one

hears this there is a high level of incredulity. How can this be? There is no natural alcohol in water, but it all has to do with balance. The intoxication has to do with fluid level imbalances.

When we talk of balance here, it is not of the postural kind, but rather chemical balance. The body strives to maintain its chemical balance, a part of homeostasis, in a number of ways.

Everyone knows that exercise raises the core temperature of the body and the body sweats to cool itself off. This is the body's attempt to approximate homeostasis, and on an elementary level lead to the recommendation to replenish the lost sweat by drinking water. Simple and sensible.

But what one needs to remember is that sweat is not just "water" but rather a complex mixture of minerals, salts (taste your sweat) and body wastes in a watery solution. These minerals and salts are the components of the electrolytes referred to on television by the energy replacement drinks such as Gatorade or PowerAde.

If we return to the balance concept for a moment, one needs to accept the fact that there is an ideal ratio of water to sodium to potassium and other minerals. Now consider for a moment the stresses any longer endurance event has on the body. If significant percentages of water and sodium and potassium and other minerals are sweated out during exercise and only water is replaced, it should be obvious that in the subsequent state, homeostasis has been significantly disrupted. There is too much water and not enough salts (particularly sodium, low sodium = hyponatremia), the results of which are hyponatremia and water intoxication.

It seems logical that this all cannot be that serious – after all it is only water. Unfortunately this statement is false.

Depending on the amount of the water intake, signs and symptoms can range from an upset stomach to nausea, headache, confusion, hallucinations, seizures, cerebral edema and even death. There is an infamous hazing incident at NY's Plattsburgh State, where fraternity pledges were force fed quarts and quarts of water and one of the pledges died.

So while the importance of water during strenuous exercise cannot be discounted, it becomes equally important for one to consider the inclusion of electrolyte replacement drinks.

But the question remains, when is water drinking enough? Numerous factors can significantly affect one's perspiration rate, including fitness level, heat and humidity over the preceding days, previous food and fluid intake, over the counter and prescription medications, time of the event, sleep patterns, clothing, wind and cloud cover.

Considering the effects of all these condi-

tions make it obvious that high level athletic performance is not just showing up to a event 15 minutes early and having your shoes double-knotted.

For almost a decade, I have directed the chiropractic services for the Rochester Marathon. It is a race day that includes a 10K, half-marathon and a full marathon. All races start together and the runners finish with an escalating problem set dependent on their time of activity. As the full marathoners straggle in, their presentation is very telling in terms of recommended re-hydration strategies.

All the marathoners finish with an elevated core temperature. As a general rule it is important to cool the body down, whether it be with wet towels, immersion in a water bath, or by a simple bottle shower (water poured over the head). Experience has taught that marathoners fall into three general categories following a race.

If the marathoner's skin is wet and they are still sweating, they are usually well hydrated. General recommendations would be to continue with the cool down, stretching, re-hydration and a light snack.

If the marathoner's skin is dry, this could be either the early or late signs of heat injury. It is better to err on the side of caution. Use of the above stated cooling methods, rehydration with both water and electrolyte replacement drinks are recommended, and close monitoring for 30-60 minutes is warranted.

The potential hyponatremic athlete presents with "crusty skin." These dried salt stains usually form on the jaw, and around the armpits and forearms. Their uniform may also have a starched feel to it from the dried salt. The grainy feel is the telltale sign that the athlete has lost significant amounts of salt electrolytes, particularly sodium. For these athletes, the recommendation is usually drinking 100% electrolyte replacement drinks.

Ironically, there have been cases of hyponatremia that have occurred due to drug testing. At the higher levels of sport, athletes are routinely urine tested for performance enhancing drugs. The problem for some athletes is that following a hard effort on a hot day the last urge that an athlete may have is to urinate. Regardless of their "desire", athletes are sequestered and given all the water and time needed to produce a urine sample. There have been cases where the athlete has become over-hydrated and developed hyponatremia as a result of trying to produce the required urine sample.

Competitive efforts create a situation where multiple factors need to be considered for one to safely and successfully compete. Re-hydration, along with a sensible diet, is the bedrock of a safe and quicker recovery. As the mysteries of the body's physiology continue to unfold, awareness of such advances allows one to train more efficiently and compete more effectively with the real possibility of safer superlative efforts.

Russ Ebbets, DC is editor of *Track Coach*, the technical journal for USA Track and Field. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. Shipping and handling from PO Box 229, Union Springs, NY 13160.

## Kinderhook Runners Club Fall 2011 Marathon Recap

by Julie Keating

The Kinderhook Runners Club (KRC) is pleased to announce that its members had a very successful Fall racing season in 2011. Runners in the northeast generally plan their running year around the calendar, with low miles or resting in the winter, training in the spring, more training and short distance races in the summer, and longer distance races in the Fall. Since it was formed in 2009, the KRC has offered its members a source of support and opportunities to train, and the number of endurance racers keeps growing. During this racing season, a total of 29 club members completed marathons (26.2 miles), 21 members completed half marathons (13.1 miles), and 28 completed the Schenectady Stockade-athon 15K (9.3 miles).

Included in the club's racers were several family duos. Father and son Ralph and Robert Sansaricq of Ghent, age 54 and 20, raced the Mohawk Hudson River Half Marathon together, finishing in times of 1:42:34 and 1:42:37. Their competitive times are even more impressive when it is known that Robert is autistic and Ralph is his coach. A mother and daughter from Kinderhook, Beth Flaherty, age 52, and Elizabeth Phillips, age 29, ran the Philadelphia Marathon together in times of 4:59:42 and 5:14:58. Elizabeth was surprised and thrilled to finish the marathon in just under 5 hours.

Here are the race results for the KRC members:

Tiele die the face fesuits i	or the KIKC	шешье	15.
Member Adirondack Marathon ru	Time n on 09/25	Place /2011	Notes
Robin Benziger	5:5:22	201	
Amy Knights	5:27:40	235	
, ,			
Wineglass Marathon run			
Hilary Cloos	3:49:52	478	
James Costello	4:10:17	808	
Steamtown Marathon rui	on 10/09/	2011	
Karen Dolge	3:12:06	100	1st Masters Female
Michael Brennan	3:44:37	542	Personal Record (PR)
Rich Phillips	4:15:22	1086	
Mohawk Hudson River H	Ialf-Marath	on run o	
Chelsea Benson	1:27:40	27	2nd in age group
Rowland Butler	1:29:54	35	4th in age group
Benjamin Mueller	1:34:45	56	
Robert Sansaricq	1:42:34	92	2nd in age group
Ralph Sansaricq	1:42:37	93	6th in age group
Jon Meredith	1:43:49	101	
Dean Rowe	1:46:36	119	
Jim Vanwormer	1:49:09	138	
Teresa Warner Maiuri	1:50:11	150	
Julie Keating	1:53:22	183	PR
Keri Walsh	1:56:18	214	
Tim Lesar	1:56:24	216	
Cathy Oldrich	1:57:27	230	PR
Ann Birckmayer	1:58:08	239	PR
David Desmonie	2:05:40	322	
Ken Polinske	2:07:35	351	
Cindy Michelin	2:08:22	360	
Susan Lesar	2:14:43	436	
Sandi Vanwormer	2:22:47	491	
Mohawk Hudson River M			
Allison Craig	3:08:14	56	5th overall female
Glenn Berninger	3:20:06	106	
Lenny Collins	3:47:01	266	
Todd DiGrigoli	3:57:16	350	
Christine Cunningham	4:04:35	414	
Denise Lebrecht-Kuhner	4:07:31	442	2nd place USATF age group
Mike Howard	4:19:55	519	
14 - The Pace Setter			

