

# ***The Pace Setter***

**September 2010**

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



# NORTHEASTERN NY



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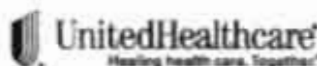


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RACE FOR THE CURE®**  
P.O. Box 13535  
Albany, NY 12212-3535

## 16th Annual 5K Run & 2 Mile Family Walk Sleep-In for the Cure®

**Saturday, October 2, 2010**  
**Empire State Plaza - Albany, NY**

### 2010 Komen NENY Race For The Cure® Entry Form

FIRST NAME _____		LAST NAME _____	
MAILING ADDRESS _____			
CITY _____		STATE _____	ZIP CODE _____
TELEPHONE NUMBER _____		E-MAIL ADDRESS _____	
AGE ON RACE DAY _____		GENDER <input type="checkbox"/> M <input type="checkbox"/> F	

Please check your event ☐ Co-ed 5k Race ☐ Co-ed Family Walk ☐ Sleep-in For the Cure

Would you like to be recognized as a breast cancer survivor by receiving a complimentary pink cap and T-shirt? ☐ Yes ☐ No

#### FOR SLEEP IN FOR THE CURE® INDIVIDUALS AND TEAM MEMBERS ONLY

(includes runners, walkers, and sleepers): All team members must sign the Race Release below. TEAM ENTRIES MUST BE POST MARKED BY SEPTEMBER 18, 2010.

TEAM NAME _____	
TEAM CAPTAIN _____	PHONE _____
Check T-shirt size required: Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL Children <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L	

#### Entry fees

- \_\_\_\_\_ \$25.00 per individual as of 9/8. Must be postmarked by 9/25/10
- \_\_\_\_\_ \$30.00 after 9/8 and at Packet Pick-up on 9/30/10 and 10/1/10
- \_\_\_\_\_ \$35.00 on Race Day on 10/2/10
- \_\_\_\_\_ \$10.00 for children under 12
- \_\_\_\_\_ \$25.00 Sleep-In for the Cure® by 9/8 or \$30 thereafter

Make check payable  
to and mail to:

**Komen NENY Race  
for the Cure®**  
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Albany, NY 12212-3535

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This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect. I understand that I have given up substantial rights by signing this Release, and have agreed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

SIGNATURE \_\_\_\_\_ PARENT OF GUARDIAN'S SIGNATURE (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

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*Photos in this issue by Donna Davidson*

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



by Mark Warner

Did you ever wonder where your entry fees for HMRRRC races go? Road races are a relatively inexpensive way to be healthy, fit and enjoy time with others who share your love of running. Except for marathons and a few major races, you can enter most races for between ten and twenty-five dollars, much less than most concerts, major league ball games, amusement parks or gym memberships. HMRRRC strives to give members the best value for their dollar. The club must balance reasonable entry fees while offering runners quality events with perks such as quality tee shirts, refreshments, awards and accurately measured courses and timing.

Two club races, the CDPHP Workforce Team Challenge and the Mohawk-Hudson Marathon, have made significant profits in recent years, which have helped fund our thirteen free races as well as scholarships and grants in support of the local running community. Although the thirteen free races for club members are relatively inexpensive to conduct, the club still has a number of expenses to cover. For example, the Distinguished Service Race incurs expenses for rental of the gym at UAlbany, insurance, refreshments, awards and advertising in *The Pace Setter*. Except for the two major races listed above, most club races have relatively minor losses or slight profits.

Let's look at the Stockade-athon, directed by Vince Juliano, to see where your entry fee goes in a major race. The entry fee is between \$22 and \$30 depending on whether you are a club member and when you register. The Stockade-athon also receives over \$10,000 in sponsorship fees to offset some of the costs of the race. This race prides itself in the quality of shirts given to runners so it spends about \$11 per shirt to provide a high quality technical shirt to approximately 1400 runners and volunteers. Another \$7500 is spent on awards (both cash and merchandise). Over \$6000 is spent on police services as much of the race is on Schenectady city streets. Another \$3600 is spent on timing services because runners prefer the latest technology provided through chip timing. Other significant expenses include refreshments, advertising, rentals, insurance, DJ services and VIP rooms for invited elite runners. Once these expenses are offset against the entry fees and sponsorship income, the club is left with a net profit of less than one dollar per runner. Like most HMRRRC races, the Stockade-athon does not try to make a profit

but rather attempts to break even by setting an entry fee that will cover race expenses.

