

The Pace Setter

March 2012

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**



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

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Photos in this issue by Bill Meehan, Paul Turner, Phil Borgese, Jack Berkery and Neil Sergott

HMRRRC Mission Statement

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

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

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President's Message

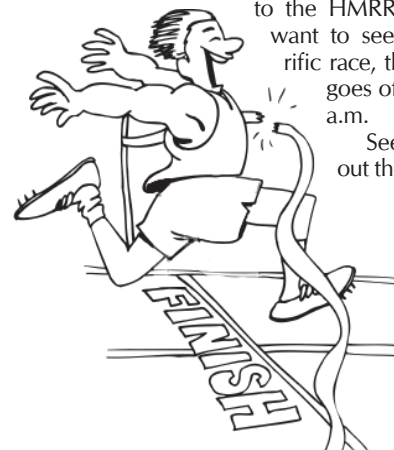
by John Parisella

Welcome to the March *Pace Setter*! If this is the first time you've received the HMRRRC's monthly magazine, let me welcome you to the club. If you're picking *The Pace Setter* up in a local gym or at a friend's house, browse the articles, results sections and race entry forms – maybe you will think about entering one of the races or perhaps become an HMRRRC member soon. It's catching: the club's membership has been growing and so has the list of competitors at the HMRRRC races.

I'm writing this as we all happily labor through January's cold and, this year, wet evenings on our daily training runs, looking forward to one or the other spring race that we've got our eyes on. Recently there was some discussion on Facebook regarding the least preferred weather for running. The contenders were bitter cold, and less than 40 degrees and wet. Cold and wet won out by a landslide. As luck might have it, the HMRRRC Winter Series races held this season have taken place under generally good conditions. This has contributed to record turnouts for many of the races. We've had great luck and we've seen some really fine performances from Capital Region runners as well as other runners from around the area. As I write this note, we've not yet run the Winter Series 5 (4-, 10- and 20 milers) or the Winter Marathon and Marathon Relay, and we'll probably see additional record-setting attendance and perhaps record setting performances. There's more to come.

It's almost here! It's been approaching just as surely and steadily as our own Paul Forbes has been closing in on ever-improving times

at many distances in the past four or five years – the Runnin' of the Green 4-miler on Green Island. The Runnin' of the Green is generally considered the first big race of the running season and many local runners set their sights on it just as soon as they get up from Thanksgiving dinner. Ed Gillen directs the 13th edition of the Grand Prix event on March 17th and he's expecting a large turnout of the area's finest athletes of all ages. The Village of Green Island and the American Legion Post 927 are wonderful hosts for this race. It's a great race for team competition, so get your Workforce Team Challenge teammates out for a trial run. It is also a great race for spectators, so if you don't plan to run or if your family wants to come and see you set a personal milestone, bringing them along. They won't be disappointed either way. If you're new to the HMRRRC and want to see a terrific race, the gun goes off at 10 a.m. See you out there! □



Submissions for the May Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is April 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.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 image files or greyscale required (no compression). No files from MS Word or MS Publisher. Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



What's Happening in March

by Al Maikels

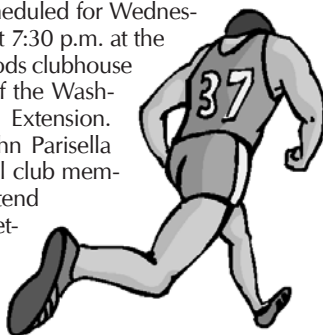
There isn't a lot happening in March as the club only has one race on its schedule. In years' past we had a great long race, the Chopperthon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and finished on the road above the UAlbany track. Public safety costs made that course too expensive so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 90's.

The one race on the March schedule is the Runnin' of the Green (Island) 4 mile race. This race, new in 2000, is a Grand Prix event and attracts a fast field. The elected officials in Green Island are wonderful hosts and go out of their way to welcome the runners to their community. The race is set for Saturday, March 17 at the Legnard-Curtin American Legion post in Green Island with a 10 a.m. start. This race is not only a Grand Prix event; it's also the Adirondack Association of USA Track and

Field 4 mile championship. There is no day of race registration for the race.

You will have to go out of town to find other races. The most notable race is the 26th Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 25 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T shirt.

The club business meeting for March is scheduled for Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President John Parisella welcomes all club members to attend these meetings. □



Winter Series #3

by Jon Rocco

The mild weather continued into the third event of the 2011-2012 Winter Series. In my opinion, if the thermometer reads above freezing for any Winter Series race, it is deemed mild. Although not as warm as the 50 degree mark we hit a week earlier at the Hangover Half, a 36 degree reading with clear footing is certainly nice for an early January run. It was a bit windy at times on various sections of the course, but that typically goes without saying.

The event, featuring distances of 3M, 10K, and 25K, had 414 finishers and was up 37% from last year's record field. The trend continued, as the first two Winter Series races also captured record participation. The 3M and 10K races broke the 100 and 200 finisher marks, respectively, for the very first time for the event.

Congratulations go out to our winners: Lisa D'Aniello (18:58) and Josh Myers (17:01) in the 3M, Gretchen Oliver (42:02) and Eric Young (34:43) in the 10K and Meghan Davey (1:52:42) and Thomas O'Grady (1:29:15) in the 25K. Of course, the race cannot be run without volunteers. Special thanks to the 40 plus volunteers, from registration to results, refreshments to marshals, and set up to take down. It looks as though we are well on our way to record participation with this year's series!

Profile of a Runner

NIKKI ALCALA

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

(I am on the right in the picture.) I am a nurse, 31, and enjoy roller derby. You didn't know upstate New York had roller derby? Do you live under a rock?

When and how did you get started running?

One year ago I started the *Times Union's* New Year, New You Challenge. I had never been very active. I figured I couldn't screw up running. <http://www.timesunion.com/living/article/Change-for-the-better-2433407.php>

Do you have a favorite race or races?

To date, my favorite race was the Albany Last Night Run. It was my first night time road race. I loved the lights in Washington Park, and hitting my PR helped too.

What are your most memorable races?

All of them. My goal is always the same: do your best, finish, and don't be last.

How do you train? Do you have training partners?

I started running by myself but have lately



started to run with friends. I enjoy early morning runs several times a week. It is a great way to start my day and then no matter what happens later in the day, I know I got my run in.

What are your current goals?

I am shooting for a 10 minute mile. I would also like to finish the 2012 Freihofer's close to 30 minutes. My 2011 time was 50:24. I finished Albany's last Run in 42:27. I'm getting there!

Do you have any future running goals?

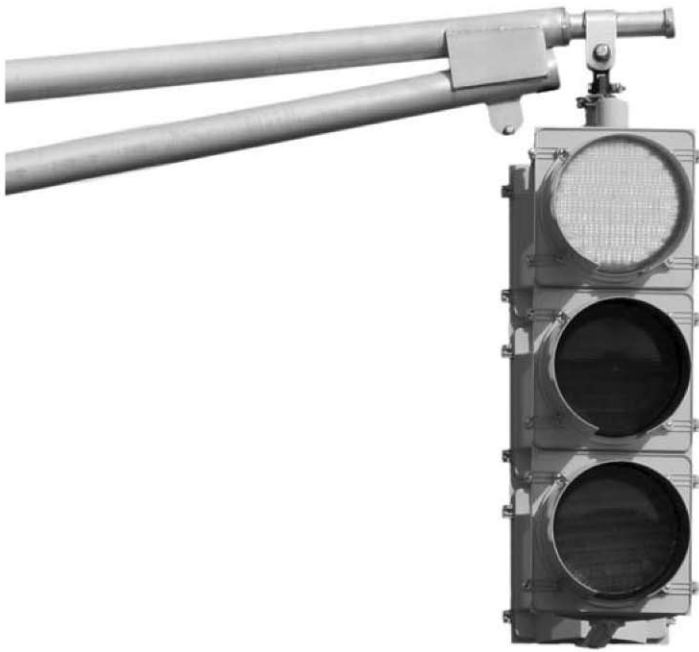
So many! I completed 10 5Ks in 2011. For 2012, I am going bigger and better. I have signed up for my first half marathon and am excited to start training for it.

Do you have a philosophy of running?

"Fake it 'til I make it." There have been days where I didn't want to get out there, and I told myself just get out there and start, and if after a mile I want to stop then ok. I have never gotten to that mile and stopped. I always feel great once I start.

Any funny stories?

