

The Pace Setter

June 2010

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

**The Fab Five
at their 20th Freihofer's Run for Women**



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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@scallan.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.

The Pace Setter

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Photos in this issue by Gerri Moore and Peter Thomas

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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by Mark Warner

After focusing on youth running two months ago, this month's column will look at the other end of the running spectrum; masters running. HMRRRC provides great running and racing opportunities to our members who've reached the 40 year old milestone. Over the years, the Capital Region has hosted a number of national master's championships in various road and cross-country distances. Both Freihofer's Run for Women and the Stockade-athon bring in world class masters runners every year. Not only does the HMRRRC host elite level master's races, there are numerous runners that can challenge in any elite pack of masters runners.

The HMRRRC Bill Robinson Masters 10K Championship, honoring HMRRRC Hall-of-Famer and legendary masters runner, Bill Robinson, held in April showed the depth of masters running in the Capital Region. Men's winner Mike Slinsky had the third fastest winning time in the 30 year history of the race. Women's winner Emily Bryans was the fastest female finisher ever on this course by over a minute. Maybe the most impressive statistic was the 140 finishers, 27 more than the next best total in the race's history. This race, directed by another HMRRRC Hall-of-Famer, Jim Tierney, has become a major draw for masters runners throughout the Capital Region. As impressive as the winners' times were, the numbers and abilities of the runners in the older age groups may be even more impressive. Ed Doucette, at 80 years of age, was the oldest finisher but there were also two finishers at 79 years old, with a total of 11 finishers over 70. On the women's side, another HMRRRC Hall-of-Famer, Anny Stockman, was the oldest female finisher at 77 years old.

When many runners over 50 started racing, there were few races with a masters category and even fewer with a masters women's category. Eventually most races added an over 40 age group and occasionally an over 50 age group. Now you seldom see a race without age groups up into the 70s and sometimes even the 80s. Running and competing has become something that most anyone at any age can do. The latest innovation has been age graded results. A numerical scale is used that bases a runner's time on world leading times for their age and gender so that results can be compared with results of other runners of a different age or gender. For those whose PRs are many years in the past, it gives an opportunity to see how present times compare with results

of 20, 30 or more years ago. Now many races such as the Stockade-athon base some of their awards on age graded scores. The HMRRRC and USATF grand prix awards also use age graded results for some of their awards.

As runners age, their goals and motivators for running change. For some, the competitive spirit lessens while for others the competitive fires burn into their 60s and 70s. For many, the reasons for running may shift from running solely to race to running for good health or running as a social outlet. Fortunately, HMRRRC provides many opportunities for runners of all ages to participate no matter what their reasons for running may be. There are many competitive races for master runners who still want to compete at the highest levels. There are also many more casual running groups for runners looking for more social experiences. Of course, volunteering at the many club events gives masters runners and runners of all ages a chance to spend time with fellow runners while at the same time giving back to the running community. Looking back over the almost 40 years of the HMRRRC, one of the most positive changes is the number of opportunities for masters runners to participate and race in the many club and community running events. □



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



What's Happening in June

by Al Maikels

The June club race calendar has something for everyone as three great events can be found on the schedule. Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRRC special. The 39th Distinguished Service Race is set for Sunday, June 6 at 9 a.m. at UAlbany. This race is 8 miles long, a good test of speed and endurance. Before the start of the race, there is a brief ceremony where the past recipients are called up before the current winners receive their award. The award is given to club members for long and distinguished service to the club and this year's honorees are very deserving. Come join us this year as we honor Tom and Marcia Adams, a couple of hard workers that are being recognized as a team, but could have each won based on their own efforts.

The next club race in the June lineup is the 5th Annual Community Resource Father's Day 5k, set for Sunday, June 20 at 9 a.m. at the Crossings of Colonie. The Crossings is a great spot for a race with a flat fast USATF certified course that makes its way through the beautiful park. There are a variety of father/child prize categories making this race a great event for the whole family.

The Valley Cats Home Run 5k is at the bottom of the line up of the HMRRRC June schedule. This is a nice race that wends its way around the neighborhoods near HVCC and finishes at Joe Bruno Stadium, with each runner receiving 4 free tickets for a Valley Cats' August home game. The race is set for Saturday, June 26 at 9 a.m. at Joe Bruno Stadium.

The Queen of all local 5k races is also on the June calendar this year. The 32nd Freihofer's Run for Women will be held on Saturday, June 5 with a 10 a.m. start at the Empire State Plaza in Albany. This is a first rate running event with world class talent and is a great race to run, volunteer or watch.

Looking for more 5k races? There are plenty to be found on the June schedule. Races of note at this distance include the 12th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 12 at 9 a.m. at the Village Square in Kinderhook. This race is a favorite of mine and has a flat, fast course. Another 5k set for that same morning is the 2nd Annual Key Bank Run for Pride 5k with a 9 a.m. start at Albany's Washington Park Lakehouse. As proof that no one coordinates their schedules there is a third 5k on June 12, the 3rd Annual Hometown Heroes Run 5k at 9:15 a.m. at the Crossings of Colonie. The Run for Help in memory of Liza Ellen Warner is a 5k set for

Sunday, June 13 at 10 a.m. at the Goff Middle School on Gilligan Road in East Greenbush. You can Run with the Trojans in a 5k race set for Saturday, June 5 at 9:30 a.m. at Questar III on Colleen Rd. in Troy.

If you need more than a 5k race there is a good race on the June schedule this year. The Adirondack Distance Run moved from July to the last Sunday in June last year. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 27 at 7:30 a.m. at the Lake George High School.

June is also the month for the start of the summer track series at Colonie High School. The 43rd season of meets starts on Tuesday, June 15 and run through August. The first race (the mile) starts at 6:15 a.m. and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 9 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings. □



**Help Wanted:
NO
EXPERIENCE
NECESSARY**

**Volunteers needed
at the
following
races:**

Distinguished Service –
June 13

Father's Day – June 20

Tri-City Valley Cats: June 26

Indian Ladder – August 1

HMRRRC Picnic – August 1

Tawasentha XC 5 K Series:
August 2, 9, and 16

SEFCU 5K – September 6

*If interested, contact
Marcia Adams,
Volunteer Coordinator,
At 356-2551 or
madams01@nycap.rr.com*

It's not just about running...






Home Run 5k



4 FREE TICKETS
to each runner for any
ValleyCats' Regular Season
August Home game!



Saturday, June 26, 2010 | 9:00 AM Race Time | Joe Bruno Stadium

Registration, Packet Pick-up:	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
Entry Fees:	Pre-registered HMRRRC members \$12.00	All other pre-registered \$15.00	Day of race registration \$20.00	Pre-race registration deadline June 21, 2010
Course:	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
Running Shirts:	First 200 pre-registered runners			
Refreshments:	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
Awards:	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at 10:30 AM	<i>No Duplicates</i>	 register online at active.com IT'S FAST AND EASY!
Kids:	A 1/4 mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at www.tcvalleycats.com .			

Last Name: _____ First Name: _____

Address: _____

Running Shirt Size: S M L XL

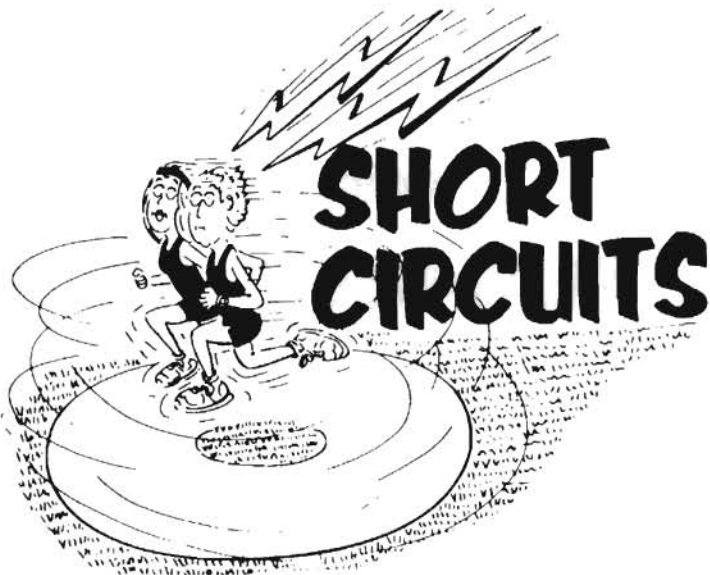
Age on Race Day: _____ Birthday: _____ Sex: M F

HMRRRC member: Yes No

Please read and sign: In consideration of HMRRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the race organizers and sponsors, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 26, 2010. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

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

Make checks payable to: HMRRRC **Mail to:** Valley Cats Home Run 5k, PO Box 12304, Albany, NY 12212
Applications available online at www.hmrrc.com.



A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

All Short Circuits must be e-mailed to jheinlaw@earthlink.net, subject: Short Circuits.

"When the race was over, one couldn't help but think that an American man may never win Boston again." – from LetsRun.com

"I know I can win this race, it's just a matter of time. Today was a big breakthrough day, guys are paving new territory" – American Ryan Hall after Boston 4th place finish.



I will win this race some day

Some runners carry whistles with them when they run. Others carry mace to ward off aggressive dogs. Texas Governor Rick Perry carries a gun when he runs in the country. That's because he is afraid of snakes. His laser guided pistol was used recently when he and his dog encountered a coyote on a run.

"I holler and the coyote stopped. I holler again. By this time I had taken my weapon out and charged it. It is now staring dead at me. Either me or the dog are in imminent danger. I did the appropriate thing and sent it to where coyotes go," he said.

The governor left the coyote where it fell. "He became mulch," Perry said.



Photo by Phil Stewart



Down goes Carter!

Four students from Grinnell College in Iowa were out for a run in April when a hail storm hit. They attempted to take cover in a ditch but the intensity of the hail forced them out and they continued to seek shelter. They flagged down a car, and the driver, seeing them with bloody welts, brought them to a hospital. They were treated and released. Experts claim that hail can impact a body at 100 mph and cause serious injury and death.



Hail damage

Phil Stewart is an old running entrepreneur from D.C. He started *Running Times* magazine in the 70s. On assignment, he entered a 10K race in 1979 and brought his camera. The President of the United States was also in the race and when the President collapsed due to

The marathon and half-marathon have become something other than athletic events in the U.S. While it is great that people want to complete such a difficult task and speaks to the inherent drive of humans, too many people are unwilling to do the necessary work to adequately prepare for such prolonged endurance challenges. Marathon training groups are popping up all over the place, offering people a quick and easy 4-to-6-month, running 3 to 4 days per week path to the marathon.

The result is that many people suffer one or more of many "itises" that befall runners who increase their volume and/or intensity too quickly (plantar fasciitis, Achilles or patellar tendonitis, iliotibial band friction syndrome, stress fractures, etc.). In the worst cases, the cardiovascular system fails because it is not prepared to handle the stress of running 13.1 or 26.2 miles. -- Jason Karp, Ph.D., exercise physiologist □

The 2010 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2010 for the HMRRC Hall of Fame.

Selection Criteria for Induction:

The HMRRC Hall of Fame honors individuals who have earned extraordinary distinction as a member of the HMRRC. A candidate for the Hall of Fame should have been, or continue to be, an active member of the HMRRC. The candidate should be a recognized leader of the local running community in performance and/or service.

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

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

If you would like to recommend someone, send the candidate's name and appropriate supporting information to the HOF Committee by July 26, 2010.