Over the years, HMRRRC has listened to its members and added race amenities to meet expectations. This is similar to the national trends in marathons and major races. Thirty years ago the Boston Marathon's entry fee was \$5 with no t-shirts, no finisher medals and only water at the water stops. Now with an entry fee over \$100, runners receive a quality shirt, finisher medal, goodie bag, chip timing and many other perks. Times have changed and the HMRRRC has met those challenges by offering high quality events such as the Delmar Dash, SEFCU Labor Day Race, Mohawk-Hudson Marathon and Stockade-athon for a reasonable price. For those who prefer to simply run in inexpensive low key races, HMRRRC has on its annual calendar many free races with few perks such as the Winter Series, Tawasentha Cross Country Races and Summer Track Series. HMRRRC will continue to strive to give runners the best value for their money for those who participate in the thirty-plus races it sponsors per year. Race directors are always willing to listen to new ideas to provide our members events of the highest quality at the best price. □





# What's Happening in September

by Al Maikels

You would have to be an old timer to remember when the Labor Day 5k was held at the Corning Preserve in the late afternoon and always seemed to have an extended wait for the awards ceremony. That race was held in the mid eighties and got people into the habit of running a fast 5k as part of their Labor Day festivities. After that race faded away the club revived a Labor Day race in the morning at Central Park in Schenectady. After a nice 15 year "run" at that site the race moved to its new home at the SEFCU Headquarters on the State Office Campus. The 22nd SEFCU Labor Day 5k will be held on Monday, September 6 at 9 a.m. at SEFCU Headquarters on the Washington Ave. side of the State Office Campus. There is no day of race registration available for this Grand Prix race so an early sign-up is encouraged.

The HMRRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.6 miles (Grand Prix race) and 2.8 miles, these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 39th anniversary celebration will be held on Sunday, September 19th at 9 a.m. at SUNY and feature day of race registration only.

Half marathons are plentiful on the September calendar with such regular events as

the Dutchess Classic Half Marathon, scheduled for Sunday, September 19 at Wappingers Falls. This is a personal favorite of mine and I encourage anyone looking for a nice ride and a good run to make the trip down the Taconic Parkway. The Saratoga Palio features the Melanie Merola Memorial Half Marathon and 5k run/walk on Sunday, September 19 starting at 8 a.m. at City Hall in Saratoga Springs.

There are also some fine shorter distance

races in September, located closer to home. A perennial favorite is the FAM 5k "Fund Run," set for Saturday, September 25 at 10 a.m. at the Cobleskill Fairgrounds. This year the FAM Run features 4 New York Giants tickets as the raffle grand prize. Other fine 5k runs include the Dunkin Run on Sunday, September 12 at 8:30 a.m. at the Albany Jewish Community Center and the 9th Annual Teal Ribbon 5k on September 12 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 11 at 9 a.m. and the Crossings 5k Challenge on Sunday, September 26 at 9 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 8 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in Mark Warner's presidency and all club members are welcome. □

## Town of New Scotland 7.1 Mile Race

Sunday, Oct. 3, 2010  
10:00 a.m.

**31<sup>st</sup> Anniversary**

Entry Fee:	\$8.00 for HMRRRC members \$10.00 for non-members
Registration:	8:00-9:45 a.m., day of race only, Town Park on Swift Road
Awards:	Overall, Age Group, Town Residents NO DUPLICATION
Race Time & Course:	10:00 a.m. – Town Park Course is challenging and follows scenic hilly country roads.
Location:	Town Park on Swift Road in Voorheesville Swift Road runs between Routes 85 and 85A.

**For More Info Call**  
**Jim Thomas 518-477-8489**  
**Russ Hoyer 518-817-6623**

### 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**



# Hairy Gorilla Half Marathon & Squirrelly Six Mile

Orniously brought to you by ARE Event Productions

9:30AM

SUNDAY, OCTOBER 31, 2010

THACHER STATE PARK, NY

\*FEATURED IN RUNNERSWORLD OCTOBER 2009\*

## WHAT YOU NEED TO KNOW

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

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



## AWARDS

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

### Additional categories (if you dare!)

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



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

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA "MEDAL" TO ALL FINISHERS IN THE HALF



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

## EVENT SCHEDULE

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

The half marathon also features team competition. Team forms can be downloaded from the event website.

## AMENITIES

Chip timing. The first 400 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out for all appetites.