Not a funny story but an amazing story. My favorite moment in a race is when I am in the home stretch and I am passing runners who have already finished and they take a moment to say "Great job!" or "Keep up the hard work!". It always helps me get to the finish. Some of those people might not realize how important their words are...but to me they are priceless! □



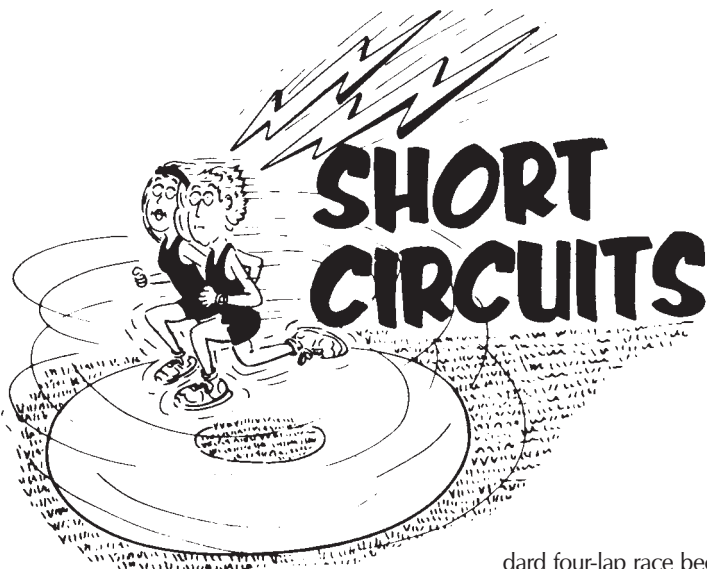
HERE'S YOUR CHANCE TO BLOW RIGHT THROUGH THE LIGHTS ON MADISON.

Go ahead, we'll even provide a police escort. It's time for the 2012 CDPHP® Workforce Team Challenge on Thursday, May 17th! This is the Capital Region's classic 3.5-mile workforce team run – and the largest annual road race between Utica and New York City. Last year marked a record turnout, attracting over 9,000 runners and walkers, and over 450 participating companies and organizations. We invite you to assemble your team, lace up your sneakers, and bend a few traffic laws.

This year we are pleased to announce the launch of our NEW online registration!
Visit www.cdphpwtc.com for more information.

2012 Charities of Choice:





Update on Josh McDougal, former NCAA x-country champ, from Peru, NY: Josh is coaching the Liberty University men's and women's distance runners full-time this season for the first time. He took over when Derek Scott left after last season. He seems to be enjoying it and is doing well. He coached the men's XC team to a Big South championship in something of an upset over preseason favorite High Point. He coached Jennifer Klugh to a women's 3K school record of 9:44. He's also married now.

photo by david braccetti



Coach McDougal



A new campaign aimed at promoting the traditional mile – while eradicating the 1,600 meters – has taken off, and organizers say it is an important step toward connecting the sport of track and field with the general public again. **David Monico** and **Ryan Lamppa**, of Santa Barbara, Calif., are leading the charge for a grassroots movement that they hope will catch fire. Their new website, www.bringback-themile.com, was launched in January.

"The mile, in general, is a distance and an event that has cachet within the sports mainstream and has meaning all around the world," Monico said. In the mid to late 1970s, high school and college track and field in the U.S. went through an arduous process of converting 440-yard tracks to 400-meter ovals as the sport aligned with the rest of the world in using the metric system. In the majority of states, the stan-

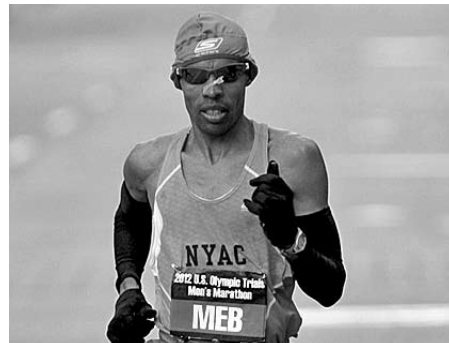
dard four-lap race became the 1,600 meters, a distance 9.344 meters short of a full mile.



Bring it back!



Olympian Meb Keflezighi races with a Breathe Right nasal strip on his nose. But he doesn't put it on until he reaches the starting line. At the November NYC Marathon he forgot to put it on and left it in his shoe. Though he set a PR in the race (2:09:13), the nasal strip broke skin, which led to an infection. As a result Meb could not run for 3 weeks, seriously



Meb and his Breathe Right

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

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

jeopardizing his training for the Olympic Marathon Trials in mid-January. However, Meb won the Olympic Trials Marathon setting another PR (2:09:08) with his Breathe Right on his nose.



Congrats to Paul Forbes for his 1:28:10 at the Houston Half-Marathon in January. Starting out with a 20:05 5K, Paul kept the heat on and finished second among 168 in the 60-64 age group.



Paul Forbes NOT in Houston



Shaker High senior Mike Libruk finished 6th in the US Open High School Mile (4:26) at Madison Square Garden in January. According to Mike: "Dream big and remember hard work beats talent when talent fails to work hard!" □



Hard working Mike Libruk

Bill Shrader, Sr. Memorial Scholarships

**\$10,000 in total
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**The Hudson Mohawk Road Runners Club
offers separate scholarships for two male and
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in cross country or track and field.**

**For application details go to
www.hmrrc.com**

(See “membership benefits” under the “membership info link”)

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

"BEEN THERE, DONE THAT"

by Mike Becker

March 1972...Forty Years Ago

• Races of three and 12.5 (?) miles were held on the fifth, and races of three and six miles were held on the 19th. As was usual during the early club races, not a single woman participated in any of them. Almost all races in the early days of the club were held at the SUNYA campus, usually in multiples of three miles, which is the length of the perimeter road around the campus. Curiously, they were usually at 2:00 p.m. and had a 50 cent entry fee. Meetings were often held right after the races to discuss the upcoming race schedule.

March 1977...Thirty Five Years Ago

• The Fourth Annual Club Marathon was held on the sixth at SUNYA. The fee was \$2.50, and the directors were Pat Stewart and Burke Adams. A half marathon was also offered for 50 cents, with day of race registration only. A total of 41 runners finished the marathon, with 17 going under three hours. Jack Callaci won with a 2:28:04, 16 minutes ahead of Don Wilken. Callaci's time was a course record that still stands. Jan Helker ran a 3:41 for top female honors and set a course record, being the first female to run the event.

March 1982...Thirty Years Ago

• There was an article in *The Pace Setter* called "Why Women Do Not Enter Mixed Races" by Sharon Gonsalves. The author stated "Boys are praised for their physical achievements. ...girls are discouraged from participating in sports. Boys learn the importance of winning. Girls learn to be polite and not to hurt other people. ...running alongside men can be discouraging. ...no matter how hard we try we will never finish first. In an all-women's race, every one of us is praised for her determination, stamina, and strength. When we run with men, our accomplishments are muted. It doesn't seem realistic to expect to increase women's participation in mixed races at this time." It's interesting to see how times have changed!

• The Ninth Annual Price Chopperthon 30K was held on the 21st. Entry fee was \$4.00. This was a RRCA National Championship and a club Grand Prix race. A total of 797 runners finished, with Iowan Phil Coppess winning with a time of 96:24, eight seconds ahead of Barry Brown. A strong headwind kept the times well below Bill Rodgers' course record of 89:04. Jane Welzel was top female with a 112:40, nearly five minutes ahead of Kitty Consolo. Between 250-300 volunteers made the race superbly organized.

March 1987...Twenty Five Years Ago

• The Bill Meehan-directed club Winter Marathon was held at SUNYA on the first, and Dale Keenan ran a 2:40 to win by four minutes over Kevin Williams. There were no females among the 21 finishers.



• Races of three and six miles were held at SUNYA on the 15th, with the three-miler a Grand Prix race. Dale Keenan ran a fast 14:45 to beat Pat Glover by 20 seconds in the three-miler. Denise Herman ran a 17:36 for top female honors. Kevin Williams won the six-miler with a 30:54 to beat Bill Robinson by nearly two minutes.

• From "Short Circuits": The club had two members who held national age group records. Anny Stockman had the record (2:13:51) for 30K for the 50-54 age group, set in Houston. Bill Shrader Sr. held the 50-mile record for the 70-74 age group, 10:04:17.

March 1992...Twenty Years Ago

• The St. Paddy's Day 8K run was held at Burden Lake and was then part of the club Grand Prix. Rick Bennett ran a 28:08 for a one second victory over John Lisak. Inge Aiken was top female with a 30:42. Photos of the event indicated a steady snow was falling.

• Al Maikels was profiled. He first started running in college to improve his rugby game and counter the effects of his cigarette habit. His best performance was the 1989 Marine Corps Marathon (3:13) which was a 24-minute PR and a Boston qualifier. Other PRs include 39:43 (10K) and 68:26 (10 miles). His philosophy of running is "I run because I can."

• The club Half Marathon was held on the 29th and was also part of the club Grand Prix. The course ran from Proctors in Schenectady up Central Ave. to Rt. 155 and eventually to the SUNYA campus. There was a strong tailwind for most of the way. Dale Keenan was the winner with a 69:07, more than a minute ahead of Vinny O'Brien. Amy Herold-Russom won the female division with an 82:56. There were 366 finishers.

March 1997...Fifteen Years Ago

• Gordon Neysmith ran a 25:18 to beat Tom Dalton by 14 seconds in the Shamrock Shuffle five-miler in Glens Falls on the 16th.

The St. Patrick's Day 8K race was held in Averill Park on the 22nd. Vinny O'Brien ran

a 26:44 to beat Dale Keenan by 30 seconds. Amy Herold was the top female with a 29:56, good for 14th overall. The race was rescheduled due to severe weather on the 15th. About 100 people showed up at the start on the 15th and were given the refreshments, and most were understanding.

• Birger Ohlsson and Lynn Stalker were winners of the Rabbit Ramble four-miler in Hudson on the 29th.

