

The Pace Setter

November 2009

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





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— **Short Circuits**

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— **Kopac's Komer**

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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC 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. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

President's Message	4
What's Happening in November	5
Short Circuits	6
In Memory of Bob Rother, 5 Years After	7
Been There, Done That.....	9
Athlete's Kitchen: Reforming your Healthcare Policy: Food for Though	11
Profile of a Runner: Shelly Binsfeld.....	13
HMRRRC ... "The Best Of" Results (Part 1 of 3)	14
by Jon Rocco	
A Clydesdale's Story: Rich Cummings.....	17
by Dan Cantwell	
Happy Trails, Mike!	18
by John Haley	
It Pays to be Fit ... or We Survived Rafting the Grand Canyon ..	20
by Wade Stockman	
Cardiac Classic: A Healthy Tradition in Schenectady	21
Grand Prix Update.....	22
Profile of a Runner: Holly Klein.....	24
Meeting Minutes of HMRRRC General Meeting: September 9 ...	25

Photos in this issue by Ray Lee

HMRRRC Mission Statement

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

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by Mike Kelly

I'm a big fan of "To Do" lists, always have been. If I don't write it down, more than likely I'll forget it. My lists are always a work in progress. On a daily basis, some things get crossed off and some things that I didn't get done simply get rolled over to the next day's list.

Looking back on it now, this is how I kind of look at my tenure as the HMRRRC President. There are some positive things that the club undertook in the past year that I can cross off the list, including:

- another positive year of race production by HMRRRC race directors and volunteers
- election of Martha DeGrazia and Jim Tierney to the HMRRRC Hall of Fame
- presenting Nancy Briskie a well deserved Distinguished Service Award
- record-breaking turnout for several races including the GHI Workforce Challenge and the Father's Day 5k.

The primary reason for the club's financial and operational success is frankly due to the tremendous group of race directors this club is fortunate to have. Sometimes I think we may take it for granted how many racing opportunities we have due to the HMRRRC. Omaha, Nebraska is a city of comparable size to Albany. I spent a week in Omaha this summer visiting family. During my visit, I hoped to get in a race or two to stay sharp during my visit. Amazingly, the local running club there wasn't putting on a race for another three weeks. A quick scan of their race calendar showed they averaged about a single club race per month. We're lucky to have race directors and a core group of volunteers that produce over thirty races throughout the Capital District in all months of the year. Without their leadership for each of the HMRRRC events they oversee, the club would not be the premier running club that it is.

In my first President's column in the December 2008 edition of *The Pace Setter*, I wrote that my goal this year was to "try to avoid doing anything that upset the apple cart too much." Hopefully I've accomplished that and left the club in a positive position for new leadership to take over. Mark Warner and Jon Rocco will be the club's President and Vice-President respectively for the next year. Both Mark and Jon are longtime HMRRRC members, accomplished runners and most importantly, good people. I'm confident that under their tutelage our club will be taken to new heights. □

SEFCU 5K





What's Happening in November

by Al Maikels

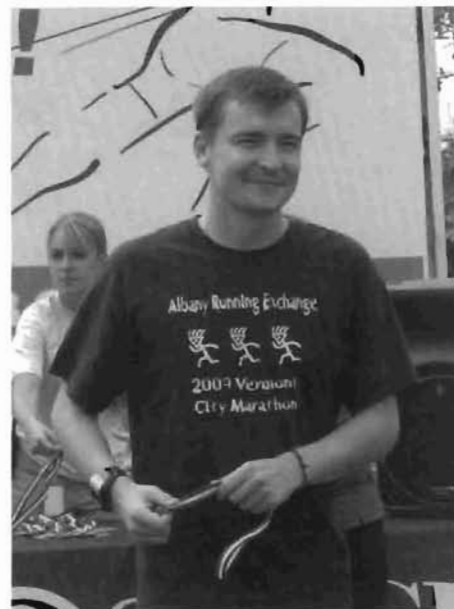
The fall racing season reaches its peak on Sunday, November 8 with the 34th running of the Gazette Newspapers Stockade-athon. This 15K is a tour of the city of Schenectady, starting at the western entrance to Central Park, dropping down a relatively fast four mile section into the historic Stockade section of Schenectady (hence the name), and then climbing back to the park. A race doesn't last 34 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2009 Series and there is also Clydesdale competition for the full figured runners. The race starts at 10:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRRC, there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988, the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years, the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Two years ago, we moved the event to the Crossings in the Town of Colonie and had a record turnout, as well as a new name, the Turkey Raffle Run. This year the run is scheduled for Sunday, November 22 at 10:00 a.m. at the Crossings, located on Alba-

ny-Shaker Road in the Town of Colonie. This is an hour run; each one -mile loop around the lake earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out there raffle tickets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status, but for the time being, I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event, registration is limited to the first 1,000 runners, so get to the park early.

A highlight on the November calendar is always the running of the New York City Marathon. This year's race will be held on Sunday, November 1 and as always, there will be a large contingent of local runners at the marathon. The Philadelphia Marathon also seems to attract a group of our local runners with its relatively flat and fast course. Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race while Troy holds the Turkey Trot at City Hall with 1 mile, 5K and 10K races on the schedule. Before you sit down to feast, move your feet at one of these fine races.

The Club business meeting for November will be held on Wednesday the 11th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. New Club president Mark Warner invites all members to attend these meetings. □



Submissions for the January Issue of *The Pace Setter*

Articles:

Deadline is November 25th. Submit to: Editor, pacesetterarticles@verizon.net

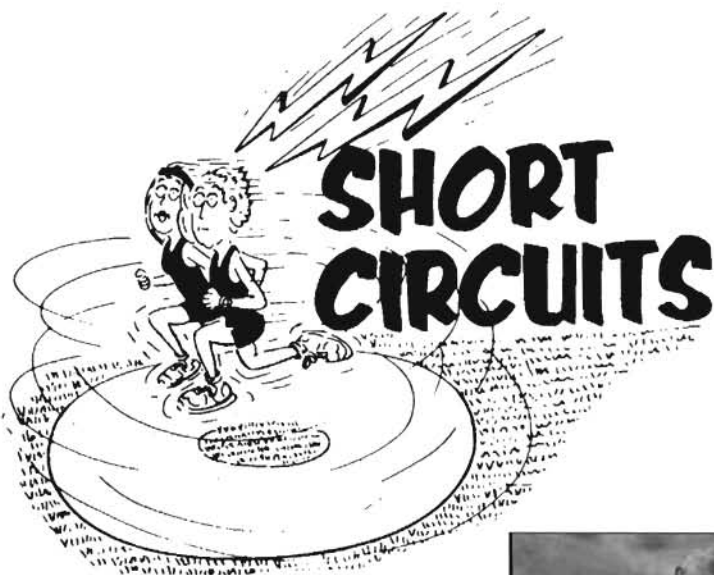
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C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: callen@gscallen.com

High resolution black & white files required. 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.



Gary Robinson slipped during the wet and muddy Indian Ladder 15K trail race and fell down a steep embankment, cutting his head. He was treated by EMTs and was able to partake in the post-race picnic.



Bloodied but not beaten



British comic Eddie Izzard completed 43 marathons in 52 days as part of a grueling charity run. The 47-year-old performer finished his odyssey across Britain in September when he staggered across the finish line at London's Trafalgar Square. The cross-dressing comedian managed the feat with only five weeks of training. He ran at least 27 miles a day, six days a week, covering more than 1,110 miles in England, Wales, Northern Ireland and Scotland. After finishing his final marathon he told waiting journalists: "I feel dead."



I feel dead



Derrick Jones broke the finish-line tape, raised his hands in victory to the cheers of hundreds, having won the Rochester marathon. Then he wobbled two steps and fell flat on his face. "Oww! Cramps! I need ice!" he screamed. The agony of racing 26.2 miles caught up to the 2002 Rochester Runner of the Year with a rush of lactic acid in his hamstring and back muscles.

"If I die, cremate me," he moaned while flat on his back in the medical tent. It took race personnel more than an hour to replenish his fluid and salt loss before the 37-year-old computer specialist from Henrietta could emerge to enjoy his 2-hour, 38-minute, 33-second finish, good for \$750.

"I had to stop three times to stretch," said Jones, an information technology specialist with the U.S. Department of Homeland Security, based in Irondequoit. "When I was coming past the U of R, I think I scared the hell out

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.

of my bicycle escorts when cramps hit again. I screamed so loud the whole neighborhood could hear me."



Cremate me!



All 16 siblings of the Kapral family of Oshkosh finished the Fox Cities Marathon in September, breaking the Guinness World Records mark of 15, set by the O'Donaghue family of Ireland in 2007. Chris Kapral, of Ada, Mich., said he was proud of his siblings, who range in age from 18 to 44, because of their commitment to achieving the mark. "Nine of them have kids five and under and Joe has a prosthetic leg," Chris said. "I'm so impressed with every one of them. It's the only thing we've done as adults where all 16 were focused on one thing." □



Two Kapral siblings celebrate

In Memory of Bob Rother, 5 Years After

It has been 5 years since our friend Bob Rother collapsed and died during a track workout with my spouse Lynne. After the funeral, Bob's children gave us a box containing many of Bob's running mementos. I decided to rummage through the box to commemorate random memories of Bob's running life.

Bob was one of the founders of the LaGrange (NY) 100-Mile Club and the follow-on Mid-Hudson Road Runners Club of Poughkeepsie, NY. He also was a prolific and tenacious runner. The daily running logs for "Bullet Bob Rother" show training type, distance, pace, rest, pulses, weight, and, last but not least, injury. For example, the entry for 01/01/95 has "Minimum S'Port All & back brace and orthotics & Air Pegasus B10." It did not surprise me that he once ran with a back brace when "normal" people in similar circumstances would not be running at all. Bob had fallen off his roof and broken his back, yet continued to run with this back brace. I asked him if he had asked his doctor if he could run. Bob said no, he might not have liked the answer. After he was diagnosed with prostate cancer, he took daily trips to Memorial Sloan Kettering Cancer Center in NYC for radiation treatments, yet he ran with Lynne during the week and every weekend.

Bob saved many newspaper clippings about running, including many old *Poughkeepsie Journal* articles by his (then hirsute) friend Pete Colaizzo. In Pete's 11/26/92 column about the MHRRC Turkey Trot, he quoted Bob as saying, "My favorite personal memory was in 1974, I think, when I wound up running with Fred Lebow (New York RRC president) at the end." The 25 kilometer race now is named the Bob Rother Memorial Run.

According to his handwritten records, in 1979, at age 46, Bob ran the Boston Marathon in 3:13. I uncovered a Boston Athletic Association postcard with Bob's 1980 Boston Marathon finishing time that put his performance that year in context with other competitors in the race. What interested me was the small number of finishers and the fast times of the runners as compared to today's Boston Marathon. Bob's finishing time of 3:23:44 placed him 3,029th out of 3,427 male finishers. (The postcard did not list the number of female finishers.) His male masters ranking was 1,032nd out of 1,315. The average male masters group finishing time was 3:12:34. One side of the postcard said, "The data on the reverse side of this card was calculated by a Honeywell Level 6 computer system within minutes after you crossed the finish line at Prudential Center." At least they did not use an abacus.

The box contained an index card in Bob's handwriting. The card chronicled Bob's hard-core racing, including the fact that he ran a half marathon in New York State the day before

running the 1979 Boston Marathon, long before the Disney World Marathon's Goofy Challenge. The following is taken verbatim from the card.