HMRRC Hall of Fame Committee
c/o Maureen McLeod
354 Kenwood Ave., Delmar, NY 12054

"BEEN THERE, DONE THAT"

by Mike Becker

June 1975...Thirty Five Years Ago

- The club holds a six-mile relay on the 8th at the SUNYA track. Al Pastore and Jack McConkey win with a combined 32:09, for a brisk 5:22 pace. Tom Clarke runs the fastest overall time (14:48) with a 4:50 1st mile. A total of 14 teams compete, including at least four area coaches: Tom Clarke (Bishop Gibbons), Bob Munsey, (SUNYA), Dick D'Aleo (Lansingburgh), and Pat Stewart (Duanesburg).

- Tom Clarke is profiled. Tom is the Bishop Gibbons cross country and assistant track coach and is soon moving to Florida to work on a Master's degree. He joined his high school track team because he couldn't make the baseball team. He ran a fine 2:34 in the 1975 Boston Marathon and considers his 1975 Bankathon (30K) his best race ever, averaging 5:34 per mile. Tom later went on to great things, eventually becoming President and COO of Nike, Inc.

June 1980...Thirty Years Ago

- The Voorheesville 15K is held on the 7th. Carlo Cherubino (48:04) beats Chris Sommo by 14 seconds. Forty eight runners break an hour including Paul Murray, Fred Kitzrow, Don Wilken, Bill Robinson, and Dan Cantwell.

- The Pentathlon is held on the 26th at the SUNYA track and Perimeter Road. Twenty-five men (no women) compete on a hot and humid evening. Bill Robinson edges Don Wilken by a single point by virtue of Bill's first place finishes in the quarter and half, and Don's sixth place finish in the quarter.

June 1985...Twenty Five Years Ago

- An article in *The Pace Setter* describes a proposal by the city of Albany for the commercial development of the Hudson Riverfront in Albany. The proposal calls for restaurants, luxury apartments, a boathouse and marina, a festival marketplace, a Clinton Avenue underpass, and a pedestrian bridge. The four HM-RRR members in attendance express concern about the effects that the proposed development would have upon the use of the five-mile Albany to Watervliet bike path, often used by runners. Fortunately this development didn't happen except for the pedestrian bridge many years later.

- Directed by Bill Robinson, the Cohoes Five-Miler is held on the 9th and features a course starting and ending at Lansing Park and using the bike path. The entry fee is just \$1.00 and 77 runners complete the course. Chris Burns wins with a 27:09 with Rob Picotte and Ed Giblin finishing 2nd and 3rd. Judy Blanchard is top female with a 33:13 with Maureen McLeod and Anny Stockman finishing 2nd and 3rd.

- The club Pentathlon is held on the 20th at SUNY and directed by Peter Giunta. Successive



sive races of 5 miles, 800 meters, 3200 meters, 400 meters, and 1600 meters are staged. Thirty-three runners complete all five races, and John Noonan was the winner with times including 26:52 for the 5-miler, 2:05 for the 800, and 54.9 for the 400. Also finishing are Tom Tift, Jim Bowles, Paul Murray, Ken Skinner, Don Wilken, Joe Hein, and Anny Stockman.

June 1990...Twenty Years Ago

- An item in *Short Circuits* mentions the dedicated monks of Japan's Mount Hiei. As part of their annual ritual of kaihōgō, the native monks do a marathon each day for 100 consecutive days in all kinds of weather, up and down forest paths that connect shrines on their sacred mountain. They wear layered robes and straw sandals. Their training intensifies until the 7th year when they pound out 100 consecutive 84K cross country runs (each the equivalent of two marathons), followed by 100 daily marathons. By that time, each monk will have run 1000 marathons, which equals one trip around the planet at the equator. It is estimated that no more than 50 monks over the past 100 years survived kaihōgō.

- Over 500 runners compete in the Father's Day 5K and 10K runs on the 17th in Troy. Lori Hewig is top female in the 10K by more than three minutes over Nancy Egerton. Donna Herrington is top female in the 5K. Dale Keenan wins the 10K by 45 seconds over Vinny O'Brien. Dan Cantwell wins the men's 5K.

June 1995...Fifteen Years Ago

- Freihofer's 5K winner Lynn Jennings sets a then record with a 15:24 on the 3rd. This was Jennings' sixth of eventual eight wins at Freihofer's. She earns \$7000 for the win and a \$5000 bonus for the new course record. It is also the fifth fastest time in US history on a loop course. Olga Appell runs a 15:27 for second place, which tied the old course record. Jane Welzel is the top Master with a 17:06. A

total of 145 runners break 20 minutes.

June 2000...Ten Years Ago

- Libbie Hickman from Fort Collins, Colorado wins the Freihofer's 5K on the 3rd with a 15:35 and takes home \$7,000. Carmen Ayala-Troncosco from Austin, Texas is top Masters runner with a 16:38 and pockets \$2,450. The top local finisher is Dana Ostrander with a 17:28, which was good for 26th place overall. Allison and Maryanne McNamara are top daughter/mother team with times of 19:36 and 21:58 respectively. Saratoga and Colonie have the top two high school teams. A total of 2,767 participate in the race.

- Just 61 runners compete on the 17th in the USATF Masters 10K on the hilly course starting and ending at Guilderland High School. The weather is hot and humid which may have contributed to the low turnout. Dale Keenan wins with a 37:41, 48 seconds faster than Mark Warner and 59 seconds faster than Pat Glover. Beth Gottung is top female in 43:35.

- The 29th Annual Distinguished Service 8-mile Race is held on the 25th at SUNYA and honors Ken Skinner. Jeffrey Brooks takes first with a 43:07, more than two minutes ahead of Tyson Evenson. Mary Peck is top female with a 50:45, 43 seconds ahead of Amy Herold. A total of 88 runners finished the race, consisting of loops of the SUNY campus and around the pond.

June 2005...Five Years Ago

- Asmae Leghzaoui from Morocco sets a course record in the Freihofer's 5K on the 4th with a 15:17. The top local finisher is Eileen Combs with a 17:53. Other locals finishing in under 19 minutes are Kara Lynne-Kerr, Katie Twarog, Brina Seguire, and Nicole Soblosky.

- Victor George wins the 10th Annual Vale Park 5K in Schenectady on the 9th, on a course through the picturesque Union College campus, with a time of 16:51. Roxanne Wegman is top female (13th overall) with a 20:04. A total of 165 runners compete.

- A very warm and humid day is the setting for the Schoolcraft 5K, held on the 25th on a hilly course at Tawasentha Park. Bob Irwin tops the field of 62 runners with a 17:20, two seconds ahead of Dan Haggerty. Tracey Delaney is top female with a 22:53 (15th overall).

- The 24th Annual Bruegger's Bagel Run 5K is held on the 26th in Albany. This is the USATF Adirondack Women's 5K Championship race. Anne Hessberg is top female with an 18:22, nine seconds ahead of Emily Bryans. Lori Hewig is top female Master with a 19:03. The Willow Street Athletic Club tops Team Utopia for team titles in both Open and Master's divisions. Jamie Rodriguez wins the race with a 15:19 with Chuck Terry, Derrick Staley, and Jim Maney finishing in the top ten. □

Y RACE SERIES

We build strong kids, strong families, strong communities.

GREATER GLENVILLE/SCHENECTADY 5K

Start/Finish: Freedom Park, Scotia, NY
Contact: 518.399.8118, Nancy Gildersleeve - Race Director
Date & Time: July 17, 2010
5K Run / 3K Walk 8:30 a.m.
Kids Fun Run 8:00 a.m.
Registration: \$20.00 (postmarked by July 10);
\$30.00 (after July 10)
Day-of-race registration will be from 7:00am-8:00am
Kids Fun Run is free—ribbons awarded to all finishers

Official race shirts while supplies last

Awards: Overall male and female 1st, 2nd, and 3rd place finishers will receive awards. In addition 1st, 2nd, and 3rd place awards will be given to the top male and female finishers in the following age groups.

Age Groups: Under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

Course

Description: Freedom Park to Sunnyside and back



Please circle event you are registering for: 5K Run 3K Walk Kids Fun Run

Last Name _____ First Name _____ Age (at time of race) _____

Address _____ City _____ State _____

Phone # _____ Email _____ Gender M or F

Shirt Size S M L XL XXL (Shirt sizes can not be guaranteed)

Are you a YMCA member? YES or NO If YES, what branch? _____

I hereby release the Capital District YMCA and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2010 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below

Signature: _____ Date: _____

Parent's Signature (if under 18): _____

Please make checks payable to: **Greater Glenville YMCA**, 127 Droms Rd, Scotia, NY 12302

Register Online

WWW.CDYMCA.ORG

Protein, Carbs and Endurance Running: Finding the Right Balance

If you are curious about how to best fuel for endurance runs, here are some tips presented at the 27th Annual SCAN* Symposium, April 2010. The information was presented by Asker Jeukendrup PhD, Professor of Exercise Metabolism-Univ. Birmingham in England and Nancy Rodriguez RD PhD, Professor of Nutritional Sciences-Univ. Connecticut. (*SCAN is the Sports Nutrition group of the American Dietetic Assoc.; SCANDpg.org).

Carbohydrate Update

Marathoners commonly wonder what's best to eat during long runs that last more than 60 to 90 minutes. The answer depends on your personal tolerance. Some runners enjoy the convenience of engineered sports foods such as Clif Chomps, PowerGels, and Sports Beans. Others prefer the taste (and price) of standard supermarket foods, such as dried pineapple, twizzlers and gummy candy. All are equally effective. And because we're talking about "survival" more than "good nutrition" during endurance exercise, you need not tsk tsk yourself for enjoying candy. That's what your body wants—sugar! (FYI, gels and sports drinks are also "just sugar.")

Does it matter if you get your energy from an energy bar as opposed to a sports drink?

No. Both solid foods and liquids (i.e., sports drinks) get burned at the same rate when you are exercising at a pace you can maintain for more than half an hour. Your job is to experiment during long training runs to learn — 1) what settles best in your intestinal tract, and 2) what tastes best to you during extended exercise.

Consuming enough calories is more important than the form of the calories. With endurance athletes, research suggests the faster finishers consume more calories than the slower finishers. (Ironman Champ Chrissie Wellington consumed about 335 calories/hour when she won at Hawaii.) The challenge is to train the intestinal tract to manage that much fuel. If you are a marathoner, part of your training program is to practice your fueling so you can train your intestinal tract as well as your heart, lungs and muscles.

How much should you eat to maintain good energy when you're running for longer than 60 to 90 minutes?

The standard recommendation for fueling during endurance exercise has been to target 1 gram carbohydrate/minute of exercise (60 g carb per hour for a 150-lb person, the equivalent of 240 calories). The research, originally done with just glucose, indicated consuming more than 60 grams of glucose/hour offered

no benefits. The body has a limited number of glucose transporters and can carry only 60 grams out of the intestines, into the blood and to the muscles.

More recent research indicates consuming a variety of sugars (that is, more than just glucose) allows more fuel to become available per hour. That's because different types of sugars (carbs) use different transporters. Generally, runners consume more than just glucose. (Sports drinks, for example, tend to be glucose+fructose.) Let's say you eat a banana that consists of many different types of sugars and uses many different transporters. Your muscles will have access to more fuel (up to 90 g carb/hour; 360 calories) than if you consume just one kind of sugar. Variety is a wise idea!