March 2002...Ten Years Ago

• Nick Conway won the Runnin' of the Green (Island) four-miler with a 20:14, and Emily Bryans was top female with a 23:21. Teams Willow Street and Utopia comprised 12 of the top 14 finishers. Age group winners include Zach Yannone, Megan Leitzinger, Derrick Staley, Dale Keenan, Martha DeGrazia, and Ed Bown.

• Nick Conway and 14-year old Nicole Blood were winners of the Harp & Shamrock 5K in Saratoga Springs with times of 15:12 and 17:58, respectively.

March 2007...Five Years Ago

• Nick Conway again won the Runnin' of the Green (Island) four-miler with a 19:57, one second ahead of Justin Harris. Eileen Combs was the top female with a 23:29. Age group winners included Moira Hilt, Roxanne Wegman, Dana Peterson, Cathy Sliwinski, Jamie Rodriguez, Rob Picotte, Dale Keenan, and Pat Glover. Age graded winners were Tom Dalton and Judy Phelps. A total of 416 runners finish.

• From "Short Circuits": Olympic decathlon champion Roman Sebrle narrowly escaped death when he was accidentally speared by a javelin during training. He was hit in the shoulder, just missing his lungs and throat. He was crossing the field, completely focused on his training, and had forgotten that the javelin throwers were training.

• Age group winners at the 21st Annual Shamrock Shuffle five-miler in Glens Falls included David Raucci (winner), Nancy Nicholson, Judy Phelps, John Pelton, Ginny Pezzula, and Joan and Joe Corrigan. □





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Off Into The Sunset

by Justin Bishop

I write this article to sadly announce my departure from the Capital Region running scene. This news comes to some of you as no surprise. I've been preparing myself for this moment since last year. My wife, Christina, and I have purchased a brand new home in sunny South Carolina.

I will definitely miss the running community here. When I ran my first ever 5K road race (2005 SEFCU Labor Day 5K) I would have never guessed that this sport and the people involved in it would become such an integral part of my life. Albany runners are the best, and are the friendliest people I've ever met in my entire life. When I got married in August 2011, I looked around the room at my wedding reception and took notice of how many people in the room I didn't even know just six years ago. I've made a lot of friends from different running clubs, who come from all walks of life and all run for different reasons.

My reason? Well, that September of 2005, I was just looking for something to keep me in shape when it wasn't decathlon season, and to shed about 15 pounds. I hated that first 5K. But I liked the challenge, the opportunity to improve myself and achieve, so I came back for more, and more, and more. By pure chance, I ran into one of my old high school coaches at the 2007 Bruegger's Bagel 5K and he told me about his Team Utopia running club. Joining this group was the best decision I've ever made. You really need supportive friends and colleagues to keep you motivated in this sport. I can say for certain, that if it weren't for Jim Bowles and Team Utopia, I wouldn't be the runner I am today.

In my first full year with the club, I went from being somewhere around 17 minutes to running my first ever sub-16 minute 5K race. The rest is history. I owe it all to my coach and my teammates. They're an absolute formula for success and I couldn't have done this on my own.

By the time this article is printed, I will have been settled into my new home for about five weeks. I probably will have even run a few races in the Columbia, SC area. I just hope that I can plug myself into a running club with people of the same caliber of character, determination, and kindness as my Team Utopia brethren.

People, runners, and friends, have told me that I'll be missed, and I'll miss them just the same. The running scene here is extremely deep, and talented, and will carry on just the same. There will be no winter series races named after me, nor will I ever grace the HM-RRR Hall of Fame, as I shouldn't. Justin Bishop not being a part of the Albany running community is not much of a loss; however, the Albany running community not being a part of Justin Bishop is a colossal loss.

I'll miss all of my running friends and teammates – that goes without saying. I leave the

same way I came in, just a guy trying to improve his fitness and personal goals. I never got involved for prize money, paid sponsorships, or the thrill of victory. Nor will I ever race for these reasons. But with my departure, and those means of motivation still the same, I leave this community a better man, rich with friends and a healthier lifestyle. I thank you all.

□



Profile of a Runner

TIM KEEGAN

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

I'm a recently retired elementary teacher. I taught for thirty six years in Schenectady, and I also coached track and cross country for twenty years. I've lived in the area my whole life. I graduated from Vincentian in 1970 after running for four years. I also sing with the Octavo Singers, a large choral group that performs mostly classical choral music. Those things, plus two teenagers at home, are enough to keep me busy.

When and how did you get started running?

I had run track a little in middle school, with not much interest or success. When I was cut from the football team in ninth grade, I joined the cross country team as a last resort. I loved it and I haven't stopped since.

Do you have a favorite race or races?

I probably look forward to the Stockade-athon more than any other race. I love racing in the fall. My favorite distance will always be the marathon, but I have a lot of difficulty training for that distance now.

What are your most memorable races?

The old Bankathon and Chopperthon 30K championships were the races that pushed me to become a more serious distance runner when I was younger. They were in March, and you have to train year round to really race well at that distance at the end of the winter. I met Bill Rodgers after the race once, a month before he won his first Boston Marathon.

How do you train? Do you have training partners?

I run five or six days a week, usually too easy. I have one running partner for about half of my workouts, and I try to get in group runs to add some variety to my pace.

What are your current goals?

I need to run more quality workouts. Track



workouts have a tendency to cause little injuries, so I'm trying to race more often to get in better shape this year. Maybe that, along with divine intervention, will get me back near two hours for a half marathon in 2012.

Do you have any future running goals?

My best performances were all a few decades ago. My future, I hope, will allow me to continue to be healthy and enjoy every day that I get out to run.

Do you have a philosophy of running?

I never planned to be a runner - it just happened, because I wanted to try some kind of sport. Many of my most memorable runs were unexpected. You will never know when you're going to have a great day running, but first you have to leave the house to find out. □

32nd ANNUAL HMRRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

HMRRRC Grand Prix Race

USATF Adirondack Masters Championship

USATF Adirondack Grand Prix Series Race

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SATURDAY, APRIL 28, 2012 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Adirondack Registered Female and Male teams in ten year age groups.

For entry forms, contact the USATF Adirondack office.

To join USATF Adirondack go to usatfadir.org or contact the office at 518-273-5552

(USATF ADK membership # is required for USATF ADK Grand Prix and Championship scoring)

Commemorative Bill Robinson Mugs to First 100 Registered Runners

• NO HEADSETS, IPODS, ETC. ARE ALLOWED IN THE RACE •

REPORT TO:

GUILDERLAND HIGH SCHOOL (off Rt. 146, County Rt. 202 - Meadowdale Rd.), Guilderland Center

ENTRY FEE: \$13.00 (HMRRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MAIL ENTRY TO:

HMRRRC, P.O. Box 12304, Albany, NY 12212

(Make checks payable to HMRRRC)

MASTERS
ONLY!

MASTERS
ONLY!

Questions or additional information: Jim Tierney, 518-869-5597, or e-mail <runnerjmt@aol.com>

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Telephone _____ Age (as of 4/28/12) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female USATF # _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools and the Hudson-Mohawk Road Runners Club for any and all injuries suffered by me in said event. The USATF shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____

Profile of a Runner

TAMICA BLOWERS KENYON

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

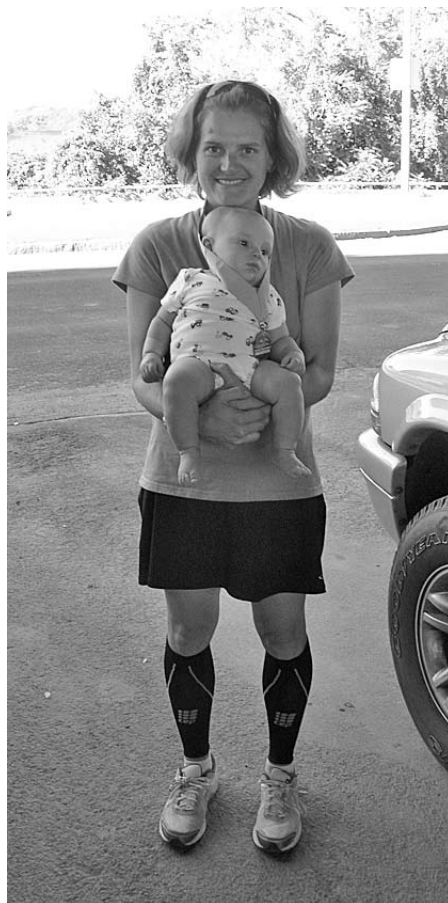
I am a homemaker and mother of nine children. I am 37 years old. I am trying to get back to basics with a garden and a few hens and maybe a goat in the spring. We live on a former dairy farm in East Poestenkill and I grew up in this area. *Children are poor men's riches.* (English Proverb). Tamica is a loving wife to John (14 years), mother of Dean Wendell, 13; Madalynne Ruth, 12; Weston John, 10; Naomi Rice, 9; Quinton Forrest, 7; Titus LeRoy, 6; Obadiah Ambrose, 4; and Levi Octavio, 2; and baby Gideon Tyndale, born June 7.

When and how did you get started running?