1979 Bob Rother's "Great Feet" Age 46

W/E	Event	Time	Pace
4/15	Columbia CC 1/2 Marathon	1:36:56	7:24
(4/16)	Boston Marathon	3:13:20	7:23
4/22	So. Rockland 1/2 Marathon	1:25:53	6:30
4/29	Sybil Ludington 50K	4:14:nn	8:12
5/6	Diet Pepsi 10K	38:43	6:15
5/13	Plattsburgh Marathon	3:21:nn	7:40
5/20	Heritage Trail Marathon	3:20:nn	7:40
5/27	Forest Park 40M	5:33:nn	8:20

I found a receipt dated Sept. 10, 1973 for a pair of Super Cortez running shoes. This brand was the first running shoe sold in 1972 by a company you may have heard of: Nike. The shoe was designed by legendary University of Oregon running coach Bill Bowerman. In 1973 Bob paid \$11.95 plus \$1.50 shipping and handling for these super-lightweight leather racing shoes.

Bob ran in the early days of running, before the Running Boom made the sport popular and "respectable." I found written evidence of how "disreputable" the sport was back then. Bob worked for a large corporation for many years until he retired. In 1972 Bob wrote a letter requesting that the company's club host a trophy event for runners as the club did for other sports. He wrote: "The club sponsors trophy events for other sports such as softball, bowling, volleyball and golf. Why not running? ... Since running is a physical sport like the others mentioned above, I feel that it should be treated equally and given consideration for a trophy event. And I would think that the corporation for purely good business sense would want to encourage each of its employees to stay physically active by participating in the sports they enjoy the most."

Bob received the following reply, which illustrated to me what non-runners thought of the "sport" of running in those Dark Ages: "Subject: Trophy Jogging" (Note the use of the word "jogging" instead of "Running"). "Please be advised that it will not be possible for the club to sponsor a Trophy Jogging Event. Jogging is considered a health fitness program and is in no way a competitive sport. To change this concept would be detrimental and could possibly cause physical harm to the participants. Sorry that we cannot accommodate you and trust you can understand our position." Sorry, but I do not understand the position. That bureaucratic reasoning sounded to me like the reasoning why Kathrine Switzer was expelled by the Amateur Athletic Union for running the 1967 Boston Marathon as a woman because one and a half miles was the "longest distance allowable for women" (as described by Kathrine Switzer in her book *Marathon Woman*).

I am happy to report that, due to the persistence of Bob Rother and other employee runners (aka "joggers") and probably due to the changing perception of the sport of running, the club eventually relented and created a cross-country race that was popular with employees. (The race is now defunct.) Bob Rother ran that race every year. The race was also one of the reasons I started running -- to get the T-shirt, of course, which I still have. I was pleased to discover I can thank Bob Rother for that -- for the T-shirt, but more importantly, for getting me involved in running. □



FLEET FEET

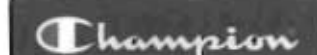
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- A strong commitment to the success of our customers and our community
- A warm, welcoming environment for customers of every age and ability



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"BEEN THERE, DONE THAT"

by Ed Thomas

November 1974 - Thirty Five Years Ago

- This month's race schedule includes two Club events, a pair of XC runs at SUNYA on the 3rd and one and two perimeter races on the 14th. Most of the names are now lost in antiquity; however, the times are quite respectable, even by today's standards. For example, Bill Shrader, Jr., (Club President) wins the 2½ mile XC race in 13:02 and Jim Mink wins the 5 mile XC in 28:32. Rod Wiltshire wins the 3 mile race in 15:47 and Dan Larson wins the 6 miler in 31:44.

- A guy called "Beer Can" Billy runs a close second in the 5 mile XC and then hands out free beer to anyone who wants it. He recommends it as a muscle relaxant.

November 1979 - Thirty Years Ago

- Perhaps the most interesting news is that there is NO NEWSLETTER this month. In fact, the last club Newsletter ever to appear is two months earlier, September 1979, when Paul Rosenberg follows through on his promise to retire as Editor. Jolted into action, the Club gets Dave Kelley to step in and take over as Editor of a new magazine which will be called *The Pace Setter*. The first issue will appear in December.

November 1984 - Twenty Five Years Ago

- From the ever-popular Short Circuits feature: On an early morning run, Eileen Sparrow, Kathy Carrigan and Janice Newkirk are doing the SUNYA lake loop, now a standard part of the Distinguished Service Run. As they near the first hill, Kathy sprints ahead. When Eileen and Janice catch up, they notice that Kathy seems to be laughing or talking to someone in a clearing in the woods. When Eileen and Janice arrive at the spot they come upon a young man kneeling, in the midst of heap of clothes, quite naked. The man mutters something about THREE women. The best part of the experience is the speculation about what this young man happens to be doing. The worst part of the experience is that Kathy is BLIND without her contact lenses!

November 1989 - Twenty Years Ago

- A write-up on the Stockade-athon reads "Brutal Wind Challenges 1200 Runners." On a day when the wind was directly in the runners' faces on State Street hill, Tom Dalton runs away from the field to win with J.R. Gage, Rich Coughlin and Dale Keenan (age 39) finishing closely in that order about a minute and a half behind him. Lori Hewig and Lisa Vaill duel it out on the women's side, with Hewig finally winning by about 15 seconds. (By the way, a week earlier, Vaill posted a 2:38 in the New York City Marathon!) Age group winners include Bill Robinson and Marilyn Heller, Pete VanGarderen, Denise Herman, Teresa Wuerdeman, Joel Landis, Nancy Gerstenberger and Bob Gauvreau.



November 1994 - Fifteen Years Ago

Race Director Chris Rush puts on one of the best Stockade-athons ever, according to Mark Warner (who has himself since become renown as the long time director of the Distinguished Service Race). At race time, the temperature is in the upper 40s with overcast skies – perfect conditions. The race attracts five world class Kenyans who set out to break the course record, held by Jerry Lawson. They fail by 45 seconds but provide a great show for the spectators. Among locals, the top performances are turned in by Kevin Collins and Linda Kimmey (women's winner). Impressive age group winners include Dale Keenan, Regina Tumidajewicz, Norm Green (at age 62 his adjusted time is 45:12!) and 73-year-old Ed Buckley with an actual time of 74:05.

November 1999 - Ten Years Ago

- In "The Making of Tawasentha," Bob Oates reveals his secrets to constructing a memorable XC course. "I always keep the runner's pain in mind first and foremost. How can I create the greatest amount of pain over a distance that seems innocuous?" As for safety issues: "Will the footing be too slippery on a downhill? Are the turns too sharp? Is the footing unstable? Once these questions have been answered in the affirmative, the laying out takes place. I try to run in as many of my races as I can. It demonstrates to the runners that I am as much a masochist as a sadist. To all of you who have not run at Tawasentha, I only ask that you give it one shot. You will love it or hate it – no middle ground."

November 2004 - Five Years Ago

- The caption on a cartoon in *The Pace Setter* reads: "City officials in Cologne, Germany have imposed a new regulation on people jogging through the city park. Runners are required to pace themselves to go no faster than

6 miles per hour. Any faster, the city officials cautioned, could disturb the squirrels who were in the middle of their mating season." The cartoon itself features two runners passing a traffic sign that pictures two squirrels caught in flagrante delicto.

November 2009 - Today!

- This will be my last "Been There, Done That" column. After a little over five years, I'm starting to get déjà vu when I re-read old *Pace Setters* and it seems right for me to hand the reins to a new feature editor. We are very lucky to have Mike Becker take over. We all look forward to enjoying his fresh insights into our Club's history. Thanks and congratulations, Mike! □

New HMRRC Members

Shanley Alber

Matthew Brom

Laura Campbell

Alan Chen

Steve Conant

Michelle Dellefave

John Darsinos

Nancy Gerstenberger

Peter Jerome

Nora and Maryanna Lansing

Ben Levine

Leigh McNeil

Frank Paladino

Sara Poloquin

Kiel Reynolds

Susan Strong

Luke Tetrault and family

Timothy Tyrrell

Aaron Van Derwiel

Michael Washco

Joe Yavonditte and Mary Bailey



cardiac CLASSIC

5 K RUN

*Thanksgiving Day,
November 26*

**3 Great Events—
SIGN UP EARLY!**

8 am:
2M Wellness Walk
FREE

9 am: 5K Race
(runners only)
\$23

10 am: 1M
Duck Pond Fun Run
FREE

PLEASE NOTE:
5K runners **must**
be pre-registered.
Day of race
registration will
NOT be available.

**Packet pick up for all
participants:**

Wednesday, November 25
Ellis Health Center
(formerly St. Clare's)
Auditorium, 2–7pm
—OR— on day of race in
Central Park.

Walkers:

The 5K race is for runners
only. Your cooperation is
appreciated. Wheelchairs
must be race style and
under their own power.

Course:

Start and finish Central Park Pavillion,
Schenectady, NY

REGISTRATION INFORMATION:

Register on-line at www.cardiacclassic.org:

On-line registration closes Tuesday,
November 24 at 9pm EST..... **\$23**

Register by mail:

Visit www.cardiacclassic.org to download a
registration form.

OR— Call 518.243.4600 to have a registration
form sent to you. (completed form must be
postmarked by 11/23/09) **\$23**

Register by fax:

Fax completed form and credit card informa-
tion to: 518.243.1322 by 11/23/09..... **\$23**

Last Chance to Register:

Wednesday, November 25
Ellis Health Center Auditorium
(formerly St. Clare's) 2–7pm **\$30**

**Day of Event Registration times for
Wellness Walk & Duck Pond Fun Run:**

Wellness Walk until 7:45am

Fun Run until 9:45am

OR— register on-line at www.cardiacclassic.org.

Note:

No locker facilities, so come dressed to run.
T-shirts will be given to each 5K registrant.
No dogs, strollers or walkers allowed in 5K
(for the runners' safety).

For more information, visit www.cardiacclassic.org, or call 518.243.4600.

Race results will be posted at www.ellishospital.org and at www.hmrrc.com.

5K AWARDS:

Trophies for overall male and female winners

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12 and under; 13–19; 20–29; 30–39; 40–49; 50–59; 60–69; 70 and over

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THE GAZETTE

All proceeds from the Cardiac Classic benefit the Wright Heart Center.

Reforming Your Healthcare Policy: Food for Thought

Healthcare reform is a hot topic these days, not only in the news but also (hopefully) in your personal life. You likely already know that by eating well, exercising at least 150 minutes a week, and not smoking, you can reduce the risk of an early death by 80%. (That's a lot, eh?!) But your friends and family may not fully appreciate how much slacking off, underexercising, and gaining undesired body fat too easily leads to negative health consequences that cost us millions of dollars.

Losing excess body fat is important because fat is an active tissue, not just a bank account of extra calories. Fat cells create an inflammatory response that contributes to heart disease, cancer, and diabetes. Fat also produces a hormone, leptin, that affects appetite. Leptin sends signals to the brain to stop eating. Hence, the brain and the intestinal tract are highly connected. Unfortunately, the brain developed in ancient times when food was scarce and unpredictable. This might explain why the body tends to store fat easily, yet shed fat with greater difficulty.