In general, the recommendations for fueling during exercise are:

- If you are exercising for less than 45 minutes, no need for fuel during exercise. (As always, enjoy a pre-exercise snack.)
- For 1-2 hours of exercise, target ~30 g carb/hour (120 calories).
- For 2 to 3 hours of exercise, target ~60 g carb/hr (240 calories).
- For more than 2.5 hours of exercise, target ~90 g mixed carbs (i.e., (360 calories of sports drink, candy, dried fruit, pretzels).

Some serious marathoners wonder if they should train first thing in the morning without having eating before or during exercise. Doing this from time to time may teach the body to burn more fat and spare limited glycogen stores (glycogen depletion is associated with fatigue). But it's grueling and the verdict is unclear if this will enhance competitive performance because an athlete cannot train as hard when underfed. Stay tuned!

What happens if fueling during long runs creates intestinal distress?

You might want to "swish and spit." When research subjects just swished and then spat out a sports drink, they improved their performance as compared to swishing and spitting just plain water. How could that be? Receptors in the mouth are linked to the brain. When the mouth gets a swish of sports drink, the brain gets the signal energy is on the way; it's OK to work harder.

Protein Update

Protein requirements are hard to define because the amount of protein your body needs depends on how many calories you consume. That is, if you are restricting calories to lose undesired body fat, you require more protein than when you eat adequate calories; the

protein gets burned for fuel. Dieting runners should target at least 1 g protein/lb (2 g protein/kg).

Note: If you are dieting to lose undesired body fat, you are unlikely to lose only body fat and build muscle simultaneously. Building muscle takes energy; dieting restricts energy.

The protein recommendations for non-dieters who consume adequate calories are:

Healthy adults:	0.4 g Pro/lb	0.8 gm Protein/kg
Strength athletes:	0.5 to 0.8 g Pro/lb	1.2 to 1.7 g Pro/kg
Endurance athletes:	0.5 to 0.6 g Pro/lb	1.2 to 1.4 g Pro/kg

Because the typical runner's diet contains more than enough protein, most runners do not need protein supplements. A protein-rich food with each meal and snack can do the job.

During long runs, should you choose a sports drink with protein?

Not unless you prefer the taste; it does not offer performance advantages over a standard sports drink. The better time to consume protein is after exercise. That is, carbs+protein (as in chocolate milk, fruit yogurt, or spaghetti & meatballs) enhances muscle repair.

Consuming some carbs+protein before you work out, as a part of your pre-run meal (such as cereal+milk, fruit+yogurt) is another option to bolster the supply of protein that will be available both during and after exercise for recovery. Note: Athletes generally don't burn much protein for fuel during exercise unless their glycogen (carb) stores are depleted. The bottom line: Meals and snacks with carbs as the foundation and protein on the side offer the right balance for endurance performance.

Nancy Clark, MS, RD, CSSD (Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For more info, read her *Sports Nutrition Guidebook* and *Food Guide for New Runners: Getting It Right From the Start* and *Food Guide for Marathoners: Tips for Everyday Champions*. See www.nancyclarkrd.com and www.sportsnutritionworkshop.com.

Resources:

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2ND ANNUAL



CAMP CHINGACHGOOK CHALLENGE HALF-MARATHON & 10K RACE AND FAMILY FUN DAY



SATURDAY, AUGUST 7, 2010

HALF-MARATHON START: 8AM 10K START: 9AM

- Course:** **Half-Marathon:** This surprisingly fast course starts at the Lake George Elementary School and runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook
10k: Is an out and back course, starting and finishing at Camp Chingachgook
- Transportation:** Free transportation will be provided from Camp Chingachgook to the start before the race, as well as back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 9, 2010, \$40 after July 9 or day of race
10k – \$20 if received by July 9, \$30 after July 9 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 9, 2010
- Awards:** Prizes for Top 3 male and female overall finishers
1st place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to www.AREEP.com
Or, return application, with a check made out to AREEP, to:
AREEP, PO Box 38195, Albany, NY 12203
For more information: visit AREEP.com or email info@areep.com

CHIP TIMING BY



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all

2009 Champions and course records:

Half Marathon: Shaun Evans 1:12:17	10k: Tijs Van Maasakkers 38:29
Kari Gathan 1:27:00	Katherine Cimonitti 40:53

First Name: _____ Last Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____ Phone #: _____ Shirt Size: ☐ S ☐ M ☐ L ☐ XL
Event: ☐ ½ Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: _____ Date of Birth: ____ / ____ / ____

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 Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

Signature

Date

Parent or Guardian (18 or under)

Fun-Commitment-Performance

About 15 months ago, I initiated a Skills and Drills program in the Niagara Association of USA Track and Field that was detailed in the February 2009 issue of *The Pace Setter*. While the program has been used only sparingly, where it has been used has met with great success.

The Skills and Drills Program is a 6-week introductory course that teaches the entry-level skills of track and field. At a most basic level, the athlete learns how to refine the schoolyard skills of running, jumping and throwing.

Since publication of that article, I have continued on the exploration of child development, particularly with regards to athletics. I teach a course called Elite Sport Science that is a 12-15 hour investigation of modern training theory and all its various facets (work capacity, periodization, biomotor skill development, overtraining, etc.). Within the 20+ topics covered is one on childhood development.

It should be clear to most that the demands of elite sport participation and childhood sports are totally at odds with each other. This point is clearly stated in the opening minutes of the lecture on child development. But what is duly noted is that if the child is not "developed" properly, there will be no long-term chance of success. The sentiment is neatly summed up with the statement – all things only grow once. The debate over the "right way" rages on.

Childhood development moves through stages. The pure novice is literally a diamond in the rough. They don't know what they don't know and they could care less. The appeal of sport for many children is to participate in an activity with their friends and have some fun.

In the 1990's social researcher Stephen Danish conducted an extensive study of over 3,000 young athletes on the whys and hows of their sports participation. What he found was that the reason some 75% of child athletes quit sport by high school is that the activities ceased being fun.

The experienced, performance minded adult, knows that not all sports participation is fun. Having to do a difficult tempo run or interval training in the cold or rain or when tired is not fun.

What Danish found out was that what most children defined as fun was the balance struck between mastery and challenge. Where there was a balance between mastery (I can do this) and challenge (what is this?), the sense of achievement became a great, enjoyable motivator, something that encouraged participation because it was in a word, fun.

When there was an imbalance between mastery and challenge, problems arose. If the task/skill was too complex, it generated levels of anxiety (can I do this?) and self-doubt. Conversely if the task was too easy, too simple, there was little challenge and the task became boring (why are we doing this?). The art of

coaching lies in the ability to strike a creative balance between challenge and mastery.

One of the challenges of athletics is that things do not remain fun forever. With maturity there is a gradual transition from the introductory stage to a stage of commitment. Commitment is a stage where there is a refinement of skill.

Once a series of skills have been introduced and mastered, as physical maturity allows, a transition begins to take place. Efforts and energies are now shifted and increased mastery of fundamental movement patterns and skills become more important. Concomitant with this is the introduction of competition that can serve to highlight both one's accomplishments and areas for further attention.

This is not to say that the commitment stage cannot have its fun. Initially there will be the introduction of goals and certain behaviors that are consistent with being on a team. This may in turn require a greater degree of dedication, perseverance, responsibility, teamwork, etc. Clearly this would include the values that one can develop from sport, however that is defined. Achievement and mastery of these behaviors elevates one's self-esteem increasing the sense of self-worth, which can be enjoyable, if not fun.

The final stage is performance. This is where the young athlete specializes in one area of sport – as a sprinter, thrower, jumper or endurance athlete. Development is slower. Goals are achieved more slowly, but with maturity comes a degree of patience that allows one to forestall the need for immediate gratification.

You'll note that the stages of development – fun, commitment and performance come without defined ages attached. This is by design. Were I pressed to supply ages, I'd say the fun stage runs roughly from ages 7-12. The commitment stage runs through high school (13-18) and performance stage begins at around age 18 and continues to career end.

Admittedly these are large windows of time. By right, within each window of time there are further stages of development that could be delineated and benchmarked. This would allow the coach or trainer to manipulate the challenge and mastery variables so that with further skill development there is the motivation to continue.

The limiting factor in athletic development is not enough time. In his book *Outliers*, Malcolm Gladwell notes that the time line for the transition from novice to an elite mastery of a skill is 10 years with some 10,000 hours of training. In fact, this is an old European coaching adage that is worth exploring for a minute.

Sport does not produce an overnight sensation. Granted gifted individuals like a Tiger Woods or LeBron James may appear to make it look easy but their skills are the result of count-

less solitary hours spent honing their craft.

The problem for many youth coaches and a significant number of parents is that they act and coach with the assurance that their prodigy is the heir apparent to the current superstar. Frequently, the coach or parent has neither the time, energy, interest, knowledge, nor revenues to direct a novice to an elite level. Years ago, the Canadian Olympic Committee figured out that it took upwards of \$2.5 million dollars and 12 years of coaching to get someone to the Olympic 100m finals.

Ten years and 10,000 hours translates to three hours of training a day, six days a week for 52 weeks a year. Anyone faithfully maintaining that level of commitment misses out on a countless number of beers and family barbecues.

Another difficulty with the 10-year window is exactly when does the clock start? If the "go!" begins early in the "fun stage", there is more than a good chance the demands of the sport will outweigh any rewards and participation will cease. Conversely, if you begin too late, around age 18, there is a good chance you'll never catch up.

The age of specialization is different for different sports, but it seems a safe guestimation to note that the clock begins to tick as the child enters the commitment stage. Ideally, by this time, the fundamentals should be set and greater goals become the next step.

It is my hope that adult administrators keep in mind that all things should happen in their time. Highly regimented entry-level programs seem to be a recipe for disaster. For most sporting activities, the entry into middle school and high school offers plenty of time for an athlete to develop to their potential. If there is a managed, programmed plan for development the opportunity for a much more fruitful experience in sport is greatly increased.

Dr. Russ Ebbets is editor of Track Coach, the technical journal for USA Track and Field. He is author of Supernova, a novel on the famed running program at Villanova. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. He can be contacted via spinedoctor229@hotmail.com. □

Volunteer Opening at *The Pace Setter* Magazine:

Assistant Managing Editor

Looking for a conscientious, organized person with an interest in the running community that would like to contribute their time and creativity to the magazine. If that might be you, contact Robin at pseditor123@gmail.com for details.

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NO KIDS ALLOWED!

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FIRST 100 registered receive UNIQUE
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(You WILL want this one!)

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Wanted: KIDS ONLY Volunteers! (ages 2 - 59 accepted)

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E-MAIL ADDRESS:		
Contact phone #	Birthday:	Age day of Race:
Gender: <input type="checkbox"/> Female or <input type="checkbox"/> Male	Pre-Registration: <input type="checkbox"/> YES (\$17 Fee)	<i>(Age as of 8/8/10 must be 60 or older)</i>
<input type="checkbox"/> I want to volunteer: contact me!	or <input type="checkbox"/> NO (\$23 Fee)	
Waiver: I hereby release "No Kids Allowed": all its sponsors, volunteers, municipal agencies whose property and/or personnel are used for this event AND for any injuries or damages I may suffer as a result of participating in this event. I declare that I am physically fit to participate in the race I have entered. In addition, I permit the use of my photo in newspapers, brochures or other promotional material without compensation. I have read this entry form and certify my compliance and understanding of its terms by my signature here-in.		
Signature:		Date:
Make checks payable and send to: Grailight Services • 1237 Thompson Lake Rd. • East Berne, NY 12059 Call 518-225-5494 for more information.		