I ran at Averill Park High School. I tried out for many teams but I just lacked coordination. I also feared balls flying at my face. A friend said let's join track, there are no cuts. So I "made" the team. My coach was Mark Mindel. We won the first ever Sectionals and then State meet (Cross Country) the school ever won in any sport. My first year I placed 10th in the sectionals, my second year I placed 5th. So that was my start. However after high school I took a long break. I picked it up again in my early 20s and again stopped for many years when I got married. I had children and packed on the weight. Almost two years ago and 70 pounds heavier, I began again. I ran through my ninth pregnancy. I even ran the Freihofer's Run for Women 3 days before Gideon was born in 34 minutes.

Do you have a favorite race or races?

I really love long races. I have only run one marathon (Hudson Mohawk) but I just felt like I was on auto-pilot. I like the Stockade-athon. This year was my first running of that. The hills were NICE! I am used to running on the mountain so I felt in my element.



What are your most memorable races?

My most memorable is the Mother's Day race in Delmar. I ran it with my mother, who is now battling breast cancer, and my 11 year old daughter. For both it was their first race. I hope to run it again and add my younger daughter to the mix. My husband came with my other



Tamica's 9 children

children to cheer us on.

How do you train? Do you have training partners?

I got my start in running and still on occasion run with The Mountain Mamma runners. They are a small group here on Poestenkill mountain. I have been running of late with The Strong Mamma Runners. This was a group started by Felice Devine. We are on facebook and it has been a blessing to continue to motivate each other. I have met some really wonderful women through running.

What are your current goals?

I have registered for The Wineglass Marathon in Corning, NY for the fall 2012. My goal is to break 4 hours. I would like to go under 1:50 in a half as well. I really do not love 5Ks but since I got my start running shorter distance in HS I want to also improve that. Maybe get as close as I can to my former times.

Do you have any future running goals?

In the future I do have a goal of running an ultra-marathon. Of course I would start with the "shortest" ultra.

Do you have a philosophy of running?

Everyone can run. Do not feel that having children and a family gives excuse to ignore your own health. Being fit and healthy has made me a better wife and mother. You can lose that weight. You can run a marathon even while raising a family. Go for it!!

Any funny stories?

On the mountain, on a recent run with my friend Alicia, we discovered that we both had "pee" spots in the woods. We realized some of our spots were the same. It is just funny what you end up talking about on long runs. ☐

NOTICE



All HMRRC members are invited to attend monthly club meetings, held the second Wednesday of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.

Dodge the Deer 5k & Mile Fun Run

The TENTH Year!

Saturday, April 21, 2012 Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

This is the TENTH year of Dodge the Deer, and we can't believe it! Debuting on April 13, 2003, this was the ARE's first race ever held, and it laid the infrastructure for all that came after it. From themed running events to costumed characters, this was the start of all the fun—and we want to celebrate these ten years with you!

The event takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully. Be sure to come hungry because we have an all-you-can-eat barbeque.

Whether you're a seasoned trail runner or making your debut off the pavement, join us for this safe, fast, and picturesque event!



AWARDS

Delicious treats await the top 3 overall male and female finishers, as well as the top 3 males and females in: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



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

SPECIAL CATEGORIES

*Youngest and Oldest Finishers
Middle of the Pack - Enjoys the Scenery
Mr. and Mrs. Dodge (Fastest Couple)*



AMENITIES

We're bringing back the socks! That's right, all pre-registrants get socks, so register ahead of time! Also, don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and other activities! There is also a cook-out as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

☀ FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+

☀ B-TAG CHIP TIMING BY ARE EVENT PRODUCTIONS

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

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Deadline to submit a team entry form
9:15am: Bully the Bear Kids 200 Meter Sprint
9:30am: Chase the Chipmunk Mile Fun Run
9:45am: Day-of registration and packet pickup closes
10:00am: Dodge the Deer 5k
10:15am: Post-race entertainment begins
11:00am: Awards Ceremony



We highly encourage you to register online

There are no additional fees and ARE members receive a discount when registering through the members page.

ENTRY FEE	Kids Races	5k
Early Reg.	\$1	\$15
Late. Reg.	\$2	\$20

Early Registration: Postmarked by April 14
Checks made out to: AREEP
Do not mail after April 14
Your entry fee is non-refundable

TO REGISTER, GET DIRECTIONS, AND MORE

Visit www.AREEP.com
or call 518 320 8648.



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

✂ - ✂ - ✂ - ✂ - - - - -

NAME _____		____/____/____ BIRTHDAY		AGE (ON 4/21/12) ____		<input type="checkbox"/> M <input type="checkbox"/> F	
ADDRESS _____				EMAIL _____			
CITY _____				STATE _____		ZIP _____	
PHONE () _____		RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K					
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____					
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.</small>							
SIGNATURE _____		DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)			

March 31, 2012 - Central Park, Schenectady - 9:30am

Martin, Harding & Mazzotti Law Firm



RUN 4 YOUR LIFE

Fundraiser to benefit the American Heart Association

Schenectady Firefighters' Third Annual

5K Run/Walk • Kids Fun Run (Free)

\$20 Early Registration

\$25 After March 10 up to race day

T-shirt for first 500 registrants

Awards given for top 3 overall male & female

5 Year Age groups

Team entries (fire, public safety and corporate)

You may register online at www.AREEP.com or fill out the form below and send it to

Schenectady FF Run 4 Your Life c/o AREEP, P.O. box 38195, Albany, NY 12203

Make checks payable to R4YL, Inc. Contact Brian Demarest for further details (518)365-3883 or sfddemdem232@yahoo.com

Organized by Health & Safety Committee of IAFF Local 28 and Schenectady Permanent Firemen's Association

YOUR NAME (Please print clearly)

TSHIRT SIZE (circle one) S M L XL XXL

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

AGE (day of race)

DATE OF BIRTH

SEX (circle one) M F

Which race will you be running?

☐ 5K RUN

☐ 5K Walk

☐ KIDS FUN RUN

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against the City of Schenectady, Schenectady Fire Department, IAFF Local 28, Schenectady Permanent Firemen's Association, American Heart Association and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good physical condition and have trained for this race. I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. WAIVER - Please sign below

SIGNATURE

DATE

PARENT'S SIGNATURE (Required for minor under the age of 18 years)

Sponsored by:



35th Anniversary of the Hangover Half Marathon

by Paul Rosenberg

Who is that wacko running in a tuxedo on New Year's Day at the Hangover Sober-Up Run?

This year, while running in the Sober-Up Run, I was thinking that perhaps the 2012 race might be the 25th anniversary. But my math, which is bad enough while I'm sitting, is notoriously worse while I'm running. So, finally, after the race, I figured out that it's the 35th anniversary! This sure makes me feel older.

In 1976, we decided to add a New Year's Day race to the HMRRC schedule, and our first Hangover Half Marathon and 3 mile Sober-Up Run were held on January 1, 1977. There were a total of 44 finishers that day. In 2012, there were 772 finishers.

I'm trying to recall why I thought it would be a good idea to have a New Year's Day race. To the best of my recollection, there were no races in the region on New Year's Day. The Turkey Trot was a very popular Thanksgiving Day tradition, so I thought a New Year's Day race would be the flip side of a Thanksgiving race. On Thanksgiving, you run, work up an appetite, and then gain all your calories back – and more – later in the day. On New Year's Day, you might be working off a big meal or too many drinks from the day before. And a half marathon sure can eat up those calories. Thanksgiving to New Year's also spans the beginning to end of the "holiday season."

New Year's Day also has been traditionally a day to sit and watch football or hang out with friends, but usually there was not a lot of physical, aerobic activity on this day. So, it just seemed like a perfect day to have a good race.

Although I knew I had come up with a great title of Hangover Half Marathon, I also knew that a lot of folks wanted to get away from football bowl mania. I came up with an alternative of "Anti-Football Bowl 13.1 mile Run." That title did not ever catch on.

I appreciate all of the HMRRC volunteers who have kept this event going (I think I directed the race for two or three years) and kept it as another great grassroots HMRRC race, with a low or no entry fee. To me, that is what HMRRC is about, and I wish more race directors would organize great events like this for the runners, without the frills, t-shirts, chips, bibs, etc.

Here's an observation in the "signs of the times department." I can't remember when I started wearing a tuxedo while running at the Hangover, but I do remember my neighborhood tuxedo shop went out of business around 1983, and I bought three or four classic tuxes. So, 1984 probably was the first time I wore a tux to race in. Back then, almost everyone got a kick out of it – lots of smiles and comments. In recent years, many people

have totally ignored me. Is it because runners have become so serious, or are people afraid of anybody being different? Or is it because 90% of the participants in the early '80s knew me, and 90% of the participants in 2012 just think I'm a wacko? Actually, in the 1980s, those who knew me (especially Ray Newkirk) used to call me a wacko, but at least they laughed! More people do laugh when I wear the Santa outfit while running in the Holiday Lights race, however. □



The Man, The Myth and The Legend by Moira Hilt

Dear Paul Rosenberg & Vince Juliano,

Thank you very much for taking the time to write such a meaningful article on the induction of Frank Myers into the Hall of Fame. As a former distance runner for Colonie High School, coached by "the legend" (as faithfully referred to by the Colonie Girls Cross Country Team), I got a lot of enjoyment out of reading that article. One of my favorite lines was, "he quietly plugs away in his steady, humble, and seemingly unemotional, but incredibly dedicated passion for the local running scene." That sentence had a lot of merit behind it and gave me a good laugh as well. Some girls would probably argue that you should drop the "seemingly," but we know that is just part of what makes him such a good coach. I think I can speak for a great number of people in saying that your article was very successful in putting into words what we as a local running community have benefited from for over forty years. Coach Myers had a large impact on my middle school and high school years, and seeing him honored with not only an induction into the Hall of Fame, but such a well-written article means a lot to me as well.