To address nutrition, obesity, and health concerns, experts discussed the latest research at the 4th Annual Symposium of Tufts University's Friedman School of Nutrition Science and Policy (Boston, Sept. '09). Perhaps this information will help you to inspire your loved ones to take an active role in preserving their good health for a robust and lengthy lifespan.

Food shopping reform

Good nutrition starts in the supermarket. Unfortunately, you almost have to have a Ph.D. in nutrition to know which groceries to buy. But this is changing. For example, the Smart Choices food ranking system (www.SmartChoicesProgram.com) is now in the front of many food packages. This program gives a check mark to foods that meet certain criteria (rich in vitamins, fiber; low in sodium, added sugar, trans fat, etc.). Participation in Smart Choices is voluntary, yet many of the major food companies are participating.



Hannaford Supermarket has created a Guiding Star system that ranks foods according to the nutrients we want to eat more of (calcium, iron, fiber) and those we should eat less of (saturated fat, trans fat, sodium). Signs in the marketplace indicate if a food has one, two or three stars. Would you believe 77% of the foods in grocery stores do not qualify for even one Hannaford Guiding Star? This indicates how health-eroding our food supply is! Let's hope that companies whose products fail to earn even one star

might quietly start tweaking their recipes to create healthier products.

As a result of the Guiding Stars food ranking system, Hannaford customers are actually shifting their shopping patterns. They are now buying more of the best foods (nutrient-dense and locally grown) and less of the rest. The hope is that better food labeling, along with consumer education, will help Hannaford shoppers shave off 100 to 200 calories a day. This small change can lead to losing 10 to 20 pounds fat in a year. This is a sure way to chip away at the obesity epidemic.

Obesity: a huge problem

A simple look around the mall confirms this fact: Obesity is rising to epidemic proportions. Despite years of advice from health professionals to add on exercise and eat fewer calories, obesity rates continue to increase. Reducing the prevalence of obesity will take years, because we need to change many systems. That is, restaurants need to serve smaller portions; kids need to be able to walk safely to school; food manufacturers need to make products with less fat and calories; housing developments need to be designed so people can walk to stores, as opposed to drive to the mall. All of this takes time, coordination, planning, and policy.

In the meantime, what can you do? You can implement small but sustainable changes that you can happily maintain for the rest of your life. The changes might have more to do with lifestyle than food—and what you choose to do with your feet, not just your fork. Here's a little of what we know:

- We need to live in neighborhoods that encourage walking, running, biking, and public transportation. As you have undoubtedly noticed, walkability has been engineered out of your life. Busy streets and highways now divide neighborhoods that used to be vibrant communities. No wonder so many runners rely on treadmills! We have created lifestyles that focus on the automobile. No longer can most of us walk to stores, the post office, and to work; instead, we need to drive cars. To shop, we drive to malls; this takes people out of cities and dissolves the communities that get created when neighbors interact outside.

Even schools are being built away from the center of town because there is more land (the required 40 acres). This ties kids to school busses. Some schools have started parking the busses farther away from the classrooms, so the kids at least get a little more exercise before and after school.

Preventing health problems

Preventing obesity and the diseases of aging (which are really diseases of inactivity and

overnutrition) is far easier than fixing health problems. The standard recommendations to exercise more and eat less are seemingly ineffective. To our detriment, (over)eating is pleasing. In comparison, food deprivation is less attractive. We need to find ways to lose undesired body fat without feeling deprived or punished.

Preventing weight gain needs to start early. Given that 25% of today's kids ages two to five years old are overweight or obese (as are 33% of school-age kids), waiting until kids enter the school system is too late to deal with the problem. Prevention offers an opportunity to improve the child's health, reduce disease, and save money. An obese child with at least one obese parent is very likely to become an obese adult.

Prevention of undesired fat gain can start as early as infancy. For example, sleep deprivation is a known contributor to weight gain—even in infants. Research indicates infants who routinely sleep less than 11 hours a night are more likely to be overweight than those who sleep more than 13 hours. This means, if you are a working parent, don't keep your kids up too late, just so you can enjoy a little bit more family time!

The bottom line

Health care reform needs to start on the personal level. While you, a runner, may live an active lifestyle, others need encouragement to take responsibility and be more active, eat wisely, sleep well, and stay well!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels casual and serious exercisers in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com. □



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Profile of a Runner

SHELLY BINSFELD

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

I turned the big 3-0 this summer. Home-maker and homeschooling Mom are my main jobs. Our 4 children keep my husband and I busy. We enjoy watching our boys participate in sports. We spent the summer camping and hiking.

When and how did you get started running?

A friend encouraged me to join our 8th grade track team, and after a season of training and racing, I was hooked. I ran on my high school team in Colorado. Then on to Minnesota State University, Mankato for 3 years of College X-C, Indoor and Outdoor Track. I just loved racing and striving for the next goal. By the end of my college career, I learned to enjoy running and not focus so much on the small things.

Do you have a favorite race or races?

My favorite races would have to be in Colorado. The terrain was always a challenge. I just loved anytime we could run in the foothills of Fort Collins. I prefer 5K races. I just don't want to be in pain for more than 20 minutes. *I also enjoy running races with friends at their speed.* Just being there to support and challenge them.

What are your most memorable races?

In my first high school Junior Varsity race, I didn't have a clue what I was doing. I ended up leading the race, and therefore, getting lost. From then on, they were sure to point out the entire course to me before starting a race. I did find my way to finishing line in that first X-C race.

How do you train? Do you have training partners?

I train for fun with the Pacers Group at the Southern Saratoga YMCA in Clifton Park. If it weren't for the wonderful runners there, I would not be back into racing again. They are so encouraging and helpful. I am definitely a



group runner. Solo runs just are not as inviting. I am thankful for the opportunity the Pacers Group and YMCA give me to encourage others to start running and succeed.

What are your current goals?

My goal is to get back to the same speed I was in College.

Do you have any future running goals?

To see what I can do at age 30. Perhaps a decade after college, I can carve a new running path.

Do you have a philosophy of running?

Have fun with friends and don't sweat the small stuff. You will run your best if you do it with a smile! Just relax, then focus on that next turn or finish line. Running hills...what goes up, must come down! You can always run one more repeat or mile, so go hard now.



Happy Holidays!

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

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

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

WANT MORE INVOLVEMENT?

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

IF INTERESTED, CONTACT MARCIA ADAMS, VOLUNTEER COORDINATOR at 356-2551 or madams01@nycap.rr.com

It's not just about running ...

HMRRC "The Best Of" Results

(Part 1 of 3)

by Jon Rocco

The "Best Of" the HMRRC survey appeared in the August edition of *The Pace Setter*. The results have been tabulated and without further fanfare, here is how the voting went from those who participated in the survey. Thank you for your responses.

Favorite Races By Distance

5K: The 5 kilometer (3.1 mile) distance has remained a popular distance with new 5K races appearing on the race schedule each year. The distance is quite popular for charity fundraisers and memorial runs. In looking at the 2008 HMRRC Results Archive, there were over eighty-five 5K races alone. As such, it was not a surprise to see this category produce picks for many of these races.

The overall choice goes to the **FREIHOFFER'S RUN FOR WOMEN**. The race, which is one of the world's largest and most prestigious all-female road races, draws over 4,000 runners. The field produces a nice blend of top International and American women, including several Olympians. The vast majority of the runners, however, are those in the Capital Region. The 32nd annual run, from downtown Albany, is set for Saturday June 5, 2010. Freihofer's was followed in the results by a tie of two Saratoga races - **Silks & Satins** and the **St. Peter's Keys Run**. Silks and Satins, a fast and flat course, typically draws 1,000+ finishers and its race proceeds benefit Special Olympics New York athletes. St. Peter's Keys Run, which earlier this year had its 30th running, also holds a 10K distance. The April race benefits Community Hospice of Saratoga and St. Peter's Youth Ministry. Rounding out the top picks in a 4-way dead heat were HMRRC races **Valley Cats Home Run 5K** (Joe Bruno Stadium - Troy) and **Father's Day 5K** (The Crossings - Colonie) along the **Watervliet Arsenal City Run** and the **Susan G. Komen Race For The Cure** (Albany).

3.5M-5M: This category produced a tight race, which is often seen in many of its individual race finishes. The top three choices were all HMRRC sponsored events.

The overall choice goes to the **GHI WORKFORCE TEAM CHALLENGE**. The 3.5M race, held since 1980, is the largest annual road race between New York City and Utica. The race, held on a weekday Thursday night in late May, has had a steady increase of entries over the past few years. In 2009, over 7,700 people comprised of 432 teams of participating companies/organizations took to the streets of downtown Albany to promote a healthy lifestyle in the workplace. GHI shares a similar course to Freihofer's which includes a tour of Washington Park and an eventual downhill finish on Madison Avenue near the New York State Museum. Be sure to mark your calendars for the next running on May 20, 2010. Following very closely in 2nd place was the **Delmar**

Dash, which narrowly edged out the 3rd place finisher - **Runnin' Of The Green**. The Delmar Dash, a 5M race held in April for the past 21 years, has averaged 600 finishers the past four years and kicks off of the spring calendar racing season. The early March Runnin' of the Green (Green Island) is a sign that winter is winding down and Spring is fast approaching. The Runnin' of the Green, seen as the first competitive race of the season, serves as the 4M Adirondack USATF Championship. Both races, which are HMRRC Grand Prix events, are held on flat and fast courses. Rounding out the top five in a dead heat were **Shamrock Shuffle** (5M - Glens Falls) and **Mule Haul 8K** (Fort Hunter).

10K-10M: The **ADIRONDACK DISTANCE RUN**, which has been running strong for 33 summers, took top honors in this category. The 10 mile ADR is known for its rolling hills from its start in Lake George to its finish in Bolton Landing along Route 9N. The scenic, often shaded course is a point to point run. The race is the 10 mile USATF Championship race and also awards first place for every age entered. Rogers Park is available post race for swimming and picknicking. As we seem to move quickly from summer to fall in Albany, we move to the runner up in this category - the **Stockade-athon** - which celebrates its 34th year in 2009. The 15K November classic foot race begins and ends in Schenectady's Central Park. Halfway into the race, runners tour the historic Stockade district before reaching downtown and then the infamous State Street Hill which is followed by a journey through Vale Park Cemetery, and then a re-entry of the park. The bronze medal in this distance category goes to the 15K **Utica Boilermaker Road Race**, with the 10K **Troy Turkey Trot** closing out the category in 4th place.

Half Marathon: The 13.1-mile event continues to be the fastest-growing distance for running communities.

The New Year's Day **HANGOVER HALF** led the way in the voting. The race, which began in 1977, is run on the roads of the UAlbany campus and the State Office Campus, and is generally flat with a few hilly stretches thrown in (and the occasional headwind and blowing snow). The Bill Hogan 3.5 mile Sober-Up run is also offered that day. Following closely in the poll is another HMRRC event, the **US Marine Corps Reserve Half** which utilizes the second half of the Mohawk Hudson River Marathon course and begins at the Town of Colonie Park. The race follows a course with a number of downhill stretches (without corresponding rises) along several miles of often shaded bicycle paths that take runners from Colonie to the finish line in downtown Albany along the Hudson River. The participation has quadrupled in size to 700 since its first run in 2002 saw 176 finishers. The 3rd selection went to

The **Saratoga Palio Melanie Merola O'Donnell Memorial Race** which began in 2006 and funds a post-graduate mental health scholarship in Melanie's name. Rounding out the top 5 half marathons in a tie we have the **Hall of Fame Half** in Utica and the September **Lake Placid Half**.