The 32nd Running of the Freihofer's Run for Women and the "Fab Five"

As the Freihofer's Run for Women is the only IAAF Silver Label designated 5k in the world and one of only 4 labeled races in the U.S. – the other 3 being the Boston Marathon, Chicago Marathon and the New York City Marathon – there are currently 15 confirmed elite participants at the time of this printing, including 9 past Olympians from 7 countries.

Teyba Erkesso - Ethiopia – 2009 champion and Boston Marathon 2010 winner
Benita Willis - Australia – 3 time Olympian, 3 time Freihofer's winner – 6th last year – 16th at World Cross Country race 2009
Tera Moody – USA-ran in World Marathon Championship
Allison Grace - USA – 15:49 5k at Penn Relays this year
Magdalena Boulet – USA – 2nd in 2008 Marathon Trials
Ilsa Paulson – USA
Zoila Gomez – USA
Yuliya Arhipova - Kirgizstan – Olympian
Diane Nukuri Johnson – Burundi – Olympian 2008
Julliah Tinega – Kenya
Meselech Melkamu – Ethiopia – Olympian in 5k - PR 14:33.83 5k
Rebecca Donaghue – USA
Maureen McCandless – USA – 32:57 10k - 1st at Olympic Development race
Dulce Rodriguez – Mexico – Olympian – 8th last year
Madai Perez – Mexico – 2008 Olympian – marathon – Mexican record holder in 2:22:59

Masters runners

Joan Samuelson – 1984 Olympic Marathon winner – Running Mother-daughter with daughter Abigail
Lisa Harvey – Canadian Olympian
Carmen Ayala Troncoso – Freihofer's multiple masters winner
Patty Murray
Paula Wiltse
Anzhelika Averkova – Ukraine
Trina Painter

The 32nd running of the Freihofer's Run for Women promises once again to be a showcase for international, national, and local running talent that provides the opportunity for women of all running abilities to put forth their best efforts as they wind their way through the streets of Albany and Washington Park. However, although there have been thousands of women participating in the Freihofer's Run for Women, there are only five women, collectively known as the "Fab Five" that have run every race since the inaugural 1979 run. The "Fab Five's" achievement in running all 32 Freihofer's races

is quite an accomplishment and we would like to recognize the commitment that Cindy Kelly, Bernadette LaManna, Linda Campbell, Ellen Picotte, and Denise Herman have shown to the Freihofer's race over the past three decades by providing them the opportunity to put some of their experiences in their own words.

Cindy Kelly

When and how did you get started running?

I started running in the 1970s – when I became part of the New York State Education's Healthy State program. At the start, I started jog-walk intervals with each jog interval 1/10 mile!! Then I built up and even ran a marathon in 1981.

What made you want to run your first Freihofer's for Women race?

I found I enjoyed racing more than jogging and I entered many races. For every race I did, that was at least 3 days less training that I did. I think I was enticed by the promotions about the Freihofer's Race and by the thought that I could eat lots of cookies after the Freihofer's race (I never was one to enjoy the oranges and other good stuff at other races).

At what point did you realize that you wanted to make your participation in the Freihofer's Run for Women an annual event?

After receiving a dozen roses after running the 12th Freihofer!

What is your most memorable Freihofer's Run for Women race?

Many stand out such as when I ran the 2007 race after ankle surgery in 2006 and last year when I started the new trend for me - I have to walk the course since my knees are incapable of running.

How do you train for the race? Do you have training partners?

I have been walking approximately 2 miles at least once a week with my diet buddy. And as usual (even while I was racing), I wait to start my training until the last minute. I could never be accused of putting in too many miles. With that in mind, mid-April was the first week (since last year's race) that I walked 3 miles all at once.

What are your current goals for the Freihofer's Run for Women upcoming race? Obviously my first goal is to finish the race (and before the chutes are closed up).

Do you have other running goals?



My secondary goal is to walk the race in under a 16:00 min./mile pace and of course without my knee locking up. (I carry a cell phone in case I have to call for crutches).

Do you have a philosophy of running?
The more I walk, the more I can eat.

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

I am retired and spend as much time as possible on vacation. I do a lot of cross-training especially using my aqua jogger vest to "jog" in the pool. I also play a lot of tennis.

Linda Campbell

When and how did you get started running?

In 1978 – I wanted to get in shape and shed a few pounds so I started running a block, walking a block, running, walking etc. The next day I increased to the distance to 2 blocks running then walking until I could run a mile without stopping. Then I just kept adding until I could do 3 or 4 miles a day.

What made you want to run your first Freihofer's for Women race?

My first race was the Troy Turkey Trot, which I entered because a friend asked me if I was going to do it. When the Freihofer's came around, it just seemed like the thing to do - an all women run. Seemed like a good idea, until we had to run up Eagle Street. :(

At what point did you realize that you wanted to make your participation in the Freihofer's Run for Women an annual event?

After the first event, I went home and started running up through Frear Park from Oakwood Avenue to North Lake Avenue. I had to enter the second year to prove I could handle Eagle Street; as luck would have it, the course changed but hills were no longer an issue for me. After that year, I was hooked. By the time we got to the 10th, there was no way I'd miss this race.

What is your most memorable Freihofer's Run for Women race?

The first would be hard to forget, as I somehow managed to keep running up Eagle Street, as we kept circling the Plaza, when many runners were dropping like flies during that stretch of the Run. In 1991 some of us had "Crossing the Line Since '79" put on the back of our shirts - made it easy for us to spot each other running through the streets of Albany and, as the years continued to mount, congratulations from other runners. In 1997 I was attacked by dogs while on a training run the Sunday before the race and that was the closest I came to not running in the FRW. When we ran the 30th, the five of us received shirts with "Running my 30th Freihofer's" and our names on the back - that brought congratulations throughout the course from other runners. The chance to meet and run with athletes like Lynn Jennings and Joan Benoit-Samuelson is also something I'll always remember. As we prepare for the 32nd Run, there seem to be too many to choose just one memorable FRW.

How do you train for the race? Do you have training partners?

In 1997 I all but gave up running to take up long distance walking to do the 1998 Disney Marathon. Every spring I try to start running in March and that seldom happens. I've been doing a run/walk since the 12th of April, I hope to drop the walking part by the first of May. I train alone; in fact, when I trained for my first marathon, my marathon partner trained in Loudonville, NY while I trained in Florida.

What are your current goals for the Freihofer's Run for Women upcoming race?

My goal is to cross the finish line. I don't run enough to have any other goals.

Do you have other running goals?

To keep running and walking as long as I can.

Do you have a philosophy of running?

You either love it or hate it, there's no in between. It's a great way to clear your mind and to solve problems/issues that you've been thinking about for days. It's a great way to start or end your day.

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

I am a Registration Coordinator at the Walt Disney World Resort; I register youth sports teams that compete at Disney. I grew up in Troy, graduated from Troy High School and worked at RPI for over 21 years before relocating to Florida. I was a competitive swimmer while in school and I still enjoy swimming. My husband and I enjoy cruising and I love to spend time with my family who, unfortunately for me, are mostly in New York and New Hampshire.

Ellen Picotte

When and how did I get started running and what made me want to run my first

Freihofer's?

For me the second question should be first. I got started running after I ran the first Freihofer's race in 1979. I ran in that race when a couple of gals from my Washington Tavern softball team, Marianne Daniels Bross (who's run in almost all of the races) and Mary Ann Stryczyk said there was an all woman race downtown and why don't we do it for fun. Since I had just moved downtown and could just walk to the race, we all decided to do it. None of us had ever run before, let alone a 5K race. After that race, I was intrigued, and entered the following year. So training for the races year after year is how I got started running.

At what point did I realize that I wanted to run every year?

It was after either the second or third year, the same two gals from the first year were supposed to run again, but we were out the night before to celebrate Marianne Bross' birthday, and it was cold and rainy on race day (the race was in late March/early April in those days), and they bagged on me. So I walked down anyway and did it. After that, I decided that since it was a unique race only for women and a block away from my house, that it just made sense to do it. After the 10th anniversary, there was a true commitment not to miss any Freihofer's race as long as I lived.

What is your most memorable Freihofer's Run for Women race?

Oh gosh, there are so many that stand out, but when Bernadette got married on stage after the race a few years ago - that has to be the most memorable. She didn't know we were going to do this, but we had bridesmaids veils and bouquets made up and we went and stood in front of the stage dressed like that, and she called us up to stand with her. Priceless. Also, the 30th year was very special (and it was on my birthday!), as was the 25th and 20th.

How do you train for the race? Do you have training partners?

Well, when I was younger I just went out in March and started running 3 miles or so a couple of times a week until the race. Now I run all year round. It's too hard to go out and start all over after winter. No partners. Too distracting!

What are your current goals for the Freihofer's Run for Women upcoming race?

I'll be trying to finish in 31-something. In my younger days, I'd be happy with 25 or 26 minutes. Now it's 31 minutes. Oh well.

Do you have other running goals?

Yes, I run in a number of other races during the year, including the Mother's Day Run, Turkey

Trot, Race for the Cure and a number of lesser known 5K races about town. It keeps me in shape and motivated to keep running. I'd love to be able to do the HMRRRC half marathon in October, but I need training help!!

Do you have a philosophy of running?

Just do it. Don't overdo it. Getting injured would be devastating to me. Running keeps me grounded (no pun intended!).

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

I am an Associate Broker (real estate agent) with Prudential Manor Homes where I've been employed for over 15 years. I'm a native Albanian, lived here my entire life. Other sports/interests include doing sprint triathlons, including the all-women's Danskin New England Tri (I've done about 7 of those), Pine Bush Tri and Crystal Lake Tri.

I'm also really into backpacking. Having finished Vermont's Long Trail in 2005, I've been working my way south down the Appalachian Trail since then, having covered 600 miles from Caratunk Maine through New Hampshire, Vermont, Massachusetts, Connecticut and New York to the Harriman State Park. I'll be headed back to the trail in June after the race to bang out New Jersey and later this summer to do Pennsylvania.

Bernadette LaManna

When and how did you get started running?

I began running about a year prior to the first FRW (known then as the Freihofer's Run for Health) primarily to get some exercise and maybe lose some weight. I had no idea "how" to run or even that I needed "special" shoes in which to run. Eventually I bought a pair of Converse running shoes for which I paid (a whopping!) \$40 at a sporting goods store in Troy that no longer exists. What a difference they made to my poor hot feet and tired legs. I still have them, although they've long since been retired.

What made you want to run your first Freihofer's for Women race?

It was because the FRW was a women-only race that I decided to register for it. At the time, I was an ardent feminist (still am but in a less



strident way), and I wanted to “be one” with the sisterhood.

At what point did you realize that you wanted to make your participation in the Freihofer’s Run for Women an annual event?

Following the tenth FRW, I decided to make it an annual goal. By then, the field had grown considerably, and only about a dozen women (my guess) had participated every year up to that point. The goal seemed doable, but I certainly didn’t think then that I’d still be at it decades later.

What is your most memorable Freihofer’s Run for Women race?

My most memorable FRW was the year I came in fourth-to-last place. I believe it was one of the FRW 10k races (no longer held), and I hadn’t trained sufficiently for it. The wind was up, I was overweight and overdressed, and the police who had been holding back traffic had already abandoned their posts. The really galling thing was that the last woman to finish got a pile of great prizes. If I’d known that, I would have gone even slower!

