

# The Pace Setter

October 2014

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





# “RUN 4 THE HILL” SATURDAY NOVEMBER 1<sup>st</sup>, 2014 10:00AM



5<sup>th</sup> Annual Hilltown  
Christmas 5K

“RUN 4 THE HILL”

*No Refunds* FREE  
Tee Shirt for the first  
150 participants

Drop boxes will be  
available for those  
wishing to donate a  
new unwrapped toy

CORNELL COOPERATIVE EXTENTION  
MARTIN RD VOORHEESVILLE, NY 12186  
Registration & Parking will be at the Cornell  
Cooperative Extension building

If addition parking is necessary, please use the  
Voorheesville Middle School parking lot south/west  
of Martin Rd.

All proceeds go directly to the Albany County  
Sheriff’s Hilltown Christmas program, The Hilltown  
Christmas program has been assisting families for  
the past 25 years, Last season alone we assisted more  
than 200 Albany County families with Food, Toys,  
Clothing and a little Holiday cheer. If you can not  
attend and would like to make a donation please  
make check payable to ACSO Hilltown Christmas  
58 Verda Ave, PO Box A, Clarksville, NY 12041 or  
check [www.albanycountysheriff.com](http://www.albanycountysheriff.com) for drop box  
locations.

Prizes will be given  
to the top male and  
female in the  
following age groups

14 & under / 15-19 /  
20-29 / 30-39 / 40-49  
50-59 / 60-69 / 70+

A prize will be  
awarded to the top  
male and top female  
in the public safety  
category

## GOOD WARM UP FOR STOCKADE-A-THON

Please register online at <http://www.active.com> (Run 4 the Hill) by 10/29/2014.

Run 4 the Hill Seniors 60YOA + \$15.00

Run 4 the Hill Kids 12YOA and Under \$10.00

Run 4 the Hill 13 YOA - 59 YOA \$25.00

Those unable to register online can register the day of the event at the Cornell Cooperative Extension Building using cash or check. **Credit Cards will not be accepted.**

**PLEASE MAKE CHECKS PAYABLE TO: ALBANY COUNTY SHERIFF’S HILLTOWN CHRISTMAS.**

Participant waiver: by signing below I hereby release and waive any and all claims for damages I may have against the Albany County Sheriff’s Office, Town of New Scotland, Village of Voorheesville, Cornell Cooperative Extension, Voorheesville High School and the volunteers and organizers and sponsors affiliated with this event, for any injuries I any suffer in conjunction with this race. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use photographs, videotapes, motion pictures recordings and/or any other record of this event for any purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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# The Pace Setter

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*Photos in this issue are by Bill Meehan*

Editor's Note: In reference to last month's article, "Profile: Tom O'Grady", author Christine Bishop writes, "Tom O'Grady is working at the New York State Department of Health doing health outcomes research at the Office of Quality and Patient Safety. His very engaging and happy son is named Conor. Tom, keep up the great work you are doing with your running, family, and work!"

### **HMRRRC Mission Statement**

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

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

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# President's Message

by Maureen Cox

We are all settling into fall and hoping for great running weather and times.

October's club race is the Mohawk Hudson River Marathon and Hannaford Supermarkets Half Marathon. These races kick off at 8:30am on October 12, 2014 from Schenectady's Central Park and Colonie's Town Park. The Race committee has been working all year to get all the pieces in place to make it another successful event. We welcome Hannaford Supermarkets as a sponsor of the half marathon and look forward to a great partnership to make our event even better. These races have become very popular with the running community and registration rates show that. We sold all the half marathon entries in sixteen hours and marathon entries in 46 days.

Runners say that our race has a real hometown feel, thanks to all the volunteers they encounter along the course, at the water stops and the finish as well as those who do all the support to make the event the success it has become. Ever wonder how many it takes to make this event happen? We use about seven hundred volunteers to support this event. If you are not running consider being part of this team. This event supports the club's charitable, scholarship and grant activities done throughout the year.

The races have many drawing points; it is a flat, fast and sometimes downhill course, fall scenery, cool temperatures and holds many PR's and perhaps a Boston qualifying time. The Mohawk Hudson River Marathon course is certified as a 2016 Olympic Marathon Trial qualifier for both men and women. The marathon was highlighted in September's issue of *Runners World* in the section on Races and Places.

Last year the marathon's first male finisher was Bryan Morseman with a time of 2:24:24, and the first female finisher was Alexandra Niles with at time of 2:49:25. The male marathon course record is 2:20:59 and the female record is 2:47:22. The Half Marathon's first male was Mike Fisher with at time of 1:09:39, and first female was Genna Hartung with a time of 1:22:06. Last year the marathon had a record nine hundred thirty eight finishers and the half had a record eight hundred finishers.

Sunday Morning many will toe the line with hopes of a new PR, Olympic Marathon Trials or Boston qualifying time, success at the end of a training program or just for a great day to get out and run with old and new friends though the beauty of the fall foliage. Best of luck to all and thanks to all our volunteers for making it happen. □

## Anniversary Race September 14, 2014



# "BEEN THERE, DONE THAT"

by Mike Becker

## October 1974...Forty Years Ago

• Forty runners participated in the "Testimonial Race" (now called the Distinguished Service Race) on the sixth honoring club founder Bill Shrader, Sr. Bill received a trophy, a pair of running shoes, and a gallon of wine. Ray Bigelow won the eight-mile race with a 43:13. Kathy Shrader was the female winner with a 54:47.

## October 1979...Thirty Five Years Ago

• A relatively large contingent of local runners traveled to participate in the Skylon International Marathon from Buffalo to Niagara Falls, Canada on the 13th. Among the fine performances were Ellen Weglarz (3:06), Daniele Cherniak (3:09), Diane Barone (3:26), Diane Myers (3:35), Mark Mindel (2:30), Bill Robinson (2:41), Paul Murray (2:47), Paul Rosenberg (2:48), and Don Myers (2:55).

## October 1984...Thirty Years Ago

• The Town of New Scotland Road Races of 7.1 and 12 miles were held in Voorheesville on the seventh and directed by Ron White and Mike Lancor. Most of the runners in the 12-miler went off course due to confusion at one intersection, and one of the race directors drove after them to turn them back. They all ended up running different distances, and the results were estimated as best as possible! The 12-mile option was dropped after 1986.

• Dale Keenan won the Mohawk-Hudson Marathon on the 14th with a 2:20:59, a course record that still stands. This is the fastest marathon ever run in the Capital District. Jean Kerr ran a 3:07 to top the ladies.

## October 1989...Twenty Five Years Ago

• The traditional distances of 2.8 and 5.6 miles for the Anniversary Races were changed to 5K and 10K due to construction at SUNYA. Dale Keenan won the 10K with a 32:53 over Steve Jones. Sandy Phibbs was the female 10K winner with a 47:17 over Ann Michalek. Rich Christman and Renee Mack won the 5K.

• Tom Dalton won the Grand Union Corn-ing Cup 10K on the 14th with a speedy 29:40, with Jerry Lawson taking second. Lori Hewig was the female winner with a 35:13, good for 40th overall.

• Canadian Gordon Neysmith won the Mohawk-Hudson Marathon on the 29th with a 2:23, with Doreen Friedman taking the female title with a 2:50. Dale Keenan and Beth Herder were runners-up. An amazing 218 of 253 finishers ran under four hours. Lee Wilcox was the Director.

## October 1994...Twenty Years Ago

• Canadian Harry Welten won the 12th Annual Mohawk Hudson Marathon on the 23rd with a 2:27. It was Welten's second consecutive victory in the event. Tom Dalton was third with a 2:37. Cheryl Dube was the top female



with a 2:55. Nearly half (171/366) finished in under 3:30.

• In an item from Short Circuits, club member Lori Hewig recently won the Litchfield, CT seven-miler and won \$1000 and beat two Russian marathon stars, along with everybody else.

## October 1999...Fifteen Years Ago

• Birger Ohlsson set a course record by winning the Race for The Cure 5K in Albany on the second with a 15:16. Zach Yannone was runner-up. Tonya Dodge ran 17:39 to top the females, with Heather Cox the runner-up.

• Phil Borgese won the Fifth Annual YWCA Race Against Racism 5K in Schenectady's Central Park on the 17th with a 17:13, with John Furgele placing second with a 17:26. Lisa Scar-inge ran a 20:58 to edge Ann Burns by one second.

## October 2004...Ten Years Ago

• Ben Greenberg won the 7.1-mile Town of New Scotland Road Race on the third with a 41:46. Kimberly Miseno used this race as a tune-up for the marathon (see next item) by winning with a 46:24. Ed Menis and Nancy Taormina were runners-up.

• Jim Sweeney and Kimberly Miseno won the Mohawk-Hudson Marathon on the tenth with times of 2:37 and 2:55, respectively. Eric Blake and Megan Leitzinger won the half.

• The men's Willow Street Athletic Club team placed fourth (out of 14) at the 15th Annual Mayor's Cup 8K in Boston on the 24th. The scoring runners were Jamie Rodriguez (7th), Nick Conway (11th), Lou DiNuzzo (41st), Victor George (50th), and Bob Irwin (51st).

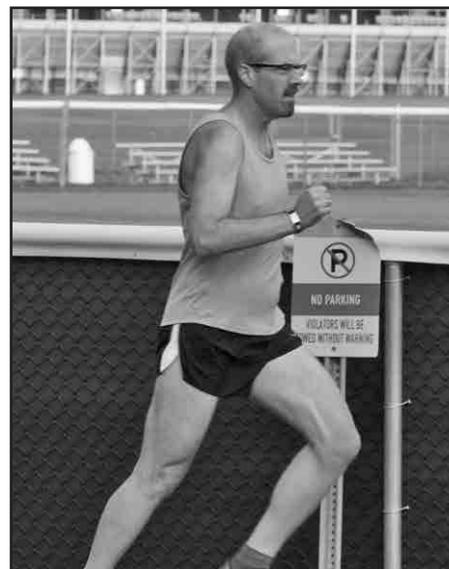
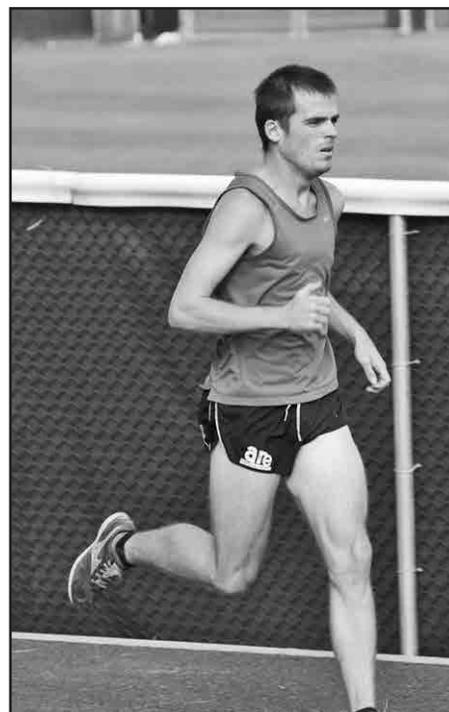
## October 2009...Five Years Ago

• Chris Hartshorn won the Mohawk-Hudson Marathon on the 11th with a 2:26. Tina Dowling was the female winner with a 2:56. There were 726 finishers, with 259 qualifying for Boston. A total of \$2000 in prize money was awarded. Andy Allstadt won the half in

1:07, over Justin Bishop and Jim Sweeney.

• The Hairy Gorilla Half Marathon and Squirrely Six-Mile trail races were held on the 25th at Thacher Park. These races have a reputation of being "fun" and typically attract a lot of out-of-towners, despite the hilly and often-muddy courses. Mike Rutledge and Melissa Dock won the half with times of 1:25 and 1:36, respectively. There were 458 runners in the two races combined.