Marathon: More than 800 marathons are contested throughout the world each year, with the vast majority of competitors being recreational athletes. Now for our favorites:

KEY BANK VERMONT CITY MARATHON is the top choice. The Burlington race starts at Battery Park overlooking Lake Champlain and the Adirondack Mountains. The opening miles are run through residential streets and the city's pedestrian Marketplace. Mile 15 brings the Assault on Battery - a six block climb of Battery Street. No fear, however, as at that time you are met by an ensemble of drummers to get you pumped. The race winds down on a 4.5 mile bike path with flat and slightly downhill terrain. VCM, which also has a marathon relay, is held the Sunday of Memorial Day weekend. The second choice (narrowly missing the top nod) goes to the most prestigious and historic marathon in the world - the granddaddy of all marathons - The **Boston Marathon**. The oldest marathon in the country is held on Patriots' Day, with the 114th edition on April 19, 2010. It is a point to point course beginning in rural Hopkinton and ending on Boylston Street, finishing near the John Hancock Tower. If you ever tell someone you have run a marathon, their responding question always seems to be 'Yes. But have you ever run Boston?' Rounding out the 26.2 mile picks in a tie for 3rd place were the local **Mohawk-Hudson River Marathon** and the **ING New York City Marathon**.

Favorite Trail/Cross Country Race:

Leading the way in trail running is the 15K **INDIAN LADDER TRAIL RUN** held early in August at Thacher Park. The run is composed of 97% natural surface of hiking and cross country ski trails as well as wood roads and two very demanding hills. You can certainly expect to get muddy here. A 3.5 mile trail race, which follows the 15K, is also available. Traditionally following the two events is the HMRRC Picnic. Runner-up goes to the **Tawasentha Cross Country 5K** which takes place on the first three Mondays in August under the direction of the Albany Running Exchange. It has once again returned to its original roots in Tawasentha Park with its heart-pounding relentless hills over what most would call a difficult course. With its infamous creek crossing where waters may be knee deep or waist high, you are guaranteed to get wet and muddy and likely find it necessary to use the rope (and/or volunteers) to get you out of the water and up

the initial part of a killer hill. The bronze choice goes to the *Hairy Gorilla Half Marathon* held at Thacher Park, also brought to you by the ARE. It is one of the largest trail races in the northeast where runners can even be found (and encouraged) to be in costume. Don't be surprised of the mud, rocks, steep drops, puddles or even gorillas, bananas, and grave stones on the course. The Squirrely Six Mile Run and half-marathon relay can also be found on the bill. Rounding out the category in a tie were the first ARE race - *Dodge The Deer* (5K), and *Camp Saratoga* (5K), a five part series on Monday evenings over the summer in Wilton and put on by the Saratoga Stryders.

Favorite Overall Race: Although there were certainly an abundant number of races scoring votes in this category, two stood out strongly from the field. Both are 15K races that began in the 1970s, with each having their strategically placed hills, and both always attracting top talent. They are considered crown jewel races of upstate New York. Leading the way was the summer classic, the **UTICA BOILERMAKER**, which was established in 1978. The July Boilermaker attracts elite runners from all over the world including Olympians and world record holders. The Boilermaker, which draws 11,000+, has at times been advertised as the largest 15K in the nation. It has been named by the Road Runners Club of America as one of the top 20 Favorite Road Races in the country. The Boilermaker has also been named by the Analytical Distance Runner as the most competitive 15K in the world. The next choice was the November Fall Classic, Schenectady's Stockade-athon, which consistently draws top talent from the Empire State and surrounding areas. The Stockade-athon, which began in 1976, is noted as the oldest major 15K in the United States. In 2005, it was selected as "Race of the Year" by *New England Runner*. We should be proud and thrilled that we have these two races in our backyards. Both are highly touted by the legendary Bill Rodgers, who is often seen participating in both races.

Favorite Distance:

The 5K distance edged out the 15K distance, 22.7% to 20.5%, while the 10K and half marathon (13.1M) were next favored by 15.9% each of the responders.

Favorite Race Held On A Holiday:

When it comes to racing on a holiday, the **TROY TURKEY TROT** is the favored prelude to turkey, stuffing, family, and football. The oldest race in the Capital District was the runaway choice. A 5K event is followed by the USATF Adirondack 10K Championship, which is run on an out and back, flat and fast course. In keeping with Turkey Day racing, Schenectady's 5K **Cardiac Classic** finished in a dead heat in the voting with the **Hangover Half**, the 13.1 mile run that kicks off the New Year at high noon on January 1 from the UAlbany campus.

Favorite Grand Prix Event:

Of the dozen Grand Prix events of varying distances, it was the **COLONIE MILE** and **STOCKADE-ATHON** coming out on top of



the poll. While the Colonie Mile is the shortest of all Grand Prix events, the Stockade-athon is the final one of the racing season. Those events were followed by another tie of two races that kick off from the UAlbany campus - the **Hangover Half** and the **Anniversary Run**, which celebrated its 38th anniversary in 2009.

Race You Would Love To See Brought Back:

If a race could rise from the ashes of the Phoenix, club members wish it to be the **PRICE CHOPPERTON**. The 30K distance, previously known as the Bank-athon, was run as a 30K from 1975-1986. The March race, which attracted top American talent, was considered to be 'downhill' with a 150 foot net loss in elevation. It began in front of Proctor's (Arcade) in Schenectady with competitors running east on State Street/Central Avenue to Route 155 in Colonie. Runners then moved onto Washington Avenue Ext. and Washington Avenue, detouring through the SUNY campus and exiting back onto Washington Avenue to head toward downtown to the finish line at the Empire State Plaza. The race continued on as a half marathon from 1987-1994, but under other names. Rounding out the top three in a tie were the **Fort To Fort 30K** and the **Run For New York** (2 mile) sponsored by the New York State Hospitality and Tourism Association. The early May 2 mile race, which typically drew 600+ runners, was seen as a good tune up for the Corporate Challenge to follow weeks later. The downtown race, which finished at the Empire State Plaza, was held from 1985-2000. It was also popular for its post race raffles - hotel stay giveaways throughout New York State. The Fort To Fort 30K started on the middle of a bridge over Lake Champlain on the border of New York and Vermont. It ran a loop around Fort Crown Point before heading to Fort Ticonderoga. There were two 5K's that rounded out the list of top picks- *The Race for Literacy*, sponsored by the *Times Union*, which began at Albany High School, proceeded up Washington Avenue, to finish at UAlbany, and *Tuesday In The Park* - a race in Schenectady's Central Park that was held on the first Monday in August.

As a side note, the Race Archives link on the Members Only tab (with results going back to 1997) is a nice way to recall those races that have left the current racing scene.

Congratulations to our first of 3 random

winners, **Joe Benny**. Joe wins a \$25 voucher for HMRRC apparel for his survey participation.

Stay tuned for part 2 of 3 in the next issue of *The Pace Setter* soon to arrive in your mailbox and on line.

Race Winners Recap (with runner-up):

5K	Freihofer's Run For Women (Silks & Satins, St. Peter's Keys Run)
3.5M-5M	GHI Workforce Team Challenge (Delmar Dash)
10K-10M	Adirondack Distance Run (Stockade-athon)
13.1M	Hangover Half (US Marine Corps Reserve Half)
26.2M	Vermont City Marathon (Boston Marathon)
Trail/XC	Indian Ladder 15K (Tawasentha Cross Country 5K)
OVERALL	Utica Boilermaker (Stockade-athon)
Distance	5K (15K)
Holiday	Troy Turkey Trot (Cardiac Classic, Hangover Half)
Grand Prix	Colonie Mile and Stockade-athon (tie)
Return Race	Price Chopperthon 30K (Fort To Fort 30K, Run For New York)

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A Clydesdale's Story: Rich Cummings

by Dan Cantwell

At 6' 4" and 195 pounds, Schenectady's Rich Cummings would look more at home running a post pattern or banging under the boards than running a marathon. Nevertheless, he has managed to push his large frame and size 14 running shoes fast enough over the past 20 years to consistently rank as one of the area's top road racers. He has excelled despite usually having to carry a good 50 pounds or more than his closest competitors.

In running lingo, the 40-year-old Cummings is considered a "Clydesdale," named for the famous oversized Budweiser horses. Currently, road races throughout the country have Clydesdale (and "Filly" for females) weight divisions that start usually around 190 pounds for men and 140 pounds for women. The Clydesdale division is far more prevalent in other areas of the country like Boston and Chicago than it is in the Capital District, where the 15K (9.3 mile) Schenectady Stockade-athon is one of the few established races that routinely offers this category.

Although Cummings may not be able to compete with Clydesdale legends like 31-year-old Californian Christian Hesch, who has run a 13:58 5K and a 3:40 1500 meters at 190 pounds, or 43-year-old Ron Cavage ("King Clyde" according to Paul Collyer, president of the USA Clydesdale and Filly Racing Federation) from Arizona, who was able to pound out a 2:32 marathon at over 200 pounds, he has, nonetheless, won every Clydesdale event that he has ever entered. Most notably, Cummings has captured the Clydesdale division at the Stockade-athon eight times (five times at 185 + pounds and three times at 200 + pounds) and would have won the Clydesdale category several other years had he weighed in and formally entered it. He has also won the "big man" category at the Kingston Classic 10K in 2001 (36:36-190 + pounds) and the Syracuse Festival of Races 5K in 2002 (16:40 - 190 + pounds). His PRs (personal records) while weighing at least 185 pounds include: mile - 4:27; 5K (3.1 miles) - 15:30; 10K (6.2 miles) - 33:10; 15K (9.3 miles) - 50:15; and Marathon (26.2 miles) - 2:41:39. His best performances at 200 + pounds include: mile - 4:50; 5K - 16:15; 10K - 33:56; and 15K - 55:28.

Derek Mess, 47, who ran a 2:45 at 202 pounds in 1985 at the Hyannis Marathon, is amazed at the times that Cummings has achieved. "(When I ran the 2:45 marathon) I never seemed to see anyone in that league, but he (Cummings) sounds seriously fast," he said. "Those are great results, certainly well up in the top 1% (of Clydesdale times)."

The problem is no one seems to know just where Cummings' performances rank all-time for his weight class because there is no one central repository for Clydesdale records as there is, for example, for age-group records.

There is also a debate as to whether times "count" if they are not run in races with formal Clydesdale divisions. Mess believes they do. "Bit of a tricky one," he said. "(But) I think all you can do is say what the facts were (at the time). I certainly count my '85 marathon time as a personal highlight (even though there was no formal Clydesdale division)."

There are also disagreements as to what minimum weight constitutes an "official" Clydesdale division. Collyer (aka "Boston Clyde"), directs one of the most challenging and unique races for those who shop in the husky section in Somerville, Massachusetts called the "Big Man Run." In this event, Clydesdales must finish a 4.8-mile run while stopping at three bars during the race to drink a beer and eat a hot dog (and, of course, tip the waitress). Collyer believes that there is no wiggle room on minimum Clydesdale weight requirements. "In Oklahoma (and Illinois) they go as low as 169 pounds," he said. "In the rest of the free world it is a minimum 190 and that is even balked at in some dark, nefarious saloons of Somerville, Massachusetts and bootleg pubs in Bangladesh."