Catherine Cappelletti	4:26:17	564	
Kevin Maloy	4:32:59	603	
Colleen Carpenter-Rice	4:47:41	690	
Ed Oldrich	4:49:23	700	
Allyson Webster	5:16:37	815	
Tom Eastman	5:34:05	842	
ING Hartford Marathon	run on 10	/15/2011	
			Circle and another and
Alanna Almstead	3:59:04	824	First marathon, 2nd in Athena division
Hilary Ferrone	4:15:50	1144	
ING New York City Mar	athon run	on 11/06	/2011
Aram Fox	3:17:33		
Tomo Miyama	3:25;57	4503	
Felix Del Toro	3:25:34	4407	
Ken Polinske	5:18:11	39250	First marathon
McDonald's Half Marath	on run on	11/10/20	)11
Terry Meltz	2:38:5		
Don Meltz			194th in men 50-54
	2:38:5	3423	19401 III IIIeii 30-34

Stockade-athon 15K run	on 11/13/2	2011	
Tom Fraser	1:02:21	11 <i>7</i>	
Karen Dolge	1:04:40	156	1st in age group
Glenn Berninger	1:05:24	180	
Ed Hamilton	1:10:11	308	
Paul Hoff	1:12:04	371	
Dean Rowe	1:14:53	472	
Jim Vanwormer	1:14:41	493	
Teresa Warner Maiuri	1:16:06	525	3rd place Clydesdale Masters
Rich Phillips	1:16:27	532	PR
Christine Cunningham	1:17:20	574	
Denise Lebrecht-Kuhner	1:17:19	575	PR
Marcel Parrilla	1:19:05	634	PR
Catherine Cappelletti	1:21:01	752	
Julie Keating	1:22:09	804	
Chris Keating	1:22:49	825	PR
Colleen Carpenter-Rice	1:22:28	831	
Jim Costello	1:23:07	836	
Ann Birckmayer	1:23:24	847	PR
Bill Barford	1:24:14	913	
Jim Tansey	1:29:19	1129	
Siarra Smalley	1:32:30	1230	
Allison Welch	1:33:56	1254	
Beth Flaherty	1:37:02	1328	
Elizabeth Phillips	1:37:01	1329	
Cindy Michelin	1:38:12	1367	
Sandi Vanwormer	1:40:21	1412	
Gary Stefanick	1:42:18	1439	
Lenny Collins	1:56:14	1572	
Philadelphia Marathon r	un on 11/2	0/2011	
Rowland Butler	3:12:31	591	PR

The Kinderhook Runners Club is open to everyone, including walkers and beginning runners. The club has three group training runs each week on Sat. and Sun. mornings and Wed. evenings, along with races and other special events throughout the year. For more info go to www.kinderhookrunnersclub.com. The Kinderhook Runners Club is proudly sponsored by Kinderhook Bank.  $\hfill \Box$ 

4:59:42 5:14:48

Elizabeth Phillips

Beth Flaherty

8445 PR

9025

## **Breaking Traditions on a Traditional Day**

by John Furgele

As we all know, Thanksgiving Day is about traditions. From family gatherings to football, it is a rare time to slow down and appreciate what we have. And, as runners know, Thanksgiving is about running, as in running a Turkey Trot. As a traditionalist, I love Thanksgiving Day running, and many of our nation's Turkey Trots have long and storied histories. But, times change, as do traditions. Black Friday will soon become Black Thursday, and instead of stores opening at 10 p.m. on Thanksgiving night, they might decide to open at 10 a.m. Thanksgiving Day, but that's a story for another day.

Back to traditions, and more importantly, Turkey Trot traditions. I'm not sure who gets credit for coming up the idea that road races should be contested on Thanksgiving Day, but whoever did, should be applauded, because these races have boomed. The Buffalo YMCA Turkey Trot is the nation's oldest continuously run public road race, dating back to 1896. When I was in high school and college in the mid to late 1980s, people's jaws dropped when the trot, an 8K race, drew over 3,000 runners. This year, the race capped entries at 13,200 and ended up with 11,879 finishers.

The Capital Region has a long standing trot in Troy that this year celebrated its 64th edition, with over 7,100 runners participating in three events. Our area is unique simply because there is no shortage of trots. Unlike Buffalo, which has one, the Capital Region has at least five with Cohoes, Schenectady, Bethlehem and Saratoga Springs joining Troy. The Schenectady Trot, officially called the Cardiac Classic, has been around for 30 years, while the two newer trots in Saratoga Springs and Bethlehem are already drawing huge numbers. The Christopher Dailey Trot had 2,900 runners this year and depending on whom you talk to, the Bethlehem Trot had anywhere from 1,800 to 3,000 runners in a non-scoring race.

As a traditionalist, I had a dilemma in 2011. I grew up running the Buffalo Trot and as a serious and now semi-serious racer, always felt that that Turkey Trot was the "Super Bowl" of running. A good trot makes for a good season. Sure, you can set PRs at other races, at big time races, but I always believed you wanted to be at your peak on Thanksgiving Day. It really sets up for this as the race comes right near the end of the calendar year. For the 20 something runners, particularly those who are away and running at college, it gives them a chance to come home and show their old high school competitors how good they are or still are. The Troy Trot is usually won by somebody who recently completed their college season. Elizabeth Maloy, who won the women's 5K four straight years, often competed at the NCAA National Meet on Monday, then came back three days later to capture a trot. On Saturday, November 20, Jeff Corelli represented RPI at the NCAA Division III Nationals, then came to Troy and won the 5K title. It's a not a non-descript title. Sure, you can win a lot of road races during a season, but winning a Turkey Day run is extra special given the history of these races.

Most of the local running purists consider the Troy Turkey Trot to be "the trot," and the real diehards consider the 10K to be the real trot, but as most of us know, the 5K race has really taken over the scene, both locally and nationally. The Schenectady Trot used to have a 10K to complement the 5K, but that was dropped years ago. Given the above information, when I moved here, I felt compelled to run the Troy Trot, and in my first race there in 2002, I ran the 10K. This year, I decided to break tradition and run the Cardiac Classic in Schenectady. As I went online to the registration site, my finger began shaking as thoughts of "are you sure," do you really want to skip Troy and break tradition by going elsewhere on Thanksgiving Day?" were swimming through my head.

I counted to three and registered for the Cardiac Classic. I love the Troy race, the carnival like atmosphere, hanging out at the Atrium and before that City Hall, but for some reason; my curiosity got the best of me. I just felt like I had to try the Schenectady event. Running in Central Park is something I enjoy, so I figured it couldn't be that bad.

As I got into my car Thanksgiving morning and headed west to Schenectady, doubts entered my mind and I kept thinking that "I should have done Troy." Yes, it's just a race and you can always go back next year, but next year is 365 days away and the trot, to the pure runner, is the Super Bowl.

But, once I got there I settled down. I picked up my number, visited the bathroom, warmed up, changed and headed to the start line. I felt good, and I got a good vibe from both the number of runners and the number of families and spectators that were milling around Central Park as race time drew near. I started to believe that the right decision was made.

The gun went off and the race began. Unlike Troy, the Schenectady race seemed to be a bit more serious than the Collar City event. No mascot race, no Lee Greenwood singing, no speech by the mayor, no official DJ, fewer people running in costumes and suits that often grace the front/back page of the next day's *Troy Record*. This is not a knock on the Troy race; it's just stating a fact. As someone who is looking to run a good time, it was appreciated as we got to the starting line, and after two commands, the race was on.

The course is great, not too flat, not too hilly, a fair course if you will. Running in Central Park is never a bad thing, and like most races, it supports a good cause. If you have a good day, you can run your time, whatever that may be. All in all, it was a fun race to be a part of. There were lots of spectators and when one runner yelled "let me hear you, it's Thanksgiving," the crowd on Duck

Pond Road responded.

In the end, I learned it was okay to break tradition; it wasn't as bad as I thought it might be. There were no regrets. I also learned that there can be more than one trot whether it's Troy, Schenectady, Cohoes or Saratoga Springs; you don't have to go to Troy just because. This was tough for me, because I like traditions, especially on Thanksgiving. On my way home from the race, I listen to Arlo Guthrie "singing about Alice's Restaurant," because I'm a traditionalist, and feel that traditions are slowly falling by the wayside in our country.