• The Saratoga National Bank Cross Country Classic 5K was held on the 18th in Saratoga State Park. Chuck Terry won with a 15:31 over Jonathan Wetzel. Sara Facticeau was the female winner with a 19:07. □





# What's Happening in October

by Al Maikels

The October race schedule only has one date for scheduled club events, but it contains two of the club's better races and combines for more total miles than any other day in the club year.. For a good long run, the Mohawk-Hudson River Marathon should fill the bill. Years ago, Paul Rosenberg envisioned a top quality club fall marathon, and in 1983 he made it happen. Over the years the course has changed a bit, primarily in the finish area, but the basic route is still the same. The race is set for Sunday, October 12 at 8:30 a.m. at Central Park in Schenectady and follows the bike path along the Mohawk River, through the Town of Colonie Park and into the City of Cohoes. After a short stretch of urban running, the course re-joins the bike path in Watervliet and offers some scenic views of the Hudson River. This race is a Grand Prix event and also serves as the USA Track and Field Adirondack Championship. If you are not ready for the marathon distance, you can opt for the 13th Annual Half-Marathon that has the same 8:30 a.m. start as marathon but starts at the Town of Colonie Park and follows the same course as the marathon. If you haven't signed up for either race you are too late; registration closed out in late March.

There are numerous other local races in October with a wide range of distances to

choose from. The Albany Running Exchange introduced a new event in 2005, the Hairy Gorilla Half-Marathon and Squirrelly 6 mile run. The original plans called for the race to be held over the trails of the Pine Bush preserve but the pleasure police put a stop to that so the race was moved to Thacher Park. The races return to Thacher Park again this year with a 9:30 a.m. start on Sunday, October 26. Thacher Park is a great venue for a trail race and the weather in mid-fall is bound to be better than what we get in August when the Indian Ladder Trail Run is held.

Saratoga is the setting for the 14h Annual Great Pumpkin Challenge 5k and 10k Run, set for Saturday, October 18 at the Columbia Pavilion at the Saratoga State Park with both races set to go off at 9:30 a.m.. Fans of the 5k can also choose from the 6th Annual Race Away Stigma, set for Saturday, October 18 at 10 a.m. at Joe Bruno Stadium at HVCC, or the 20th annual Burnt Hills Rotary Apple Run 5k, set for Saturday, October 4 at 9 a.m. at the O'Rourke Middle School in Burnt Hills.

October is the final month for the current term of club president Maureen Cox. Maureen's final meeting will be held on Wednesday the 8h at 7:30 p.m. at the Point of Woods clubhouse. □



# Saratoga Cross Country Classic 5k

Sunday, October 19th, 2014, 10 AM  
Saratoga Spa State Park  
Saratoga Springs, New York



Open Competition & USATF Adirondack Championship  
Individual & Team Championship



## Registration Fee:

- \$22 Through 10/6
- \$25 From 10/7 to 10/18
- \$28 On race day
- \$5 Kid's runs

Register online at  
[www.usatfadir.org](http://www.usatfadir.org)

USATF Adirondack Race Walk  
Championship - 8 AM

2k and 3k Kids' Developmental  
XC Runs - 11 AM

## Contact:

USA Track & Field Adirondack  
518-273-5552  
[eventinfo@usatfadir.org](mailto:eventinfo@usatfadir.org)

Race Director - Pat Glover  
518-877-0654  
[pjglove@aol.com](mailto:pjglove@aol.com)

Presented by

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*Sports*

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# To Eat – Or Not to Eat: The Pre-Run Question

## What should I eat before I run?

That's the question runners of all ages and abilities most commonly ask when I'm presenting a sports nutrition workshop. While most people expect a simple response, such as "Eat a banana" or "Have a slice of toast," the answer is actually complex and depends on many factors. After all, we are each an experiment of one.

The following information can help you figure out the best way to fuel your body before you exercise.

## Does what you eat within 30 minutes of run offer performance benefits?

Your body can actually digest and use the food you eat before you run as long as you are exercising at a pace you can maintain for more than 30 minutes. Research also suggests that eating a snack just five minutes before moderate exercise can improve performance compared to exercising on empty. Yet, if you will be doing intense exercise—a track workout, hill repeats, or heavy weight lifting session, you should experiment to determine the best time to eat. You will likely feel more comfortable allowing two or three hours for your pre-exercise food to digest and empty from the stomach.

## Will pre-run food cause heartburn or nausea?

While many runners can comfortably tolerate pre-exercise food, others experience stomach distress. If the food you eat within the hour pre-run "talks back to you," figure out:

1. Does the discomfort happen if you allow two or more hours for the pre-exercise food to be digested?
2. Does the type of food cause the problem? That is, do a few pretzels settle well but a cup of yogurt feels acidic?
3. Did you eat too much? Would half a bagel with a skimming of peanut butter digest better than the whole bagel?
4. Are you doing very high intensity work? If so, your stomach will shut down and your body will want to get rid of the contents.

## What if I run in the early morning, before my stomach is awake?

If you drag yourself out of bed to exercise at early o'thirty, before your body and your mind are fully awake, you might not want to eat much of anything. I know of many runners, swimmers, rowers and ice hockey players who eat their breakfast the night before. That is, instead of eating a bowl of cereal at 5:30 a.m., they enjoy it at 10:00 p.m., before going to bed. This food helps them wake up in the morning with a normal blood glucose (blood sugar) level, and provides energy for an enjoyable and effective workout.

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## What if pre-run food contributes to diarrhea and undesired pit stops?

Food generally takes one or two days to travel through the intestinal tract. Hence, an undesired pit-stop during a long run on Sunday might relate to food that you ate the day or two before. That is, if you ate an unusually large bowl of high-fiber bran cereal on Saturday when carbo-loading for the Sunday long run, you might end up wishing you'd carbo-loaded on low-fiber corn flakes or Rice Chex. Or maybe that bean burrito on Friday night caused the problem? You can try tracking your food and fiber intake, looking for suspicious patterns.

In general, exercise speeds up intestinal motility. With time, most bodies can adjust if you train your intestines to handle pre-exercise food. For example, one runner started by nibbling on one pre-exercise pretzel, and then two, and gradually built up his tolerance to the suggested 100 to 300 calories of carbs consumed within the hour pre-exercise. He enjoyed the benefits of feeling stronger at the end of his runs.

## Should I purposefully not eat before I exercise because I want to lose weight while I exercise?

One client reported she didn't eat before she went to the gym because she was exercising to burn calories. Why would she want to add calories to her diet? Wouldn't that defeat the main purpose of her workouts?

Think again: If you consume 100 to 300 calories before you train, you will be able to run harder, longer, or at higher intensity and burn more calories than if you schlep through the session on fumes, with little enthusiasm or enjoyment. (Plus, you will not be as hungry afterwards and will be able to refrain from over-indulging.) Trust me, the plan to exercise-on-empty is hard to sustain; it is not fun. Just notice the drop-off in attendance at the gym between Jan. 1 and Feb. 1.

Food is fuel. As a runner, you need to fuel your body appropriately—including pre-exercise. Just as you put gas in your car before you take it for a drive, you want to put fuel in your body before you embark on a busy day. Be as nice to your body as you are to your car, please!

## By eating nothing before my morning run, won't I burn more fat?

You may have heard you can burn more fat during low-level "fat burning exercise" if you do not eat beforehand. Yes, you might burn more fat than carbohydrates, but burning fat differs from losing body fat. You lose body fat when, at the end of your day, you have created a calorie deficit. That is, you will lose body fat (weight) if you have eaten only 1,800 calo-



ries by bedtime, even though you burned off 2,200 calories during the day. By fueling pre-exercise, you can have a better workout—and perhaps burn more calories than if you were to run on fumes.

To lose body fat, I suggest you fuel adequately by day, so you will have energy to enjoy an active lifestyle, and then lose weight at night by eating a lighter dinner. Fueling by day and dieting by night (so you lose weight when you are sleeping), is far preferable to restricting by day only to over-indulge at night due to extreme hunger.

## Can running on empty enhance endurance?

Some recent research suggests that highly competitive athletes might be able to enhance their performance if they train under-fueled a few times a week. These depletion workouts can alter muscle metabolism so that the muscles are able to compete better when fully fueled.

If you want to "train low," be sure to do your important high intensity workouts when you are well fueled. You cannot (enjoyably) exercise hard when you are running on fumes. Your performance will suffer unless you do some high quality hard runs when you are well fueled.

Boston-area sports nutritionist Nancy Clark, MS, RD offers one-on-one consults with both casual and competitive athletes. Her private practice is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (2014) and food guides for runners and marathoners, see [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online education, see [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com). □

# Hairy Gorilla Half Marathon & Squirrelly Six Mile

The tenth year of mayhem ominously brought to you by ARE Event Productions

**9:30AM SUNDAY, OCTOBER 26, 2014 THACHER STATE PARK, NY**  
 \*CHOSEN AS BEST COSTUME TRAIL RACE IN AMERICA— RUNNER'S WORLD "THE TRAIL" SUMMER 2012\*

## WHAT YOU NEED TO KNOW

This highly popular event typically draws runners from over ten states. It is one of the largest trail races in the northeast and participants range from national-class to those brand-new to trail running. The course is a roller-coaster ride with mud, muck, roots, steep drops, big puddles—and the occasional grave that may have your name on it.

Many runners compete in costume—be it simply wearing a ridiculous outfit to an all-out, performance-inhibiting full body uniform of sorts. This event is about having fun and we guarantee that you will. Be sure to consider entering one of the special categories.



## AWARDS

Custom-made awards await the top 3 overall male and female finishers. Delicious gorilla and squirrel cookies await the top 3 males and females in: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

### Additional categories (if you dare!)

Best: Gorilla Impersonation - Costume - Pumpkin Carving; Finisher carrying the most bananas.



We will also award the fastest male and female teams. For team applications, please visit the event website.

**BRING BANANAS TO APPEASE THE HUNGRY GORILLAS**

**GORILLA "MEDAL" TO ALL EVENT FINISHERS**



**POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!**

## EVENT SCHEDULE

- 8:00am: Day-of registration and packet pickup opens
- 9:00am: Gorilla Chase Kids Race (600 meters)
- 9:15am: Day-of registration and packet pickup closes
- 9:30am: Squirrelly 6m and Hairy Gorilla Half Marathon
- 11:00am: Squirrelly 6m Awards Ceremony
- 12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

ENTRY FEE	6m	1/2 Marathon
Early Reg.	\$25	\$30
Late. Reg.	\$35	\$40

**Entry fees are non-refundable.**  
 Early Registration: Postmarked by October 17.  
 Do not mail after 10/17. Checks out to AREEP

**\*We highly encourage you to register online.\***  
 There are no additional fees and ARE members receive a discount when registering through the ARE members page.

## AMENITIES

Hooded long sleeve shirts to the first 500 entrants! That's right, and you will love them! The course is decorated in the spirit of Halloween with ample relics of despair and frustration, truly a hoot! There's a grand cook-out following the chip-timed races and a beautiful view too!

## HALF MARATHON CUT-OFF TIME

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.