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Early Registration: Postmarked by October 22.  
Do not mail after 10/22. Checks out to AREEP

## We highly encourage you to register online.

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



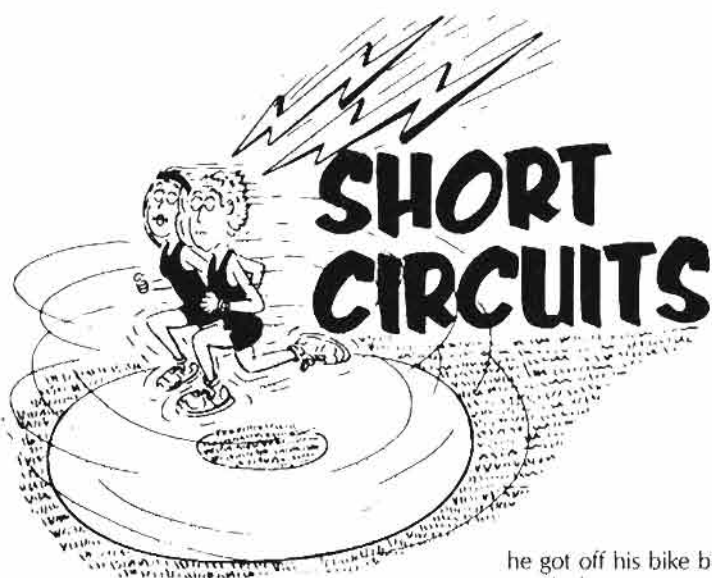
## FOR MORE INFORMATION

Please visit [www.AREEP.com](http://www.AREEP.com) or call 518 320 8648.

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

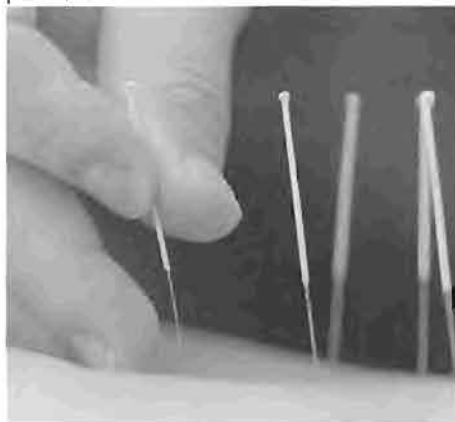
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NAME _____		____/____/____ BIRTHDAY		AGE (on 10/31/10) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____			EMAIL _____		
CITY _____			STATE _____	ZIP _____	
PHONE ( ) _____		RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		RELAY PARTNER (IF APPLICABLE) _____			
<p>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, 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.</p>					
SIGNATURE _____		DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)	



In Japan, acupuncture is the primary treatment for running-related injuries. Acupuncture is able to promote increased blood flow to an area and stimulate healing—similar to a histamine response—from the slight irritation that the needles produce. The advantages of acupuncture compared to other forms of treatment are two-fold. Where massage involves manipulation of surface muscle in dealing with underlying tissues, acupuncture allows treatment of deeper muscle tissue without aggravating surface muscle, making it the most effective and direct method of treatment.

Secondly, since the symptoms of pain or fatigue can occur somewhere other than where the problem actually lies, acupuncture is effective in treating the root cause of the problem, rather than only the area of symptomatic expression.



*The needle is better than the knife*



An HMRRRC couple went to the Pine Bush Preserve in July to enjoy an easy run. Getting out of their car to head into the woods they saw an older fellow riding in on a bicycle. He looked out of it. He was wobbly on his bike. He came to a stop, said hello, but was off balance, and struggled to get off his bike with his shorts getting caught on the seat. In any event

he got off his bike but looked to be in pretty rough shape.

He said it was really hot out and he thought he may have pushed too hard for the conditions. He said he was okay and that he was near his car so the runners started into the woods. A moment later the runners heard a thud and knew instantly that it was the biker. They ran back and the old biker was face-down on the ground, out cold. When he came to he was disoriented but starting to come around. His helmet was cracked down the middle from the fall. They asked him if he had some water. His bottle was dry. The runners gave him some water and snacks. He was very appreciative and very dehydrated.

Lessons learned: always have plenty of water, extra to lend a hand if needed, wear some form of ID, wear a helmet when riding and keep it on.



*Cyclist picks up the pieces after the crash*



Exercise scientists say they have stumbled on an amazing discovery. Athletes can improve their performance in intense bouts of exercise, lasting an hour or so, if they merely rinse their mouths with a carbohydrate solution. They don't even have to swallow it. And the scientists think they have figured out why it works. It appears that the brain can sense carbohydrates in the mouth, even tasteless ones. The sensors

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](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

are different from the ones for sweetness, and they prompt the brain to respond, spurring on the athlete.



*Remember, don't swallow!*



Molly Huddle from Elmira, NY (now living in Providence RI) ran 14:52 5k in July at the Paris Diamond League Track Meet. The former State Federation XC champ's effort was the 3rd fastest ever by an American woman at that distance.



*14:52!*



10th Annual



To Benefit



# Saturday, October 23rd, 2010

Saratoga Spa State Park Columbia Pavilion

*Rain or Shine*

5K & 10K Walk/Run 9:30 AM

Kid's Fun Run following races

**\*\*NEW THIS YEAR\*\***

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K!