Thank you again,
Moira Hilt
Class of 2010 □

HMRRC Mother's Day Race: A Fresh Start

The Mother's Day Race was nearly dropped from HMRRC's schedule for 2012 due to rising costs and decreased participation. This is a race that was originally designed as a "warm-up" for the Freihofer's Run for Women.

In an effort to breathe new life into the race, a new director has been named – Diane Fisher – along with assistance from Marcia Adams, co-director of the Delmar Dash. The ladies are making some dramatic changes to the race this year. These include:

Change of venue. Due to rising costs from building rental, security and low participation in Delmar, the race has been moved to Central Park in Schenectady. The race will take place entirely within Central Park. The course distance has also been changed from a 3.5 mile race to a 5K to match the distance of the Freihofer's Run for Women.

Focus on women. We are going back to our roots. This was a race designed as a warm up for Freihofer's Run for Women. It is HMRRC's opportunity to "tip our hat," if you will, to the fastest growing segment of the running community – women.

It's a bRUNch! Race directors are welcoming women of all paces to toe up to the start line! Afterwards, participants and their families will be able to enjoy a brunch with bagels, fruit and other tasty delicacies.

½ mile race for youths. Children will also be part of the event with a ½ mile run around the duck pond in the park. There is also playground equipment near the pavilion to keep the youngsters happy while mom is running.

Corporate sponsor. Best Fitness has agreed to be the corporate sponsor for the Mother's Day race this year and will be hosting a mini-Expo which will include packet pick-up and last chance registration on Saturday, May 12 at its Watt Street facility. Their "Couch to 5K" program run by the fitness professionals at their Watt Street facility will use this race as the culmination of their program, which should add more excitement and fun to the event. It is anticipated that Best Fitness's participation will enhance the race experience and make it a race to remember!

No day of race registration. To ensure the event is relaxed and enjoyable for all, there will be no day of race registration this year. Technical, gender-specific T-shirts will be guaranteed to the first 300 registrants. All participants will receive a swag bag.

No teams this year. Because the race is for and about women, there will not be team competition this year. Unique awards are planned for the top three women in each 5 year age group from 19 and under to 75 and over.

Ladies, be sure to mark May 12 (expo) and May 13 (race) on your calendars! Join us as we embark on a fresh beginning for a historic, local, women-only race. □

Tortoise to Hare Triumph in Kinderhook

by Julie Keating

The Kinderhook Runner's Club (KRC) marked its third anniversary on January 7, 2012 with its third annual Tortoise and Hare 5K race. This members-only race is the perfect way to celebrate club unity, as each runner's starting time was handicapped based on their finishing time in a 5K run earlier in the year. The clock started at 9 a.m. with the first runner, and all other runners' start times were staggered. The slower a runner's previous time, the sooner they were able to start. The faster a runner's previous time, the longer he/she had to wait to start and try to catch up with the runners already on the course. So, not only does this Tortoise and Hare race level the playing field, it also gives runners who have been training hard and improving their pace a chance to finish at the head of the pack.

For the second year in a row, the race was won by a woman. This year, Betsy Rees, 23, of Hudson came in first. Betsy began running just a year ago with the KRC's winter Slow Poke series of 5K fun runs led by Mark Browne around the OK 5k course in the village of Kinderhook. Betsy then completed the OK 5k in June 2011 as her first 5K race in a time of 31:08. Since June, Betsy continued to run with the club, and showed amazing improvement in her time at the Tortoise and Hare, with a clock time of 29:30 and a net time (actual running time) of 25:30.

After the race, Betsy said that winning the Tortoise and Hare was very exciting, and that she had no idea going into it that the race would be hers. However, her dad Frank Rees disagreed, as he noted that he predicted that she could be the winner at dinner the night before.

Other notable finishes among the "Hares" of the club include:

Chelsea Benson

1st Overall Net Time of 19:05, 1st Female Net Time

Tom Fraser

2nd Overall Net Time of 19:28, 1st Male Net Time

Ben Mueller

3rd Overall Net Time of 20:17, 2nd Male Net Time

Willie Janeway

3rd Men's Net Time of 20:47

Karen Dolge

2nd Women's Net Time of 21:11

Linnea Van Tassel

3rd Women's Net Time of 21:54

The KRC began its 3rd year with over 165 members from over 120 households. The club is open to everyone, of all abilities, and holds weekly runs on Saturday and Sunday mornings and Wednesday evenings. Upcoming special events include a field trip to the Hudson area to run on the Rip Van Winkle Bridge across the Hudson River on Saturday, February

11, and a Spring Running Clinic on the Ichabod Crane School Track. For more information, go to www.kinderhookrunnersclub.com. KRC members wearing their red club shirts can be found running and volunteering at HMRRRC events throughout the year. The Kinderhook Runners Club is proudly sponsored by Kinderhook Bank. ☐



3rd Annual KRC Tortoise and Hare "Victress" Betsy Rees posing with the fabulous red glass trophy that she can display in her home for the year, until the 4th anniversary race.

Profile of a Runner

BILL HOFFMAN



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

I am a founder and CTO at Kitware Inc. I help to run a software development company. I am 44, and I still like to write software from time to time. I try to play the guitar. I snowboard in the winter and ride a skateboard a bit in the summer.

When and how did you get started running?

I read the book *Born to Run*. I actually wrote a story for *Adirondack Sports and Fitness* about my running. See page 9: http://www.adksports.com/current%20issue/ASF_DEC11_Issue.pdf

Do you have a favorite race or races?

I think my favorite race so far has been the Stockade-athon.

What are your most memorable races?

My first Marathon (Mohawk/Hudson 2011). Troy YMCA Monster Dash with my 10 year old son Max. The ARC 5K with my PR 22:00.

How do you train? Do you have training partners?

I run shorter runs during the week, and a longer run on the weekend. I like to train with people. Sean Crall and I have done many long runs on the weekends.

What are your current goals?

To improve my marathon recovery time and running time.

Do you have any future running goals?

I want to see what I am capable of in terms of speed and distance without injury.

Do you have a philosophy of running?

I am a minimalist/barefoot/chi running evangelist. Prior to running in Five Fingers and learning Chi running techniques, I could not run more than half a mile, and I hated the sport.

Any funny stories?

I dropped off my son's bass at the elementary school in my Five Fingers, and the principal said, "Well, at least you are wearing something on your feet!" He had seen me running barefoot along Route 146A. ☐



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

Dryline Zip Shirt, black, Male S,M,L; Female L,XL

Insport Tights, black, Male, S; Female S,L

Knit Hat, navy, black, light blue

Thermax Gloves, black

Warm-Ups, black and gray jacket and pants, Male S,M,L

Long Sleeve Coolmax Shirts:

Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL

Mock Turtleneck, club logo on chest, Unisex black M,L,XL

Coolmax Singlets:

White with royal blue side panels, Female M,L - CLEARANCE

White with royal blue side panels, Male S,M,L,XL

Short Sleeve Coolmax Shirts:

Hind with reflective stripes, Male, mustard S,XL, grey S; blue M,L,XL

Female V-neck, lemon, purple, S,M,L,XL; red S,M,L

Shorts with white club logo

Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

Split-cut, 1" inseam, M,L - CLEARANCE

Split-cut Long Distance, 1" inseam, back mesh pockets, blue, L - CLEARANCE

V-Notch, 3" inseam, S,XL - CLEARANCE

V-Notch Long Distance, 3" inseam, back mesh pockets, L - CLEARANCE

Easy, 4" inseam, S,M,L - CLEARANCE

Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL

Male Race Ready Shorts, all are royal blue except where noted

Split-cut, 1" inseam, S,M,XL royal

V-Notch, 3" inseam, S,M,XL royal; L black

V-Notch Long Distance, 3" inseam, back mesh pockets, M,L, XL

Easy, 4" inseam, S,M,XL

Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL

Sixers, black, 6" inseam, back mesh pockets, S

Running Cap, embroidered logo, white, white/royal

DeFeet Coolmax Socks, white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20

Smart ID tag, snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6

If ordering only this item, postage is \$.44

Cost: **Total:**

\$36

\$20

\$ 8

\$ 8

\$65

\$22

\$22

\$11

\$21

\$25

\$20

\$15

\$15

\$15

\$15

\$15

\$15

\$15

\$15

\$19

\$19

\$24

\$21

\$25

\$27

\$11

All prices include 8% sales tax

TOTAL DUE: _____

Postage \$5.15

(If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)

Gift Certificates available for any amount. Just add \$.44

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.com

Name _____

Phone _____

Email _____

WINTER SERIES #3



Area's Own Jodie Robertson Finishes Strong at US Olympic Marathon Trials

by Mathew Nark and Jodie Robertson

A dream is an opportunity you give yourself. On Saturday January 14, 2012 Jodie Robertson of Voorheesville, NY competed in the 2012 Olympic Marathon Trials in Houston, TX. Over 500,000 people will compete in a marathon every year, but only 387 men and women met the marathon standards to qualify them for the 2012 Olympic Marathon Trials. This is an opportunity of a lifetime to compete among the nation's top marathoners, where the top 3 finishers from the men's and women's races will head to the 2012 Olympic Games in London to represent our country.