Fortunately, I have 350 plus days before I decide which trot to run in 2012. It will likely come down to Troy and Schenectady again and it will be a tough call. I love the tradition of Troy, but I really liked the Cardiac Classic; in fact, I was surprised how much I liked it. They're both excellent races and they're both a lot of fun. It really doesn't matter because I intend to enjoy it no matter which one I choose, but sometimes tinkering with tradition is not always bad.

### Winter Series #1 -Races Ring in the Cold Running Season

by Kristin Zielinski (race statistics provided by Doug Bowden)

HMRRC rang in the impending cold northeastern winter running months with the first installment of its winter series races – the Doug Bowden 15K and 3-miler – on December 11th. The fine weather brought out a wonderful crowd with a total of 400 finishers – 175 for the 3-miler and 225 for the 15K. This proved to be a record turnout for Winter Series #1 and hopefully, it is a mere foreshadowing of all the other races that are part of this series.

Chuck Terry, 29, of Albany and winner of the 2011 Mohawk-Hudson River Marathon, came in first in the 3-miler with a time of 15:48. Shyla Weber, 23, of Rensselaer and first woman, came in at 22:42.

Richard Messino, 23, of Nassau was the first male to cross the finish line of the 15K with a time of 55:26. Meghan Davey, 26, of Rotterdam was the first female in 1:01:22.

Age-group winners and runners-up received coupons from the race sponsor, Bountiful Bread.

It is without question that the 51 volunteers who braved chilly temperatures for several hours on the windy UAlbany and State Office Campuses made WS #1 possible. And let's not forget the remarkable volunteers who kept the children warm and entertained while runner moms and dads set out on the course. HMRRC thanks you all for taking the time out of your busy schedules during the holiday season to contribute to the local running community.

The Winter Series culminates with the 39th HMRRC Winter Marathon and Marathon Relay on February 19th. 

□

## Want to train to run a FULL OR HALF MARATHON

\*

Want to train to run a FULL OR HALF MARATE
this fall?

Not sure where to begin?

Then Join Us!

HMRRC will offer a training program designed for novice runners who have not before completed the 13.1-mile or 26.2-mile distances OR for experienced runder who are interested in training with a group and under the guidance of a coach program begins in May and prepares runners for the Mohawk Hudson River Nor Half Marathon on October 7, 2012. Group training takes place twice week Capital District.

Training program members will receive the good a certified coach and will be provided a training t-shirt, gels and water at group runs lunch at the HMRRC Picnic in August, training and guaranteed paid entry into the 2012 Mc Hudson River Marathon or Half Marathon. The cost for HMRRC members is \$ the five-month marathon training program and \$90° for the five-month half training program. To provide quality coaching, a limited number of slots are Registration is available online at www.mohawkhudsonmarathon.com beg February 1, 2012. For more information, contact Cathy Sliwinski at racedirector@mohawkhudsonmarathon.com or Jim Thomas at jth430@verize.

\*Fee for non-HMRRC members is \$125 for the marathon and \$100 for the half marathon training program and \$100 for the half marat HMRRC will offer a training program designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances OR for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins in May and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 7, 2012. Group training takes place twice weekly in the



Training program members will receive the guidance of a certified coach and will be provided a training schedule, weekly training sessions, a technical training t-shirt, gels and water at group runs, free lunch at the HMRRC Picnic in August, training clinics and guaranteed paid entry into the 2012 Mohawk

Hudson River Marathon or Half Marathon. The cost for HMRRC members is \$115\* for the five-month marathon training program and \$90\* for the five-month half marathon training program. To provide quality coaching, a limited number of slots are available.

Registration is available online at www.mohawkhudsonmarathon.com beginning on racedirector@mohawkhudsonmarathon.com or Jim Thomas at jth430@verizon.net.



<sup>\*</sup>Fee for non-HMRRC members is \$125 for the marathon and \$100 for the half marathon training program.



Kinderhook Runners Club: pictured are Christine Cunningham, age 45, and Lara Cunningham age 12 of Old Chatham, at the Corning Preserve in Albany on October 9.

Lara is helping her mother cover the last quarter mile of the Mohawk-Hudson Marathon.

## Profile of a Runner JOHN CARBONI



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

I am 58 years old and have worked for the City of Troy Fire Department for almost 32 years. I'm a Marathon Maniac #2971, 5 stars, 34 lifetime marathons.

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

I ran off and on for years. I had a friend who tried to get me to run long distance and suceeded in getting me to train for my first marathon in 2001. I ran the Mohawk-Hudson River Marathon after coming back from 911 in New York and I knew my world would never be the same again.

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

I enjoyed Boston with all of the crowd support. I like races with their local flair.

#### What are your most memorable races?

I just enjoy striking up conversations with whomever I happen to run with, making them all memorable in their own way.

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

I have cut back on the days I run each week to 3 or 4. No matter what, I always get in the long run to maintain my base fitness. I generally run alone but sometimes I will run with runners going my way.

#### What are your current goals?

I'm halfway to completing marathons in the 50 states and that remains my primary goal.

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

I would like to participate in marathons in Europe.

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

"You go into the disease as one person and come out of it as a different person. It has changed my perspective on everything. Things that used to upset me no longer do." Grete Waitz  $\square$ 

#### Any funny stories?

One year I was running the Mohawk-Hudson River Marathon and about halfway through I was passed by a man who appeared to be many years older than me and I thought to myself, "I hope he knows what he is doing!" The next day I picked up the newspaper and read about George Hirsch, one of the founding members of the NYRRC. George said he saw the weather reports for the heat in Chicago and decided to come to Albany and run. He stated that he just doesn't have it anymore and can't run. He beat me by 20 minutes!

### My First Marathon

By Jon C. Lemelin

My breathing is easy, Enjoying the run; The weather is perfect, This race will be fun.

At mile five, Settled into my pace; Cheered on by my family, I'm enjoying the race.

At mile ten, There's still lots of smiles; This isn't too bad, Only sixteen more miles.

Running is peaceful, I'm happy and free; Unless interrupted, By that pain in my knee.

At mile fifteen, Still having fun; Enjoying the breeze, Then out came the sun.

The temperature rose, The bike path was steaming; I ran out of water, My brain started dreaming.

At mile twenty, My pace got real slow; My back was complaining, My legs were Jello.

At this point of the race, My world fell apart; Why was I so stupid, When once I was smart?

My pace went from "steady", To "get this thing done;" My feet were on fire, My legs weighed a ton.

I finished the race,
Despite the shin splints;
But have to admit,
I haven't run since.



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And you thought the workday was tough. Get ready for the 2012 CDPHP® Workforce Team Challenge on Thursday, May 17th! This is the Capital Region's classic 3.5-mile workforce team run — and the largest annual road race between Utica and New York City. Last year marked a record turnout, attracting over 9,000 runners and walkers, and over 450 participating companies and organizations. We invite you to assemble your team, and get ready for the endorphin rush.

Visit www.cdphpwtc.com for more information.



## Recovering from Hard Runs: How to Refuel

What's best to eat for recovery after a hard workout?

That's what runners, triathletes, and body builders alike repeatedly ask. They read ads for commercial recovery foods that demand a 3 to 1 ratio of carbs to protein, tout the benefits of a proprietary formula, or emphasize immediate consumption the minute you stop exercising. While these ads offer an element of truth, consumers beware: engineered recovery foods are not more effective than standard foods. The purpose of this article is to educate you, a hungry runner, about how to choose an optimal recovery diet.

Which runners need to worry about a recovery diet?

Too many runners are obsessed with rapidly refueling the minute they stop exercising. They are afraid they will miss the one-hour "window of opportunity" when glycogen replacement is fastest. They fail to understand refueling still occurs for several hours, just at a slowing rate. Given a steady influx of adequate carb-based meals and snacks, muscles can refuel within 24 hours. If you have a full day to recover before your next training session or run, or if you have done an easy (non-depleting) workout, you need not obsess about refueling immediately afterwards.

Refueling as soon as tolerable is most important for serious runners doing a second bout of intense, depleting exercise within six hours of the first workout, including—

- marathoners and triathletes doing double workouts.
- participants in more than one event at a track meet
- people who ski hard in the morning and again in the afternoon.