## 5K & 10K Fees

**\$20 (before 9/18); \$23 (before 10/23)**

**\$25 (day of)**

**Kids Fun Run Fees (12 & under)**

**\$5**

## Become a fundraiser for Saratoga Bridges

Get pledges and/or donations of \$100 or more & your fee will be waived, PLUS you could win an **Apple IPOD Shuffle** for raising the most money!

Create your own fundraising page at  
**active.com/donate/SaratogaBridges**

Come dressed in your favorite costume!  
A community event for the whole family.



## Register Online:

**www.saratogabridges.org**

**More information: 518.587.0723**



Sanctioned by USA  
Track & Field

## **\*Packet & Chip Pick Up\***

A \$20 fee will be assessed for any chips that are lost, broken or not turned in to volunteers at the event.

Friday 10/22 from Noon—6pm @ Saratoga Bridges offices located at  
16 Saratoga Bridges Blvd. or Day of 7:30 AM—9 AM at the event

For a printable registration or pledge form and 5&10K maps, please call us at  
518.587.0723 or go to our website at [www.saratogabridges.org](http://www.saratogabridges.org).

# **www.saratogabridges.org**



# Boilermaker: The Essence of Community

by Vince Juliano

My first Boilermaker Road Race was in 1984, and the sheer volume of runners gathered at the start, the enthusiasm of the community and spectator support made lasting impressions that lure me back each year.

The race was different in many ways back then as participants totaled about 4000, one third of the present size. Athletes positioned themselves tactically near the start line without any color coded race bibs or corresponding corals. The race started two hours later than the current 8 a.m. start and midsummer heat and humidity was a much bigger concern. The start line was close to a quarter mile east of its present location making the first mile a long and steeper ascent. The finish ended at the Utica Brewery just like today, but runners were free to hang out near the finish instead of being funneled to the present courtyard location of the world's largest post race party. One vivid memory of my first Boilermaker was resting on a curb post-race and noticing the winner Geoff Smith doing the same a short distance away as other runners offered congratulatory handshakes for a job well done.

1984 was the year after Bill Rodgers won the Boilermaker and helped focus the national distance running media on this fast growing event. Geoff Smith might not have been as recognizable a figure as the 4-time Boston and NYC Marathon champion but his international resume was nearly as impressive. A former fireman, who won the London, Chicago and Boston Marathons, he is probably best known for his agonizingly close defeat to New Zealander Rod Dixon at the NYC marathon where he collapsed at the finish tape just 9 seconds shy of victory. To this day, no athlete has won all 4 major marathons, but Smith came closest to that elusive goal.

Today, Boilermaker elite runners have their own warm-up area prior to the race, and are escorted to the front of roped-off corals in advance of the start. After the race, these athletes are shuttled off to their own refreshment area and escorted to the award ceremony. The interaction between the top tier of our sport and the average recreational athlete is limited to modest applause at the award ceremony prior to the main event, a post race band with free flowing refreshments compliments of the brewery.

Music and a party-like atmosphere is not only the focus of the post race festivities, but throughout the course as well. The number of bands, radio stations, and other entertainment along the course seems to multiply each year as runners are greeted with Asian belly dancers before reaching the first mile. I do recall bands in the early years but not nearly so many. Perhaps it was the novelty of the rare musical entertainment back then, but I always looked forward to the heavy metal front man

singing Black Sabbath classics at the entrance to the major hill entering the golf course to push me to the crest at the 4-mile mark. A stocky unkempt man with long black hair, he has been missing for years, one of my few race disappointments.

The constant theme of the Boilermaker for its entire history has been community support. This is the essence of the Boilermaker's success and the reason it remains such a memorable experience. The energy of the spectators, their spirited encouragement and interaction with the athletes is worth the journey every year. Yes, the mid-summer sun on this mostly unshaded course can be challenging; but spectators line the course with water, fruit, ice, sponges and hoses. I manage to hydrate enough most years to grind out the final miles listening intently for the Scottish pipe band that signifies the beginning of the end, a downhill surge to the finish line and a sense of accomplishment of completing a difficult course as the temperature rises.

This year unlike most, I was a spectator instead of a participant. A spring hamstring injury prevented me from training, and though

healthy now, I know the rigors of this athletic event would be quite difficult without much pre-race training.

I witnessed many familiar runners in Utica and some great athletic achievements. The most impressive was that of the reigning Stockade-athon champion Laurel Burdick of Manlius, NY who ran approximately 90 seconds faster at the Boilermaker to finish as the top American and 9th overall female finisher in a PB 52:36. Other impressive performances included a 3 minute personal best by Emily Lasala of Jamestown, NY in 54:33 who placed 4th in the female division of the Stockade-athon last year and Fred Joslyn, a former Stockade-athon champion, who ran his course best time of 47:16. Lori Kingsley of Willow Street AC finished third in the competitive masters division, posting a 57:30 as the first American woman over 40.