Jodie Robertson, who I am happy to have coached at Plaza Fitness, runs for the ARE (Albany Running Exchange) Racing Team, and is a member of the Hudson Mohawk Road Runners Club, was able to live part of her dream in Houston, Texas. After qualifying for the trials in her debut marathon on Long Island with a time of 2:42:54, Robertson faced the challenge of dealing with a stress fracture in her back. After three months of not running and a rehab program designed by Mathew, Robertson began running again in September 2011. With four months to prepare and the support of her husband, Aaron, a fellow elite runner, behind her, Jodie maintained a rigorous training schedule that included running 100 mile weeks, strength training 3-5 times a week, and doing all the little things to aid in recovery including proper sleep, nutrition and soft tissue work.

The dedication paid off on January 14th

when Robertson placed 57 out of 151 women at the 2012 Olympic Marathon Trials in a new personal best time of 2:42:31. "I was grateful to be able to toe the line healthy at the Olympic Trials and give it my all. I took a risk and ran a really solid 20 miles, but definitely had it rough



for the last 6.2 miles. I am happy to still run a PR even with taking that risk. What better time to take a risk than at the Olympic Trials, right? I still have a lot more in me and know this is only the beginning. I am definitely looking forward to getting in a few years of injury free running and we will see what I can do in 2016," said Robertson.

Dedicating her race to a young hero, Thomas Reynolds, who died of cancer at 13 in October 2011, Robertson had a tremendous amount of motivation and support from the Albany and Long Island communities. "This would not have been possible without all of the support that I have received. I am proud to represent the Albany and Long Island communities, as well as Thomas Reynolds. Thank you to everyone who has helped me to continue chasing my dreams."

Robertson was honored to be part of the strongest field of American women ever assembled for the marathon, and learned many important lessons from the nation's best runners. Hopefully Robertson will be a little inspiration for us all to get out there and continue reaching for our dreams. □



**Runnin' of the Green –
March 17**
Contact Ed Gillen

**Delmar Dash
April 15**
Contact Tom or Marcia Adams

**Masters Race
April 28**
Contact Jim Tierney

**Mother's Day
May 13
NEW LOCATION
Central Park in
Schenectady**
Contact Diane Fisher or
Marcia Adams

**CDPHP Workforce Team
Challenge – May 17**
Contact Cathy Sliwinsky

**WANT MORE
INVOLVEMENT?**

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

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

*It's not just about
running....*

Water: Droplets of Information

Water is a wonderful performance enhancer. When a star U Conn basketball player took the advice of his sports nutritionist Nancy Rodriguez RD and started drinking enough to consistently void a light-colored urine, he was amazed at how much better he felt all day. Unfortunately, too many athletes—including runners—overlook the power of this essential nutrient. Perhaps it's your turn to give water a try? This article offers droplets of information to enhance your water IQ, optimize your water balance, and help you feel and perform better.

- You don't have to drink plain water to get adequate water into your body. All fluids count, as do foods that have a high water content. For example, oatmeal is 84% water; low fat milk, 90%; coffee, 99.5%; lettuce, 96%; tomato, 95%; broccoli, 89%; low fat vanilla yogurt, 79%; and ice cream, 60% water.

- Water is the solvent for biochemical reactions. Your body cannot function without sufficient water, as indicated by the fact that athletes die from dehydration.

- Your body needs water to moisten food (saliva), digest food (gastric secretions), transport nutrients to and from cells (blood), discard waste (urine), and dissipate heat (sweat). Water is a major component of the cells in muscles and organs; about 60% of a young male's body weight is water, as is about 50% of a young woman's body weight.

- Different body parts have different water contents. For example, blood is approximately 93% water, muscle is about 73% water, and body fat is about 10% water. Water constantly moves between the inside and the outside of cells. About 4% to 10% of your body-water gets replaced every day with "fresh" water.

- Note: Bioelectrical impedance (BIA) methods of measuring body fat actually measure body water. From that, a formula estimates the ratio of water to muscle and fat. Hence, if you use a Tanita Scale or Omron device, be sure to maintain adequate hydration. If you are dehydrated, you'll end up with an inaccurate (higher) estimate of body fatness.

- Your body produces about 8 to 16 oz. (250-500 ml) water per day during normal metabolic processes. During a marathon, a runner's muscles can produce that much water over 2 to 3 hours. When muscles burn glycogen, they simultaneously release about 2.5 units water for each one unit of muscle glycogen; this helps protect against dehydration.

- Coffee is a popular source of water. Although once thought to have a diuretic effect, current research indicates coffee (in amounts normally consumed) hydrates as well as water over a 24-hour period. That is, after drinking coffee, you may urinate sooner, but you will

not urinate more than you consume. Army research on caffeine and dehydration confirms coffee is an acceptable source of fluids for athletes, even during exercise in the heat. Hence, coffee and other caffeinated beverages such as tea or cola count towards your water intake.

- An increased concentration of particles in your blood triggers the sensation of thirst. If you are a 150-pound runner, you'll start to feel thirsty once you've lost about 1.5 to 3 pounds of sweat (1% to 2% of your body weight). Sweat loss of more than 10% body weight is life threatening.

- Body water absorbs heat from the working muscles and sweat dissipates the heat. That is, the evaporation of a liter (about 36 ounces) of sweat from the skin represents loss of about 580 calories. Sweat keeps you from overheating during exercise and in hot environments.

- To determine how much water you lose when you sweat, weigh yourself (with little or no clothing) before and after an hour of hard exercise with no fluid intake. The change in body weight reflects water (sweat) loss. A one-pound drop in weight equates to loss of 16 ounces of sweat. A two-pound drop equates to 32 ounces—that's one quart. Drink accordingly during your workouts to prevent that loss!

- When you sweat, you lose water from both inside and outside the cells. The water outside the cells is rich in sodium, an electrolyte that works in balance with potassium, an electrolyte inside the cells. Sweat contains about 7 times more sodium than potassium; hence sodium is the more important electrolyte to replace during extended exercise.

- Most runners who lose more than 2% of their body weight (3 lbs for a 150-pound runner) lose both their mental edge and their ability to perform optimally in hot weather. Yet, during cold weather, you are less likely to experience reduced performance, even at 3% dehydration. Three to 5% dehydration does not seem to affect muscle strength or performance during short intense bouts of anaerobic exercise, such as weight lifting. But distance runners slow their pace by ~2% for each percent body weight lost by dehydration. That means, if you weigh 150 pounds and lose 3 pounds sweat (2% dehydration), your 8-minute mile slows to an 8:19 pace. That's preventable!

- Adequate fluid intake can reduce problems with constipation and urinary tract infections. There is no scientific validation of theories that excessive water intake will improve weight loss, remove toxins, or improve skin tone.

- Should you plan to drink "eight glasses of water a day"? No scientific evidence supports that rule, so you can simply drink in response



to thirst. You can also monitor the volume of your urine. If your urine is scanty, dark, and smelly, you should drink more! If you have not urinated during your work or school day (8:00 a.m.- 3:00 p.m.), you are severely underhydrated.

- Is bottled water better for you than tap water? Doubtful. According to the Center for Science in the Public Interest, nearly half of bottled waters come from municipal water supplies—not from the mountain streams pictured on the labels. This suggests standard municipal tap water is high quality.

Rather than spend money on bottled water, turn on your tap! This will help stop the flood of 95 million plastic water bottles that get discarded each day, of which only 20% get recycled. Drink plenty of water—but think "green."

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for new runners, marathoners, and cyclists offer additional information. They are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

References:

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National Academy of Sciences. Institute of Medicine. Food and Nutrition Board.

Dietary Reference Intakes for Water. http://www.nal.usda.gov/fnic/DRI/DRI_Water/73-185.pdf

Wilmore, J and D. Costill. *Physiology of Sport and Exercise*, Human Kinetics, 1994. □

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

Not sure where to begin?

Then Join Us!

HMRRC will offer a training program designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances OR for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins in May and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 7, 2012. Group training takes place twice weekly in the Capital District.



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

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

Registration is available online at www.mohawkhudsonmarathon.com beginning on February 1, 2012. For more information, contact Cathy Sliwinski at racedirector@mohawkhudsonmarathon.com or Jim Thomas at jth430@verizon.net.