How do you train for the race? Do you have training partners?

I train for the FRW alone two or three days a week by running (and I use the term loosely) very early in the morning at the Crossings. I also do different workouts at a gym on my non-running days. This year, I’ve taken a different approach by running on the grass rather than the pavement, which is easier on my aging joints and makes it seem as though I’m going very fast when I do run on pavement.

What are your current goals for the Freihofer’s Run for Women upcoming race?

My goal this year as in every other year is to finish the FRW in a vertical position without assistance. I know better than to set a goal in terms of time...

Do you have other running goals?

Sometimes I think I’d like to run another marathon. I did one when I was 33 – the first Hudson Mohawk Road Runners Club Marathon – and even though I’m almost 30 years older now, I believe I could do as well or better than my time of 4:20:10 (something like that).

Do you have a philosophy of running?

Can’t say that I have a philosophy about running, but maybe that’s because I’m not a “serious” runner.

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

I’m an editor/writer for the Department of Environmental Conservation and a nearly four-year volunteer for Whiskers Animal Benevolent League. I read voraciously, enjoy attending craft shows (though am not the least bit creative myself), collect Italian pottery, and my husband (who I married immediately following the 2006 FRW) and I share our home with three adopted cats, the youngest of which is totally blind. □



A Freihofer's Run for Women Retrospective

by George Regan

The Freihofer's Run for Women started in 1979 as the Freihofer's Women's Run for Life directed by Katy Williams, who was partner in a specialty shoe/running apparel store called Fleet Feet of America located on Central Avenue in Albany which served as race headquarters. Katy had moved to Albany from Georgia with her husband Ray a year or so prior to the start of Freihofer's Women's Run for Life. In 1979 the Freihofer's had two race distances associated with it, a 5K and a 10K. The featured event, the 10K, was also designated as the Women's AAU 10K National Championship. The 1979 event had a total of 700 women finishers for both events.

The last Freihofer's race Katy directed was in 1981, at which time she left the area. I was asked to direct the 1982 event that fall, a trial by fire so to speak. I accepted and have been the events director since. The 2010 event will be my 29th year as event director.

The event's name was changed to the Freihofer's Run For Women in 1982. Also the 10K course changed as well, from two loops of Washington Park to an out-loop-back course. This new course went up Washington Avenue to the Manning Blvd. area and then back on Western Ave., but the Start/Finish has always remained at the Empire State Plaza.

Since 1979 the Freihofer's has hosted 25 USA Women's National Road Race Championships, 10 years of Championships at the 10K distance and 15 years at the 5K distance. The switch for the Freihofer's Run for Women from hosting the 10K Championship to the 5K Championship came about in 1989 at the request of the National Women's LDR Committee who asked me to "trade" the 10K Championship designation, awarded to us in 1987 at the TAC Annual meeting, with the Legg's Mini Marathon event which also wanted to host a 10K Women's Championship. We agreed to this "trade" for several reasons; first, by 1988 the Freihofer's 5K had twice the number of participants than the 10K Championship and second, female athletes were excelling at the 5K distance on a national level and I was interested in establishing those national class 5k times here in Albany at the Freihofer's 5K distance. The first year Freihofer's hosted the USA 5K Championships was 1989.

Well, we sure got what we wished for, because in 1989, the first year of our hosting the USA 5K Championship, Judi St. Hilaire set a new American Record, finishing the course on a blistering hot day in a stacked field of national class talent in 15:26, the fastest road time in history by an American woman and just six seconds shy of the world record road time.

We continued conducting the 10K as a companion run to the featured 5K through 1991 at which point, with under 300 runners in the 10k distance and over 2000 in the 5K, we decided to drop the 10k distance altogether. We had added the Freihofer's Kids Run in

1988 and the Freihofer's Community Walk in 1989, so by 1991 the day was so jam-packed with events that continuing the 10k along with the other three events put a strain on our volunteers, as well as the Albany Police and Fire Departments.

In 2005, after 25 years of hosting USA Championships, we decided to open the event up to international athletes and did not bid to host the USA 5K Championships again. One of the reasons for that decision was that it had become extremely difficult to put together a high caliber, top class (American) women's field due to the date the Freihofer's Run had migrated to several years earlier. The first weekend following Memorial Day is in the middle of outdoor track season in the USA and with the USA outdoor track championships three weeks after Freihofer's it became increasingly harder to convince the Americans to break with their track training and venture out to a road race, even a National Championship road race, as we were so designated. With the Capital District, public acutely aware of what constitutes a high caliber women's athletic field, as well as all the knowledgeable road racers in our area, we made the decision to go international, to ensure a competitive field.

That decision turned out to be a winning one, as our American athletes are ever more attracted by the need and desire to compete against the world's best athletes. In addition, the IAAF, the world's governing body for road racing, designated the Freihofer's as one of 50 or so races worldwide with a label designation. This label designation is awarded by the IAAF to races that achieve a high standard of professionalism in organization, media attention and caliber of athletes who compete. There are only four road races in the U.S. with an IAAF label, the NYC, Boston, and Chicago Marathons and the Freihofer's Run for Women. This puts the Freihofer's in excellent company.

Looking back on the 31 years of the Run for Women there are race years that have certainly been thrilling to me and that I have found memorable:

1985: Betty Springs and Francie Larrieu Smith racing for 10 kilometers and finishing in a dead heat, the only time in U.S. history where two National Champions were crowned from the same event.

1987: Lynn Jennings at 26 wins her first Freihofer's, with a second win in 1988 and a third win in 1990. Then from 1993 to 1996 she had four consecutive wins and a first again in 1998, for a total of eight Freihofer's titles. Lynn Jennings has the most overall wins of any athlete at the Freihofer's, as well as the longest consecutive winning streak.

1989: Judi St. Hilaire sets a blistering pace, a 4:50 first mile, in the 89 degree heat, setting a new American Record, six seconds off the World Record at the time. This performance happened in the first year Freihofer's hosted

the 5K Women's USA National Championships.

1997: Ruth Wysocki sets a New Masters World Record, finishing 10th overall, in a time of 16:06.

1999: Cheri Goddard-Kenah battled Libbie Hickman and won by a stride; both athletes had the same finishing time of 15:31. This was her first win after two previous tries: Cheri was third in 1997 behind Lynn Jennings (2nd) and Elva Dryer (1st), second in 1998 Goddard (15:47) and one second behind Lynn Jennings (15:46).

2002: Marla Runyan, the legally blind U.S. Olympian, runs within three seconds of Lynn Jennings course record of 15:24, while weaving through the entire course, in the largest field of the Freihofer's history, 3564 finishers. In 2003, she runs within one second of Lynn's 15:24 course record, and in 2004 Marla threepeats, coming within two seconds of the course record, once again. She tells me the day before the race, as we are traveling back to the host hotel from a school visit in East Greenbush, that she is pregnant with her first child.

2004: Masters runner extraordinaire Colleen De Reuck grabs the headline with her third place finish overall, behind Elva Dryer (15:42) and winner Marla Runyan (15:26), to set a new World Masters record, which still stands today, in a time of 15:47.

2005: A fundamental change takes place as this year's FRW is opened to an international field of runners and won, in a new course record time of 15:18, by a 28 year old Moroccan athlete Asmae Leghzaoui. It is not without its controversy, however, as Kenyan star Lornah Kiplagat and 2004 World Cross Country and Australian Olympian Benita Johnson both withdraw in protest over Leghzaoui being allowed to run after having been previously convicted of blood doping, (EPO use). After Asmae served her three year suspension, the Freihofer's race committee unanimously agreed she should be allowed to compete, taking the boycott on the chin.

2006: Nine Olympians toe the starting line, the deepest and finest field ever assembled. In a torrential rain it was Benita Johnson who prevailed at the tape, beating the likes of Lornah Kiplagat (3) (15:47), Ukraine Olympian Natalya Berkut (2) (15:29), U.S. Olympians Amy Rudolph and Nicole Aish, and defending Freihofer's Champion and course record holder Asmae Leghzaoui. In total six athletes broke the 16:00 barrier, the most ever in a Freihofer's competition.

2008: Benita Johnson threepeats the Freihofer's with a winning time of 15:46 and dedicates the race to her terminally ill father whom she plans to see by departing Albany immediately after the race. Tragically, moments after finishing and calling her family back in Australia, she learns that her father has passed.

2009: Benita returns to Albany, after struggling all year, and finishing 18th in the Beijing

Olympics in the marathon for Australia, she is determined to win Freihofer's for the fourth time, hopefully tying Lynn Jennings' four consecutive wins. It was not to be, however, as Benita ends up finishing sixth (16:00). The race is won by Ethiopian Teyba Erkesso (3rd at Freihofer's in '07, 15:46), who goes on to win the 2010 Boston Marathon. Teyba is currently scheduled to defend her Freihofer's title next month.

Such a history and tradition of high caliber road racing, which the Freihofer's Run brings to the Capital District, needs to be celebrated. It's a fitting complement to the long history of road running our area has nurtured through clubs like the HMRRRC, Willow Street, ARE, and Utopia, and also testimony to the unwavering support the title sponsor, Freihofer's Baking Company, has continued to display.

I consider myself lucky to be able to serve this great event and proud to have the opportunity to help its storied tradition continue. Expect to see more of the same in the future from the Freihofer's Run as we build on the great tradition of the past. It is important for us to remind ourselves, now and again, of that which makes our sport of road running so special. No other sport, professional or amateur, allows the recreational participant to compete alongside the professional athlete in the same event. That is truly special, and I expect the reason road running is as popular as it is today. □



Submissions for the August Issue of *The Pace Setter*

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

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

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

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



Dodging Deer is Harder Than It Looks

by Justin Bishop

A total of 261 runners took on the task of dodging Bambi's relatives and distant cousins on April 17th in Schodack Island State Park. Not to mention, the same 261 souls had the daunting task of devouring all the hot dogs and burgers that were supplied by the Albany Running Exchange. But, we'll get to the post-race festivities in a minute.

At race time, the temperature was very cool and the grass was still wet from numerous showers the night before. When the gun sounded, I took the pace out hard to lead the pack out of the wet and soggy starting area. The first few minutes of the races were on gravel paths, which wasn't that bad, but then the race got a little harder.

All the rain from the night before had substantially softened the ground. I could feel, with each step I took, that my foot was sinking into the ground. Even if I were sinking just half an inch with each stride, it made everything harder. I'm not what you would call an "experienced" trail runner. In fact, this was only my 3rd trail race (2007 Indian Ladder 15K, 2009 Tawasentha 5K) in my 5 year distance running career. So, when I crossed the first mile in 5:17, I knew I was going to have my work cut out for me. I knew that a "normal" 1st mile split for myself in a road 5K was usually around 4:50, and now I'm 27 seconds off that pace. It felt like the hardest 5:17 I've ever worked for. Shortly after, I took a quick glance over my shoulder and saw Tim Van Orden, who I know is a very experienced and well disciplined trail runner. I'm thinking I'm sunk.

The second mile came at 10:41 so at least the pace was consistent. It was also a little easier in the second mile because the banks of the trail didn't have a whole lot of brush and debris. This enabled me to stay out of the middle of the path where the ground was the softest. Sometimes you just have to improvise a little mid-race. When I could hear music playing in the distance, and getting louder by the stride, I knew that the finish is near. One last glance over my shoulder and I saw Tim enough of a distance behind me. Tim gave me a tooth and nail fight to the finish at this year's Brave the Blizzard snowshoe race. I know he's got a set of wheels on him, but the lead was too wide this time.