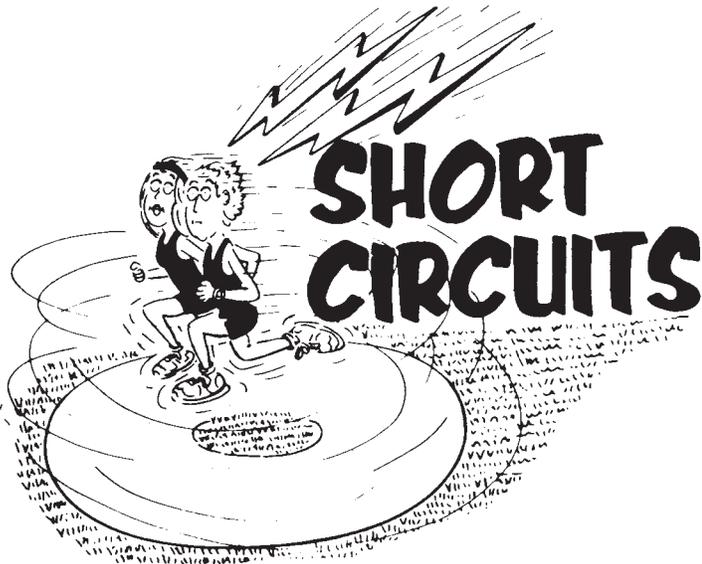


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Please complete, cut, and return the bottom portion to: HGH-AREEP, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂ -----  
**We really prefer that you register online. That way your information is assured to be as accurate as you type it. :)**

NAME _____		___/___/___ BIRTHDAY	AGE (ON RACE DAY) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____		
CITY _____		STATE _____	ZIP _____	
PHONE ( ) _____		RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		RANDOM FACT ABOUT YOU: _____		
<p>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.</p>				
SIGNATURE _____		DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	



**NYC Marathon November 2**



Who to look for: Females: Kara Goucher finished third here in 2008; Desiree Linden placed second in the 2011 Boston Marathon; Lauren Kleppin, third in March's LA Marathon; Annie Bersigel, 2013 USA Marathon champion. Males: Meb Keflezighi, 2014 Boston Marathon champion; Ryan Vail, top American at NYC last year; Nick Arciniaga, who has run 2:11:30; and Luke Puskedra, third in the USA 20K on Labor Day.



**SEFCU 5K Labor Day 2014 Top Finishers**



Males: Jaime Julia, 29, 15:42; Tom O'Grady, 29, 15:44; Mike Roda, 38, 15:58; Josh Merlis, 32, 16:16; Anthony Guiliano, 35, 16:26. Females: Nicole Soblosky, 27, 19:01; Lisa D'Aniello 28, 19:11; Amanda Chambers, 15, 19:31; Kathryn Tenney, 13, 19:31; Diana Tobon-Knobloc, 33, 19:51.



**Runner Falls Down Manhole**

In Conyers, Georgia, after dark a runner unknowingly ran over a manhole whose cover had been removed by vandals or by thieves seeking cash for scrap metal. She fell six feet and was badly injured. Luckily, other runners who saw her disappear helped her get out and called for medical assistance.



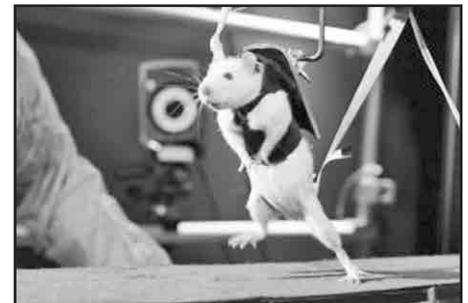
**Don't Mess With the Marshal!**

While running down a popular trail in Pittsburgh, an assailant ran behind a woman, pulled down her running shorts, and groped her. He then ran away. Unknown to her assailant she was no ordinary mortal but a federal marshal. She ran after the assailant, yelled for runners to call 911, chased him down the street and cornered him in an alley where she punched and kicked him into submission, informing him he was under arrest. Help came almost immediately. He was arrested and put under \$500,000 cash bond, since another similar attack had occurred on the path.



*If you have an item you would like to share with our readers, please email it to: BishopPaceSetter@gmail.com*

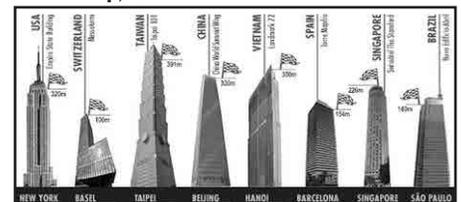
**Get That Mouse Some Running Shoes**



According to scientists who were studying mouse physiology, there's a similar area in the human and mouse brain, the dorsal medial habenula, that motivates a person to exercise. This knowledge could be used to find ways to keep people more fit but could also be a strong tool in the arsenal against depression. Exercise is shown to help overcome melancholy.



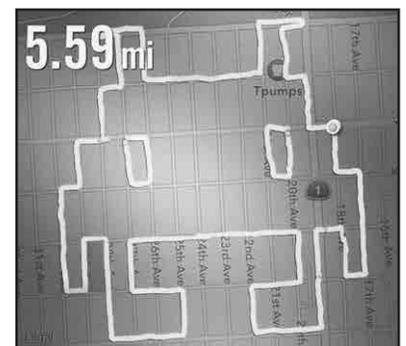
**What's Up, Doc? The Vertical Marathon**



On one of the official stops on the 2014 Vertical World Circuit (VWC), on September 7, 2014, 600 runners ran up the 2041 steps to the top of Beijing's tallest building, the China World Trade Centre Tower 3. The winning male finished scaling the 82 floors in 10 minutes 4 seconds and the female 11:50. Although the event is not classified as an official marathon since the eight buildings that must be climbed are of different heights, it is still quite some accomplishment. Wishing all participants, Happy Stairs!



**Run A Rembrandt Marathon!**



Artist Claire Wyckoff has used Nike+ map-ping software to create an app where runners can trace the outlines of fun images. She calls her art - draw running. Joggers can choose from space invaders to the Ghostbuster's Slimmer. However, her favorite is drawing penises. Her running maps are primarily based in San Francisco where she lives but she has started to map other major cities for balance. How about the Valley Cats mascot SouthPaw for Albany?



**Made in the USA**



Federal law requires military service members to be dressed in 100 percent American-made uniforms and clothing except for their training shoes, which mostly are made in China or Vietnam. New Balance, the only major running shoe company to have shoes made in the US, is trying to change that by lobbying congress to close the loophole. They are proposing a shoe designed like their ultra marathon one, the Leadville. Let's see what happens.



**Run to the Altar**



In South Cape, South Africa, the annual wedding run took place. Brides to be and married couples take part running in the bridal outfits, except for the shoes, which are running shoes, not stiletto heels or oxfords. Runners who love to run, run for love. In Serbia, the third annual Bridal Race was also run in September through the streets of Belgrade. The winners get to keep their bridal dresses and a dream wedding of their choice.



**One Fund Cash Payments Finished**

The nonprofit One Fund Boston organization announced that the final distribution of \$18,459,327 to victims of the April 15, 2013 bombing at the Boston Marathon has been completed. The total paid out has come to more than \$80 million. Amazingly, 36 of the survivors chose to not be part of the second



and following payments so that more could be given to those who have invisible damage like mental health issues, hearing loss, and tinnitus. The fund has also created a program located at the Massachusetts General Hospital to deliver continuous medical help for those in need. More than 200,000 individuals, businesses, and charities have donated to the One Fund from all 50 states and more than 60 countries.



**Boring Marathon, Really?**

On September 14, an inaugural marathon Boring in name only will take place in Boring, Oregon. The sponsors have a keen sense of humor and have offered free entrance to all people from Dull, Scotland. Wonder what the t-shirts look like!



**Apolo Ohno Tries Triathlon**

Retired Olympic speed skater Apolo Ohno tried his first triathlon at the Ironman 70.3 Boise. He had a respectable time of 4:59:27 but has a way to go if he wants to win a gold. He mentioned that it was one of the most tiring things he had done in his life and he now has great respect



Triathlete Apolo Ohno



for those who do this regularly. Speed skating is a quick burst of energy and time, whereas this took hours of grueling work. He also said that he has to lose a lot more weight if he wants to be a top triathlete. He summed it up by saying, "It was beautiful, horrific, and amazing all in the same sentence. And I would do it again, absolutely. It's very addictive."



**Made in the USA**

New Balance, owned by former marathoner Jim Davis and his wife Ann, is the only company in the United States to still make running shoes here. There is a move afoot to do away with the tariff on shoes and if that happens, New Balance will have to close its doors or make the shoes overseas. New Balance has streamlined its production, but even so it costs them a minimum of 25% more to make shoes here than in China or Vietnam. Ironically, one of its biggest foreign customers is China, where they love American made shoes. Nike is fighting to have the tariff done away with. Stay tuned.



**Brooks Sports Opens New Headquarters**

Three miles north of downtown Seattle is Brooks Sports new global headquarters. From the structure, workers can access a 27-mile network of running and bike trails. The building, which is on its way to earning the highest green rating in the United States, has many neat features. Recycled rainwater cools the building; windows are designed to maximize light flow; LED lights abound; and motion sensors ensure use only when people are using parts of the building. The garage has dedicated bicycle parking spots; employees are encouraged to use a grand staircase flowing from the lobby rather than the elevator; and shower rooms are provided if people want to commute to work by running. In the center of the lobby is a giant sculpture of metal flowers that bloom when the building is using energy efficiently and wilt when energy use is off the grid. Outside the building is a sculpture made from running medals that were sent to Brooks from every continent in the world except Antarctica. A store will be opened on the site that encourages runners to meet and network together rather than sell merchandise. Sure sounds like fun.



Check it out – The October issue of *Runner's World*, pp. 103-104, highlights the MHR Marathon and Half. □

# STOCKADE-ATHON 15K

Celebrates 39 years!



JOIN US ON SUNDAY, NOVEMBER 9, 2014 • 8:30 AM

## Storm the Stockade

A classic loop course of Schenectady's historic neighborhoods and parks. The oldest major 15k road race in the USA.



**NEW  
THIS  
YEAR!**

- Earlier Start Time / Free Downtown Parking
- Downtown Start at Veterans Park near State / Lafayette
- Downtown Finish near City Hall at Franklin / Clinton
- Early Packet Pickup at Fleet Feet Sports Albany, Saturday November 8
- Race Day Packet Pickup and Baggage Check at Schenectady YMCA
- 1K Children's Run (12 and younger) Starting on Franklin St near YMCA – 11 am

## An HMRRC premier event



<b>ONLINE REGISTRATION</b>	Opens Tuesday, July 1, closes Tuesday, November 4
<b>WALK-UP REGISTRATION</b>	November 7 (last chance) @ Schenectady YMCA 4:00 pm-7:00 pm
<b>EARLY PACKET PICKUP</b>	Saturday, November 8 @ Fleet Feet Sports Albany 9:30 am-2:00 pm <i>(Kids Run registration only)</i>
<b>RACE DAY PACKET PICKUP &amp; BAGGAGE CHECK</b>	Sunday, November 9 @ Schenectady YMCA 7:00 am-8:00 am <i>(No day of race registration)</i>

### Runner Perks

**BROOKS LONG SLEEVE PERFORMANCE SHIRT**  
with Stockade-athon trademark color logo.  
Limited to the first 2400 registrants. Shirt size not guaranteed, more variety available at early packet pickup.

**MVP HEALTH CARE CLEAR BACK PACK** -  
for clothing baggage check.

**B-TAG CHIP TIMING** - Net times with 5K, 10K splits.

**HOT AND COLD** post-race refreshments.  
New indoor location: Proctors Key Hall.

### USATF Regional Competition

**OPEN, MASTERS, AG, TEAMS**

- **\$5000+** awards presented race day by Fleet Feet Sports/Brooks
- **\$1500** Team Prizes
- Hand Crafted Pottery Awards: 5-year age Divisions
- 15K USATF ADK and HMRRC Grand Prix Event



Visit web site for event details and how to register

[www.stockadeathon.com](http://www.stockadeathon.com)

# The Stockade-athon 20+ Club

by Jack Berkery

Are you in good enough shape to run 9.3 miles? Most people are not, and just getting to that fitness level takes a lot of work and dedication. Even fewer people can say that they have been in that kind of shape more than once or for a few years, perhaps even decades. I know quite a few who have.