Cummings for his part is undeterred by such controversy. During his early Stockade-athon races he said he "didn't even enter the Clydesdale Division. I probably didn't even know that it existed. I finally realized that there was a (separate) division and I met the requirement. My teammates on the Partridge Pub (running team) gave me a little ribbing and said 'Why don't you enter the Clydesdale (division)' so I finally did." Once Cummings decided to formally enter the Stockade-athon Clydesdale Division, other runners with Clydesdale title aspirations were merely battling for second place. Cummings has owned the Clydesdale division here, winning his eight crowns by an average margin of over 10 minutes.

Cummings does admit that there have been times when he has had to consciously employ unorthodox measures in order to make the minimum Clydesdale weight. While boxers, wrestlers and jockeys must starve themselves and sweat out excess pounds in order to make weight, Clydesdales must go to the other extreme. "There were times I knew I was close to (minimum) weight," he said. "I would eat a couple of pieces of pizza or a couple of Big Macs (before the weigh-in). It's not what you want to be eating the day before a race but you do what you have to in order to make weight." Others, apparently, have employed more drastic measures in order to qualify. The race information for Collyer's Big Man Run states only half-jokingly that at the weigh-in, "we search for rolled up quarters, wet sweatshirts, bricks and wrenches."

Bigger runners have to deal with problems that probably never even enter the minds of their regular-sized competition and Cummings



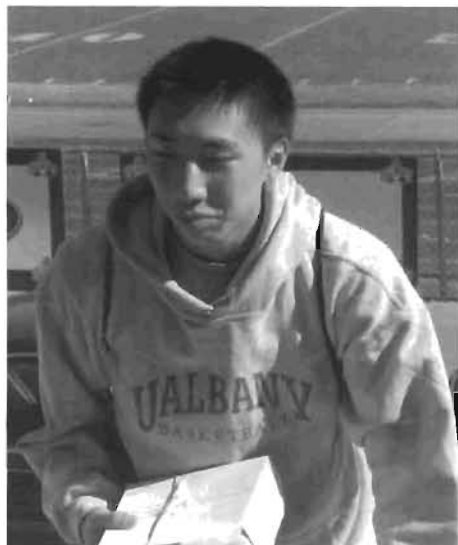
is no exception. Stores, for example, generally don't feature a wide selection of size 14 running shoes. "(In the past) very few places would carry a running shoe my size, or that I would actually want, but the Internet has made it a lot easier," Cummings said. Once he is able to find acceptable shoes, Cummings also pointed out that the simple act of putting one foot in front of the other is harder for larger runners due to the jarring force of the extra pounds each time his foot strikes the pavement and it can be awkward, "especially running indoor track, it is a lot harder to navigate smaller turns." In addition, although he calls it "part of racing," smaller runners will fall in behind and draft off Cummings during races. "It happens all the time," he said. "Because of my size, on windy days they duck in behind me and I know when they get a chance (at the end of the race) they are going to go (and try to out kick me) but hopefully I can hold them off."

Cummings ran for Draper High School in Schenectady after a shoulder injury prevented him from continuing his football career. After a slow start ("I was terrible at first and was getting beat by girls," he said) he blossomed into a class C/D Sectional cross country champion and was also a sectional champ at 3200 meters. From Draper he went to Siena, where the then Indians were a force to be reckoned with under coach Bob Reilly, routinely winning state cross country championships. As a senior, Cummings was first man and team MVP for the cross country team, although by this time the Siena harriers had fallen on hard times and had began a quick descent into also-ran status. He also set PRs at 5000 meters (15:05) and 31:50 (10K) while on the Loudonville campus.

He didn't miss a beat after college, competing first on the Siena alumni Partridge Pub racing team and then joining the Willow Street Athletic Club powerhouse. Upon turning 40 in 2007, he moved on to the Adirondack Athletic Club Masters team.

Although Cummings can still be counted on to finish among the top local runners at most events, recurring knee problems (he had surgery to repair torn cartilage in 2003) have curtailed some of his training. "I don't think my weight was a factor (in getting injured)," Cummings said. "I just think it was the punishment from 20 years of distance running."

Cummings, an Information Technology Specialist for the New York State Department of Taxation and Finance, lives in Schenectady with his wife Julie and daughter Brianna. Although he enjoys being recognized for his Clydesdale success, he has always had more lofty aspirations. "I don't go out of my way looking for Clydesdale races," he said. "My goal is to go to a race and compete to win. But if I show up to a race and realize there is a Clydesdale division, I enter. I figure, why not, it may be the only award I get that day." □



Happy Trails, Mike!

by John Haley

After reading the President's Message in the September *Pace Setter* about getting more involved in club activities, I thought I'd share with you my experience as a volunteer in this year's Indian Ladder Trail Races. Mike Kelly is the director of these races and I received an e-mail from him asking if I could help out. I was scheduled to be out of town the day of the races and felt bad since I stiffed Mike for the last couple of years. I told him that I couldn't but offered, not thinking that he'd ever take me up on it, to help him mark the course. "How about Saturday afternoon at 2:00?" Mike quickly responded. "Aaaaah ... yeah ... sure ... sounds good," I said. What better way to spend an afternoon in July.

I arrived at Thatcher Park and met Mike and his brother Kevin, who I had met before and appears to be the well-adjusted member of the Kelly family. Mike asked whether I had eaten. "What do you mean, 'have I eaten?'" I said. "Well, you're going to be out there awhile," Mike said matter-of-factly. At this point he produced a bag of bite size chewy chocolate granola bars that based on their texture were left over from the winter series, a bottle of water and a can of Deep Woods Off. "Make sure to spray your shirt – the horseflies will bite right through it," Mike cautioned.

Sprayed, and with a pocket full of granola bars, we set off to mark the 15k and 3.5 mile courses with orange and yellow spray chalk and ribbons. I didn't know there was a certain way that ribbons should be tied to tree branches, but Kevin and I soon found out. "16 inches

long, single knot, and not too high because I need to be able to get them down," Mike instructed. More on ribbon removal later. About a week of rain preceded the race and it was clear that trails and water really like each other. I suggested to Mike that maybe we should re-route a few of the sections that were underwater. "Are you kidding? These people love this!" There is a section of the course that goes through a stream that was running pretty high that day. I started to move a few of the stones so that runners could use them as steps. Once again Mike reminded me that trail runners are crazy and they love these types of obstacles. At around 6 o'clock Mike said I could go home and gave me a size small t-shirt from the prior year's race. If I ever drop fifty pounds it will really look good on me.

The turnout for the races was good and I understand the number of injured /lost runners was few. Mike e-mailed a bunch of us on the Tuesday following the race saying that the course had dried out and to see if anyone would like to run the 15k. I guess the others knew better, so once again it was just me and Mike. Mike e-mailed back saying he'd meet me at 5:30 and that "we'll grab any of the yellow and orange ribbons left along the trail." Three hours and 4 or 5 garbage bags later we were done.

I encourage all to volunteer at our club races. My only recommendation is that you do so on the day of the race. As Mike completes his term as president of HMRRRC, I'm sure all will join me in thanking him for his hard work, commitment and humor. □



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It Pays to be Fit ... or We Survived Rafting the Grand Canyon

by Wade Stockman

Walking from the shuttle van to water's edge, there were several rubber rafts on the beach. My first reaction was: Are these the rafts? They are so small. They turned out to be 20' long by 8' wide. They were quite deep, about 30". We were to live in these boats for the next five days, plying the river, about half the main reach of the Grand Canyon, about a hundred miles. The evening before, eight rafters, including our party of four – son John and wife Laurie, Anny and me – met at the Holiday Inn at Flagstaff for orientation and assignment of our gear – a ground tarp and sleeping bag stowed in a "dry bag" to which we would add our clothes and a small back pack for the hike out to the South Rim. We also got an "ammo can" for our toiletries and eating utensils. It was emphasized that if closed properly these containers would be water-tight and sand tight. The video seemed to emphasize the threat of water intrusion.

The heavy rubber rafts were fitted with a stout interior aluminum pipe and plate framework. There were two cross plates with a sleeping pad cover for two passengers in the forward area and for the oarsman/guide midships. In the aft area, after a compartment for baggage and equipment, was a small area for two more passengers. Their seating was on the raft sides, which were too high for easy seating so we just leaned against the rubber sides. There were three rafts with a guide and four passengers. There was one raft with an oarsman (woman) carrying the bulk of the food and cooking equipment.

The first day on the river was shortened by the two hour van ride from Flagstaff to Lee's Ferry for embarkation. Lee's Ferry is some 15 miles downstream from Glen Canyon Dam, which holds back Lake Powell. We picked a raft and seating and moved out onto the waters.

Flying into Phoenix the day prior, the temperature was 112 degrees; the evening at

Flagstaff was in the upper 70's. The greater elevation made the temperature difference. At Lee's Ferry, it was in the upper 80's. We were strongly cautioned about the sun and the threat of dehydration. However, the first drama was the temperature of the river, 45 degrees. If we should fall into the water, we would be able to function for about 15 minutes, so urgency would be in order for the rescue. At Lee's Ferry the river is about a grade level; there was a noticeable current. There is no vegetation in the vicinity. The soil is sandy and rocky, a reddish brown in color.

We proceeded out into the current slowly. The guide has two 14' oars and does the rowing. The classic rafting scene picturing passengers with paddles did not apply, as we were to well appreciate as the ride progressed.

The rapids were a big the feature of the trip which we didn't expect. It seemed we were presented with rapids on an hourly basis. The first day's experience with the rapids turned out to be quite mild as we later found out. We were told how to hold on with two good hand holds going through the more severe rapids. They were rated on a scale of one to six. The first day we didn't get much over a two rating. We did get wet, quite wet, and were soon anxiously looking for the sun, which often eluded us because of the high narrow canyon walls.

The noon break for lunch came up shortly. There were occasional sandy beach areas for landings. These areas were sometimes quite confined and rocky. The air temperature rose dramatically as we left the boats and walked up on land, easily reaching the 90s. The food service tables were set up. The typical noon meal was a good assortment of sliced meats and cold-cuts on wheat bread with plenty of mustards, relishes, pickles and salsa – for the benefit of the salt, we were told, for our hydration. We built our own sandwiches. The importance of eating salty foods was emphasized. The beverage of choice was water. Dehydration was a constant threat, with many reminders to drink – about like at a long race in excessive heat back home. Toilet facilities were interesting. The Park Service has very strict requirements for all activities in the canyon. Nothing can be left behind and no glass goes in. All urine goes into the river, setters upstream and pointers downstream. This was usually accomplished with sufficient privacy. Number two material was deposited in a com-mode and carried along.

There was a morning and afternoon stop for a snack break, sometimes landing, sometimes on the water. Snacks were high calorie and salty; M&M's and Pringles were common. Breakfasts were pancakes with blue berries or apples, French toast, bacon, sausage, cereal, fruit juice and coffee. The evening meals were



roast beef, tacos, spaghetti and a nice grilled steak on the last evening.

The rapids were quite frequent, prompting some trepidation. The rapids are formed by restrictions to the river's flow, not by shallow rocky stretches or abrupt changes in elevation of water level. The grade of the river is about 8' per mile. In the hundred miles of our trip that would be a total of 80' – not that great a change. The average depth of the river is 30' with about a 60' max, a lot deeper than expected. Only one occasion presented rocks in the fast water. The rapids are caused by restrictions to the water flow caused by deltas from side canyons that had deposited great amounts of rock and debris to restrict the main channel. The oarsmen were uncanny in navigating the most severe path through the rapids. They claimed that was the safest part of the water. At least that provided the greatest cooling and trauma for the passengers. Usually the cooling was welcome except toward the end of the day when the sun was hidden by the canyon walls. Poly/Tech clothing was recommended for its rapid drying qualities.