I broke the tape for the men's side in a labored 16:54. Lisa D'Aniello took the women's title in 21:48. After the race, it's a mad dash to the cookout pavilion for hot dogs, burgers, cookies, and more. You've got to replenish those carbs and calories somehow.

This was the first time I had ever been to Schodack Island State Park. It's a real shame too that it's on Governor Patterson's list of parks to be closed. I really hope those plans fall through. The park is about an 8-10 minute drive from my apartment in East Greenbush and those trails are very quiet and well maintained. They're a perfect alternative to the Pine Bush, and more conveniently located for those of us who live on "the other side" of the river.

It was a great race, and a great atmosphere. A good job done by the ARE to put on the race and hopefully Dodge the Deer won't have to find a new home next year. □



Volunteer Recognition

by Marcia Adams

Congratulations to the following people who received \$10 gift certificates to Delmonico's for volunteering at races thus far this year:

WINTER SERIES #2: Eileen Combs

WINTER SERIES #3: Jack Berkery and Sally Drake

WINTER SERIES #4: Douglas Fox and Jennifer Senez

WINTER SERIES #5: Steve Sweeny

WINTER MARATHON: Martha DeGrazia, David Tromp, Ed Hampston, and Karen Dott

RUNNIN' OF THE GREEN: Pat Glover, Ginny Mosher, Nick Solomos, and Tom Bulger

DELMAR DASH: Maureen Cox, Deb Rickes, and Carolyn Wenger

Volunteers are assigned numbers at random and the number of certificates drawn for each event is based on the number of volunteers needed for that event. Volunteers will continue to earn points toward the top award level of a \$25 gift certificate to Delmonico's. 120 or more points are needed, of which a minimum of 5 points must be earned through race/meeting participation. □

Boston Marathon 2010

by Cheryl Tracy-DeBraccio

What an incredible day for the 114th Boston Marathon. Both women and men elite athletes put on quite a performance. Much was talked about Robert Kiprono Cheruiyot, the 27-year-old from Kenya who ran 2:05:52, making him the fastest Boston Marathon finisher. His course record efforts earned him an additional 25,000 on top of his prize winnings. On the women's side, Teyba Ekeles from Ethiopia held strong, and managed to hold off Tatyana Pushkareva from Russia by only 3 seconds at the finish, with a finish time of 2:26:11.

Much training, time, effort, focus, and dedication went into the preparation for the Boston Marathon by the elite runners and our own local runners. This is quite evident by some very impressive times that have been posted. If you ask any of our local runners, it is not an easy task to train for a marathon in April. However, observing my husband Brian, and many other marathon runners week after week logging the miles, sometimes in the most non-cooperative weather days, it really shows their true spirit for the sport. Leading up to Boston, a series of weekly yoga classes were held locally for those who wanted to help build core strength and mental discipline. During the classes, one of the yogis and Boston Marathon finisher Mike Kelly could be found in several poses from downward facing dog, the plowing pose, and the dead bug pose, which apparently is his favorite yoga pose. Who knew? John Haley, another local Boston Marathon finisher, logged the training miles, and finished strong. Apparently, there was a concern leading up to Boston if the hard training would have an impact on one foot growing larger than the other. Luckily for John, this did not occur, and he was able to lace up a pair of new sneakers that matched his marathon attire.

For some people I had the opportunity to talk with after Boston, it went something like this: "I had an awful day," "I had a personal best," "I cramped up at mile 18," and "I actually finished it." I met up with a group of ARE runners on the Schenectady Bike Path, the Tuesday after Boston. They were celebrating their accomplishments with a cake. Chris Mulford, Aaron Knobloch and Diana Rodriguez, who ran Boston the day before, were enjoying their cake, and seemed very pleased with their finishes. Also, hats off to Lizette Arroyo, from Schenectady, a first time Boston Marathon finisher. We have some Boston marathon streakers (countless consecutive Boston marathon finishes) in the area including my husband Brian DeBraccio, Dan Larson, and Team Utopia's Robert Somerville. Very impressive times were also noted from two locals: Ken Klapp and Team Utopia's John Rocco sub-3 hour time. The Willow Street Women's Open Team took 3rd place with impressive times from Lori Kingsley, Eileen Combs, Nancy Briskie and Martha Degrazia. In addition, our hot bed of runners from the Capital area, posted impressive age group

awards including: Susan Wong, Lori Kingsley, Nancy Briskie, and Martha Degrazia.

Yes, incredible and true, the Capital District area is a hot bed of runners. The times show it, the awards show it, and most of all the perspiration, dedication, sweat (laundry) and spirit show it. Whether it was your first, tenth, or twenty-fifth Boston Marathon, you all went out there and accomplished something some people could only dream of doing. Congratulations to all Boston Marathon finishers!



New HMRRC Members

Renee Abdou-Malta
Melissa Acerra
Angela & Andrew Alessi
Andrea Apollo
James Armenia
Sally Ball
Nathaniel Barber
Megan Beauchamp
Allison Beauchemin
Patrick Beauchemin
Cherie Bentley
Sri Bodkhe
Shawn Bukowski
Julie A. Byrne
Duane Carpenter
Katherine Clemente
Caitlin Conner
Ann Crodelle
Wilson Crone
Andrea Dagastine
David Daniels
Courtney Davis
John & Kari Deer
Barbara Dennison
Kim Didrich
Michael Dixon
Holly D. Durivage
Katie Dwyer
Alex Etringer
Jessica Fane
Robert Fiato
Karen Finnerty
Christopher Fischer
Sally Foster
Jose K. Garcia-Aranda
Rebekah Gart
William Gettman
Martha Gohlke Spollen
Scott Gollop
Martin Gordinier
Patty Greene
Ruth L. Grisham
Matthew Hahn
Anne Halnon
Tom Halpin
Rachael Hamm
Christopher Hebbard
Ethan A. Hentnik
Denise Hogan
Jamie Houghtaling
Willie Janeway
Julie Keating
Steve Kerwin
Steve King
David Knapick & Family
Shree Krishna
Angela Kuehn
Petra Kulhankova
Lori Kunker
Matthew Landy

Nicole Lanoue
Sally Lappies
Matthew Leary
Doug Lentivech
Marisa Leva
Tracy Lewis
Amelia Lombardo
Anthony "Tony" Lombardo & Family
Laura Lutz
Jeanine Mackiewicz
Christopher Mancuso
Bill Marinello
Bruce Martelle
Cara & Matthew Martin
Deb McCarthy
Melissa McHugh
Stephen Montanaro
Kim A. Moore
Jeanne Mrozinski
Kevin Murphy
Jennifer Nardini
Keira O'Brien
Megan O'Connor-Hebert
Dan Odell
Michele Patton
Jo Ann Pommer
Tarra Quackenbush
Rita & Manual Ramos
Taryn Reese
Kira Reichmann
Arleen Reyell
Joseph Richardson
Nicole Robilotto
Robert & Heather Rogers
Michael Rogers
April Russell & Family
Ruth Sadinsky
Lauren Sallata
Erik Sanderson
Donald Santella
Scott E. Schaifer
E.J. Seney
Cathy Sheridan
John Shoemaker
William J. Shrader Jr.
Matthew Side
Scott Simonson
Andrew Sims
Stephen Singer
Owen & Jennifer Speulstra
Frank Steciuk
Deanna Stephenson
Gregg & Emily Swanzey
Trish Swolak
Matthew Tebo
Aaron Teichner
Kate Thies
Daniel Valvo & Family
Courtne VanAuken
Linda Vara
William & Shirley P. Venner
Ryan Walsh
Patricia Watt
Todd Westhuis
Shannon Whitney
Dave Williams
Doug Wolfe
Melody York
Yusef Zaid

Kinderhook Runners Take on the Boston Marathon

by Julie Keating

Four members of the Kinderhook Runners Club (KRC) completed the Boston Marathon, held on Patriot's Day, Monday, April 19. The Boston Marathon is considered the most prestigious and competitive marathon held in the United States, if not the world. In order to enter it, runners must "qualify for Boston" by completing another marathon within very short timeframes that are adjusted for gender and age. The weather in Boston for the 2010 Marathon was basically ideal for the runners – partly sunny, mid-fifties temperature, with light winds throughout the 26.2 mile course.



For KRC President Karen Dolge of Valatie, age 39, this was her seventh Boston Marathon. Karen qualified for Boston by running the 2009 Mohawk-Hudson Marathon in 3:04:48, where she was 2nd place female. Karen completed the very challenging Boston course in 3:06:13. The veteran humbly summed up her performance as, "Not bad for taking two restroom stops!" In addition to the comfort breaks, Karen also took time out to hug several members of the KRC at mile 6 who came to cheer on the runners. When asked why she keeps returning to Boston, Karen responded, "I can't think of a reason why NOT to return to Boston. Everything from the crowds, to the volunteers, the seamless organization, and the tens of thousands of runners like me who are so dedicated to the sport. It's an incredible experience that I will forever cherish."

This was club member Glenn Berninger's of Ghent first Boston Marathon. Glenn, age 46, is a long-time cyclist, but he began training as a runner only a year ago. Glenn qualified for Boston last October with his performance in his very first marathon, the Mohawk-Hudson, in 3:25:51. Glenn simply shrugs off this uncommon achievement, as well as the infamous Heartbreak Hill at mile 20 in Boston. After training on the hills of Columbia County, Glenn said, "I've had my heart broken harder than that before." Glenn completed the Boston course in 3:24:31, a new personal record!

KRC members Tomo Miyama of Valatie, and Tim Maul of Wellesley, MA, also ran Boston, with finishing times of 3:05:43 and 3:30:33, respectively. All four KRC runners finished in the top third of the 22,540 who completed the marathon. □



2010 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

Race #1: COLONIE MILE

6:15 p.m., Tuesday, July 6

Location: South Colonie H.S. track

Fee: FREE

Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRC club members.**

Race #2: TWO PERSON RELAY

6:15 p.m., Wednesday, July 14

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.

Race #3: HOUR RUN

6:15 p.m., Wednesday, July 21

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run on the track for one hour. Participants running the furthest are the winners.