I have been working on and off for three years to compile a list of Stockade-athon finishers who have done the event 20 or more times. Each time I re-examine the data, there are more names to be added. At first I thought there would be perhaps a dozen, but I found 20, then 30 and now 38 with several more who are poised to reach that number this year if they return.

It's not a list of the fastest, or the most talented, although there are several of those. It's about being consistent or maybe just persistent. They are people who have been able to first get to the starting line and then make it to finish standing up more often than most.

I've created an online blog with the list at <<http://stockadeathon20plus.blogspot.com>>. In it, the finishers are grouped by 5 year increments, 20+, 25+, 30+, 35+, as well as a number who are close to 20 and may be able to move up soon. In all, I'm tracking close to 100 people who have been at the race 15 or more times, a very impressive and for the race organizers a very gratifying number.

This year, for the 39th running of the Stockade-athon, 6 more people are positioned to make the 20+ list. Standing at 19 each are Dan Bernstein, Dan Cantwell, Tom Gebhardt, Steve Jones, Dale Keenan and Larry Lewis. And next year for the 40th running, another 5 wait in the wings: George Freeman, Michael Holley, Jim Lofthouse, David Marro and Ray Senecal.

Several can move from 24 to 25, provided they are ready and willing, Martha DeGrazia, Peter Gerardi, Paul Kuta and Nancy Nicholson. No one will go up to 30, but one person, Ed Salvo can join Mark Mindel at the top with 35+. Mindel, of course, is the only one to have run them all.

	Longest Runner	Best		
		Total	Streak	Time Year
1	Mark Mindel	38	38	47:49 1977
2	Ed Salvo	34	33	68:30 1987
3	Chip Button	32	32	50:11 1991
4	Pat Glover	31	10	48:21 1978
4	Anny Stockman	31	17	62:39 1986
6	Jack Berkery	30	11	67:03 1989
7	Peter Cowie	28	8	60:59 1981
8	Russ Hoyer	27	13	50:55 1983
8	Frank Myers	27	14	57:40 1985
10	Jim Moore	26	19	57:06 1983
10	Wade Stockman	26	7	56:07 1987
12	Steve Johnson	25	25	64:52 1991
12	Brian Teague	25	10	55:09 1996
14	Martha DeGrazia	24	7	65:07 2000
14	Peter Gerardi	24	15	51:44 1991
14	Paul Kuta	24	20	60:22 1983

14	Nancy Nicholson	24	18	57:59	1988
18	Richard Cummings	23	7	50:16	1994
18	Tim Keegan	23	15	55:42	1983
20	GL Brady	22	22	72:57	1988
20	Jeff Flora	22	14	61:54	1995
20	Michael McClean	22	5	57:09	1987
20	Jill Mehan	22	9	75:28	1987
20	John Pelton	22	15	54:47	1986
25	Andrew Carey	21	17	66:22	1992
25	Cheryl Olsen	21	4	72:28	1996
25	David Olsen	21	8	58:33	1988
25	Geroge Probert	21	16	68:25	1985
25	Bettyjean Sotile	21	19	85:47	1982
30	Joan Celentano	20	14	69.18	1992
30	Rob Colborn	20	9	52:52	1986
30	Ron Bagnoli	20	9	53:47	1993
30	Mike Caccuitto	20	8	64:00	1986
30	Jim Forbes	20	7	55:11	1988
30	John Haley	20	20	60:06	1999
30	Michael Maguire	20	7	67:42	1992
30	Charlie Matlock	20	16	70:31	1986
30	Ronald Spencer	20	20	66:17	1993

## (Up and comers)

	Dan Bernstein	19	14	58:24	1984
	Dan Cantwell	19	5	51:34	1988
	Tom Gebhardt	19	8	80:20	1986
	Steve Jones	19	9	50:27	1985
	Dale Keenan	19	11	47:41	1987
	Larry Lewis	19	7	57:00	1983
	George Freeman	18	12	66:05	1988
	Michael Holley	18	5	66:02	1988
	Jim Lofthouse	18	13	54:42	1994
	David Marro	18	6	56.39	1992
	Ray Senecal	18	9	65:15	2000
	Dale Broomhead	17	8	62:21	1998
	Laura Clark	17	14	69:40	1992
	Tom Dalton	17	7	45:20	1982
	Bob Ellison	17	11	56:40	1991
	John Goodman	17	17	68:47	1994
	Ed Menis	17	5	53:53	1996
	Steve Obermayer	17	7	66:55	1991
	Linda Plante	17	8	83:47	1997
	Curt Woodcock	17	17	61:22	2001
	John Bradley	16	5	54:02	1983
	Eiko Bogue	16	9	91:52	1994
	Chris Buckley	16	8	48:04	1997
	Tom Constantine	16	4	58:51	1980
	Suzanne Forbes	16	6	78:39	1988
	Dan French	16	7	60:08	1996
	Teresa Maguire	16	9	64:55	1991
	Tom McGuire	16	6	57.50	1882
	Richard Morse	16	7	61:06	1996
	John Noonan	16	7	51:38	1989
	Jim Tierney	16	3	60:17	1985
	Emily Bryans	15	6	56:38	2000
	Kathy Frederick	15	6	73:31	1994
	Judy Serth-Guzzo	15	7	60:53	1997
	Jim Hyland	15	6	71.24	1990
	Ray Lee	15	5	64:48	1984
	Tom McGuire	15	10	57:50	1992
	Paul Murray	15	5	54:33	1985
	Lincoln Page	15	5	58:50	1984
	Sean Robbins	15	7	80:35	1998



# COACH GREG MCMILLAN

SATURDAY, OCTOBER 11

MOHAWK HUDSON RIVER  
**MARATHON**  
AND  
HALF MARATHON

# EXPO

BOOK SIGNING OF  
"YOU (ONLY FASTER)"  
AT THE FLEET FEET  
SPORTS/ADIDAS BOOTH

Join Greg McMillan  
Runner, Coach, Exercise  
Physiologist, Creator of the  
McMillan Calculator, and  
Author of "You (Only Faster)"

Two Seminars

11 a.m.

3 p.m.



PLAZA  FITNESS  
PERFORMANCE

FLEET FEET  
*Sports*



# CHALLENGES

by Ken Orner

We all face challenges, and sometimes they occur unexpectedly. In this article, I'd like to discuss challenges that face most runners.

## 1. THE WEATHER

Some years ago I wrote an article entitled, *How Hot Was It*, about my experience running the Indian Ladder Trail Run. I opened the article by saying, "it was so hot that the hens were laying hard boiled eggs." After reading it a friend told me, "Ken you know hard boiled eggs are hard to beat?" Back on the subject, the SEFCU 5K on September 1st was certainly a challenging humid and very hot day. Despite the weather, John Parisella and the many volunteers did an outstanding job putting on this race and the conditions were appropriate to call it a "Labor Day" race. The race had 417 individual finishers. The top male finisher was Jaime Julia with a time of 15:42 with a pace of 5:04 per mile. The top female was Nicole Soblosky in 19:01 and a 6:07 per mile pace; they faced the challenge of hot and humid conditions and performed beautifully.

Among the geriatric participants, there were six men in the 80 plus age group, and Ed Doucette, who is 84, had an amazing time of 36:22 at a 11:43 per minute pace. I was pleased to place 4th with a time of 42:21 and a 13:34 pace so I hope you agree that I qualify as a geriatric jogger.

## 2. HILLS

Hills are a challenge for me in the spring of each year when I return from Florida. As you know if you have run in any races in south Florida, virtually all of the courses are flat and friendly. However, several years ago I ran a 5K in a park that had been developed from a former landfill that I was told had been properly sanitized and was completely safe for runners. This park had two significant hills; can you guess how they were formed? I am sure you know; so that was a challenge and an exception to most Florida races.

If you have ever been to Grafton Lakes State Park for "The Run for the Roses" then you have experienced hills that were not enjoyable. Some runners who are in superb condition seem to be able to charge up a hill with amazing stamina and speed, but most of us struggle to climb the hills and I often have to walk to the top. One might say that you have to be "inclined" to face these challenges.

However, there is a "downside" to most hills and for me that is the most enjoyable part of the challenge because gravity is on my side and I attempt to make up for time lost. I have had runners tell me that they dislike running down a hill because of a fear that they can damage their legs or ankles or even fall if they go at too fast a pace. I don't have that problem, do you?

## 3. HEALTH

Health issues can be a serious challenge to

many aspects of our daily lives and especially if you are addicted to running, as many of us are. The seizures I experienced last year kept me from running for over six months until my neurologist put me on an anti-seizure medication which has thus far worked like a miracle drug so I am able to jog in 5K races. From your own experiences you may also understand the challenges created by illness and injury.

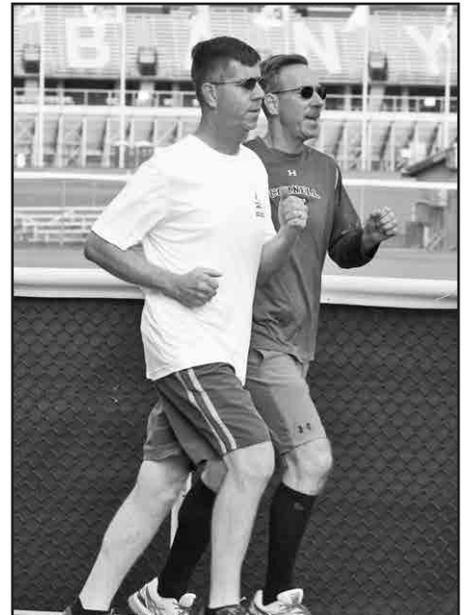
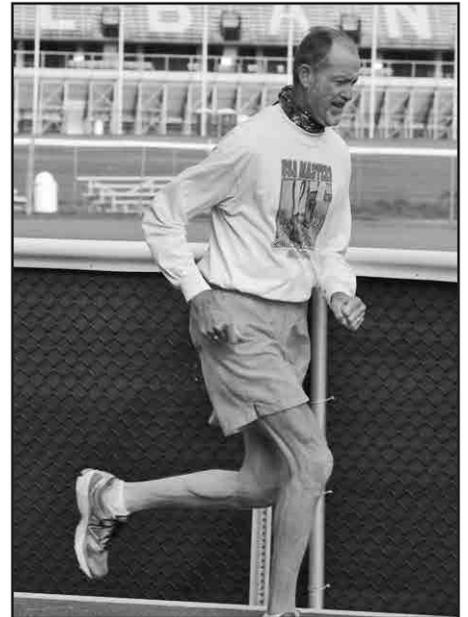
## 4. THE FINAL CHALLENGE

The final challenge is to read some of my sad, sick, sense of humor (or perhaps nonsense is more appropriate). Here are two running-related jokes:

1. Two experienced natural gas service people were checking for leaks around gas meters in a suburban neighborhood. They parked their truck at the end of a street and worked their way to the other end. At the last house a woman was looking out her kitchen window and watched the two men checking her gas meter for leaks. Finishing the meter check, the senior supervisor challenged his younger co-worker to a foot race back to the truck to prove that the older guy could outrun a younger one. As they came running up to their truck, they realized the lady from the last home they inspected was huffing and puffing right behind them. They stopped and asked what was wrong. Gasping for breath she replied, "When I saw two gas servicemen running away from my house as you two were, I figured I'd better run too!"