The sooner you consume carbs to replace depleted muscle glycogen and protein to repair damaged muscle, the sooner you'll be able to exercise hard again.

Over the course of the next 24 hours, your muscles will have lots of time to replenish glycogen stores. Just be sure to repeatedly consume a foundation of carbohydrates with each meal/snack, along with some protein to build and repair the muscles. For example, chocolate milk or a fruit smoothie are excellent choices.

How many carbs do I need?

According to the International Olympic Committee's Nutrition Recommendations, adequate carbs means:

Amount of exercise	Gram carb/lb	Gram carb/kg
Moderate exercise (~1 hour/day)	2.5 to 3	5-7
Endurance exercise (1-3 h/day)	2.5 to 4.5	6-10
Extreme exercise (>4-5 h/day)	3.5 to 5.5	8-12

For example, a 150-lb runner doing endurance training should target about 400 to 700 g carb/day (1,600-2,800 carb-calories). That's about 400 to 700 carb-calories every 4 hours

during the daytime.

What are some good carb-protein recovery foods?

Your recovery meals and snacks should include a foundation of carbohydrate-rich breads, cereals, grains, fruits, and vegetables plus a smaller amount of protein (at least 10-20 grams per recovery snack or meal). Enjoy—fruit smoothie (Greek yogurt + banana + berries) cereal + milk

bagel + (decaf) latté pretzels + hummus

baked potato + cottage cheese turkey sub

nasta i maathall

pasta + meatballs

Do NOT consume just protein, as in a protein shake or protein bar. Protein fills your stomach and helps build and repair muscles, but it does not refuel your muscles. Your muscles want three or four times more calories from carbs than from protein. If you like the convenience of protein shakes, at least add carbs to them. That is, blend in some banana, frozen berries, and graham crackers.

Keep in mind that recovery calories "count." I hear many weight-conscious runners complain they are not losing weight despite hard workouts. Perhaps that's because they gobble 300 or so "recovery calories" and then go home and enjoy a hefty dinner. By organizing your training to end at mealtime, you can avoid over-indulging in recovery calories.

What about recovery electrolytes?

After a long, hard run, many runners reach for a sports drink, thinking Gatorade or PowerAde is "loaded" with sodium (an electrically charged particle). Think again! Milk and other "real foods" are actually better sources of electrolytes than most commercial sports products. These electrolytes (also known as sodium and potassium) help enhance fluid retention and the restoration of normal fluid balance. Here's how some common recovery fluids compare:

Beverage (8 oz.)	Sodium (mg)	Potassium (mg)	Protein (g)	Carbs (g)
Water				
PowerAde	55	45		19
Gatorade	110	30		14
Low-fat Milk	100	400	8	12
Choc. Milk	150	425	8	26
Orange Juice		450	2	26

As you can see, after a hard workout, recovery fluids that such as chocolate milk, orange juice or a latte offer far more "good stuff" than you'd get in a sports drink. Sports drinks are dilute and designed for use during extended exercise.

To assess how much sodium you lose in sweat, weigh yourself naked pre and post an hour of exercise, accounting for any fluid consumed. Loss of one pound equates to loss of about 700-1,000 mg sodium. If you sweat heavily and lose a significant amount of sodium, you

can easily replace those losses with pretzels (300 mg sodium/10 twists), a bagel (500 mg) with peanut butter (200 mg/2 tbsp), Wheaties and milk (300 mg), or a spaghetti dinner with tomato sauce (1000 mg/cup Ragu sauce). Most runners consume plenty of sodium!

Recovery can start before you exercise

What you eat before you exercise impacts your recovery. According to research presented at the 2011 annual meeting of the American College of Sports Medicine, consuming protein before lifting weights enhanced recovery better than consuming a protein drink afterwards. That's because your body digests pre-exercise protein into amino acids (yes, your body can digest food during exercise) and puts those amino acids right into action repairing damaged muscles.

What if you feel like you never really recover well?

If you have to drag yourself through workouts and races, questions arise:

- Are you overtraining? Rest is an essential part of a training program; muscles need time to refuel and repair. Take at least one, if not two, days off from running per week.
- Are you anemic? Anemia is common, so have your doctor monitor your serum ferritin (stored iron). If your iron stores are depleted, you'll feel needlessly tired during exercise. An estimated half of female athletes are iron-deficient, as indicated by low serum ferritin stores. (About 14% of all women are iron deficient.) A survey with collegiate male runners suggested about 20% had low serum ferritin. Iron supplements help resolve the problem, alongside a good recovery diet. Eat wisely, recover well, feel great!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her best-selling *Sports Nutrition Guidebook* and *Food Guide for Marathoners* offer additional information. They are available at www. nancyclarkrd.com. See also www.sportsnutrition-workshop.com.

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#### AWARDS

Male & Female

Overall 1st, 2nd, 3rd

Age Groups

1st, 2nd, 3rd

Special Masters (40+) 1st Male & Female

**Wheelchair Overall** 1st. 2nd. 3rd

**No Duplicates** 

LOCATION: Glens Falls High School - Sherman & Quade St.s, Glens Falls, NY. CHECK IN: Starts 8:30 am race dayat the Glens Falls High School Gymnasium.

**COURSE:** 5 mile basically flat & fast loop course – www.AmericasRunningRoutes.com. PRE- REGISTRATION: Received by March 20th - \$20.00 (\$16.00 Member Adirondack Runners)

RACE-DAY REGISTRATION: \$25.00 closes 10:30 am

**RESULTS: NEW** Chip Timing by AREEP. T-SHIRTS: T-shirts (First 400 Entrants).

**DONATIONS:** All proceeds benefit Warren-Washington Counties Special Olympics Programs.

**FACILITIES:** Glens Falls High School. Showers & Restrooms available.

MAIL ENTRIES: SHAMROCK SHUFFLE, 13 Lawton Ave., GLENS FALLS, N.Y. 12801

INFORMATION: Kevin Sullivan - (518)798-9593 or shamrockshuffle@roadrunner.com or www.adirondackrunners.org

#### The Leprechaun Leap

CHILDREN'S (12 & Under) FUN RUN - 7/8 Mile Run - Donation: \$3.00 Registration: 8:30am - 9:45am - Start 10:00am. - Medals For Finishers.

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official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, snow, sleet and rain traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the City of Glens Falls, Town of Queensbury, Glens Falls City School District, and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

SIGNATURE	DATE	Entry Fee \$
EMAIL ADDRESS		
CIONATURE OF DARENT (# des 40.)		Add'l Donaton\$
SIGNATURE. OF PARENT ( if under 18 )		
Make Checks Payable To: ADIRONDACK RUNNERS	(active.com	Amount Enc. \$

Register online today!!!

## "BEEN THERE, DONE THAT"

by Mike Becker

#### February 1972...Forty Years Ago

- A race of 12.5 miles is held on the sixth at SUNYA with eight participants. Six of the eight break 85 minutes and qualify for Boston, at a time when fast times at distances other than the full marathon could be used to qualify. Club co-founder Tom Osler wins by more than six minutes. This is also the first time the "bus loop" is used in a club race to make a three-mile loop of the campus.
- In a rare occurrence, races scheduled at SUNYA on the 20th are cancelled due to snow.

#### February 1977...Thirty Five Years Ago

• The club hosts a plethora of races on the sixth at SUNYA. Runs of one, three, nine, twenty, and twenty-three miles are held. A total of 54 runners participate, with several records broken. Carlo Cherubino wins the ninemiler with a 47:35, the third fastest ever on that course. Canadian Kathy Prosser finishes second overall with a 50:41, which breaks the women's record by nearly 14 minutes! Prosser chose the race because she needed a race to prepare for the upcoming World Cross Country Championships.