I left the race in good spirits realizing that I had witnessed another superb rendition of the Boilermaker on a day where each and every runner, regardless of performance feels special by the way they are welcomed in the Mohawk Valley community of Utica, NY. □



Kinderhook Runners Club bus crew enjoying the Boilermaker after-party at F.X. Matt Brewery

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Melanie Merola O'Donnell Memorial Race

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# The 22nd Annual Delmar Dash 5-Miler

by Douglas Secor

What a great day and a great race at the 22nd Annual Delmar Dash on April 11, 2010. As I thought about writing this article in the days leading up to the race, I thought the story would be about the weather. In watching the weather report closely they were predicting rain from 8:00-10:00 a.m., just long enough to rain on stretching, the warm up, and the race. My only thought was how much I wished Easter had been in March so the race could have been on April 4th. I had gone out running that day and you couldn't have asked for a better day to run. However, I was wrong on all accounts. Storm clouds rolled in on the Delmar Dash but just rolled on by and it wound up being a perfect day for a race. Low 50's, some sunshine and not much wind provided a great backdrop for the record 707 finishers of this year's installment of the Dash.

This was my second time participating in the Delmar Dash after competing in last year's race. Living in Scotia, Delmar is a bit of a trek for me but after the two I've attended I wouldn't miss it for the world. I just love the atmosphere of this race. You get there and they have the music cranked, it always gets me pumped up and ready to go for the race. Then you see all the people walking around, you can just feel all the excitement in the air. But my favorite part of the pre-race prep is the free pre-race massage. There were about a dozen tables set up so that people could get massages before and after the race, and of course I went post race too. What a great perk for those who participate in this wonderful race. And I'm one of those people who loves to bring home my race t-shirt as my memento. The Delmar Dash shirts are always one of the nicest I come across in my races throughout the year.

As for the race itself, I don't know if you can say enough about the wonderful job Tom and Marcia Adams do in organizing this race. I have taken part in races much smaller than this year's Delmar Dash that were no where near as organized. Things run smoothly, and as you arrive, announcements are made every so often telling runners where to go to get their numbers and how much time until the race starts. Then at about 10-15 minutes before 9:00 a.m. there is an announcement for all runners to make their way to the start line. This way the race actually starts on time, which is something that a lot of other races seem to have a hard time pulling off.

And then off goes the gun, and you run through the crowds at the beginning cheering you on as you try to work your way through the masses of runners for that first mile and then you start to spread about. The rest of the race is so nice because you come across a bunch of people sitting on their front lawns cheering on all the runners and ringing bells for encouragement. Sure, it's just a couple people here and there, but it's always so nice to see and be a part of. Then you come up to the home stretch

and the large crowds to cheer you down the final stretch to the finish line. I was happy to take more than 40 seconds off my time from last year and come across the finish line at 35:34, but a little disappointed to not break 35 minutes. Better luck next year.

Now since I was obviously nowhere near the front, here are some of the highlights of the race. The overall winner was Andy Allstadt in a time of 25:01. Despite Allstadt's blazing time, the overall race course record set by Tom Dalton in the inaugural Delmar Dash in 1989 remained standing. On the women's side, congratulations to Emily Bryans who won her second consecutive and fifth overall Delmar Dash in a time of 29:58. And for the second consecutive year, the Dash saw a record number of finishers.

Overall, if you want to break away from your 5K's I think you would be hard pressed to find a nicer or better organized race than the Delmar Dash. It's also good for the family as the Dash boasts one of the largest races for children, offering three races at distances of ¼ mile, ½ mile and a mile. So if you live near Delmar, or don't mind taking a drive on a Sunday morning, try out the Delmar Dash next year. But if next year is like this year, make sure you register early, because as at least one person I know of discovered, there is no day of race registration for the Delmar Dash. □



Fathers Day Run

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

### Articles:

Deadline is September 25th. Submit to: Editor, [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com)

### Advertisements:

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

### Ads should be sent to:

C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: [callen@gscallen.com](mailto: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](mailto:callen@gscallen.com) for further info.**



# "BEEN THERE, DONE THAT"

by Mike Becker



## September 1975...Thirty Five Years Ago

• The club race schedule is light, with results from just two races. Sixteen runners participate in a 3-mile run on the 14th at the SUNYA track. Pat Stewart runs a 15:41 to beat the field, which includes six children. On the 28th, half hour and hour runs are held on the same SUNYA track. Ed Thomas and Ted Turner are the only hour participants, and each run exactly 8 miles, 1320 yards. Norm Marincic runs the longest of the ten half hour participants with 5 miles, 700 yards.