The geology was another grand feature of the trip. The guides were schooled in the names and features of the various strata and formations that gradually appeared out of the river bed as we moved along. The elevation drop of the river wasn't that great, however, the rising of the top land rose dramatically from near zero at the Lee's Ferry launching to about 5,000 feet at our destination, the half way point of the Canyon, Phantom Ranch and Bright Angel's trail head out to the South Rim. As these formations rose up the canyon walls, the colors and textures of the canyon wall became more and more varied and vivid with a variety of soil and rock materials. The wind



ing of the river revealed continually changing scapes on all four sides of us.

The side canyons had small streams and names and often a note of history. The guides related stories of various discoveries and the many pioneers who explored the canyon – John Wesley Powell being the first in 1839. On morning and afternoon breaks we hiked side canyons, swam the rapids of a tributary river and explored an old mine tunnel where we were entertained in the complete darkness with a scary tale by one of the guides. During breaks the guides and some volunteers read stories of experiences of canyon explorers.

There are several canyon rafting companies. There are two types of boats, our row boat and a much larger 40' motorized boat holding 20 some passengers. The traffic on the river was quite sparse. We saw three or four of the larger motorized boats and maybe a dozen of the smaller boats like ours during the six days. A person's entering the canyon is limited to once a year. There are efforts to limit usage of the canyon and requirements to eventually eliminate the motorized boats. It was apparent that the larger boats removed much of the raw experience of the rapids and the tranquility of the canyon.

The hike out on Bright Angel trail was a large feature of the trip. The trail was 8 miles with an elevation rise of about 5000' – just about a mile. The four of us made the crest at South Rim in 5 and a half hours. Two other passengers hiked out with two of the guides. The guide replacements were hiking in on the same morning and two of the original passengers stayed on to traverse the entire canyon – about another 150 miles. We were greatly assisted in our hike out by the overcast skies. Temperatures were steady in the 90's in the canyon.

Our flight out of Phoenix was yet a week away so we rented a car and explored the mountains and deserts of eastern Arizona and western New Mexico. We logged over 2100 miles of some very dramatic mountains and waste lands and some fertile lands with many cows and horses. Frontier Days were being celebrated in many of the communities that weekend. The main crop is hay. Irrigation is a must in most areas. Geology is a large feature of the landscapes everywhere. Vegetation is generally sparse, revealing the rocks and soil with its characteristic abruptness. Canyons, rims, outcrops, gorges, and mountain peaks are in every direction. There were many landscapes that even compare with that of the Grand Canyon.

We had no trouble finding reasonable motels for the evening. We shopped daily for out meals. Walmarts and Safeways were prevalent. We usually ate in the AC comfort of the car or the motel room. The heat was the usual excuse for not taking our usual morning run when traveling. The common hundred degrees was dry heat, but it is still very, very hot and also we were on vacation and enjoyed the respite from training. It was good to be in good shape for the trip, which kept us eager for the next day and the next sight around the bend ahead, whether on the water or on the road. □

Cardiac Classic: A Healthy Tradition in Schenectady

What started in 1981 by cardiologist Dr. William Vacca has become a tradition for hundreds each Thanksgiving. The Cardiac Classic, now in its 28th year, brings runners together from all over New York State, some coming from as far away as California, Florida, and Great Britain. The tradition will continue on Thanksgiving Day, November 26, 2009 at the Central Park location.

Scotia resident Frank Pouliot has been running the Cardiac Classic for three years and this year he claims to be the poster child for the race.

Pouliot, a mental health professional for more than 20 years, has been active most of his adult life and has been running for nearly seven years. The Cardiac Classic is one of four races he runs each year.

On Friday, June 6, 2009 Pouliot had a heart attack, at the age of 55.

Earlier that week while running, Pouliot experienced some chest pain. He stopped only long enough to let the pain subside, then continued on his routine. By the end of his run, he felt exhausted. Never considering a heart attack, Pouliot researched his pain and strongly believed he had a hernia.

Pouliot's pain continued to come and go, and by Friday, the pain escalated and Pouliot was experiencing weakness in his body and pain in both arms. The pain got progressively worse and lasted longer. But it went away. At midnight, Pouliot drove to the Ellis Emergency Room (ER) and was told he was having a heart attack.

The cardiac catheterization team was called and in 2 hours and 20 minutes, Pouliot was in the Cardiac Intensive Care Unit. Pouliot's diagnosis was a myocardial infarction. His catheterization to unblock his left coronary artery was successful and he remembers every moment.

Eight weeks after his heart attack Pouliot is exercising under the care of Steve Clarke, cardiac rehab therapist and the Cardiac Rehabilitation program at Ellis. "The Cardiac Rehab team has helped me get back into a routine that makes me feel stronger," said Pouliot.

Pouliot has resumed running around town. "I feel like my regimen is much more focused and I interpret the results much differently. Small things are great accomplishments. I used to run a 5K or 10K without stopping. Now I run one mile and if I stop three times, that's okay. I'm running one mile! I have a renewed sense of accomplishment," said Pouliot.

"This race [Cardiac Classic] is not just about running anymore. If all goes as planned, this will be my first race since my heart attack and I have a team of friends and family running with me this year," said Pouliot. In addition to his son, Pouliot has recruited associates from Conifer Park and Rotary to join him. They will be easy to spot, as they will all be sporting "I'm



not dead yet" t-shirts, from Monty Python's "Spamalot."

Ellis Hospital is one of only three hospitals in the Capital Region authorized by New York State to perform cardiac surgery. The Wright Heart Center at Ellis Hospital is ranked the best in the region, and among the top 10% in the nation for cardiac care by HealthGrades, an independent health care ratings agency.

The 5K race, Wellness Walk, and Fun Run draw more than 1,200 runners and walkers to Central Park in Schenectady each Thanksgiving Day morning. To register for the event, visit www.cardiacclassic.org or call the Ellis Hospital Foundation office at 518.243.4600. □



Grand Prix Update

Race #9 SEFCU/HMRRC Labor Day 5K, September 7, 2009

Men

Male Open

12 Justin Bishop
10 Tom O'Grady
8 Greg Stevens
7 Matt Lange
6 Jordan Pantalone
5 Jeff Nastke
4 Jason Lange

Male 30-39

12 Anthony Giuliano
10 Jonathon Bright
8 Aaron Knobloch
7 Brian Northan
6 Corbin Gosier
5 Sean Madden
4 David Tromp

Male 40-49

12 Tim Hoff
10 Ahmed Elasser
8 Richard Cummings
7 Norris Pearson
6 Russ Hoyer
5 Christian Lietzau
4 Jon Rocco

Male 50-59

12 Jim Maney
10 Rick Munson
8 Mark Warner
7 Dale Keenan
6 Rob Colborn
5 Jack Connor
4 Paul Forbes

Male 60-69

12 Pat Glover
10 Ernie Paquin
8 Bob Ellison
7 Tom Adams
6 Jim Bowles
5 John Stockwell
4 Paul Turner

Male 70+

12 John Pelton
10 Bob Husted
8 Chris Rush
7 Charles Bishop
6 Joe Kelly
5 Joe Corrigan
4 Armand Langevin

Women

Female Open

12 Karen Bertasso
22 - The Pace Setter

10 Diana Rodriguez Tobon
8 Heidi Nark
7 Emily Lange
6 Kathleen Hermann
5 Irene Somerville
4 Julia Maloney

Female 30-39

12 Estelle Burns
10 Lori Weaver
8 Shelly Binsfeld
7 Jess Hageman
6 Sally Drake
5 Regina McGarvey
4 Sarah Dzikowicz

Female 40-49

12 Anne Benson
10 Kari Gathen
8 Tracy Perry
7 Janice Phoenix
6 Nancy Piche
5 Sheryl Ose
4 Mary Signorelli

Female 50-59

12 Nancy Briskie
10 Judy Phelps
8 Martha DeGrazia
7 Erika Oesterle
6 Mary Beth Steffen
5 Susan Burns
4 Cynthia Finnegan

Female 60-69

12 Susan Wong
10 Noreen Buff
8 Liz Milo

Female 70-79

12 Eiko Bogue

Age Graded

Runner	Age	Gr
12 Judy Phelps	58	F
10 Susan Wong	61	F
8 Dale Keenan	59	M
7 Nancy Briskie	52	F
6 Anne Benson	44	F
5 Martha DeGrazia	58	F
4 Jim Maney	51	M
3 Pat Glover	63	M
2 Ernie Paquin	63	M
1 Rick Munson	52	M

Race #10 HMRRC Anniversary 5.6 Miler, September 20, 2009

Male Open

12 Andrew McCarthy
10 Greg Stevens

8 Paul Cox
7 Chris Imperial
6 Tom O'Grady

Male 30-39

12 Jonathon Bright
10 Corbin Gosier
8 Brian Northan
7 David Tromp
6 David Statlander
5 Bob Irwin
4 Jeff Loukmas

Male 40-49

12 Tim Hoff
10 Tom Kracker
8 Christian Lietzau
7 Ahmed Elasser
6 Jon Rocco
5 Edward Hampston
4 Rob Paley

Male 50-59

12 Jim Maney
10 Rick Munson
8 John Parisella
7 Paul Forbes
6 Robert Sommerville
5 Dale Broomhead
4 Alar Elken

Male 60-69

12 Ernie Paquin
10 Jim Bowles
8 George Jackson
7 John Stockwell
6 Frank Klose
5 Jack Berkery
4 Ray Lee

Male 70+

12 Bob Husted
10 Wade Stockman
8 Ed Docette
7 Don Wilken
6 Joe Kelly
5 Charles Bishop
4 Ken Ortner

Women

Female Open

12 Colleen Hayden
10 Erin Rightmyer
8 Crystal Cammarano
7 Ashley Brown
6 TuAnh Turnbull
5 Jessica Bazar

Female 30-39

12 Estelle Burns
10 Lori Weaver
8 Jess Hageman
7 Sally Drake

Female 40-49

12 Nancy Piche
10 Miriam Hardin
8 Barb Light
7 Virginia Greenwood
6 Maryann Martel
5 Becky Phillips

Female 50-59

12 Judy Phelps
10 Martha DeGrazia
8 Susan Burns
7 Karen Dott
6 Joan Celentano
5 Nancy Taoormina

Female 60-69

12 Susan Wong

Female 70-79

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	G
12 Susan Wong	61	F
10 Jim Maney	51	M
8 Judy Phelps	58	F
7 Martha DeGrazia	58	F
6 Rick Munson	52	M
5 Christain Lietzau	46	M
4 Paul Forbes	59	M
3 Ernie Paquin	63	M
2 Tom Kracker	45	M
1 Jonathon Bright	39	M

Total After 10 Races

Men

Male Open

64 Justin Bishop
50 Pat Cullen
50 Tom O'Grady
40 Chuck Terry
29 Greg Stevens
27 Andrew McCarthy
25 Josh Merlis
24 Eamon Dempsey
21 Jim Sweeney
15 Joe Hayter
14 Paul Cox
13 Tim Caramore
12 Andy Allstadt
12 Anthony Giuliano
10 Chris Imperial
9 Paul Mueller
7 Matt Lange
7 Dave Vona
6 Matthew Fryer
6 Richard Messineo