#### February 1982...Thirty Years Ago

- Ed Thomas directs the Valentine's Day races for Winter Series #4 at SUNYA. Temperatures are in the mid-20s and the course is icy in spots. Among those turning in good times in the ten-miler are Bill Robinson, Bill Meehan, Mike Ahearn, Ray Newkirk, and Hank Steadman. Frank Ripple and Daniele Cherniak are winners of the 20-miler, and Rich Christians and Casey Ahearn take the four-miler.
- Bill Meehan directs the club Winter Marathon on the 28th at SUNYA. Fourteen men run under three hours with Jack Callaci winning with a 2:38. Forty-three-year-old Don Wilken runs an impressive 2:46. Daniele Cherniak is the top female with a 3:05. A total of 12 runners qualify for Boston. The entry fee is \$2.50.

#### February 1987...Twenty Five Years Ago

- The Winter Series races on the 15th are the only ones on the February club schedule, with the marathon in early March this year. Kevin Barrett (56:33) and 16-year old Yola Strock (71:23) are winners of the ten-mile Grand Prix race. Age group winners include Pete Gerardi, Linda Kranick, Jim Tierney, and Anny Stockman. Mike Brinkman and Joan Bleikamp win the 20-miler, with Joan being the only female finisher.
- The club has been discussing the purchase of a clubhouse/running center. In *The Pace Setter* is a letter from Earle Reed, president of Utica Boilers, Inc. (sponsor of the Boilermaker). He offers to upgrade the heating equipment and perhaps even donate equipment, assuming the club would purchase an older building. President Don Wilken responds positively.



 A Letter to the Editor of *The Pace Setter* praises the club's intention of revamping the club Grand Prix series to include more short races.

#### February 1992...Twenty Years Ago

- Lori Hewig is profiled. She placed second in her first race and decided to train seriously. Her times improved dramatically to include PRs of 4:45 (mile), 16:31 (5K), and 52:40 (15K). Her training is very disciplined and she runs 50-60 miles per week. She was one of the best female runners in the history of the Capital District.
- Dale Keenan is the familiar winner of the Grand Prix ten-miler at the last Winter Series, running a 53:52. Among the others breaking an hour are Rob Picotte, Pat Glover, and Mark Warner. Amy Herold-Russom is the top female with a 64:07. Twenty-nine runners complete the 20-miler, some as preparation for the club Winter Marathon two weeks later.
- Canadian Paul Morrison wins the club Winter Marathon with a 2:42, with 57-year old Jim Tierney running a fine 3:23.

#### February 1997...Fifteen Years Ago

- From the February club meeting minutes: Ed Neiles activated a web page for the club that includes a race calendar, results, contact information for club officers and race directors, links to other running-related sites, and a text-only electronic version of *The Pace Setter*.
- Nicholas Zulak from Baldwinsville wins the club Winter Marathon running a 2:44. Sherry Christoff from Connecticut runs a 3:04 to win the female division, breaking Daniele Cherniak's course record by 29 seconds. This record still stands. The race is directed by Sharon Boehlke and sponsored by Manhattan Bagel. Pictures of the event indicate a sunny, cold, snowless day.
- An article in *The Pace Setter* gives some good advice about volunteering at races: Use the flag to stop traffic, use your hand to motion traffic on, pump the flag up and down to slow traffic down, and never, ever turn your back on traffic.

#### February 2002...Ten Years Ago

• Derrick Staley and Heidi Underwood are winners of the Polar Cap Four-Mile Run in Lake George.

Jason Santarcangelo and Lori Christina direct the Winter Series #4 races at SUNYA. Ben Greenberg and Nancy Taormina are winners of the ten-mile Grand Prix race. Jonathan Catlett and Kim Milton take the four-miler, and Roy Zeeb and Carrie Trimarchi take the 20-miler.

• Dan Dominie and 19-year old Margaret Moore are winners of the club Winter Marathon. Dominie's victory is his fourth in the event. Team McKenzie is the top relay team (out of 27) with a 2:38. The race directors are Ken Klemp and Ed Neiles.

#### February 2007...Five Years Ago

- Ken Clark and Jessica Hageman are winners of the Saratoga Winterfest 5k Snowshoe
   Race with times of 21:25 and 26:44, respectively
- Bob Irwin and Jamie Rodriguez go one-two at the Polar Cap Four-Mile Run in Lake George.
- Chuck Terry and Emily Bryans win the ten-mile Grand Prix race, part of Winter Series #4. Dale Keenan and Anny Stockman are the age-graded winners. Anthony Felitte and Eileen Combs are winners of the 20-miler, which has just 18 participants.
- Martha DeGrazia is the top female in the club Winter Marathon with a 3:36. Martha and 11 others qualify for Boston. Michael Arnstein from NY City is the winner with a 2:34. The 90 volunteers outnumber the 44 finishers by more than two to one! Weather is ideal with no wind, sunny skies, and temperatures in the high 20s. □

## 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

### USATF ADX Championship / HMRRC and USATF ADX Grand Prix Series

### The Runnin' of the Green (Island)

St. Patrick's Day - March 17, 2012

Four Mile Road Race (10 a.m.) and Kids Fun Runs (11:20 a.m.)

Presented by Hudson Mohawk Road Runners Club, USATF Adirondack Association (ADK) and the Village of Green Island







#### \*\*\* REGISTER EARLY \*\*\*

Register online at www.hmrrc.com

NEW for 2012 – REGISTRATION CAPPED at 750 PARTICIPANTS!

NO 'DAY OF' REGISTRATION (Except Kids Fun Runs)

**LOCATION**: American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I787)

**PACKET PICK UP:** Begins at 8:15 AM day of race. (Kids up until 11:15 AM)

ENTRY FEES: <u>RECEIVED BY 3/9/12</u>: HMRRC/USATF Members: \$17. Non-member: \$22. KIDS FUN RUNS: \$1 on day of race. NO 'DAY OF' REGISTRATION FOR MAIN RACE.

TIMING: 'B(ib)-tag' chip timing by Albany Running Exchange Event Productions

T-SHIRT (Wicking, Gender Specific) to ALL registered runners in main race.

**PRIZES:** Overall and top 3 finishers, male/female, in 5 year age groups; top 10 age-graded finishers; team awards to top 3 open/masters, male/female teams. **MUST BE PRESENT TO RECEIVE AWARD.** 

**CONTACT USATF Adirondack Assn. (ADK) at 518-273-5552 for team application.** You must have a USATF ADK 2012 membership in order to be eligible for USATF ADK awards and GP points. Membership info is at usatfadir.org

into is at usatiaun.org
PLEASE PRINT. Submit registration form and NON-REFUNDABLE payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303. Make check payable to HMRRC.
NAME:
First Name Last Name
ADDRESS:
CITY: STATE: ZIP:
PHONE: (
DATE OF BIRTH: / / AGE: HMRRC Member? Yes No
USATF #: TSHIRT SIZE: XSmall Small Med. L XL
PLEASE READ and SIGN: In consideration of accepting this 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 might have against the HMRRC, the USATF Adirondack Association (ADK), any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race. As a condition of participation in this race, I agree to run without a headset, ear plugs, Ipod, etc. of any kind. PAYMENT IS NON-REFUNDABLE.
Signed: Parent/Guardian if under 18:

## & Grand Prix Update &

#### Race #1 Hangover Half Marathon, January 1, 2012

#### Men

#### Male Open

- 12 Tom O'Grady
- Josh Merlis
- **Justin Wood**
- Chuck Terry
- Dave Vona 6
- Dan Jordy Paul Cox

#### Male 30-39

- Joe Hayter
- Bill Davis
- 8 Aaron Knobloch
- Jon Catlett
- 6 Aaron Robertson
- Dennis VanVlack 5
- **Bob Irwin**

#### Male 40-49

- Jon Rocco
- **Ed Hampston**
- Craig Tynan
- Tim Hoff
- Ken Tarullo
- Joe McDonald 5
- **Steve Cummings**

#### Male 50-59

- Derrick Staley
- 10 Kevin Dollard
- Ed Gravelle 8
- John Beard
- 6 Robert Wither
- Dan Cantwell
- Richard Clark