Race #4: PENTATHLON

6:15 p.m., Wednesday, July 28

Location: South Colonie H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

Summer Series Contact: Ken Skinner, 489-5311

E-mail: kennyskin@earthlink.net



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	Cost:	Total:
NEW! Dryline Zip Shirt , black, Male S,M,L, XXL; Female XS,S,M,L,XL	\$35	_____
Insport Tights , black, Male, S,M,L; Female S,L	\$19	_____
Club Jacket , royal blue and black, Unisex S,L	\$47	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black S,M,L,XL	\$24	_____
Coolmax Singlets:		
White with royal blue side panels , Female S,M,L	\$16	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Royal blue , Unisex, XL	\$13	_____
Hind with reflective stripes , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
New! Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue		
Split-cut , 1" inseam, S,M,L	\$17	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
V-Notch , 3" inseam, S,XL	\$17	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L	\$22	_____
Easy , 4" inseam, S,M,L	\$18	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal; L black	\$18	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$18	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$23	_____
Easy , 4" inseam, S,M,L,XL	\$20	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
Smart ID tag , snaps onto shoe, neon orange, neon green, purple \$2.25 ea. or 3/\$6		_____

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Phone _____

Email _____

Grand Prix Update

Race #5 Bill Robinson Master's Championship 10K, April 24, 2010

Men

Male 40-49

- 12 Ahmed Elasser
- 10 Tim Hoff
- 8 Tom Kracker
- 7 Richard Cummings
- 6 Craig DuBois
- 5 Ed Hampston
- 4 Ken Evans

Male 50-59

- 12 Derrick Staley
- 10 Tom Dalton
- 8 Dale Keenan
- 7 Mark Warner
- 6 L.D. Davidson
- 5 Rick Munson
- 4 Fred Kitzrow

Male 60-69

- 12 Pat Glover
- 10 Ken Klapp
- 8 Tom Yannone
- 7 Ernie Paquin
- 6 Juergen Reher
- 5 John Stockwell
- 4 John Silk

Male 70+

- 12 John Pelton
- 10 Jim Moore
- 8 Wade Stockman
- 7 Don Wilken
- 6 George Freeman
- 5 Ed Doucette
- 4 Joe Corrigan

Women

Female 40-49

- 12 Emily Bryans
- 10 Anne Benson
- 8 Judy Guzzo
- 7 Mary Buck
- 6 Nancy Nicholson
- 5 Megan Leitzinger
- 4 Mary McNair

Female 50-59

- 12 Beth Stalker
- 10 Judy Phelps
- 8 Martha DeGrazia
- 7 Jane Mastaitis
- 6 Peggy McKeown
- 5 Erika Oesterle
- 4 Susan Burns

Female 60-69

- 12 Mary Collins-Finn
- 10 Coral Crossman

Female 70-79

- 12 Anny Stockman
- 10 Joan Corrigan

Age Graded

Runner	Age	G
12 Derrick Staley	51	M
10 Dale Keenan	59	M
8 Tom Dalton	51	M
7 Judy Phelps	59	F
6 Emily Bryans	42	F
5 Beth Stalker	50	F
4 Ahmed Elasser	47	M
3 Martha DeGrazia	59	F
2 Pat Glover	63	M
1 Rob Picotte	57	M

Total After 5 Races

Male Open

- 44 Chuck Terry
- 34 Tom O'Grady
- 32 Andy Allstadt
- 24 Justin Bishop
- 15 Brad Lewis
- 13 Dave Vona
- 9 Kahill Scott
- 8 Louis Serafini
- 7 Andrew McCarthy
- 7 Chris Senez
- 7 Kevin Treadwell
- 5 Josh Merlis
- 5 Richard Messineo
- 5 Mike Ryan
- 5 Jim Sweeney
- 4 Tim Ryan

Male 30-39

- 36 Eamon Dempsey
- 30 Aaron Knobloch
- 20 David Tromp
- 19 Jonathon Bright
- 19 Brian Northan
- 11 Chad Davey
- 11 Parker Morse
- 10 Anthony Giuliano
- 8 Jonathon Catlett
- 8 Michael Roda
- 7 Chris Mulford
- 7 Matthew Purdy
- 7 Andrew Rickert
- 6 Patrick Lynskey
- 6 Matthew Nark
- 5 Jeff Andrews
- 4 Matthew Fryer
- 4 Mike Kelly
- 4 Andrew Loux

Male 40-49

- 36 Ahmed Elasser
- 26 Jon Rocco
- 23 Tom Kracker
- 22 Tim Hoff
- 16 Dan Cantwell
- 15 Steve Becker
- 14 Norris Pearson
- 13 Craig DuBois
- 11 Todd Mesick
- 8 Joseph Sullivan
- 7 Richard Cummings
- 7 Brian DeBraccio
- 5 Ed Hampston
- 5 Russ Hoyer
- 4 Ken Evans
- 4 Rob Paley
- 4 Bob Wither

Male 50-59

- 33 Rick Munson
- 24 Derrick Staley
- 22 Tom Dalton
- 21 L.D. Davidson
- 21 John Parisella
- 16 Dale Keenan
- 14 Mark Warner
- 13 Patrick Culligan
- 12 Richard Clark
- 12 Kevin Dollard
- 7 Ken Klapp
- 6 Bill Herkenham
- 5 Alar Elken
- 5 John Haley
- 5 Steve Vnuk
- 4 Fred Kitzrow

Male 60-69

- 39 Ernie Paquin
- 30 Jim Bowles
- 26 Tom Yannone
- 22 John Stockwell
- 17 Bob Ellison
- 13 Juergen Reher
- 12 Bob Giambalvo
- 12 Pat Glover
- 10 Ken Klapp
- 8 Joe Yavonditte
- 7 Tom Adams
- 7 Ed Bown
- 7 John Silk
- 5 Jim Fiore
- 5 George Jackson

Male 70+

- 36 Wade Stockman
- 34 Bob Husted
- 30 Jim Moore
- 13 Don Wilken
- 12 John Pelton
- 8 Ed Doucette
- 7 Joseph Richardson
- 6 George Freeman
- 5 Denis Burns
- 5 Joe Corrigan

- 4 Richard Eckhardt

Women

Female Open

- 34 Roxanne Wegman
- 23 Karen Bertasso
- 23 Meghan Davey
- 20 Diana Rodriguez Tobon
- 18 Katie Jones
- 15 Heidi Nark
- 14 Carolyn Herkenham
- 12 Erin Rightmyer
- 12 Brina Seguin
- 8 Erin McDonald
- 7 Sara O'Grady
- 7 Katie Vitello
- 6 Shannon Finnegan
- 6 Melissa Patrick
- 5 Jennifer Senez
- 4 Ashley Brown
- 4 Jessica Sherry

Female 30-39

- 28 Sally Drake
- 25 Kimberly Miseno-Bowles
- 24 Eileen Combs
- 22 Karen Dolge
- 18 Shelly Binsfeld
- 17 Christina Ardito
- 16 Gretchen Oliver
- 11 Stephanie Wille
- 10 Allison Bradley
- 10 Deanne Webster
- 8 Susan Bright
- 7 Tammy Carroll
- 5 Samara Anderson
- 4 Shanley Alber
- 4 Regina McGarvey
- 4 Terra Stone

Female 40-49

- 24 Emily Bryans
- 24 Chris Varley
- 20 Anne Benson
- 15 Mary Buck
- 15 Judy Guzzo
- 13 Megan Leitzinger
- 12 Michelle Costa
- 12 Lauren Herbs
- 11 Nancy Nicholson
- 10 Cheryl DeBraccio
- 10 Melissa Frenyea
- 9 Patty Greene
- 7 Lori Vink
- 6 Pamela DelSignore
- 6 Kari Gathen
- 6 Rachel Schabot
- 5 Denise Iannizzitto
- 4 Mary McNair
- 4 Connie Smith
- 4 Pam Zentko

Female 50-59

28	Martha DeGrazia
24	Nancy Briskie
24	Cathy Sliwinski
23	Susan Burns
21	Peggy McKeown
15	Jane Mastaitis
14	Kathrine Ambrosio
12	Beth Stalker
11	Joan Celantano
10	Erika Oesterle
10	Judy Phelps
7	Elizabeth Herkenham
6	Donna Charlebois
5	Karen Gerstenberger
5	Joyce Reynolds
4	Pia Sanda

Female 60-69

36	Susan Wong
18	Ginny Pezzulo
12	Mary Collins-Finn
10	Coral Crossman
10	Cecily Dexter
8	Ginny Mosher
7	Noreen Buff
6	Liz Milo
5	Susan Caccuitto
4	Harriet Kang

Female 70-79

24	Anny Stockman
18	Joan Corrigan
10	Eiko Bogue

Age Graded

	Runner	Age	G
29	Chuck Terry	27	M
27	Susan Wong	62	F
24	Derrick Staley	51	M
20	Ahmed Elasser	47	M
19	Nancy Briskie	52	F
18	Dale Keenan	59	M
18	Tom O'Grady	24	M
16	Andy Allstadt	27	M
12	Emily Bryans	42	F
12	Martha DeGrazia	58/59	F
10	Bob Giambalvo	60	M
8	Justin Bishop	29	M
8	Tom Dalton	51	M
7	L.D. Davidson	53	M
7	Judy Phelps	59	F
6	David Vona	27	M
5	Eileen Combs	32	F
5	Tom Dalton	51	M
5	Rick Munson	52/53	M
5	Beth Stalker	50	F
4	Eamon Dempsey	30	M
4	Kevin Dollard	54	M

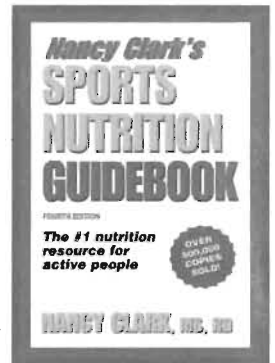


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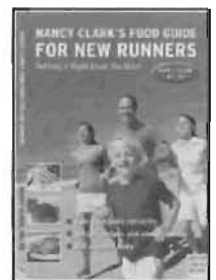
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Upcoming Events



Want to stay fit this summer and have fun too?

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision AREEP chip-timing at races, we're here to help you get fit and enjoy it too!

July 15-18, 2010: AREEP's Third Annual Adult Trail Running Camp

Dippikill Wilderness Retreat, Warrensburg, NY



Looking for an incredible weekend of beautiful views, great trails, and terrific food? This all-inclusive camp is geared towards the new to intermediate adult runner looking to get more experience running trails. With an experienced staff of trail runners to serve as guides, let us take the guesswork out of how to handle rocks and roots and help you realize just how fun trail running can be! The camp also offers helpful lectures, yoga sessions, kayaking, smores night, and much more! Catch up with old friends and make new ones at Trail Running Camp 2010!

Cost ranges from \$260 to \$365 depending upon accommodations and includes all lodging, meals, a technical shirts, access to all clinics/sessions, as well as 7/17 Run and Tube event and Sunday's Froggy Five Mile.

Find out more at <http://www.RUNALBANY.com/camp>

Hurry, space is limited!

July 17, 2010: Inaugural Run & Tube Day What better way to celebrate summer than by running 4.5 miles along the Hudson River, then jumping on a tube and floating back down, followed by a fully-catered lunch! This event is limited to 120 participants and will sell out.	July 18, 2010: The Froggy Five Mile Trail Race Whether you're wrapping up a great weekend at Trail Running Camp or just want to join us for the morning, this run features great views and a challenging but doable course. Kicks off at 9am with you and your frog!
August 7, 2010: Camp Chingachgook Challenge Looking for a relatively flat 10k or a half marathon that will give your quads a workout? Join us in Lake George for the second round of this popular event. BBQ to follow!	August 8, 2010: No Kids Allowed 5k/10k This event is limited to those 60 and older, so if that applies to you, join us for a celebration of those born in 1950 or prior! If you are still <i>just a kid</i> , come on down and volunteer.

ARE's Summer Trail Run Series—Every Thursday at 6:30pm

Visit us online to find out where we'll be each week, as the ARE spends its seventh summer taking to the trails. Weekly attendance ranges from 125-150 individuals of all ages and abilities traversing a marked 2-3 mile loop. Like countless ARE events, these runs are FREE and also feature cook-outs every few weeks.

ARE Group Runs—Typically 3-5/day throughout the Capital District

Looking for running partners? Login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

Find out more about all these events by visiting www.RUNALBANY.com today!