6 Jordan Pantalone
5 Jeff Nastke
4 Chris Cure
4 Jason Lange
4 Chris Senez

Male 30-39

63 Aaron Knobloch
60 Jonathon Bright
58 Brian Northan
44 David Tromp
33 Corbin Gosier
24 Anthony Giuliano
20 Sean Madden
19 Jim David
17 Bob Irwin
16 Joe Benny
15 Chad Davey
15 Mike Kelly
15 Jeff Loukmas
11 Patrik Sorsby
8 Todd Smith
7 Neil Sergott
6 Chris Mulford
6 Dan Murphy
6 David Statdlander
5 Jon Catlett
5 Patrick Lynskey
4 Robert Norman

Male 40-49

61 Ahmed Elasser
49 Edward Hampston
49 Jon Rocco
44 Tim Hoff
25 Christian Lietzau
23 Richard Cummings
23 Russ Hoyer
23 Tom Kracker
19 Rob Paley
15 Steve Becker
14 Norris Pearson
12 Frank Boscoe
12 John Noonan
12 Bill Venner
10 Dan Cantwell
9 Todd Mesick
8 Ed Menis
7 Brian DeBraccio
7 Joe Skufca
7 John Williams-Searle
6 Mike Biehl
6 George Burke
6 Bob Jones
6 Todd Rowe
5 Chris Chartrand
4 Paul Bohl
4 Mark Devenpeck
4 William Drapeau
4 Norris Pearson
4 Robert Wither

Male 50-59

52 Jim Maney
46 Lee Pollock
43 Rick Munson
36 Derrick Staley
34 Rob Colborn
32 Mark Warner
29 Peter Cure
28 Paul Forbes

26 Dale Keenan
17 Richard Clark
16 John Parisella
14 Bill Herkenham
12 Tom Dalton
12 Kevin Dollard
12 Alar Elken
11 Ken Klemp
11 Brian Teague
10 Steve Sweeney
9 Juergen Reher
8 Bob Somerville
7 Dale Broomhead
7 Carl Matuszek
6 John Haley
5 Jack Connor
5 James Jacobs
4 Chris Murphy
4 Frank Paone
4 Rob Picotte

Male 60-69

66 Ernie Paquin
59 Tom Adams
37 John Stockwell
36 Bob Ellison
26 Tom Kollar
24 Jim Bowles
24 Tom Yannonne
21 Frank Klose
15 Jack Berkery
14 Jim Moore
13 Frank Myers
12 Pat Glover
12 Ed Kampf
12 John Pelton
10 David Hayes
8 Jesse Dinkin
8 George Jackson
8 George McGowan
8 James Thomas
7 Leo Vogelien
6 Peter Newkirk
6 Ken Skinner
5 Chuck Batchter
5 Tom Benoit
5 Pete Newkirk
5 Bob Knouse
5 Peter Thomas
4 Ray Lee
4 Christopher Smith
4 Chuck Trimarchi
4 Paul Turner

Male 70+

68 Bob Husted
64 Wade Stockman
41 Joe Kelly
29 Ed Docette
27 Joe Corrigan
23 Charles Bishop
20 Chris Rush
14 Denis Burns
12 Ken Ortner
12 John Pelton
7 Don Wilken
6 Richard Eckhardt
6 Ed Thomas
4 Armand Langevin
4 Jim Tierney

Women

Female Open

44 Diana Rodriguez Tobon
43 Crystal Cammarano
43 Colleen Hayden
28 Christina Ardito
27 Erin Rightmyer
24 Diane Matthews
22 Carolyn Herkenham
20 Roxanne Wegman
17 Martha Snyder
13 Julie Nabozny
13 Sara Peloquin
12 Karen Bertasso
12 Ada Lauterbach
12 Chelsea Maguire
12 Kelly Virkler
10 Amy Becker
10 Brina Seguire
10 Kate Thomas
9 Julia Maloney
9 Jennifer Senez
8 Bry Ann Delorenzo
8 Casey Doak
8 Kathleen Hermann
8 Kathryn Jones
8 Sara Jones
8 Heidi Nark
7 Ashley Brown
7 Emily Lange
6 TuAnh Turnbull
5 Jessica Bazar
5 Joselin Schmitz-Morfe
5 Amanda Terzian
4 Rachel Clattenburg
4 Kerry Gebhardt
4 Sarah Sorenson

Female 30-39

62 Lori Weaver
57 Estelle Burns
43 Sally Drake
42 Jess Hageman
35 Kimberly Miseno-Bowles
23 Jessica Mitchel
18 Shelly Binsfeld
12 Margaret Bromirski
12 Karen Dolge
12 Laura Gerson
12 Katie Hodge
11 Pamale DelSignore
10 Susan Bright
9 Regina McGarvey
8 Erin McMahon
8 Gretchen Oliver
8 Angela Vasilakos
7 Alicia Bialy
7 Holly Klein
6 Michelle Pendergast
5 Ashley Peacock
4 Sarah Dzikowicz
4 Stacey Kelley
4 Jamie Masson
4 Amy Ohl

Female 40-49

58 Kari Gathen
54 Anne Benson
36 Emily Bryans

28 Chris Varley
26 Beth Stalker
19 Lizette Arroyo
18 Nancy Piche
17 Miriam Hardin
17 Tracy Perry
12 Mary Buck
12 Julie Burke
12 Megan Leitzinger
11 Becky Phillips
10 Marcia Harrison
10 Heather Machabee
10 Janice Phoenix
9 Sharon Fellner
8 Kay Byrne
8 Diane Hanson
8 Denise Iannizzitto
8 Barb Light
8 Mary Signorelli
7 Cheryl DeBraccio
7 Virginia Greenwood
7 Mary McNair
7 Nancy Nicholson
6 Maryann Martel
6 Jess Shelgrin
5 Sheryl Ose
5 Nancy Taormina
4 Mary Fenton
4 Denise Gonder-Terzian

Female 50-59

68 Judy Phelps
64 Martha DeGrazia
45 Susan Burns
37 Cathy Sliwinski
36 Joan Celentano
34 Nancy Briskie
27 Kathrine Ambrosio
24 Karen Dott
14 Cynthia Southard
13 Erika Oesterle
12 Donna Charlebois
11 Judy Lynch
10 Barbara Sorrell
9 Karen Gerstenberger
8 Joan Brown
8 Elizabeth Herkenham
6 Gail Hein
6 Mary Beth Steffen
5 Nancy Taormina
4 Cynthia Finnegan

Female 60-69

72 Susan Wong
48 Ginny Pezzulo
16 Noreen Buff
15 Sibyl Jacobson
15 Liz Milo
10 Mary Collins-Finn
10 Ginny Mosher
8 Coral Crossman

Female 70-79

72 Anny Stockman
42 Eiko Bogue

Age Graded

Runner	Age	G
55 Susan Wong	61	F

51	Anny Stockman	76/77	F
49	Judy Phelps	58	F
36	Justin Bishop	27/28	M
36	Derrick Staley	50	M
33	Martha DeGrazia	57/58	F
32	Jim Maney	51	M
26	Lee Pollock	56	M
25	Dale Keenan	58/59	M
25	Chuck Terry	26	M
23	Pat Cullen	22/23	M
15	Tom O'Grady	23/24	M
14	Anne Benson	43/44	F
14	Rick Munson	52	M
12	Tom Dalton	50	M
12	Ahmed Elasser	46	M
10	Anthony Giuliano	29/30	M
10	William Venner	49	M
9	Nancy Briskie	51/52	F
8	Kevin Dollard	53	M
7	Emily Bryans	41	F
6	Andy Allstadt	26	M
5	Rob Colborn	54	M
5	Aaron Knobloch	32	M
5	Christain Lietzau	46	M
5	Ernie Paquin	63	M
5	John Pelton	69	M
4	Paul Forbes	59	M
4	Mike Kelly	38	M
4	Carl Matuszek	57	M
4	Josh Merlis	27	M
4	Ginny Pezzula	63	F

Profile of a Runner

HOLLY KLEIN

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

I am a 33 year old speech language pathologist in a school setting in order to fund my adventures. I enjoy any outdoor activity. In the winter I count my weeks by how many downhill ski trips I can get in, and in the summer I pretend to be swimmer and cyclist in order to race triathlons. But I am year round runner.

When and how did you get started running?

My husband challenged me to a 5K on Dauphin Island, AL. From there the addiction was born. I took a temporary break from addiction to have 2 beautiful children and around January of 2005, when my daughter was 9 months, I realized the baby weight fairy wasn't coming to help me, so I picked the addiction back up, and by November of 2005 I ran my first marathon.

Do you have a favorite race or races?

The Green Mountain Relay has to be my absolute favorite. Lots of laughter, exhaustion, and we managed to run some as well. I also have a special place in my heart for the Seattle Marathon as it was my first.

What are your most memorable races?

All of the firsts are memorable: The Dauphin Island 5K, The Azalea Trail Run 10K, The Mobile Bay Sprint Triathlon, The Cayuga Lake Olympic Distance Triathlon, The Seattle Marathon, The Green Mountain Relay.

How do you train? Do you have training partners?

I am a slave to a schedule. I print marathon training plans off the internet and keep rotating through them. The joke in my household is that I injure all running partners. I am on my third running partner is as many years - and she has laid down the law and refuses to run farther than 11 miles with me - she's heard the stories.

What are your current goals?

To hike Mt. Kilimanjaro before

I am 40, qualify for Boston before I am 86, and run until I am 92 and then I'll slow to a walk.

Do you have any future running goals?

I want to run more relays, travel to as many places as I can for races, and in conjunction with that, complete a marathon in all 50 states.

Do you have a philosophy of running?

My running philosophy is a life philosophy: Discipline is a verb! I

also think that if everyone were a runner that we wouldn't get into as much trouble.

Any funny stories?

My first triathlon was full of learning experiences starting with how that silly swim cap is suppose to go on anyway...I put my on horizontally and consequently looked like a chef for my swim. This same race, I used a fat tire (on my bike) and was wondering why everyone else was so much faster with less effort. My husband stood by the finish line and refused to let them take it down until I finished (next to last). I worked summer school that year just to buy a road bike. And that leads to my favorite quote by Mya Angelou, "I did what I knew how to do, when I knew better, I did better."



Meeting Minutes of the HMRRRC General Meeting - September 9, 2009

Attendance: Mike, Kelly, Chuck Terry, Barb Light, Robert Moore, Nancy Briskie, John Kinnicutt, Doug Bowden, Ray Lee, Diane Fisher, Jon Rocco, Roxanne Wunsch, Ed Gillen, Ed Neiles, Jim Thomas, Pat Glover, John Parisella, Josh Merlis, Jennifer Senez, Dave Newman, Brenan Tarrier, Tom Adams, Marcia Adams, Vince Juliano, Christ Chartrand, Ken Klemp

Call to Order (M. Kelly): 7:30PM
Reading and approval of August 12, 2009 minutes (B. Light): Motion to approve August minutes made by Rob Moore, seconded by Chuck Terry. Motion passed.

Reports of Officers

2.1 President (M. Kelly): No new business-other items under unfinished business.

2.2 Executive Vice President (M. Warner): No Report.

2.3 Executive Vice President – Finance (C. Terry): Chuck gave a report on the 2008 GHI Audit he did for Pete Newkirk.

For the 2008 GHI race I reviewed the following records and performed the following procedures:

Examined copies of all purchase orders for expenditures.