#### Male 60-69

- Paul Forbes
- Ken Klapp
- Juergen Reher
- Paul Bennett
- Tom McGuire
- Bob Ellison
- John Stockwell

#### Male 70+

- Ed Bown
- Jim Moore
- Wade Stockman

#### Women

#### Female Open

- Jody Robertson
- Roxanne Wegman 10
- 8 Karen Bertasso
- Lisa D'Aneillo
- Kristen Quaresimo
- 5 Kelly Virkler
- Taryn Reese

#### **Female 30-39**

- Crystal Perno
- Shelly Binsfeld
- Gretchen Oliver
- Christine Ardito
- Sally Drake
- 5 Laura Zima
- Kim Morrison

#### **Female 40-49**

- Anne Benson
- Judy Guzzo 10
- 8 Chris Varley
- Marcy Beard
- 6 Kimberly Miseno-Bowles
- 5 Stacia Smith
- 4 Penny Tisko

#### **Female 50-59**

- Peggy McKeown
- 10 Joan Brown
- Ioan Celentano
- Sharon Desrochers
- Jenny Lee
- 5 Susan Burns
- 4 Daine Peverly

#### Female 60-69

- Martha Degrazia
- 10 Susan Wong
- 8 Erika Oesterle
- Ginny Pezzula
- Katherine Ambrosio

#### Age Graded

	Runner	Age	G
12	Derrick Staley	53	Μ
10	Jodie Robertson	27	F
8	Kevin Dollard	56	Μ
7	Paul Forbes	61	Μ
6	Susan Wong	64	F
5	Tom O'Grady	26	Μ
4	Joe Hayter	31	Μ

#### **Total After 1 Race**

#### Male Open

- Tom O'Grady
- Josh Merlis 10
- **Justin Wood**
- Chuck Terry
- Dave Vona 6
- 5 Dan Jordy Paul Cox

#### Male 30-39

- loe Hayter 12
- Bill Davis
- Aaron Knobloch
- Jon Catlett
- 6 Aaron Robertson
- Dennis VanVlack
- **Bob Irwin**

#### Male 40-49

- 12 Jon Rocco
- Ed Hampston 10
- Craig Tynan 8
- Tim Hoff
- 6 Ken Tarullo
- Joe McDonald
- 4 **Steve Cummings**

#### Male 50-59

- Derrick Staley
- Ed Gravelle 10
- John Beard 8
- Robert Wither
- Dan Cantwell 6
- 5 Richard Clark 4 Bill Martin

#### Male 60-69

- Kevin Dollard
- 10 Ken Klapp
- Juergen Reher 8
- Paul Bennett
- 6 Tom McGuire
- **Bob Ellison** 5 4 John Stockwell

#### Male 70+

- 12 Ed Bown
- Jim Moore
- Wade Stockman

#### Women

- Female Open **Jody Robertson**
- Roxanne Wegman 10
- Karen Bertasso 8
- Lisa D'Aneillo
- Kristen Quaresimo
- Kelly Virkler 5 Taryn Reese

- **Female 30-39** Crystal Perno
- Shelly Binsfeld 10
- Gretchen Oliver 8
- Christine Ardito Sally Drake
- Laura Zima 5
- 4 Kim Morrison

#### Female 40-49

- Anne Benson
- Judy Guzzo 10
- Chris Varley 8
- Marcy Beard Kimberly Miseno-Bowles
- Stacia Smith
- Penny Tisko 4

#### **Female 50-59**

- Peggy McKeown 12
- Joan Brown 10
- Joan Celentano 8

- Sharon Desrochers
- Jenny Lee
- Susan Burns
- Daine Peverly

#### Female 60-69

- Martha Degrazia
- Susan Wong
- Erika Oesterle
- Ginny Pezzula
- Katherine Ambrosio

#### Age Graded

	Runner	Age	G
12	Derrick Staley	53	M
10	Jodie Robertson	27	F
8	Kevin Dollard	56	M
7	Paul Forbes	61	Μ
6	Susan Wong	64	F
5	Tom O'Grady	26	M
1	Loo Houtor	2.1	h 4





#### 24th Annual HMRRC Delmar Dash



Sunday, April 15, 2012 at 9:00 a.m.

Corporate Sponsor: Bryant Asset Protection, Inc.

Competitive insurance protection for your family Combined with wealth management to meet your financial dreams.

#### ADULT 5 MILE RACE

COURSE: 5 Miles - Certified; Fast, mostly flat, through residential areas

Application Fee: HMRRC members: \$20 Non-HMRRC members: \$25

NO Shirt Option: \$15 HMRRC; \$18 non-member

Deadlines: mail - April 5 or on line at www.hmrrc.com - April 12 at noon

NO DAY OF RACE REGISTATION!

T-SHIRTS GUARANTEED TO 1<sup>st</sup> 400 RUNNERS (excluding those registering under non-shirt option)

Last Chance Race Registration will be held at FLEET FEET, Wolf Road, Albany on SATURDAY, APRIL 14 from noon to 6 p.m. No packet pick-up on Saturday. FEE: \$25.00 ALL

PRE-REGISTERED PACKET PICK-UP: at the school starting at 7:30 a.m. Sunday.

START AND FINISH FOR ALL RACES: From the Middle School on Kenwood Avenue

AWARDS: 5 Year Age Group Awards from 19 and under thru 75+

USATF ADK GRAND PRIX RACE FOR 2012! Membership # required for USATF ADK GP scoring and MUST BE PROVIDED at time of entry. To join USATF ADK, go to usatfadir.org or call 518-273-5552.

NO HEADSETS OF ANY KIND ALLOWED - runners need to be able to hear course marshals on shared course. FOR RUNNERS' SAFETY: no strollers — no dogs or other pets — no skateboards, bikes etc.



NEW THIS YEAR! KIDS CRAFT CORNER: We will have an area staffed with volunteers to entertain your potty-trained child while you run



OLDEST DELMAR DASH T-SHIRT CONTEST! Bring your oldest Delmar Dash tshirt to the race (it must have a year on it). Oldest shirt gets a \$25.00 gift certificate to Fleet Feet. In the event of a tie, winner determined by runner's age.

Spotligh KIDS DAY OF RACE REGI	↑ 1-Mile No pre-registration	DS' RACES (Youth 12 or under)  * ½ mile  * Day of Race registration ONLY in Lower Gym, Bethlehem Central Midd	<ul><li>❖ ¼ mile</li><li>❖ Fee: \$2.00</li><li>le School, Delmar</li></ul>
	TUNATE. <u>Non-perishable</u> foot thlehem Seniors Project. Please	d items will be collected on race day in the contribute.	e gym for the benefit of the
	APPLICATION 24th Annon-refundable payment to: HMRRC, c/o	ANNUAL DELMAR DASH  MARCIA ADAMS, 1009 TOLLGATE LANE, SCH	

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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 AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT. 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 including high heat or humidity, traffic and the conditions of the road, all such risks are 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 Hudson Mohawk Road Runners Club or Bryant Asset Protection, their representatives and successors form all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE	PARENT/GUARDIAN SIGNATURE (if under 18)

### Meeting Minutes of the HMRRC General Meeting December 14, 2011

Attendance: Barb Light, Tom & Marcia Adams, Doug Bowden, Jim Tierney, John Parisella, Chuck Terry, Jon Rocco, Rob Moore, Nancy Briskie, Wade & Anny Stockman, Mark Warner, Ken Skinner, Cathy Sliwinski, Diane Fisher, Jonathan Golden, Vince Juliano

Call to Order (J. Parisella): meeting called to order at 7:35PM

Reading and approval of November 9, 2011 minutes (B. Light). Motion to approve minutes made by Marcia Adams approved by Rob Moore. Motion approved.

#### Reports of Officers

President (J. Parisella): Guilderland Elementary School thanking us for the Just Run Program. They look forward to participating in future years. John has asked Josh Merlis to be part of the race review committee. Best Fitness has expressed an interest in developing a race for the club and being part of the Mother's Day race in May. The Race Directors of the race will meet with Best Fitness to discuss this opportunity. They are also moving the mother's Day race to Central Park in Schenectady. He would also like to put together promotions for members to Best Fitness. He would like to have an Open House for HM-RRC members to come and visit the facilities. More details will follow as they become available.