2. How do crazy runners do trail runs? They take psycho-paths.

Meet your challenges with perseverance. □



## On the Web!

The Hudson Mohawk Road Runners Club is on the Web



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

[www.hmrrc.com](http://www.hmrrc.com)

# MHR Mile Markers and Their Sponsors

by Christine Bishop

Mile markers have long been a part of marathon races, but recently their nature changed dramatically. No longer are they simply adorned numbers, but they are sleek, carefully designed signs bearing messages to encourage, uplift and bring a smile to the intrepid runners as they tackle the 26.2 mile course.

The range of these mile markers is astounding. The Disney Marathon has the Lion King and other characters welcoming runners at each mile with encouraging sayings and fun pictures. Runners at the Fueled by Fine Wine Half Marathon see a different bottle of wine at each mile and can taste it after the race. At the 2010 Long Beach Marathon, contest-winning art designed by local children for the marathon was used. The mile markers were later sold at a silent auction with the proceeds going to the local children's hospital. At another Long Beach Marathon, sculptural works of legs shod in running shoes marked each mile and were later auctioned off. Not surprisingly, mile 26 had the most bidders. The Big Sur International Marathon that attracts thousands of runners had an acclaimed muralist design signs in collaboration with 26 sponsors, one of whom was *Runners World*. They were mainly humorous, with Mile 26 having a choir singing Hallelujah! Mile markers have become quite the hot item and the MHR marathon has them too.

Signs for our marathon are professionally produced, with the profits going to benefit HMRRRC community outreach projects. One sponsor has overwhelmingly come onboard. Catseye Pest Control signs span ten miles of our course and their adorable cat mascot romps around encouraging runners and participants at their water stop and finish line. Ashlea Keene, their National Brand Manager, has said the following about their participation:

"This is the third year Catseye Pest Control is supporting the Mohawk Hudson River Marathon. We love this event because it not only gives us an opportunity to give back to our local communities, but volunteering at the water stop has been an amazing bonding experience for our staff. There is just something about the energy of the athletes and the spectators — it really is a "feel good" event and it's contagious. Everyone at Catseye is so excited to be involved again this year. Good luck to all the athletes...we'll see you at the last water stop!"

The three major running groups in the Albany area all dedicated to running excellence have purchased signs to cheer on runners. A.R.E., the Albany Running Exchange, created and directed by Josh Merlis, has fun runs that they call Fruns. So their encouragement is, "We Hope You're Having Frun! Willow Street Athletic Club, founded by lifelong runners, Ray and Pete Newkirk, believe "Pain is Temporary, Pride is Forever." Team Utopia, created by

marathon runner Jim Bowles, has the coveted 26th mile sign which runners read with elation, "Utopia in 385 yards!"

Dr. Todd Shatynski, a noted specialist in sports medicine and runner, has helped the marathon in many ways. He and two other doctors, Michael Dailey and Kimberly Kilby, created plans that cover all medical contingencies of the marathon, and on the day of the marathon Todd helps to coordinate doctors, nurses, and local EMS teams that furnish services in the medical tent and on the course. In addition, he further supports the event by yearly purchasing a mile marker that reads, "Run Fast and STAY HEALTHY!" In support of the medical group, the Troy Amateur Radio Association members cover the course on bicycles, monitoring medical emergencies and enabling rapid assistance for any problems. Their mile marker reads, "When all else fails, 'Ham' Radio works!"

Joanne Fitzgerald, Vice President of Union Graduate College, encourages students and runners with "Go the Distance!"

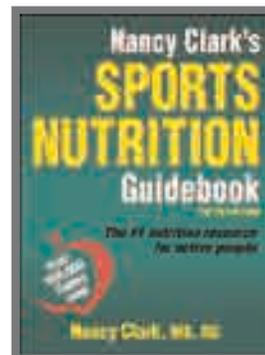
New to the marathon this year will be another easily recognizable mascot, the Valley Cats SouthPaw. Straight from another winning season and one that saw record attendance, the Valley Cats, whose logo states "Your Ticket to Fun," are proud to cheer on runners with "Your Ticket to Run!" Also new this year is support from Trader Joe's whose store is located on Wolf Road. Glennpeter Jeweler Diamond Centre on Central Avenue has a sign that will make runners forget their pain for a short time, "May the Course Be With You." Shue Chen, the owner of Tomo Asian Bistro which specializes in sushi and Asian food and is located in the Price Chopper Plaza in Slingerlands, said that if you mention this article she will give you 10% off your bill! Her saying for the runners is quite logical, "Eat Well, Run Well."

If you wish to play a part in next year's marathon by purchasing a mile marker, email MileMarkers4U@gmail.com. Your donation will cheer runners on, help running programs in the greater Albany area, and contribute to a healthier community. Happy Running. □



## EAT WELL, RUN WELL

*Don't let nutrition be your missing link...*

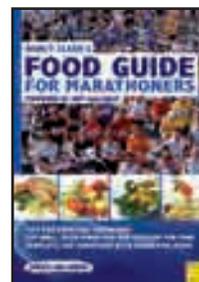


- enjoy better workouts
- lose undesired body fat
- feel great!

*Run with energy to spare—and even lose weight at the same time!*



*Worried about hitting the wall? Learn how to fuel for the long run.*

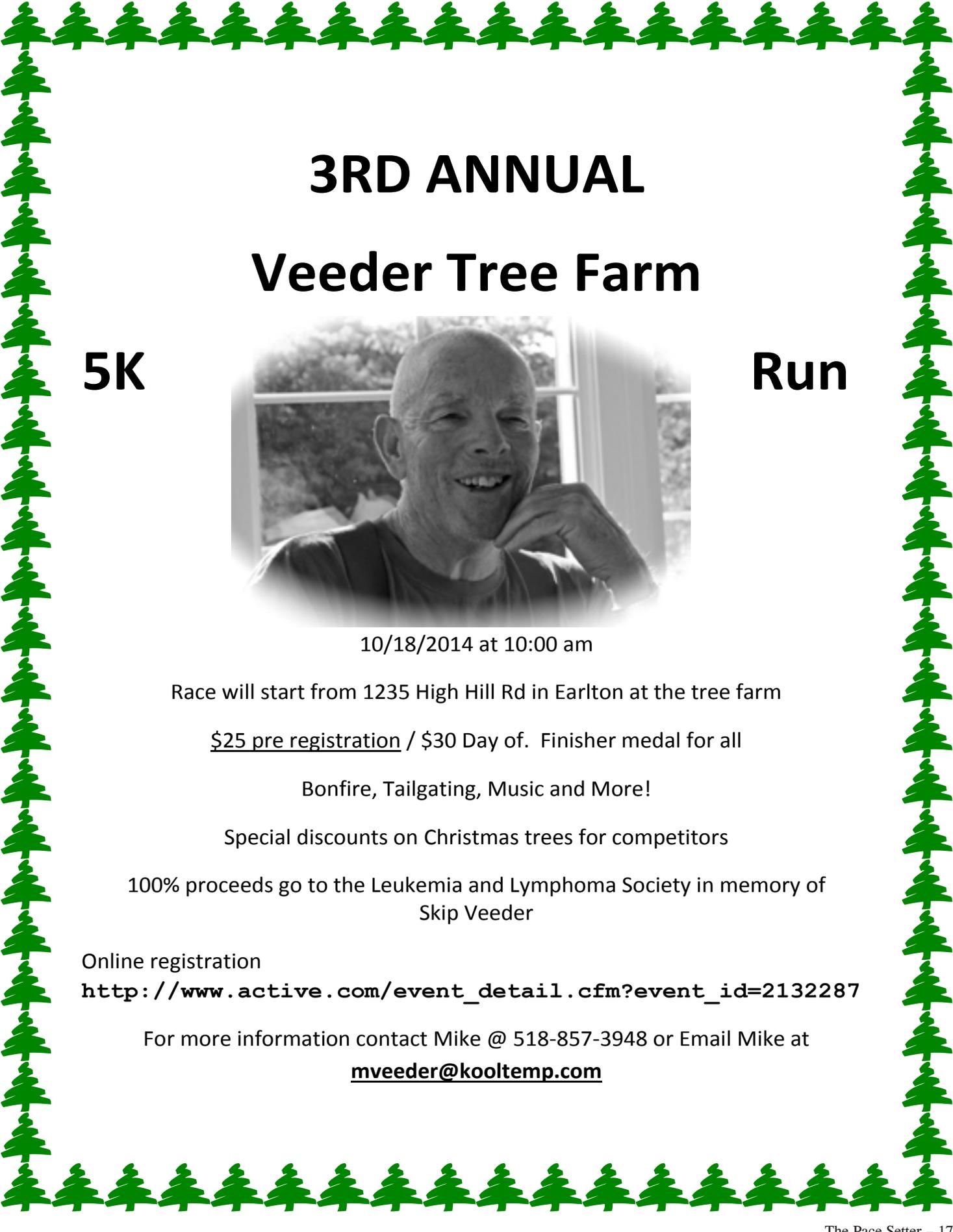


### TO ORDER:

- \_\_\_ Food Guide for Marathoners \$22
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# 3RD ANNUAL Veeder Tree Farm

5K



Run

10/18/2014 at 10:00 am

Race will start from 1235 High Hill Rd in Earlton at the tree farm

\$25 pre registration / \$30 Day of. Finisher medal for all

Bonfire, Tailgating, Music and More!

Special discounts on Christmas trees for competitors

100% proceeds go to the Leukemia and Lymphoma Society in memory of  
Skip Veeder

Online registration

[http://www.active.com/event\\_detail.cfm?event\\_id=2132287](http://www.active.com/event_detail.cfm?event_id=2132287)

For more information contact Mike @ 518-857-3948 or Email Mike at

[mveeder@kooltemp.com](mailto:mveeder@kooltemp.com)

# Running in Iceland

by Kristina Gracey

According to the Icelandic Tourist Board, there were 95,026 United States visitors who traveled to Iceland in 2012; approximately 95% of visitors (from all countries) spend their time in Reykjavik. The reason for a low number of visitors (and limited travel within Iceland) is unclear to me since Iceland is one of the most beautiful, family-friendly, interesting and active places to which I have ever traveled.



The only major deterrent to tourists seems to be the risk of a volcanic explosion (which admittedly brings not only the risk of a steady flow of lava but also the risk of flooding as the Earth's warmth melts the glaciers). Sub-glacial explosions quickly thaw the expansive icecaps under which the volcanoes reside, leading to rapid flooding which has historically washed out entire towns and critical farmland upon which the country depends. The most recent of these volcanic explosions occurred in 1996 in Gjalp in South-East Iceland, in the highlands region of the Vatnajökull ice cap.



On August 16, 2014, the day of our arrival in Iceland, the rumblings began in Bardarbunga, the largest volcanic system in the country, one of the most geologically active places on Earth. Icelandic people admittedly seemed to take some pride in the very real risk of molten lava overtaking human inhabitation. As we trotted along the volcano-laden lands by horseback, our tour guide, a 50-year old retired engineer who grew up in Myvatn (rural North-East Iceland) and then worked in Denmark before returning to the rural area where his parents still own a horse farm, warned us with a smile, "The explosions can occur at any time." He was right; on our second day in the region, warnings began to build surrounding a likely volcanic eruption, with the largest rumblings since 1996. Over the days to this article

being written, thousands of earthquakes occurred in the region, the highest number ever recorded for the area. Road closures began to expand in the region surrounding our hotel in Myvatn.