Meeting Minutes of the HMRRRC General Meeting - April 14, 2010

Attendance: Mark Warner, Tom & Marcia Adams, Barb Light, Ed Neiles, Jon Rocco, Ginny Mosher, Chuck Terry, Ed Gillen, Roxanne Wunsch, Tom Ryan, Wade & Anny Stockman, Diane Fisher, Doug Bowden, Nancy Briskie, Cathy Sliwinski, Lisa Cary Ciancetta, Rob Moore, Donna Charlebois, Don Lawrence, Melanie Snay, Daniel Pollay, Debra Batcher, Jose Garcia, Will Dixon, Brennan Tarrier, Scott Ferguson, Randy Goldberg, Chuck Batcher, Mike Kelly, Al Maikels, Dave Williams, Vince Juliano, David Pickel

Call to Order (M. Warner): meeting called to order at 7:30PM by Marcia Adams seconded by Jon Rocco.

1. Reading and approval of March 10, 2010 minutes (B. Light). Motion to approve minutes made by Rob Moore; seconded by Marcia Adams, motion approved.

2. Reports of Officers

2.1 President (M. Warner): We received a thank you note from the Community Connection in Delmar for food items donated to the food pantry from the Delmar Dash.

- United for Thatcher Event – April 24 – at Proctors Theater-HMRRRC will have a table there to support keeping park open. Mike Kelly will be taking the lead in this. Any questions, please contact Mike Kelly.

- Orienteering Meet – Colonie Town Park – May 15- one of our grants went to Empire Orienteering club to support their activities. This is their way to give back to club-free for club members. They will have an ad in the Pacesetter about the event.

- Update from Just Run Program: Ken Skinner is administering the program-it has one program at Sand Creek Middle School which has completed it's 6th session; and Trinity Institute just started and had their first night Tuesday. April 8th website went live and Ken will be contacting Ed Neiles to put a link on the HMRRRC website. Ken will be ordering shirts and singlet's for all participants.

2.2 Executive Vice President (J. Rocco): Schrader Scholarship deadline has come and we have received 24 applications down from 33 last year. Of the 24 we have 16 girls 8 boys; membership will be meeting to go over applications and choose the winners.

- Distinguished Service Award

Vote-winner is Tom & Marcia Adams

- Nominees
 - Tom & Marcia Adams: by Nancy Briskie, Ed Gillen & Roxanne Wunsch

- John Haley—Vince Juliano
- Elizabeth Milo-Art Tetrault
- Jim Moore-Ed Neiles
- Cathy Sliwinski-Mike Kelly

- Each nominator presented a brief presentation on all the candidates. All of the nominees have contributed so much to the club and it is very much appreciated. A congratulations goes out to all of the nominees.

- Vince noted that voting should be based on what jobs have been done in the past not the future.

2.3 Executive Vice President – Finance (C. Terry): Chuck distributed the annual financial report for the year. Discussion followed. Reason money taken out of certificate of deposits is we had 3 and they all matured so they were taken out and put in the SEFCU account. Chuck thinks we should look at a longer term investment. Chuck will talk to John Kinnicutt to see if there is something we can do.

2.4 Secretary (B. Light): Chi Running workshop May 22nd getting a lot of interest and sign ups.

2.5 Treasurer (J. Kinnicutt): no report-Mark has latest copy of account from the website. Report doesn't reflect transfers from race accounts. Mark will follow up with John.

3. Reports of Committees

3.1. Membership (D. Fisher): Current membership at 2215-up 37 from last month; 275 fans on Facebook; 9 followers on Twitter.

- Discussion on Affiliate Program with Wild Apricot and others – we received an email from Wild Apricot-offering commission recommendation program to others; Diane will pursue this option to see what is out there for our members.

3.2. Volunteers (M. Adams): no report.

3.3. Public Relations (R. Moore): press releases sent for Masters Race to all newspapers.

3.4. Race Committee (N. Briskie): Delmar Dash had 805 registered runners; 42 no pick up and had 707 finishers; estimated made \$2500 on race; this is the first year it was a USATF race and had no day of race registration; 186 kids ran in the kids races; no major incidents. Volunteers

were awesome and town was great to work with. Masters Race will be held on April 24 at 9AM; 56 entries and everything looking great. Mothers Day race on May 9th; contact Sharon Boelke for information and will be at 10AM in Delmar.

3.5. Race Committee Treasurer (P. Zentko): See attached reports. WS#5 outstanding report-

3.6. Pace Setter (R. Nagengast/K. Gathen): no report

3.7. Conflicts Committee (C. Terry): no report

3.8 Safety Committee (V. Juliano): Volunteered at Delmar Dash where he did split times at mile 1 & 4; when out on course-a situation occurred with neighbor who had to leave during the peak time of the race when a lot of runners were going through. Vince helped him out and guided him out and notified with the runners of the situation. Just a note to the Course Marshalls that this race is growing and that some people are blocked out of their driveways and they may make a contingency plan if needed. Tom & Marcia noted that they did place ads in the Spotlight to notify neighbors and will try a leaflet program next year.

3.9 Grants Committee (R. Newkirk): no report

3.10 Long Range Planning Committee (C. Sliwinski): no report

4. Unfinished Business:

- Follow-up discussion on Tuesday night track meets, HMRRRC Summer Series and Dynamic Duo (F. Myers) Tuesday night track meets at Colonie Track will be held at Colonie; Dynamic Duo Race-HMRRRC getting involved and will work on where summer series can be held; Frank would like the club to contact the town about the Dynamic Duo. We need to know before the end of May. Tom Adams and Mark Warner & Al Maikels will go over to the town to discuss this. Town may start charging for use of the area. Doug Bowden-Guiderland School going ahead with resurfacing-so we will need to get another place. The Club is willing to pay for summer track series if we can get a location; it usually attracts about 200 people and they have 9 meets. Frank will make a proposal that the club will pay for insurance for Tuesday night track series in exchange to use track for the Hour Run, 2 person run, and the Pentathlon. Frank Myers will go to Athletic Director tomorrow with proposal. Marcia Adams con-

cerned about club liability. Doug said to have Frank make tentative offer to see if feasible. Then we can discuss at the May meeting and get everything finalized.

5. New Business: Dave Williams-Racing Director School seminar; and possibly a large marathon in this region-10,000 runners or more; Racing Director schools around the country-why can't we do same thing here. Wanted to bring these ideas to the club. Discussion followed. Bigger marathon-one possibility is to use the Fall marathon and enlarge it or have separate marathon in the Spring. Al noted that logistics of tying up city streets and that it did not work before and not sure how it would work now. He's not sure of where to have it location wise. Fall marathon is great because it is mostly on trails; involving public streets gets very complicated. Would need a title sponsor to put up money. Good idea and should be discussed further. Nany Briskie noted that police are having problems with neighborhood associations in Albany. Vince added that cost to patrol courses could also be a problem. There would be OT costs involved plus fringe benefits. Bigger isn't necessarily better. Dave noted it didn't have to be in a city-but in the region. Marcia noted that what needs to be done is to talk dollars & cents-we are not sure what kind of impact this would have right now. Get feedback from runners to see if there is an interest and what they are spending so that we can go to the municipalities to tell them what we are bringing to their town. Mark noted that we might be able to expand current marathon. Racing Director School Seminar: Marcia noted this is something to think about. We could advertise Racing Director School for small races. We have a great crew to help with 5k, 10k & 15k races and it is important to tie it to an event. You can bring in different people in the area as a presenter and do a 1 or 2 day school. Could get a good turnout. Mark questioned if it is something the club would want to take on-we need to discuss it. Could also work with USATF to do this.

6. Announcements:

- May refreshments – Rob Moore

7. Adjourn: Motion made to adjourn by Doug Bowden meeting adjourned at 9:10PM □

Delmar Dash



Local Event Schedule

Date	Time	Event	Location	Contact	Email
6/12	9:00 AM	12th Annual Kinderhook Bank OK 5k	Kinderhook	Dan Curtin	curtin@berk.com
6/12	10:00 AM	Empire Liberty Tour Presidents Open Outdoor Track Meet	Ichabod Crane High School	Anthony Mills	lsgrupp@nycap.rr.com
6/12	9:15 AM	Hometown Heroes 5K	The Crossings of Colonie	Ann Swezey	mswezey@nycap.rr.com
6/12	6:30 PM	15th Annual Lions Ramble	Fort Plain Park	John Geesler	kgeese@telenet.net
6/12	9:00 AM	Run for PRIDE 5k and Rainbow Fun Run	Washington Park Lakehouse	Melinda Person	melindaperson@hotmail.com
6/12	8:30 AM	OK 1 Run/1 mile Kid's Run	Kinderhook	Dan Curtin	curtin@berk.com
6/13	8:00 AM	34th Annual Crowley Brothers 10K and 5K	Rutland	Mike Lannon	crowleyroadrace@aol.com
6/13	9:00 AM	Finger Lakes Regional Burn Association 10K	Rochester - Camp Eastman	Allyn J. Borrino	aborrino@flrba.com
6/13	9:00 AM	39th Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/13	9:00 AM	Read Run/Walk 5K	Saratoga Springs	Nancy Holzman	nholzman@literacynycap.org
6/17	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com
6/19	9:00 AM	JoAnn & Nancy 5K Run/Walk to Benefit Ovarian Cancer	Pinhead Susans 38-40 Broadway Schenectady	Cindy McDonald	cmcdonald29@hotmail.com
6/20	9:00 AM	Community Resources Father's Day 5K Run	The Crossings Colonie	Will Dixon -- Randy Goldberg	fathersdayfivek@yahoo.com
6/20	10:00 AM	27th Annual Mule Haul 8K Race	Schoharie Crossing Hist. Site	Jim Moore	jhmoore01@live.com
6/23	6:30 PM	Solstice Run 15k	Lake Minnewaska State Park (Gardiner NY)	Steve Schallenkamp	ssrun54@aol.com
6/24	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com
6/25	9:00 AM	Yellow Brick Road Run 8K Run 5K Walk	Chittenango	Steve Waite	waites30@hotmail.com
6/26	9:00 AM	5th Annual Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/27	7:30 AM	34th Annual Adirondack Distance Run	Lake George Firehouse	Marcy Dreimiller	madone1@roadrunner.com
7/3	7:30 PM	Stars & Stripe 5k Twilight Run	Valatie High School	Anthony Mills	lsgrupp@nycap.rr.com
7/4	8:00 AM	Firecracker 4 mile road race	Saratoga Springs	Mary Vanderminde	maryd@telescopecasual.com
7/6	6:15 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/8	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/14	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	TBD	Pete Newkirk	pnewkirk@newkirk.com
7/15	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/17	8:30 AM	Greater Glenville/Schenectady YMCA 3rd Annual 5k Race	Freedom Park	Nancy Gildersleeve	ngildersleeve@cdymca.org
7/18	9:00 AM	Dippikill Froggy Five Mile	Dippikill Wilderness Preserve	Albany Running Exchange	info@areep.com
7/21	6:15 PM	37th HMRRC Hour Run	TBD	Doug Bowden	bowden@nycap.rr.com
7/22	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com
7/24	9:00 AM	Fox Creek 5K Run/3K Walk	Berne	Michelle Furlong	mishybell@hotmail.com
7/28	6:15 PM	35th HMRRC Pentathlon	TBD	Todd Mesick	toddmesick@yahoo.com
7/29	6:00 PM	Sand Lake Summer Runs	Butler Park	Jim Van Ess	jvaness530@yahoo.com

Hudson Mohawk Road Runners Club

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SIGNATURE OF MEMBER(S) _____
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☐ I am interested in becoming more actively involved in the Club!