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

New HMRRC Members

Warren Alber & Family
 Meghan Araldi
 Daniel Ayala
 Megan Baldwin
 Louise Bataillon
 John Beard
 Marcy Beard
 Gregg Berninger
 Elizabeth Bogdanowicz
 Jed Boswell
 Rebecca Boswell
 Leigh-Ann Brash
 Susan Browne
 Britt Buckenroth
 Rebecca Cain
 Dave Campbell
 Douglas Campbell
 Tamara Cappellano
 Catherine Cappelletti
 Molly Casey
 Jessica Chapman
 Mark Chevalier & Family
 Alex Chlopecki II
 Chris Chromczak & Family
 James Chung & Family
 Michaela Cicero & Family
 Eileen Coffey
 Bill Colvin
 Donna Comiskey
 William Comiskey
 Jane Constantine
 Adam Coolong
 Rene Cooper
 Kevin Cotter
 Brian Coyne
 Sean Crall & Family
 Hilary Crannage
 Frank Cupernall
 Charles Curiano
 Krista Currie
 Marcel D. Parrilla
 Mary Daly
 Pamela Daniels
 Michelle Davis
 Marcus DeBergh
 Jeanne Deguire & Family
 Gabriel Deyo & Family
 Jude Dinan
 Sherry Douty
 Jen Eaton
 Jim Eaton
 Dan Egan
 Mike Endres
 Peg Endres
 Gretchen Etringer
 Daniel Evenhouse
 Steven Facchetti

Maureen Fitzgerald
 Tom Fitzpatrick
 Sharon Foglia
 Paul Fraley & Family
 Tom Fraser
 Nate Fredette
 Melissa Frisbie
 Kimberly Furnish
 Kristopher Geist
 Pilar Geracilano
 Danielle Giulian
 Michael Giulian
 Colleen Goodspeed
 Robert Goodspeed
 Melissa Gordon
 Steven Grassmann & Family
 Edward Gravelle
 Judy Guzzo & Family
 Duane Harding & Family
 Frank Harris
 Jennie Heidbreder
 Kellen Henderson
 Paul Henry
 Kristen Heyde
 Laura Hickey
 Lori Hitchcock & Family
 Bill Hoffman & Family
 Patrick Horan & Family
 Antoinette Howard
 Bill Howard
 Kristina Hubert
 Kelly Ireland
 Leah Jachym
 Christina Jordy
 Chris Judd
 Michelle Juett
 Dennis K. Sherman
 Scott Kalakowski
 Christine Kawczak & Family
 Heidi Kay
 Natalie Kayembe
 Chris Keating
 Debra Kelley
 Carol Kemp
 Tamica Kenyon & Family
 Brenda King
 John Knight & Family
 Jessica Kratzert
 Darlene Kusaywa & Family
 Claire Laundry
 Clark Leach
 Kirsten LeBlanc
 Margarita Lemmerman
 Michele Lindow
 Frank Lombardo
 Cindy Lovely & Family
 Elaine Luizzi & Family

Courtney Lynch
 Jayne Maloney
 Renee Mantello
 Joe Marchese
 Allison Marinucci
 David Marinucci
 Kim Marinucci
 Shana Marra
 Jeffrey Marx
 Lorie Massad
 Samantha McBee
 Lisa McClure
 Neil McGreevy & Family
 Candace McHugh
 Michael McLean
 Danielle Mellen
 Hilary Mislan
 Jessica Mokhiber
 Jon Mueller
 Aileen Muller
 Amy Murphy
 Joe Murphy
 Rebecca Murphy & Family
 Dave Nagengast
 Jeffrey Nastke
 Laura Nesbit & Family
 Kate Newton
 Vinny Otto
 Cagri Ozcaglar
 Todd Palmer
 Joe Palumbo & Family
 Cristian Pantea
 Sue Patterson
 Teresa Pearlroth
 Danielle Peltier
 Rachael Phelan
 Michael Platt
 Bridget Polidore
 Joe Polidore
 Mohammad Qneibi
 Kristen Quaresimo
 Rangarajan Radhakrishnan
 William Ralston
 Kate Reddy
 Betsy Rees
 Jennifer Rexius
 Courtney Rickert
 Paley Robert
 Mary Roberts
 Aaron Robertson
 Jodie Robertson
 Jerry Rock
 Krista Rock
 Gregory Rodriguez & Family
 Steven Rodway
 John Romano
 Debra Rothaupt

Dean Rowe & Family
 Nadia Rubaii
 Emily Rudolph
 Glenn Rugen & Family
 Kim Sack
 Chris Salvato
 William Salvi & Family
 Michelle Sanchez & Family
 Eileen Satterlee
 Jansen Satterlee
 Lotfi Sayahi & Family
 Lori Scarafile & Family
 John Schwarz
 Jeff Seckinger
 Peter Sharp & Family
 John Sheehy
 Stefanie Shepard
 Tim Shepard
 Robert Shovelton
 Bryan Shults
 Janelle Shults
 James Silva
 Doug Smail
 Marie Smallman
 Colleen Smith
 Derik Smith
 Rhonda Smith
 Lillian Spring & Family
 Becky Stetzer
 Amy Stock
 Heather Stroker
 Jessica Sutton
 Patrick Sweet
 Ryan Sweet
 Rich Tanchyk
 Greg Taylor
 Sean Thompson
 Anna Thorburn
 Richard Thorburn
 David Travis
 Sarah Travis
 Douglas Tucker & Family
 Richard Tucksmith & Family
 Jay Tyler
 Jennifer VanVlack
 Janice Verrastro
 Chieko Vititow & Family
 Eric Warnke
 Hope Weiner
 Jon Whalen
 Linda Williams
 Karen Wilson
 Nicole Wittemeyer
 Justin Wood
 Sonia Yau
 Hyde Yonkers
 Eric Young & Family
 Stephanie Ziobroski



Want to stay fit this spring 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 chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

ARE's 10th Dodge the Deer 5k — Saturday, April 21, 2012 | Schodack Island State Park | 10am Start Time

Wow! It's year #10 of ARE's inaugural event, and everyone's invited! In an effort to maximize the value, we're keeping the pre-reg fee at \$15 and that includes your socks, B-Tag timing with split mats, plenty of entertainment, and another great cook-out with food for all! The course is fast and flat on a perfect surface that is easy on the legs without the technical component experienced on typical trails. Whether this will be your tenth time or just your first, head on over and meet Dodge the Deer, Bully the Bear, Chase the Chipmunk and the rest of the characters who make it all happen!

Find out more and register at www.AREEP.com/camp

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running.
- Yoga, form clinics, and special sessions.
- Gourmet meals.
- Pond open for kayaking and swimming.
- FREE entry into the Froggy Five Mile.
- FREE entry for the Run & Tube Trip.
- One of the best weekends you'll ever have!



Cost is from \$260 to \$365 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 2 through June 4)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the fourth year of the series, which features a 3.5 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The free series features great camaraderie in a beautiful place!

ARE Group Runs—Typically 3+ every day of the entire year throughout the Capital District

The Albany Running Exchange held over **2,000** organized group runs in 2011. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply 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

Meeting Minutes of the HMRRC General Meeting January 11, 2012

Attendance: Barb Light, Chuck Terry, Tom & Marcia Adams, Nancy Briskie, Ray Lee, Rob Moore, Jonathan Golden, Diane Fisher, John Parisella, Jon Rocco, Jim Tierney, Doug Bowden, Maureen Cox, Ed Gillen, Mark Warner, Wade & Anny Stockman, Ray Newkirk, Cathy Sliwinski

Call to Order (J. Parisella): meeting called to order at 7:30PM

Reading and approval of December 14, 2011 minutes (B. Light). Rob Moore made motion to approve minutes, seconded by Marcia Adams, motion approved.

Reports of Officers

President (J. Parisella): Delmar Emergency Services sent us a card thanking us for their donation. Email from Jeanne DeGuire, expressing an interest in the ad director for Pacesetter. John will forward to Robin Nagengast to review.

Executive Vice President (J. Rocco): Jon spoke to Judy Lynch and she sold some small apparel for us at the Hangover Half & Winter Series #3 which resulted in \$492.50 in sales. Thank you Judy Lynch for helping out. Distinguish Service application is on the HMRRC homepage if you want to nominate someone. Applications are due by March 1st to Jon Rocco or by the monthly meeting on March 14th. Schrader Scholarships emailed out and Jon spoke to Frank Myers and he will forward to School Athletic Directors. Jon will also post on Section II website. He will bring applications to next two Winter Series races and they will be in the next two Pacesetters.

2.3 Executive Vice President – Finance (C. Terry): No report

2.4 Secretary (B. Light): No report

2.5 Treasurer (P. Zentko): No report

Reports of Committees

3.1 Membership (D. Fisher): 2715 current members, up 152 from last month, 342 over last year at this time. Ed Gillen noticed that in Wild Apricot when you are registering for a race if you are not a member of HMRRC it will prompt people and ask if they want to become a member.

Volunteers (M. Adams): Need volunteers for Winter Series #4 & Winter Series #5. Tom & Marcia went to BJ's to get supplies for van and races and due to new policy we have to pay by company check,

company credit card, or cash. They will no longer take personal check. Might look into get a debit card to use for purchases with a limit on it. Issue seems that we use Tax Exempt certificate and then pay with personal check or credit card they don't want State to audit them because we didn't pay sales tax. Maureen asked if we could add users to a company credit card. Nancy said that we need to control how many cards are out there and expenses. John will check with Pam to see what the best way is to handle it. Chuck will also talk to her. Sign up for AFTER HOURS at Best Fitness. It will be a Mardis Gras theme. February 25th 6:30PM. Raffle-first prize is year membership to Best Fitness.