It was my husband who reminded me to "get out for a run" before the volcanic eruption occurred. It's hard to imagine a more adventurous place to run than Iceland, where animals and an ever-changing landscape make every mile of a long run worthwhile. The waterfalls – both modest and immense – appear around nearly every corner against the backdrop of mountains, volcanoes, farms, glaciers, and natural hot springs. The air in the summer is often cool and crisp, reminiscent of a perfect autumn day in upstate New York. The sheep – which vastly outnumber the residents of the country – graze on endless fields of grass next to the Icelandic horses, animals so tightly regulated that once they leave the country, can never return. Surprisingly, the pitter-patter of my feet rarely seemed to scare the horses, who reminded me of the Icelandic people: quiet but friendly, gentle and approachable.

There is no question about how inviting Iceland is to athletes. By our mid-August visit, the time of the "midnight sun" had passed but 18 hours of sunlight still allowed 10 p.m. running to be equally as feasible as early morning exercise. The evening hours of running were a particular treat for me as the sound of my own breathing filled the eerily quiet air and I



witnessed the gorgeous sun casting interesting shadows across the mountain ridges. The crisp Icelandic air made speedy paces and high mileage easily attainable. And, admittedly, at some point, I began to feel a bit lazy as I observed hikers and bikers making their way by foot or by bike through the mountains.

Thankfully, I began to shake the feeling of laziness as I steadily increased my mileage and logged 16 mile runs through the hilly landscapes. No one seemed more motivated than Dan, who is pictured above with the mountain he spontaneously decided to run one morning. More on our adventures in Iceland to come; for now, be certain that Iceland is a place that is most certainly worth visiting. □





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Whether you are experienced or not doesn't matter – we have a spot just for you!

***Upcoming events are:***

Stockadeathon – November 9

Turkey RaffAL Run –  
November 23

Doug Bowden Winter Series #1  
– December 14

Hope to see you on the course!

Marcia Adams  
Volunteer Coordinator

**Happy Halloween!**



# Runners to Watch

by Christine Bishop

Suspense always hangs over a marathon event. Who will win? Will records be broken and by whom? Will it be horribly hot or terribly cold? Predictions can be made, but only on race day will we learn the truth. However, we do have certain facts to go by that can help us to predict. To help you, the lead runners for the marathon and half marathon will be featured. Ed Neiles, who is in charge of the elite runners, has helped to provide information.

There are some long-standing records that could be broken. Thirty years ago on October 14, 1984, Dale Keenan, of Albany, ran a blazing 2:20:59. That is the time to beat. Dale also holds the record for the most marathon wins an amazing six. Jennifer Fazioli is the fastest female in the marathon, who on October 13, 2002 ran a dazzling 2:47:22. That record is one to watch. On the female side, the record number of wins is shared by three great runners who have each won it twice: Emily Bryans, Daniele Cherniak and Gayle Porcelli. There is an exciting possibility that another could join their ranks this year. For the half marathon, Kyle Stanton of Maryland has the fastest time of 1:07:08, set on October 7, 2012. Diane Matthews is the fastest female, who ran a sizzling 1:18:41 on October 8, 2006. Andrew Allstadt and Kari Gathen have each won it twice since its introduction in 2002. All or none of these records could be broken. That is the thrill of watching the event.

As for the weather, there is always the Farmer's Almanac or an educated guess. My husband, Charles, studied weather patterns for the past nine years and predicts the following. On the day of the marathon, the average high temperature is 65 degrees and the low 41. On October 9, 2011, the temperature reached 81 by midafternoon; while lows of 33 and 34 degrees were reached on October 8, 2006, October 9, 2009, and October 10, 2010. It has been sunny more often than cloudy and rain has been a rare occurrence. So, expect a cloudy but dry day with a low of 45 degrees at the race time and 65 degrees by noon. As the saying goes, only time can tell.

## Marathon People to Watch

**Bryan Morseman**, 29, of Addison, New York won the MHR Marathon last year in 2:24:24. This year on May 18 at the "Run for the Red" Marathon in the Poconos, Bryan did a 2:19:57 time with a 5:20 pace. Other than being the early odds-on favorite to win, Bryan has the potential to beat Dale Keenan's record that has lasted for thirty years. Bryan's goal for this year is to qualify for the 2016 US Olympic Marathon Trials.

**Dereje Deme**, 30, Ethiopia, placed second at the Vermont City Marathon this past May in 2:22:04. Dereje will be running against Bryan Morseman last year's winner who ran 2:19:57 earlier this year with both trying to break Dale 20 – The Pace Setter

Keenan's 30-year-old record. Dereje's specialty is the half-marathon. He has now branched out into the marathon. His PRs are 10K 28:08; 15K 42:30; and half marathon 1:00:00. He is another star to watch at this race.

**Mike Roda**, 38, of Albany, has a 2:30:14 marathon PR, run at the Boston Marathon in 2013. In last year's MHR Marathon, placed third in 2:36:04. This year he has been running well and training hard, with weekly 140-mile runs in preparation for the MHR Marathon. Keep in mind that Meb Keflezighi won the Boston Marathon this year at age 38, a week before he turned 39!



Mike Roda

The following runners should be watched closely, as they consistently run well: Kyle Marks, 24, 2:36:30; Juan Martinez, 36, 2:37:14; Jim Sweeney, 33, 2:37:27; and Justin Renz, 42, 2:39:36.

**Emily Hulme**, 30, of Pennsylvania, other than being the favorite female to win, has an excellent chance to break the MHR women's record of 2:47:22. In 2010, she ran the Philadelphia Marathon in 2:44:30 PR, and in November 2013 ran it in 2:45:56. She has distinguished herself at other distances. When not running, she is a mother, and Latin teacher at the Haverford School, where she is its assistant coach for the varsity cross-country team.

**Joanna Johnson**, 26, Albany, an Oberlin College graduate took third place in a career-record two hours, 48 minutes and 43 seconds at the Rite Aid Cleveland Marathon in May 2013. At the Vermont City Marathon in May 2014, she ran 2:49:34. After graduating from



Emily Hulme

college, she was a TJ Watson Fellow for a year and as such travelled and ran in Ethiopia, France, Norway, and Singapore. When not competing in races, she is a graduate student at SUNY Albany.

**Elena Shemyakina**, of Geneva, Illinois, 55, is a runner to savor. She is a senior software engineer who also happens to be a spectacular marathon runner who came to the sport late.



Elena Shemyakina

She came in first in her age group at the Boston Marathon in 2013 with 3:01:31 as well as at the Chicago and Berlin Marathons in 2010. At age 53, she incredibly won the 2012 Mercedes Marathon in Alabama, being the oldest person, male or female, to ever do so, winning two bonuses: one for coming in first and the other for being the top masters runner.

## Half Marathoners to Watch

**Nicole Blood**, 26, Hoboken, NJ is originally from Saratoga Springs, where she made school history by winning a myriad of honors,



Nicole Blood

including national awards. She attended the University at Oregon where she graduated as a 9-time All-American, and ran professionally for Nike. She now works as an Assistant Coach for the cross-country and track teams at Columbia University. For a while she was sidelined by celiac disease but has made a triumphant comeback. Last year she ran the MHR Marathon and came in 2nd in 2:54:20 and in August this year won the Altamont 5K in a blistering 17:32, coming in second overall.

**Genna Hartung**, 23, of Morrisonville, was the winner in 2013 with a time of 1:22:06. She was a star of the Cornell University track team graduating with a degree in nutritional sciences in 2013. She is now a pre-college instructor at Kaplan Professional Athlete at New Jersey\*New York Track Club. Her career is laced with wins. The duel between her and Nicole Blood should be thrilling to watch.



Genna Hartung

**Renee Tolan**, 38, of Clifton Park, will also present a potent challenge. She came in sec-

ond last year in 1:24:42 and is not to be underestimated. She trains hard and is a consistent winner.

**Nicole Soblosky**, 28, of Albany, further complicates or excites the race by having come in fourth last year in 1:26:33, but is running even better this year, with a phenomenal first place win at the SEFCU 5K 2014 Labor Day race in 19:01. The women's half marathon definitely will be a cliffhanger.

**Thomas O'Grady**, 29, Latham, is a distinguished marathoner and half marathoner. He has run the Boston Marathon three times, each time setting a PR. This year he finished Boston in 2:28 coming in first for runners in the Capital region, first in upstate New York, and fourth in New York State. His PR at a half-marathon is 1:10:56. Since 2010, Tom has run over 5,000 miles each year and from 2007 to 2014 has only missed five days of running. He recently received his Ph.D. in epidemiology and works for the New York State Department of Health where he can commute to work by running.



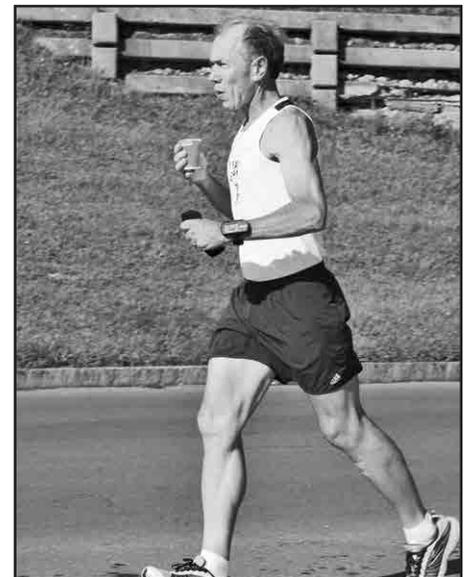
Thomas O'Grady

**Aaron Lozier**, 26, Guilderland, in 2014 ran the Boilermaker in 55:52, the NYC Half Marathon in 1:12:16 and the Delmar Dash in 25:33. In 2013 he ran the Gazette Stockade-athon in 51:36 and the Saratoga Palio in 1:15:13. He is a member of Willow Street Athletic Club and they say this about him, "Miler turned marathoner, the guy with the speed everyone wants..."

**Bradley Lewis**, 26, of Troy, placed fifth at last year's MHR Half Marathon 1:14:38 but was the first local resident to do so. He has distinguished himself in other races. He has run the Boilermaker six times, coming in 68th in 2010 in 51:49 with a 5:50 pace. He is a member of the elite running club Willow Street Athletic. These are his PRs: 5,000m: 15:32, 8,000m: 26:20; 10,000m: 33:37; 15k: 51:16; half marathon: 1:12:51.

**Robert Irwin**, 41, is the longest active member of Willow Street Athletic Club. This year he was second at the Bill Robinson Masters 10K with a time of 35:13. He is a doctor of chiropractic with a specialty in sports biomechanics. He has coached the Guilderland High School track team. His PRs are: mile: 4:13, 5,000m: 14:57; 10,000m: 31:37; 15,000m: 48:58; half marathon: 1:09:43.