Executive Vice President (J. Rocco): Schrader Scholarship notices will be in February and March Pacesetter and putting application online. Deadline early April. Will also put up notices on running blogs and notices up at Winter Series races. Distinguished Service ad for February and Diane will update application form on website. Cutoff date is March 1st.

2.3 Executive Vice President -Finance (C. Terry): Question came up regarding conventions. 3 years ago there was a proposal made that anyone who wanted to go to a convention would have to submit proposal prior to September 30 so it could be included in budget. Motion passed that made that a policy. Cathy Sliwinski, Rob Sliwinski, Tom & Marcia Adams submitted proposal to attend conference in January. Total cost is \$5526 for them to attend. It is twice as much because there are 4 people attending not 2. Doug Bowden moved that we change current rule from September 30 to prior to voting on budget. After attending the conference they would set up time to do a presen-

tation to the Race Directors. Mark Warner seconded motion, Motion passed. Vince asked if there is a lot of people in club that request to go to these type of events. Is the increase because more people going? Doug Bowden replied that usually people did not sign up to go to any conferences. Nancy noted that this is a very good conference and would be beneficial to them. Cathy noted that topics discussed will be Sponsorships, Event Insurance, Race Vendors Relationships, Media Presence, Event Websites, Greening Events, etc. Discussion followed. Ken asked if club could handle the addition to the budget, Chuck said we could. Cathy Sliwinski made motion to amend the budget proposal to reflect conference item to \$5526. Seconded by Mark Warner motion passed. Discussion followed on the proposed budget. Motion made by Ken Skinner to approve budget as presented, seconded by Marcia Adams, motion passed. Chuck also noted that he received a bill from Stuyvesant Photo from 2006 for pictures. Nancy Briskie took the information and will look into it.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): No report.

#### Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2563 members 153 over last month 331 over this time last year. We got 28 members from Winter Series #1.

Volunteers (M. Adams): All going well with the volunteers, we need volunteers for Winter Series races. Working on spread sheets for points.

Public Relations (R. Moore): Getting press releases out for Winter Series. Times Union has a runner's blog on website. Rob emailed them updated race schedule for the blog. End of November was Adirondack Sports Winter Expo. Very well attended. Thanked Jon Rocco for helping out. Collected 21 big garbage bags filled with shirts, sneakers and coats at the Stockade-athon for Schenectady Mission. Will have recycle drive at Winter Series # 2.

Race Committee (M. Warner): Mother's Day Race Director is Diane Fisher. Thank you Diane. Turkey RaffAL had 291 runners. Winter Series#1 had record number of entrants. Last year had 214 this year we had 400 runners. Doug was thankful it was on a nice day! Re-

cord for all Winter Series Races except for New Years 2011. Thank you to Marcia for getting the Kids Crafts going again. Marcia will be running the registration for all Winter Series races and Maureen Cox will be in charge of the refreshments. Doug Bowden and Mark had a meeting with OGS about some issues with snow and runners on course same time as snow plows. Had a good meeting and discussed some safety issues that can be improved. Next race is Half Marathon and 3 miler on New Year's Day. Mohawk Hudson Marathon had 1356 runners in the marathon, 913 for half. Total income was \$145,590 expenses was \$92,000 profit is \$54,337. Cathy noted that Adidas gave us a lot -they paid for marathon shirts and for half marathon shirts, awards, shirts for the training groups. Discussion followed on ways to improve the marathon. Stockade-athon went well. Ed Gillen did refreshments. and he made changes as needed for the increase in people. Ed had outstanding refreshment spread. Need new refreshment coordinator for next year. Had a new volunteer coordinator. John Haley did an outstanding job with course marshals. Thank you to everyone who helped make the race a success. The good weather and the reputation of the race also helped. Thanked Emily and Willow Street Athletic Club for putting on the Kids Run this year.

Race Committee Treasurer (N. Briskie): See attached reports.

Pace Setter (R. Nagengast / K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newk-

irk): No report.

Long Range Planning Committee (E. Neiles): No report.

Just Run Program (K. Skinner): Cross Country program finished up on November 15th with a cross country meet held at Tawasentha Park in Guilderland with 215 kids participating. Both the Spring and Fall programs were successful and very well supported by HMRRC volunteers. Spring program included 12 schools and approximately 550 kids. All schools met once or twice a week after school. Each leader incorporated healthy eating habits and good behavior/deeds into the program as well. The Fall program began in late September and ended on November 15th. There were 8 schools participated and approximately 215 kids. Plans for 2012 are underway. It is anticipated that 11 of the 12 participating schools will be returning. It is expected that 4-6 additional schools will be signing up from Broadalbin-Perth, Saratoga (Greenfield Center), Lansingburgh and 2 schools from Schenectady/ Niskayuna and Eagle Point in Albany. The final budget was presented and discussed.

Unfinished Business: None

\New Business:

Race Committee Treasurer-Nancy will talk to Jonathan Golden.

Need Pacesetter Advertising Director-John Parisella will write something up for the Pacesetter.

Announcements:

Adjourn: Motion to adjourn meeting made by John Parisella, seconded by Mark Warner. Meeting adjourned at 9:15PM.





## Go to HMRRC.COM for pictures

### **CLUB RUNNING APPAREL**

Circle size and color where applica				<u>otal:</u>
<b>Dryline Zip Shirt,</b> black, Male S,M,L;	; Female L,XL	\$3	36 _	
Insport Tights, black, Male, S; Female S,L			20 _	
<b>Knit Hat</b> , navy, black, light blue		\$		
Thermax Gloves, black		\$	8 _	
Warm-Ups, black and gray jacket o	and pants, Male S,M,L	\$6	ó5 <u> </u>	
Long Sleeve Coolmax Shirts:				
<b>Lightweight,</b> white, mock turtlene	eck, club logo on sleeve, Unisex S	S,M,L,XL \$2	22 _	
Mock Turtleneck, club logo on chest,	Mock Turtleneck, club logo on chest, Unisex black M,L,XL			
Coolmax Singlets:				
White with royal blue side pane	l <b>ls,</b> Female M,L - CLEARANCE	\$1	1 _	
White with royal blue side pane	White with royal blue side panels, Male S,M,L,XL			
Short Sleeve Coolmax Shirts:				
Hind with reflective stripes, Male	e, mustard S,XL, grey S; blue M,L,	XL \$2	25 _	
Female V-neck, lemon, purple, S		\$2	20 _	
<b>Shorts</b> with white club logo				
Female Asics, yellow, peach M,L,XL;	light blue S,M,L; turquoise L - CLEARAN	ICE \$1	5	
Female Adidas, black with blue trim		\$1		
	Female Race Ready Shorts, royal blue - ALL ON CLEARANCE			
<b>Split-cut,</b> 1" inseam, M,L - CLEAR		\$1	5	
	eam, back mesh pockets, blue, L - CLEA		_	
<b>V-Notch,</b> 3" inseam, S,XL - CLEA	•	\$1		<del></del>
	eam, back mesh pockets, L - CLEA			<del></del>
Easy, 4" inseam, S,M,L - CLEARA		\$1		
Easy Long Distance, 4" insean		\$1	_	
Male Race Ready Shorts, all are	•	Ψι	_	
<b>Split-cut,</b> 1" inseam, S,M,XL roy		\$1	9	
•	<b>V-Notch,</b> 3" inseam, S,M,XL royal; L black			
	V-Notch Long Distance, 3" inseam, back mesh pockets, M,L, XL			
Easy, 4" inseam, S,M,XL				<del></del>
	Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL			
Sixers, black, 6" inseam, back mesh pockets, S			25 <u> </u>	<del></del>
			-/ _ 1	·
<b>Running Cap,</b> embroidered logo, white, white/royal <b>DeFeet Coolmax Socks,</b> white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20			' _	<del></del>
		•	_	
<b>Smart ID tag,</b> snaps onto shoe, white,		)	_	<u>_</u>
If ordering only this item, postage is:		TOTAL DI 15		
Al	l prices include 8% sales tax	TOTAL DUE:		
Check Payable to: <b>HMRRC</b>	(If you want insurance, add \$1.70	) for items up to \$50 available for any an	), \$2.15 for	ge \$5.15 \$50-\$100)
Mail Order Form w/ Check to:		•		
Jon Rocco	Name			<del></del>
15 Lincoln Avenue Colonie, NY 12205	Phone			<del> </del>
Email: jonrocco@hotmail.com	Email			