Public Relations (R. Moore): Press releases to all papers for Winter Series races. Upcoming Spring Expo/Summer Adirondack Sports & Fitness March 10th & 11th at Saratoga City Center. Saturday from 10AM-6PM and Sunday 10AM-5PM. Rob will staff both days but looking for volunteers. Shirt/sneaker booth at Hangover Half collected shirts/sneakers that were sent to the Schenectady Mission. Thank you to all who donated!

Race Committee (M. Warner): Handed out Winter Series spread sheet participation back to 1996-1997. 1486 participants so far this year at all the Winter Series races. Breaking all records!! Having great participation in the races and the weather has been very favorable. Winter Series #2 ran well with no issues, Winter Series #3 went great for first time Race Director Jon Rocco. We had 414 finishers in the race. Letters have gone out to Grand Prix winners so they can come to banquet. Ed Gillen noted that writers for the Times Union Runners Blog have really been promoting our Winter Series races before, during and after the race. They are doing a great job promoting the club. Ed Gillen works on the Facebook page for the club and we are currently up to 717 people on the club Facebook page. Ed has been posting pictures, posts and videos and feels it could be helping with the increase in members..

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

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

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): We received 6 grant requests for \$1000 each. Distributed out to grant committee-they will review applications and make determination in next couple of weeks. Two grants were youth grant requests. Due to guidelines, this will probably be turned down. It did occur to Ray that we could treat as special purpose grants. The procedure for this is to recommend that the grant be made at one meeting and then vote at the next meeting. Ray made copies of grant request and asks the club to consider these grant requests as a special purpose grant. Ray moved that these requests be considered for special purpose grants, seconded by Marcia Adams. We no longer have the Youth Grants so that is why they should be considered for special purpose grants. Doug suggested that at future meetings discuss guidelines for the grants. Motion passed. Will be considered at the next meeting. They will be considered each separately. They are attached with the minutes.

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

Just Run Program (K. Skinner): No report.

Unfinished Business: HMRRC Clothing-Jon discussed that 2 people inquired about the clothing position, but did not take job. Currently not getting many requests for clothing. Within the last year sold about \$1000 worth of clothing. We need to decide what to do if we should go online or to update new lines of clothing. Marcia said that if it is out of site it is out of mind

but if it is seen at the races then we sell merchandise. That requires that someone be there at the races with the clothes. We could add this as a volunteer position at the race and have it available at the races. Ed noted that a promotional code can be put into the race packets to be used to purchase clothing.

Race Committee Treasurer: Jonathan Golden is interested in taking over the Race Committee Treasurer and Nancy will be meeting with him to go over the transfer.

Electronic Race Records Update: Ray Newkirk reported that the actual entry is about 90-95% completed. The person who was hired has been getting paid, second step is to take the text files and transfer to HTML and load onto club site. There are a lot of files and it is a time consuming job but trying to get the current events loaded first. It is moving forward and the data entry part is almost complete.

New Business: Rob Moore would like to continue with the shirt/sneaker recycle drive. Marcia thanked Nancy for being the Race Committee Treasurer the past few months and that the club appreciates all that she has done. Thank you Nancy for your service.

Announcements:
Refreshments-February Refreshments – Ray Lee

Adjourn: Motion made to adjourn meeting by Jon Rocco, seconded by Marcia Adams, meeting adjourned at 8:15PM. □

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

Russell Sage College "Bust a Move" 5k

April 21, 2012 Saturday

**Russell Sage College
65 1st Street
Troy, New York 12180**

**\$15.00 Non Student, \$10.00 Student (any college)
\$20.00 Day of Registration
Includes shirt & post event food.**

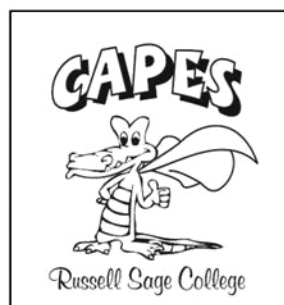
**Registration: 8:45am - 9:45am
Run/Walk: 10:00 am, April 21, 2012**

**Awards to 1st three finishers (male/female) in
following age groups: 14 under, 15-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70-79, 80+.**

**Questions: Michael Washco
Cell: (518) 210-5298 or (washcm@sage.edu)**



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Check/Cash payable RSC/CAPES. Mail to Russell Sage College, Wellness Center, Kellas Hall, Troy, New York, 12180

Name: _____ Age: _____ DOB: _____ Sex: _____

Street: _____ Shirt Size: _____

City: _____ State: _____ Zip: _____ Phone: _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against The Sage Colleges, and organizations within, and all officials and volunteers in this event for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature: _____ Date: _____

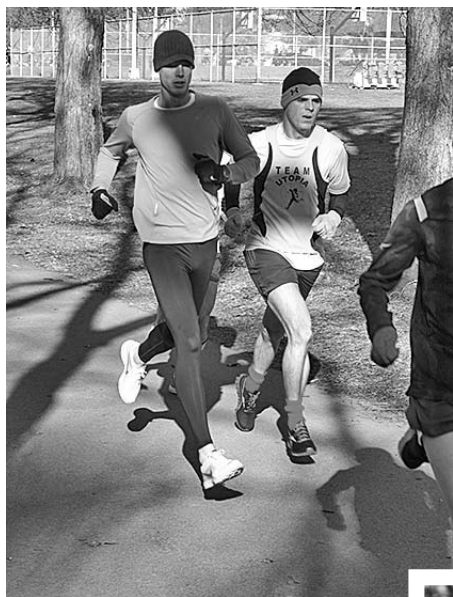


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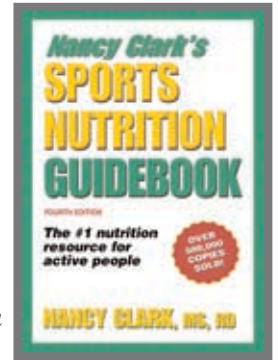
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Local Event Schedule

Date	Time	Event	Location	Contact	Email
3/11	10:00 AM	Celebrate Life Half Marathon	Rock Hill	Myriam Loor	myriamloor@hvc.rr.com
3/17	10:00 AM	13th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
3/24	8:30 AM	West Road's 2nd Annual Shamrock Shuffle 5k & Fun Run & Walk	Whitesboro	Ryan Misencik	bryan_lakes23@yahoo.com
3/25	11:00 AM	Shamrock Shuffle 5 Mile	Glens Falls	Kevin Sullivan	shamrockshuffle@roadrunner.com
3/31	9:30 AM	Schenectady Firefighters- Run 4 Your Life 5K Run/walk	Central Park, Schenectady	Brian Demarest	sfdemdem232@yahoo.com
3/31	9:00 AM	Ice Breaker Challenge 5K	Albany Corning Preserve/Bicycle Path	Kathy Johnston	wade.johnston@hotmail.com
4/7	10:00 AM	18th Annual Rabbit Ramble 4 Mile Run & 2 Mile Walk	Guilderland HS	Phil Carducci	rabbitramble@nycap.rr.com
4/14	9:00 AM	5th Annual Peppertree Furry Fun 5K Run/Walk	Warming Hut, Saratoga State Park	Catherine Kunz	catherinekunz@hotmail.com
4/15	9:00 AM	24th Delmar Dash 5M	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/21	9:00 AM	Great Mom's 5k Fun Run/Walk	Starts at Maple Ridge Park - Selkirk	Jessica West	jwest679@hotmail.com
4/21	8:30 AM	9th Annual St. John's / St. Ann's Spring Run-Off 10k, 5k and 1-mile Family Fun Walk	Hudson River Way Corning Preserve Bike Path	Barbara Quinn	bquinn98@hotmail.com
4/21	9:00 AM	St Peter's Keys Run 5k&10K	Columbia Pavilion, Saratoga Spa State Park	Laura Clark	laura@saratogastryders.org
4/21	10:00 AM	Russell Sage College "Bust a Move" 5K	Russell Sage College (Troy)	Michael Washco	washcm@sage.edu
4/28	8:00am	kLaVoy5k	Saratoga Springs State Park (warming hut)	Tonya Pellegrini	kLaVoy5k@hotmail.com
4/28	9:00 AM	32nd Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/28	9:00 AM	DACC 8th Annual 5K DASH 2012	DACC- 221 Victoria Drive, Delanson	Darcie Adams	dadams@dacc.info
5/13	10:00 AM	32nd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrrcdiane@gmail.com
5/17	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mike Rabideau	osgoodpond@yahoo.com
5/18	6:00 AM	3rd Annual Nassau 5K Country Run/1 Mile Walk	Nassau commons	Deborah La Due	ladue2000@aol.com
5/19	9:00 AM	5K Run/Walk	139 Hall Ave. Johnstown (Johnson Hall)	Ron or Pat Robinson	rrobinso@citlink.net
5/19	8:00 AM	Make it a Great Day Half Marathon and 5K	Tamarac School. 3992 Rte 2, Cohoes	Heidi	heidib@thedragonflyadventure.com
5/20	9:00 AM	Cohoes Founders Day 15k & Mastodon 5K	Craner Park	Lisa P. Osorio	lisatompkins@hotmail.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

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NEW MEMBERS
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Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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