So, you make the predictions. Be at the finish line at Corning Preserve on October 12 to see how well you did. One thing for certain, there will be great running that day! □



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# Grand Prix Update

## Race #8 SEFCU Labor Day 5K, September 1

### Male Open

#### Male Open

- 12 Jaime Julia
- 10 Tom O'Grady
- 8 Paul Cox
- 7 Joseph Somerville
- 6 Evan Dwyer
- 5 Ben Drake
- 4 Tanner Wood

#### Male 30-39

- 12 Mike Roda
- 10 Josh Merlis
- 8 Anthony Giuliano
- 7 Tucker Chrapowitzky
- 6 Jake Stookey
- 5 Stephen Siebrecht
- 4 Jonathon Petrucelli

#### Male 40-49

- 12 John Stadtlander
- 10 Chong-Hwan Son
- 8 Jon Rocco
- 7 Gaven Richard
- 6 Kevin Creagan
- 5 Todd Smith
- 4 John Williams-Searle

#### Male 50-59

- 12 Mark Stephenson
- 10 John Sestito
- 8 David Roy
- 7 Tony McManus
- 6 Steve Vnuk
- 5 Robert Colborn
- 4 Kevin Morrissey

#### Male 60-69

- 12 Tom McGuire
- 10 Paul Bennett
- 8 Dave Glass
- 7 Paul Forbes
- 6 David Rowell
- 5 Leroy Bynum
- 4 Pete Cowie

#### Male 70+

- 12 Chris Rush
- 10 Wade Stockman
- 8 Bob Knouse
- 7 Ken Skinner
- 6 Ed Doucette
- 5 Bob McFarland
- 4 Michael Connelly

### Women

#### Female Open

- 12 Lisa D'Aniello
- 10 Kathryn Tenney
- 8 Carolyn Pellegrini

- 7 Elizabeth Chauhan
- 6 Samantha Pellegrini
- 5 Shea Foley
- 4 Cheyenne Munson

#### Female 30-39

- 12 Diana Tobin-Knobloch
- 10 Lynnae Kettler
- 8 Estelle Burns
- 7 Melissa Hasan
- 6 Nicole Pulcino
- 5 Candice Panichi
- 4 Sara O'Grady

#### Female 40-49

- 12 Sally Drake
- 10 Claudia Greco
- 8 Heta Miller
- 7 Regina McGarvey
- 6 Ruth Sadinsky
- 5 Anne Marie Bremm
- 4 Connie Smith

#### Female 50-59

- 12 Colleen Brackett
- 10 Nancy Taormina
- 8 Karen Gerstenberger
- 7 Kirsten LeBlanc
- 6 Johna Palmer
- 5 Cathy McCutcheon
- 4 Nancy Piche

#### Female 60-69

- 12 Martha DeGrazia
- 10 Erika Oesterle
- 8 Susan Wong
- 7 Joan Celentano
- 6 Sharon Close
- 5 Diane Thompson
- 4 Theresa Portelli

#### Female 70+

- 12 Anny Stockman
- 10 Eiko Bogue

### Age Graded

Runner	Age	G
12 Mike Roda	38	M
10 John Stadtlander	48	M
8 Colleen Brackett	53	F
7 Martha DeGrazia	63	F
6 Jaime Julia	29	M
5 Mark Stephenson	50	M
4 Tom O'Grady	29	M

### Totals after 8 Races

#### Men

#### Male Open

- 46 Tom O'Grady
- 38 Jonathon Lazzara
- 24 Thomas Dansereau

- 20 Jaime Julia
- 18 Paul Cox
- 16 Victor Warner
- 13 Dan Briggs
- 12 Eric Young
- 12 Noah Valvo
- 11 Alan Finder
- 10 James Faraci
- 10 Brad Lewis
- 10 Kevin Treadway
- 8 Lukas Becker
- 8 Evan Dwyer
- 8 Paul Mueller
- 8 Nick Webster
- 7 Alex Paley
- 7 Joseph Somerville
- 6 Brien Maney
- 6 Graham Richard
- 5 Ben Drake
- 5 Taylor Esper
- 5 James Faraci
- 5 Owen Hooper
- 5 Chris Pelligrini
- 4 Giovanni Rosetti
- 4 David Thielke
- 4 Tanner Wood

#### Male 30-39

- 43 Chuck Terry
- 33 Aaron Knobloch
- 32 Josh Merlis
- 32 Mike Roda
- 32 David Tromp
- 21 Brian Northan
- 20 Pat Cade
- 16 Jake Stookey
- 16 Jim Sweeney
- 14 Dan Murphy
- 9 Dallas DeVries
- 8 Carl Brewer
- 8 Anthony Giuliano
- 8 Joe Sullivan
- 7 Tucker Chrapowitzky
- 7 Pat Sorsby
- 7 Dave Vona
- 6 Eamon Dempsey
- 6 Jim Eaton
- 6 Clay Lodovice
- 6 Chris Mulford
- 6 Jake Stookey
- 5 Paul Mueller
- 5 Tim Nevinger
- 5 David Newman
- 5 Stephen Siebrecht
- 4 Jonathon Petrucelli
- 5 Ian Ross
- 4 Dan Gracey
- 4 Adam Lyon

#### Male 40-49

- 58 John Stadtlander
- 45 Jon Rocco
- 36 Bob Irwin
- 35 John Williams-Searle
- 25 Tom Fraser
- 22 Ed Hampston
- 20 Chong-Hwan Son

- 15 Shawn Decenzo
- 14 Richard Hamlin
- 13 Kevin Creagan
- 13 Todd Smith
- 12 Neil Sergott
- 11 Gaven Richard
- 10 Randell Cannell
- 10 Frank Horn
- 10 Ken Plowman
- 10 Mark Stephenson
- 9 Jim Foley
- 9 Lotfi Sayahi
- 9 Ken Tarullo
- 8 Thomas Kracker
- 8 Andy Reed
- 6 Bruce Beesley
- 5 Gil Chorbajian
- 5 Jonathon Golden
- 5 Bill Grimaldi
- 4 Jonathon Bright
- 4 Mathew Nark
- 4 Matthew O'Neil
- 4 Matt Roberts

#### Male 50-59

- 66 Mark Stephenson
- 39 Jay Thorn
- 38 David Roy
- 36 Derrick Staley
- 24 John Parisella
- 20 Rick Munson
- 20 John Sestito
- 15 Brian Borden
- 12 Andrew Sponable
- 11 Steve Vnuk
- 10 Kevin Dollard
- 10 John Weilbahe
- 8 Craig Dubois
- 8 Christopher Murphy
- 7 Patrick Irish
- 7 Tony McManus
- 7 Dave Wilber
- 6 Paul Bohl
- 6 Patrick Culligan
- 6 Jim Giglio
- 6 Frank Mueller
- 6 Rick Munson
- 6 Mark Nunez
- 6 Mark Warner
- 5 James Ebersold
- 5 Robert Colborn
- 5 John Weilbaker
- 5 Vincent Wenger
- 4 Samuel Mercado
- 4 Kevin Morrissey
- 4 Mark Swyer

#### Male 60-69

- 56 Richard Clark
- 47 Paul Forbes
- 36 Carl Matuszek
- 29 Robert Somerville
- 27 Ken Klapp
- 26 Tom McGuire
- 25 Paul Bennett
- 25 Kevin Donohue
- 18 James Larkin

17 George Baranauskas  
 15 Juergen Reher  
 15 David Rowell  
 14 Frank Broderick  
 11 Dave Glass  
 8 Steve Dickerson  
 8 Tim Fisher  
 8 Rich Tanchyk  
 7 Jim Fiore  
 6 Pat Glover  
 6 Steve Harris  
 5 Tom Adams  
 5 Leroy Bynum  
 5 Paul Rosenberg  
 4 John Carlson  
 4 Pete Cowie  
 4 Jesse Dinkin  
 4 Chuck Terry  
 4 Leo Vogelien  
 4 Joe Yavondite

**Male 70+**

66 Wade Stockman  
 49 Ray Lee  
 24 Chrie Rush  
 12 Bob Flick  
 12 Frank Klose  
 12 Jim Moore  
 10 Joe Kelly  
 8 Charles Bishop  
 8 Bob Knouse  
 7 Ken Skinner  
 6 Ed Doucette  
 5 Bob McFarland  
 4 Michael Connelly

**Women**

**Female Open**

44 Lisa D'Aniello  
 36 Shylah Weber  
 28 Janne Rand  
 22 Irene Somerville  
 21 Elizabeth Chauhan  
 18 Kathryn Tenney  
 17 Megan Mortensen  
 12 Karen Bertasso  
 12 Alyssa Lotmore  
 10 Stephanie Arango  
 10 Payton Czupil  
 10 Brina Seguine  
 8 Christine Houde  
 8 Carolyn Pellegrini  
 8 Allie Tedeschi  
 7 Liz Chauhan  
 7 Lindsey Choppy  
 7 Kelcey Heenan  
 7 Becky Wheat  
 6 Valerie Belding  
 6 Samantha McBee  
 6 Samantha Pellegrini  
 6 Danielle Skufca  
 5 Leslie Aiken  
 5 Megan Boyak  
 5 Shea Foley  
 5 Kristen Quaresimo  
 5 Rachel Swyer  
 4 Laurel Abowd  
 4 Emma Hampston  
 4 Cheyenne Munson  
 4 Monica Blount  
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**Female 30-39**

51 Diana Tobin-Knobloch  
 42 Estelle Burns  
 25 Heidi Nark  
 20 Erin Corcoran  
 18 Danielle Maslowsky  
 18 Laura Zima  
 14 Jessica Chapman  
 13 Deane Webster  
 12 Karen Bertasso  
 12 Kristina Gracey  
 11 Kari Deer  
 10 Lynnae Kettler  
 10 Sara O'Grady  
 10 Cynthia Zinzow  
 8 TuAhn Turnbull  
 7 Melissa Hasan  
 7 Jessica Northan  
 7 Gretchen Oliver  
 6 Colleen McGarry  
 6 Crystal Perno  
 6 Nicole Pulcino  
 6 Sarah Reed-Hauenstein  
 5 Nikki O'Meara  
 5 Candice Panichi  
 5 Judith Wines  
 4 Jennifer Newman  
 4 Rachel Wasserman

**Female 40-49**

50 Chris Varley  
 38 Connie Smith  
 30 Regina McGarvey  
 24 Sally Drake  
 20 Mary Fenton  
 19 Penny Tisko  
 15 Stacia Smith  
 15 Aixa Toledo  
 14 Kimberly Miseno-Bowles  
 13 Andrea Robinson  
 13 Ruth Sadinsky  
 12 Christa Dederick  
 12 Christine Ensslin  
 12 Claudia Greco  
 12 Judy Guzzo  
 10 Emily Bryans  
 10 Kristen Hislop  
 8 Diane Montes Harris  
 8 Heta Miller  
 8 Kathy VanValen  
 7 Laurie Hoyt  
 7 Susan Pelligrini  
 6 Pamela Delsignore  
 6 Leah Giordano  
 6 Miriam Hardin  
 6 Brenda Lennon  
 6 Colleen Murray  
 5 Anne Marie Bremm  
 5 Theresa Hudda  
 5 Tammy Jones  
 4 Sarah Reed-Esper

**Female 50-59**

68 Colleen Brackett  
 48 Nancy Taormina  
 37 Karen Gerstenberger  
 29 Susan Burns  
 22 Inge Aiken  
 22 Jenny Lee  
 17 Karen Dott  
 16 Kirsten LeBlanc

14 Karen Proventure  
 12 Nancy Briskie  
 12 Nancy Nicholson  
 10 Kathleen Beeman  
 10 Mary Buck  
 10 Kim Law  
 10 Mary Signorelli  
 8 Maureen Fitzgerald  
 8 Denise Gonder  
 8 Johna Palmer  
 7 Nancy Piche  
 6 Paula Boughtwood  
 6 Monique Jacobs  
 6 Cathy Sliwinski  
 5 Lauren Herbs  
 5 Amy Keegan  
 5 Cathy McCutcheon  
 5 Jill Mehan  
 4 Barb Bender  
 4 Michelle Ching  
 4 Susan Huston  
 4 Patricia Robison  
 4 Barbara Sorrell

**Female 60-69**

72 Martha DeGrazia  
 51 Susan Wong  
 32 Joan Celentano  
 30 Katherine Ambrosio  
 18 Erika Oesterle  
 12 Cynthia Finnegan  
 12 Judy Phelps  
 8 Phyllis Fox  
 8 Marianne Shrader  
 7 Donna Choinere  
 7 Nancy Johnston  
 7 Karen Spinozzi  
 7 Anne Tyrell  
 6 Alice Carpenter  
 6 Judy Lynch  
 6 Sharon Close  
 5 Diane Thompson  
 4 Carolyn Burke George  
 4 Theresa Portelli