#### HMRRC 2012 EVENTS SCHEDULE

DAY	DATE	TIME	LOCATION	EVENT	RACE DIRECTOR(S)	E-MAIL	
Sunday	Jan 01	12 Noon	UAlbany	#,F Winter Series 2, Hangover Half* & The Bill Hogan 3.5M Run/Walk	Brian & Cheryl DeBraccio	cmarathon@aol.com	
Sunday	Jan 08	10 a.m.	UAlbany	#,F Winter Series 3: 3M, 10K, 25K	Jon Rocco	jonrocco@hotmail.com	
Sunday	Jan 22	10 a.m.	UAlbany	#,F Winter Series 4: 3M, 15K, 30K	Josh Merlis	jmerlis@areep.com	
Sunday	Feb 05	10 a.m.	UAlbany	#,F Winter Series 5: 4M, 10M*, 20M	Patrick Lynskey	plynskey@nycap.rr.com	
Saturday	Feb 11	6:00 p.m.	Desmond Hotel	HMRRC Club Banquet	Debbie Beach	dbeach21@verizon.net	
Sunday	Feb 19	10 a.m.	UAlbany	Winter Marathon & Marathon Relay**	Dana Peterson Ken Klemp Ed Neiles	peterson@albany.edu kklemt@nycap.rr.com	
Saturday	Mar 17	10 a.m.	Green Island	Runnin' of the Green (Island) 4M* ** +	Ed Gillen	edgillen7@aol.com	
Sunday	Apr 15	9:00 a.m.	Bethlehem M.S., Delmar	Delmar Dash 5M ** +	Tom & Marcia Adams  madams01@nycap.rr.com		
Saturday	<b>A</b> pr 28	9:00 a.m.	Guilderland H.S.	Bill Robinson 10K Masters Championship *[GP40+] **	Jim Tierney runnerjmt@aol.com		
Sunday	May 13	10 a.m.	TBD	Mother's Day Race +	Diane Fisher <u>hmrrcdiane@gmail.com</u>		
Thursday	May 17	6:25 p.m.	Empire State Plaza	CDPHP Workforce Team Challenge 3.5M **	Mike Rabideau	osgoodpond@yahoo.com	
Sunday	June 10	9:00 a.m.	UAlbany	#, F Distinguished Service 8M*	Mark & Angela Warner		
Tuesday	June 12	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Sunday	June 17	9:30 a.m.	The Crossings	Father's Day 5K ** +	Roxanne Gillen	rmonahan63@yahoo.com	
Tuesday	June 19	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Saturday	June 23	9:00 a.m.	Joe Bruno Stadium, HVCC	Tri-City Valley Cats Home Run 5K +	John Haley Megan Leitzinger	j.haley36@yahoo.com	
Tuesday	June 26	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Tuesday	July 3	6:00 p.m.	Colonie High School	Colonie Summer Track, # Colonie Mile*	Ken Skinner	kennyskin@earthlink.net	
Tuesday	July 10	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Thursday	July 12	6:15 p.m.	Colonie High School	#, F Summer Series: Two-Person Relay	Pete Newkirk	pnewkirk@newkirk.com	
Tuesday	July 17	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Thursday	July 19	6:15 p.m.	Colonie High School	#, F Summer Series: Hour Run	Doug Bowden	bowden@nycap.rr.com	
Tuesday	July 24	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Thursday	July 26	6:15 p.m.	Colonie High School	#, F Summer Series: Pentathlon	Todd Mesick	toddmesick@yahoo.com	
Tuesday	Jul 31	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers flyingbb45@aol.com		
Saturday	Aug 04	8:30 a.m.	Colonie Town Park	Dynamic Duo Pursuit Race	Frank Myers flyingbb45@aol.com		
Sunday	Aug 05	9:00 a.m.	Thacher State Park	Indian Ladder Trail Run 3.5M & 15K	Mike Kelly mjkhome@verizon.net		
Sunday	Aug 05	Noon	Thacher State Park	Summer Picnic	Lisa Ciancetta	ljcny61@nycap.rr.com	
Tuesday	Aug 07	6:00 p.m.	Colonie High School	Colonie Summer Track	Frank Myers	flyingbb45@aol.com	
Monday	Aug 13	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 1 +	John Kinnicutt	jkinnicutt@gmail.com	
Monday	Aug 20	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 2* +	John Kinnicutt	jkinnicutt@gmail.com	
Monday	Aug 27	6:30 p.m.	Tawasentha Pk Guilderland	#, F Tawasentha XC 5K No. 3 +	John Kinnicutt	jkinnicutt@gmail.com	
Monday	Sep 03	9:00 a.m.	SEFCU HQ, State Office Campus	SEFCU Foundation Labor Day 5K* ** +	John Parisella	jparisel@nycap.rr.com	
Sunday	Sep 16	9:00 a.m.	UAlbany	#, F Anniversary Run, 2.95M & 5.9M*	Pat Glover	pjglove@aol.com	
Sunday	Sep 30	10 a.m.	New Scotland Town Park	# Voorheesville *[GP<40] 7.1M	Jim Thomas Russ Hoyer	jth430@verizon.net russ.hoyer@yahoo.com	
Sunday	Oct 07	8:30 a.m.	Central Park, Schenectady	Mohawk Hudson River Marathon* **	Cathy Sliwinski	racedirector@mohawkhudsonmarathon.com	
Sunday	Oct 07	8:30 a.m.	Colonie Town Park	Mohawk Hudson River Half-Marathon**	Cathy Sliwinski	racedirector@mohawkhudsonmarathon.com	
Sunday	Nov 11	9:00 a.m.	Central Park, Schenectady	Stockade-athon 15K* ** +	Vince Juliano	Hamletbryans@nycap.rr.com	
Sunday	Nov 18	10 a.m.	The Crossings of Colonie	# Turkey Raffle Run	Al Maikels	afmcpa1040@yahoo.com	
Sunday	Dec 9	10 a.m.	UAlbany	#, F Doug Bowden Winter Series 3M & 15K	Doug Bowden	bowden@nycap.rr.com	
				# Day of Race Sign Up ONLY!	* Grand Prix Event [bold]		

<sup>#</sup> Day of Race Sign Up ONLY!

<sup>\*</sup> Grand Prix Event [bold]

F No Entry Fee for HMRRC Members \*\* USATF certified course

Hudson Mohawk Road Runners Club
P.O. BOX 12304
ALBANY, NEW YORK 12212
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Your membership renewal date is on the address label. Renew Early.

NEW MEMBERS Allow 8 to 10 weeks before expecting Allow 8 to 10 weeks before Setter Allow 8 to 10 weeks before Setter
Hudson-Mohawk Road Runners Club  Membership Application
Name
AddressOccupation    City State Zip Phone
TYPE OF MEMBERSHIP DESIRED (Check one):  INDIVIDUAL (\$12) YOUTH (Under 20) (\$9) COUPLE OR FAMILY (\$15) Names  NEW APPLICANT RENEWAL GIFT MEMBERSHIP  E-MAIL  E-MAIL
<u> </u>
For those who can afford it!  My additional tax-deductible contribution: \$10\$20\$50\$100\$
Mail applications to: Make checks payable to:   HUDSON-MOHAWK ROAD RUNNERS CLUB   HUDSON-MOHAWK ROAD RUNNERS CLUB   P.O. BOX 12304, ALBANY, NY 12212
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!