## September 1980...Thirty Years Ago

• A letter to *The Pace Setter* editor from Hank Steadman bemoans the lack of coverage of "persons, problems, and achievements relevant to the largest segment of the membership – the slow and/or beginning runners." Soon after publication of this letter, Hank himself began writing a long-running column in *The Pace Setter* called "From the Back of the Pack" that covers topics related to slow and/or beginning runners.

• The 7.6-mile Bilbo-Frodo Birthday Run is held at the Olana State Historic Site in Hudson on the 7th. George Wisniewski is top male with a 40:49, just ahead of Pat Glover and Dale Keenan. Paul Murray and Paul Rosenberg also finish in the top ten. Casey Ahearn is top female with a 52:05, nearly four minutes ahead of second place finisher, 16-year old Sandy Phibbs.

• The 2nd Annual Run for Easter Seals 10K race is held on the 14th in Latham. Barry Brown runs a blistering 31:30 to beat Dave Barsalow by 19 seconds. Pat Glover and Tom Clarke place 3rd and 4th respectively. Diane Myers is top female with a 38:21, which is 18th overall. A total of 175 runners finish the race.

## September 1985...Twenty Five Years Ago

• Julie and Lee Wilcox are profiled. Julie was asked when and why she started running and said, "before long I was told I ought to meet Lee Wilcox (the area running guru) because he could tell me more about building mileage." Lee's answer to the same question: "I had quit smoking, weighed 205 and had turned 30 – need I say more?" Julie's best performance is a 3:09 Penn Relays Marathon, and Lee's best is a 2:32 marathon in Chicago on a hot day, good for 14th place out of 8000.

• The Distinguished Service Run is held on the 1st at SUNYA. The 8-miler is won by Kevin Coughlin with a 43:22. The first female is Denise Herman with a 50:58. Also running fast times are Jim Bowles, Paul Murray, Lee Wilcox, Ray Newkirk, Julie Wilcox, Diane Myers, and Marge Rajczewski. A total of 87 runners honored service to the club give by Diane Barone, Carter Andersson-Wintle, and Bill Meehan.

## September 1990...Twenty Years Ago

• The Labor Day 5K is held at Central Park in Schenectady on the 3rd. Familiar names Dale Keenan and Lori Hewig were the male and female winners. Keenan was also a masters runner, having just turned 40. Hewig's time of 16:41 was good for 10th place overall. SEFCU was the race sponsor and continues in this role today, with the current race based at SEFCU headquarters.

• Chris Rush is honored for his Distinguished Service to the club on the 9th. Chris was a former club President and current (1990) Race Committee Chairman. Sixty-seven participants run the eight-mile race with eleven running sub-50 minutes. Ian Clements and Judy Swasey are the male and female winners, respectively.

• A note in *The Pace Setter* mentions Joe Hein is leaving the staff of *The Pace Setter* to pursue some educational challenges. Joe's contributions have been far-reaching, and he has worked every job from editor to delivery person.

• Koichi Araki wins the 5.6-mile Anniversary Race at SUNYA on the 30th, part of the club Grand Prix Series. Araki runs a 33:15, and the top female is Amy Herold-Russom with a 41:19, good for 19th overall.

## September 1995...Fifteen Years Ago

• Linda Kimmey is profiled. Among her best performances is being the fastest female in the 1994 Stockade-athon. Her favorite distance is the 5k because she doesn't "need mega miles and the recovery is quick." Her favorite race is the Boilermaker which she runs "strictly for the fun of it."

• The Race for the Cure is held on the 30th in Albany. A total of 473 women and 134

men finish the separately-run races. Natalie Blanchard wins the female race with an 18:54, and Vinny O'Brien is top male with a 15:46. Racewalker Bill Hogan is last with a 42:06.

• Dave Twarog runs a then-course record 15:51 in the FAM 5k "Fund" Run in Cobleskill on the 30th and beats Carl Urrey by 52 seconds. Amy Herold-Russom is top female and 7th overall with a 17:43. Also running good times are Zach Yannone, Jim Bowles, and Linda Kimmey. All age group winners won shares of the FAM Value Fund.

• The Erie Canal Five Mile Challenge is held on the 10th in Waterford. Rich Coughlin runs a 25:46 (5:09 pace) to beat Robert Jones by nearly three minutes. The photo of the finish shows no one in sight behind Coughlin. Teresa Wuerdeman is top female with a 35:38.

## September 2000...Ten Years Ago

• The cover of *The Pace Setter* shows club President Lori Christina presenting Ken Skinner with his Distinguished Service Award for his many years of club service including President, Vice President, Race Committee Chairman, director of numerous races, and frequent volunteer.