**Female 70+**

72 Anny Stockman  
 50 Eiko Bogue  
 12 Christine Bishop

**Age Graded**

Runner	Age	G
36 Derrick Staley	55	M
34 John Stadlander	48	M
30 Mark Stephenson	50	M
26 Martha DeGrazia	62/63	F
25 Bob Irwin	41	M
23 Tom O'Grady	28/29M	
22 Colleen Brackett	53	F
21 Mike Roda	38	M
20 David Roy	58	M
19 Susan Wong	66	F
18 Carl Matuszak	62	M
12 Kevin Dollard	58	M
12 Chuck Terry	31/32M	
11 Karen Bertasso	29/30	F
10 Nancy Briskie	56	F
10 Judy Phelps	63	F
9 Rick Munson	57	M
9 Jay Thorn	51	M
8 Frank Horn	44	M
7 Richard Clark	60	M
7 Kristina Gracey	31	F
7 Karen Provencher	59	F
7 Jim Sweeney	33	M
7 John Weilbahe	55	M
6 Jaime Julia	29	M
6 Josh Merlis	32	M
5 Brad Lewis	27	M
5 John Parisello	56	M
5 Christopher Rush	78	M
6 Nancy Taormina	54/55	F
4 Lisa D'Aniello	28	F
4 Alyssa Lotmore	28	F
4 Kathryn Tenney	12	F
4 Mark Warner	55	M





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

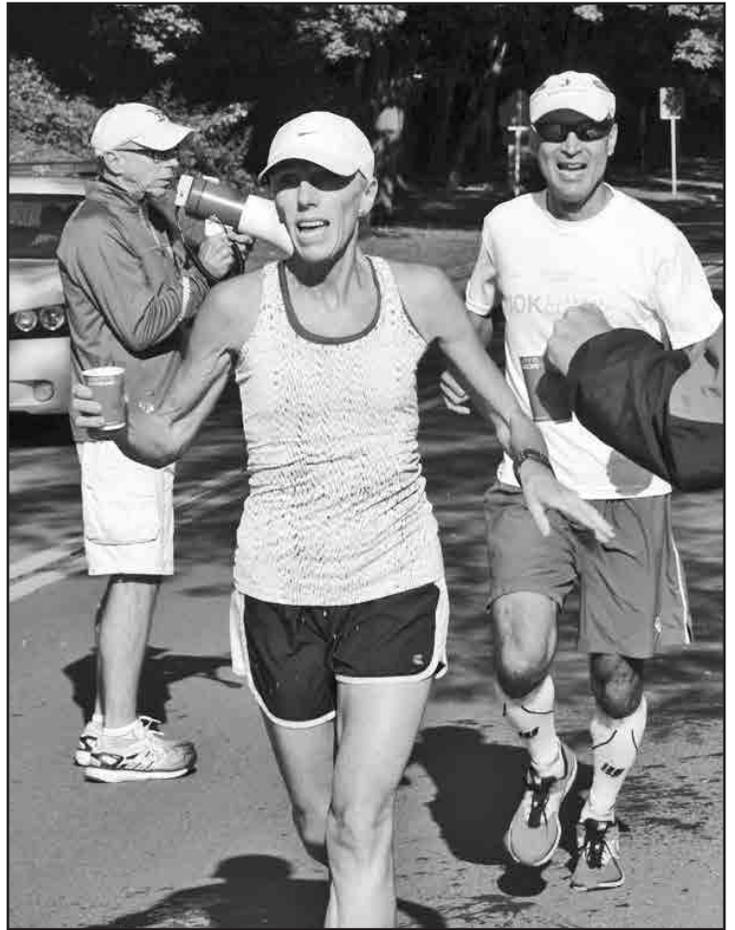
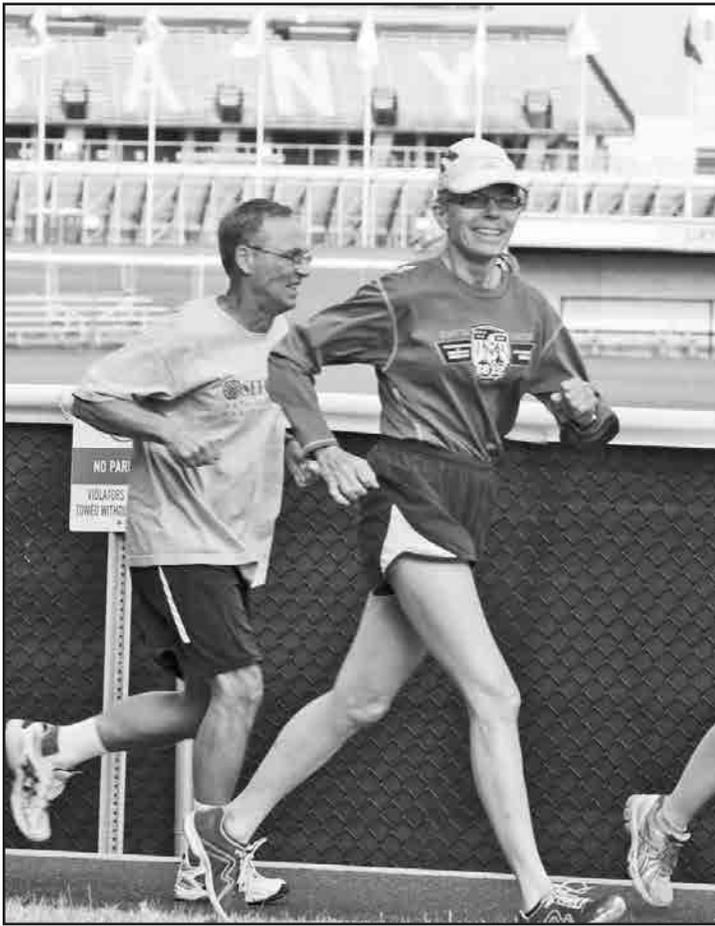
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## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
10/04/2014	10:00 AM	Glens Falls Family YMCA (Cole's Woods)	WVAARC Spooktacular 5K Pumpkin Run	Patricia Pepe	ppepe@caparcny.org
10/04/2014	11:00 AM	The Crossings 580 Albany Shaker Rd Loudonville	Race Against Lyme	Sue Green	sueg615@yahoo.com
10/04/2014	9:00 AM	Indian Meadows Park - 155 Droms Road	Hannah's Hope Run for Life 5K	Steve Elchorn	steveelchorn@gmail.com
10/04/2014	9:00 AM	O'Rourke Middle School	20th Annual Burnt Hills Rotary Apple Run 5K	Paul Lewandowski	ssalmonlew@aol.com
10/05/2014	10:45 AM	Neawha Park, Oneonta	The Pit Run 10K	Tom Benoit	info@pitrun.org
10/05/2014	9:30 AM	Central Park Schenectady	Beat Beethoven! 5K	Christine Mason	ss02@verizon.net
10/11/2014	9:30 AM	Crossings of Colonie	Rhino Run 5K (4th)	Frank Murray	Rhinorun@verizon.net
10/11/2014	9:30 AM	Crossings of Colonie	4th Annual Rhino Run 5K	Frank & Lori Murray	rhinorun@verizon.net
10/11/2014	9:00 AM	Park City Utah	The Pink Series	Rachelle Sondrup	thepinkrun@gmail.com
10/12/2014	8:30 AM	Central Park Schenectady	31st Mohawk Hudson River Marathon [6P]	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/12/2014	8:30 AM	Colonie Town Park	13th Mohawk Hudson River Half Marathon	Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/15/2014	9:30 AM	Crossings in Colonie	St Catherine's Center for Children Running 5K SCCared	Bill Gettman	wgettman@st-cath.org
10/18/2014	9:30 AM	Liberty Ridge 29 Bevis Rd Schaghticoke NY 12154	Corn Maze Adult 5K and Kids 1 Mile Run	Jason Freeman	commaze5k@gmail.com (funinthe.com)
10/18/2014	9:30 AM	Saratoga Spa State Park	Great Pumpkin Challenge 5K & 10K	Marissa Scally	mscally@saratogabriides.org
10/18/2014	9:00 AM	Broadalbin	Duathlon (5K)	Travis Mitchell	mitchell.travis_j@gmail.com
10/18/2014	10:00 AM	2 Lower Taylor Hill Rd. Bondville	Mountain School at Winhall Fall Fun Run 5K/Kids' 1K	Mike Owens	office@themountainainschoolwinhall.org
10/18/2014	10:00 AM	Hudson Vally Community College	Race Away Stigma 5K	Larry Ellis	lellis@hwcc.edu
10/18/2014	10:00 AM	Hudson Valley Community College Pavilion	Race Away Stigma 5K	Carrie Zurenko	c.zurenko@hwcc.edu
10/19/2014	10:00 AM	Saratoga Spa State Park	Saratoga XC Classic	Pat Glover	pjglove@aol.com
10/19/2014	10:00 AM	Schenectady Central Park	Maddie's Mark 5K	Jennie Heidbreder	jennie_h@me.com
10/19/2014	8:30 AM	E.C.Myer Elementary School	Myer Flyer 5K Run/Walk	Rachel Balaban	rachelbalaban@yahoo.com
10/25/2014	9:30 AM	Shaker High School	Amie's Quest 5K Run / 3K Walk	Erin Sullivan	erinsullivan@annesquest.org
10/25/2014	10:00 AM	Prospect Park	Heroes for Health Obstacle Course 2 miles	Meghan Wilkinson	mwillkinson@wmyhealth.org
10/25/2014	9:00 AM	Troy Family YMCA	Troy Family YMCA 5K Run	Tammy Roberts	troberts@dymca.org
10/25/2014	8:00 AM	Citi Field Lot E	Men's Health Urbanathlon 2014	Hawkeye Velocity	info@menshealthurbanathlon.com
10/26/2014	9:30 AM	Thacher State Park	Hairy Gorilla Half Marathon & Squirrelly Six Mile	Josh Meritis	webcontact@areep.com
11/01/2014	8:30 AM	Oakwood Cemetery 50 101st Street	Monster Scramble 5K/10K	Molly Van Ullen	molly.vanullen@nms.org
11/02/2014	11:00 AM	434 Williams Lake Rd	UlsterCorps Service Sprint + Zombie Escape	Beth McLendon	beth@ulstercorps.org
11/09/2014	9:00 AM	Central Park Schenectady	39th Stockade-athon 15K [6P]	Vince Juliano	hamletbryans@nycap.tr.com
11/11/2014	10:00 AM	Shenendehowa High School Track	Shenendehowa Veterans Day Dash 5K	Beth Haig	ehaig@nycap.tr.com
11/23/2014	10:00 AM	Tawasentha Park -- gulderland	HMRRC Turkey Raffle Run -- 1 Hour	Al Malkels	afrncpa1040@yahoo.com
11/27/2014	9:00 AM	Delmar	Delmar Turkey Trot 5K	John Gustella	john@outtownebethlehem.com
12/06/2014	8:30 AM	Milton Comm. Ctr 310 Northline Rd. Ballston Spa	3rd Annual Ugly Christmas Sweater 5K Run/Walk	Michele Dowd	fundraisingdirector@gatewayhouseofpeace.org
12/14/2014	10:00 AM	SUNY/Albany	The Doug Bowden Winter Series Race #1 -- 15K and 3M	Bart Trudeau -- Gretchen Oliver	bart@truarchs.com

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 415

*Your membership renewal date is on the address label. Renew Early.*

**NEW MEMBERS**  
Allow 8 to 10 weeks before expecting  
receipt of your first Pace Setter



# Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**E-MAIL** \_\_\_\_\_ NEW APPLICANT  RENEWAL  GIFT MEMBERSHIP

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

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

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

**For those who can afford it!**

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

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

*Make checks payable to:*  
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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