Examined copies of all invoices or receipts submitted for payment.

Examined copies of all checks written to pay invoices by race treasurer Joe Richardson from Citizens Bank.

Examined deposit records for race entry fees and sponsorships.

Reconciled the checks paid to the financial report issued by the race treasurer.

Reconciled deposits to the financial report issued by the race treasurer.

Reconciled the income and expenses reported in the financial report to the bank account statements.

Compared budgeted income and expenses to actual income and expenses.

There is a good system of internal controls which includes a purchase order system for the approval of all expenses, and a treasurer, Joe Richardson, to pay all expenses when invoices are submitted and matched up to purchase orders.

I found the records to be complete and accurate, and the race report to accurately reflect the income and expenses of the race.

2.4 Secretary (B. Light): No Re-

port.

2.5 Treasurer (J. Kinnicutt): No report.

Reports of Committees

Membership (E. Gillen): Since last meeting 35 new members total still at 2100. October renewals were sent out. It appears we are getting a lot of members from the marathon and half marathon venue. Ed is staying on top of members coming in through Active.com to add them to the database.

Volunteers (M. Adams): Preliminary report on volunteer points. Marcia will have totals in the October Pacesetter and will have up-to-date totals by the next meeting. It does appear that we are getting more volunteers. This month she will start an initiative to get more volunteers signed up for registration tasks.

Public Relations (R. Moore): Rob sent out press releases for the Anniversary Run and the marathon and half marathon to all the papers. Sept 19th is the Adirondack Distance Festival at Schroon Lake CSD. Rob will be at the booth up there. Rob received an email from the director of Adirondack Sports and Fitness asking if we would be interested in taking part again in the one day event Winter Expo on November 21st. They are expecting 3000 people. Rob questioned about the condition of the photo collage to use in the booth but it was stated that it is not in the best condition. We need to find something more permanent and/or get another one. Mike Kelly recommended that we need to get moving on getting a new booth to use for the expos. John Kinnicutt noted that the turnaround could be very quick to get a tent. SEFCU Community Booth on Sunday, October 4th at SEFCU Arena from 12-4PM. Approval for Rob to attend.

Race Committee (N. Briskie): Elaine Humphrey and Jim Gilmer will be resigning as race chair for the Mohawk Hudson Marathon and Half Marathon. Race committee is working on the dates for next year to finalize the race calendar. On September 20th the Anniversary Run will be held at SUNY-registration that AM; Voorheesville 7.1 Miler will be held on October 4th run by Jim Thomas and Russ Hoyer at Voorheesville Town Park, \$8 day of registration for HMRRRC members.

Marathon and Half Marathon will be held on Sunday, October 11th. Volunteers are needed for this race if you are available please let Marcia Adams know. We appreciate your support! The last 2 races of the Cross Country Runs at Tawasentha Park had 186 finishers; SEFCU 5K held on Labor Day had 572 finishers. We had over 200 day of race registrations and all the volunteers were great!

Race Committee Treasurer (P. Zentko): September report-see attached.

Pace Setter (R. Nagengast/M. Adams): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): No report.

Unfinished Business:

Proposal by HMRRRC Elections Committee to amend HMRRRC Constitution section regarding election of officers. Discussion continued -2 members who have served on prior year's committee-want to keep some members there. Members appointed no later than April 30th- before we had no formalized date and feel this is important because it would give the committee more time to talk to people and to schedule meetings to determine potential candidates. Present slate of candidates to club by July 31-gives the committee more time to present the candidates. May also allow other members to present their own candidates. Requirement for the petitions-currently have to have at least 10 club members-want to change to 1% of the total membership of the club as reported at a Club meeting no later than June 30th or at least ten members, whichever number is greater. Signatures must be of members in good standing as of June 30th of that year. Nominating petitions will be accepted and verified by the elections Committee at a club meeting no later than August 31st. It was brought up that with this change if a member didn't know who was nominated for office but then they see the list of candidates they wouldn't have enough time to present own slate. Election Committee is charged to come up with a slate of nominations and other nominations come from the

floor. People do contact the committee and tell them they would like to be considered. It is a valid point that if we don't name who is nominated before the slate is presented people won't have a chance to respond. Marcia proposed to change the constitution to read that the Election Committee to present the slate of club officers at a club meeting no later than June 30th. That would give people a chance to present another slate. Ed Gillen asked if we change the proposal to amend the constitution now can we still vote on it. Mike said it won't matter if we change the amendment because it was just a discussion that was going to happen and the vote will still take place. Marcia noted that five ballots have come in so far.

Proposal by Race Committee on purchase of a new vehicle. Nancy Briskie presented a proposal to purchase a vehicle to use for races. It will give race directors a centralized location of all equipment and easier for Race Directors to get equipment and to move the equipment and all of the timing equipment. Quite a few people felt that a van was not big enough. Nancy presented two scenarios for each vehicle. Nancy emailed all Race Directors to get feedback-13 were positive, 2 no opinion, 1 negative. Smaller van-lower cost easier to drive; Race Directors not intimidated. May have to have storage area to keep equipment. Estimated that it would cost \$1080/year to store items in a 10x10 unit. A larger vehicle would allow us to hold everything in the van. Insurance requires that all licenses will have to be submitted for people that would be allowed to drive and they would be the only ones to drive. Equipment that we share with USATF would stay with USATF and we would have to purchase some equipment such as starting stanchions, flags, vests. We will have to breakdown and go over with the committee to find out what we would need to purchase. Josh Merlis noted that he is able to put a lot of his equipment in his van and it does fit. He has the "option 2" van. Vince wanted to know whose responsibility it will be to make sure all the equipment gets back and be accounted for. Tom Adams has volunteered to do that for the first two years. He would also make

sure that the van was taken care and updated for oil changes, etc. John Kinnicutt noted that electronic equipment should not be kept in the van due to the climate changes. Nancy will look into roadside assistance programs to see what would be best for the van. The van will be parked at Newkirk Products. Purchase of gas—Nancy will look into purchasing a gas card to keep with the van. Shelving can be put in and the floors will be rubber for ease of cleaning. A strict policy will have to be drawn up about the use of the van. Mike noted that we won't get a van that will solve all of the problems, so does the club want to buy a van? Tom Adams said about 85% of the races the club puts on the smaller van would work, larger van would be good to help with storage. Josh noted that it is a big expense up front and to maintain it and then someone to oversee it, but that the benefits would significantly outweigh the problems. Being able to keep all the equipment in one spot would greatly help out with the races. Also marketing the Club with the truck having HMRRRC on it whenever it is out. John Kinnicutt noted that HMRRRC will never work a large number of races in one weekend and it would not difficult to keep stocked up; we need to look at it to make things easy for volunteers to help out at races and not depend on them to use their vehicles to pick things up. Currently Race Directors use own money to get gas, use their vehicle to pick up things; using a club vehicle will make things easier for the Race Directors. Doug Bowden wondered how we choose a van or a truck. Ed Neiles wondered if we needed to buy a new van—maybe a used one because we won't be putting lots of miles on the van/truck. Ed would like the race committee to decide what would be best for their use and then make a motion from that recommendation. Ed Neiles made Motion that we turn the discussion over to race committee to discuss what is needed and then bring back what they want. Motion was seconded by John Kinnicutt. It will be up to the race committee to recommend what to do. Motion passed. Nancy will send all information to all Race Directors before the Race Director meeting so they have time to review.

New Business: No report.

Announcements: October 14 refreshments provided by Mike Kelly.

Adjourn: Motion to adjourn by Marcia Adams seconded by Cathy Sliwinski. Meeting adjourned at 8:45PM. □

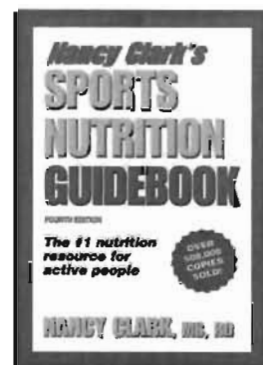


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Event Schedule

Club events are in blue type.

Date	Time	Event	Location	Contact	Email
11/01/09	12:00 PM	Fall Harvest 5K and 7.5 Mile Scenic Challenge	Cornwall-on-Hudson	Jackie Gaillard	jackiegallard@aol.com
11/07/09	12:00 PM	5K Run/Walk	Cherry Valley	Justin Thalheimer	chessman100@hotmail.com
11/08/09	9:00 AM	34th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/08/09	9:30 AM	Greenbush Area YMCA 5K	20 Community Way East Greenbush	Kendra Evans	kevans@cdymca.org
11/11/09	10:00 AM	Valatie Veteran's Run 5k	Valatie	Kevin Maloy	kw_maloy@yahoo.com
11/11/09	10:00 AM	Shenendehowa Veterans Day Dash 5K	Shenendehowa Campus	Doug Shartrand	dshartra@nycap.rr.com
11/14/09	9:30 AM	The Rally to Run 5K Race & Kids Fun Run	Holy Spirit School	Robin Merrill	rmerrill@nycap.rr.com
11/14/09	10:00 AM	Frostbite 5k	Mayfield High School	Rebecca Newkirk	kruger.rebecca@mayfieldcsd.org
11/22/09	10:00 AM	HMRRC Turkey Raffle Run 1 Hour	The Crossings Colonie	Al Maikels	afmcpa1040@yahoo.com
11/26/09	8:00 AM	62nd Troy Turkey Trot 5k	Troy NY	Bob Barnes	bob.barnes@troyny.gov
11/28/09	10:00 AM	2nd Annual Run Off That Turkey Trot 5K	St. Lucy's Parish Hall	Phil Carducci	holidayclassic@nycap.rr.com
12/12/09	4:30 PM	It's A Wonderful Run 5K Run	Seneca Falls	Jeff Rook	jeff.rook@ltt.com
12/13/09	10:00 AM	Winter Series Race #1 3 Mile & 15K	Univ at Albany	Doug Bowden Ken Skinner	bowden@nycap.rr.com
12/19/09	5:00 PM	Albany's Winterfest	State and Park Streets	Cathy Kosa	kosac@ci.albany.ny.us
01/01/10	12:00 PM	34th Hangover Half[GP] & 3.5M Run	Univ at Albany	Cheryl & Brian DeBraccio	cmarathon@aol.com
01/10/10	10:00 AM	Winter Series #3 -- 3M	Univ at Albany	Will Dixon Ed Gillen	vc47@aol.com
01/24/10	10:00 AM	Winter Series #4	Univ at Albany	Josh Merlis	josh@albanyrunningexchange.org
02/06/10	6:00 PM	HMRRC Club Banquet HOF Induction	The Desmond	Debbie Beach	dbeach2@nycap.rr.com
02/07/10	10:00 AM	Winter Series #5 -- 4M	Univ at Albany	TBD	TBD
02/21/10	10:00 AM	37th HMRRC Winter Marathon	Univ at Albany	Dana Peterson Ken Klemp	peterson@albany.edu
02/21/10	10:00 AM	24thd Marathon Relay 3 Person	Univ at Albany	Dana Peterson Ken Klemp	peterson@albany.edu
03/06/10	10:00 AM	31st Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
04/11/10	9:00 AM	22nd Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
04/24/10	10:00 AM	30th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com

Hudson Mohawk Road Runners Club

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P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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