• The Old Chatham Hunt Country 5k is held on the 9th. Kenya native Paul Mbugua runs a blistering 14:50 to beat Nick Conway by 31 seconds and Zach Yannone by 44 seconds. Charlene Lyford runs an 18:10 to top the women and finish 36th overall. A very large field of 924 runners finish the race.

• The Arsenal City 5k is held on the 24th in Watervliet. The race is the USATF Adirondack Men's Open and Masters & Women's Masters Championship. Birger Ohlsson runs a 15:03 to edge Zach Yannone by three seconds and takes the top prize of \$350. Tom Dalton is top master and third overall with a 15:39. Nancy Taormina is top female master with a 19:41.

## September 2005...Five Years Ago

• Bob Irwin wins the 3.25-mile Brenda Deer Memorial Road Race in Guelderland on the 10th with a time of 18:00. Mary Buck is top female with a 20:30, which is good for 8th overall.

• The 2nd Annual Amber Teta Memorial 5k Run is held on the 10th at Mohonasen High School. Tom Dalton designed the flat and fast course and won the race with a 16:02, beating John Merlis by 27 seconds. Kari Gathen runs an 18:53 to beat Dana Lynskey by 29 seconds and take female honors.

• The 13th Annual Niskayuna DARE Fall 5k Run is held at Niskayuna High School on the 17th. Lou DiNuzzo wins with a 15:39, one second ahead of Jamie Rodriguez and Nick Conway. Eileen Combs runs a 17:49 to edge Emily Bryans by three seconds for the female title. □



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# Paul Fitzpatrick, Man of Steel:

## Part 1

by Bob Kopac

Paul Fitzpatrick can be seen at Mid-Hudson Road Runners Club races where he runs, volunteers, and delivers fruit donated by Adams Fairacre Farms. He may appear to be a mild-mannered Clark Kent, but Paul actually is Superman, able to leap tall mountains in a single bound. Well, maybe not by leaping and not in a single bound, but Paul does conquer mountains. Paul cross-trains by scaling mountains around the world. My spouse Lynne and I sat down with Paul to discuss his secret identity before he went to climb Lhotse in the Himalayas.

Bob: When did you start running?

Paul: I can't remember when I didn't run. Going through school, it was always part of soccer training, at Arlington Junior High School. I did not run track in high school. I never appreciated the spirit and what went on in cross-country running on the track team. I was never a good runner; I never had speed. So I was not inclined to go onto the track team.

My passion for running started when I was living in Vermont. It had been a few years since I had been involved in sports. I sensed, what I think a lot of people do, the idea of "sound mind, sound body". I was anticipating my first hike on the Appalachian Trail, so I wanted to build my stamina and strength. I went to the soccer field, kicked the ball by myself and chased after it. And then I just laced up a pair of old sneakers and started to run on the roads. Gradually I realized that I felt better about things and about myself; I just enjoyed being out on the roads running.

Bob: How do you train?

Paul: I have been running to and from work at Adams Fairacre Farms since I moved back to the area in 1980. I would like to call my commutes training [running, walking or biking 6 miles each way], although that would be charitable. It started simply because I wanted to not drive a car, to not burn something that is a renewable resource, and also just to feel like I am sort of independent from technology.

Lynne: I heard you biked across the country.

Paul: I biked around it. I went from my house up to Canada and across the Trans-Canada Highway to British Columbia and Vancouver. Then I cycled down the West Coast and then came back across the United States.

My canoe trip was another three months, up into Canada. It was one of my "Every Man" trips. Those trips had to go from my back door. The canoe trip was out my back door, down to the Wappingers Creek, where I put my canoe in the creek. From there, I went up the Hudson River, through the Champlain Canal, Lake Champlain, and the Richelieu River to the St. Lawrence River and then the Ottawa River. I ended up on Trout Lake just by Lake Nipissing, above Lake Huron in Ontario, Canada.

I knew I did not want to go on a well-beaten trail. I wanted to do something unusual, and what was unusual was the connection with the historical course of the French fur traders who had a trade route from Montreal. They would have the big boats go through the Great Lakes, and then they would hook up with the smaller boats that would then ply the waterways up into the northwest, all the way up to Lake Athabasca. If you look at the map, you'll see there really is a Northwest Passage. You end up going down the Mackenzie River into the Arctic Ocean. The key is just to have a smaller boat than Henry Hudson had and not have commercial aspirations. I did the first leg of the trip. I was pretty much dirt poor at the time. I did what I could with the resources and the time that I had.

Bob: How long have you been running marathons?

Paul: My first marathon was the Dutchess County Classic in the mid-1980s. It was after my canoe trip and before my bicycle trip. Once you get involved in marathoning, you want to qualify for the Boston Marathon. I ran Boston 4 or 5 times. I think 1989 was the first one. Then I went there for 3 consecutive years, and then I took a few years off, and then

returned in 1997.

I would like to run Boston again, but to qualify for it by the open competition standard, not age-adjusted standards. I would like to run a sub-3:00 marathon again. My best marathon time was 2:49, twice in Vermont City and once in the Dutchess County Classic.

I used to think climbing helped my running, until I crushed my knee. [Laughs] I know when I am running well, I am climbing better. If I am climbing a lot, though, it cuts into the training I have for running. I would like to have the situation where I would have the time to do both as well as I would like to, and that is just not happening. So, I guess it does not help my running, just because it takes time away.

Bob: How did you get into climbing?

Paul: It seemed to become an extension of hiking and the love of being in the mountains. For a time the technical aspects of climbing did not make sense to me. It seemed very complicated technologically, if your intentions are just to be in the mountains and to be climbing up a mountain. Realizing that I needed some instruction and guidance to go to Denali, I took a short course in the Cascades, conducted by the American Alpine Institute, just to train to travel safely on glaciers and to introduce me to rope climbing.

As part of that alpine training program, we had a day of technical rock climbing. It was just a wonderful discovery to get on the rock. I didn't have to think about it, it just jelled, like a wonderful thing to be doing -- the movement on the rock, the feeling you have -- it is hard to describe. It just felt right. I enjoyed going up technically on rock. It was far more exciting than the rappelling. Everyone can picture the exciting rappels you do. I didn't like that part nearly so much as the excitement of slowly working your way up the rock.

Bob: What mountains have you climbed?

Paul: At what point does a hill become a mountain? [Laughs] I vacationed in the Tetons a couple of times. I was in the Himalayas on Ama Dablam, "Mother's Charm Box". It is a beautiful mountain with two ridges that look like arms wrapping themselves around you and there is a hanging glacier that looks like a little charm box. [It is 6,812 meters or 22,349 feet high.]

A couple of years before Ama Dablam I was in Peru and climbed Pisco and Huascarán. Pisco was interesting because that expedition was only two weeks long. We missed a connecting flight in Miami because of weather delays in New York, so we lost a day. It was just four days after I landed in Lima that we were on top of Pisco at 19,000 feet. My head was just ready to explode. [Laughs]

The group that went to Peru was organized by an outfit in New Hampshire called International Mountain Climbing School. I climbed with them several times on weekend trips or day trips. I was part of guided climbs in New Hampshire for quite a few years, and I got to know them pretty well. In 1998, before Peru, I did Denali.

I summited Denali on the last possible day we had available. That was to be a traverse,

*Continued on page 24*



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# A Dream of a Race

by Kathy Cohen

My son Michael shares the same dream as most of us: to live his life embracing the gifts and challenges our world offers, demands of us. We crave balance and excellence. A tough task!

What makes Michael's dream somewhat more complex to realize is that he is a young man with autism (most recently he was diagnosed with Asperger's Syndrome). My son's disability dwelled for most of his childhood in a wall of isolation. Michael's withdrawal from social and emotional communication disabled him from expressing himself to others (including his dad, his brother and sister and me). Michael could not tell us how he felt or what he wanted or if he wanted anything. Until recently, society could not fathom this disorder nor understand how to include this spectrum of individuals into a common community. Michael did not know what friendship meant. He had to learn how to speak to people and to listen and care about what he heard and said to others. I wanted so much for him to express joy or sadness, or anything for that matter.

Fast-forward for a moment from 1969 to 2010. Michael is now 40 years old. Years of working diligently with the Wildwood Programs and our own involvement afforded Michael (who has worked the hardest) the skills and remarkable perseverance to live independently in his own Albany apartment and to work full-time as a messenger for the Senate at the Legislative offices. "I love my job because I get to walk all day", Mike says. "But there's



more to walking than business walking." Michael shared that he wanted to walk in common with others who loved the sport.

After thinking hard about how to involve my son in social walking, I relished the moment when a friend told me about a group called No Boundaries sponsored by Fleet Feet. This group of athletes consists of people of all kinds, young and old, all ethnic groups, and folks with various levels of athletic interests, goals and strengths. At No Boundaries, no one is singled out for his or her differences. Everybody is welcome for the spirit and passion for exercise.

Michael loved every Monday night for ten weeks of training and socializing. His mentor Caitlin St. George insisted, with warmth and consistent caring, on Michael's best effort. "I love the people," Mike says a lot. "They know how good I am."

JUNE 20th at the Crossings. THE RACE. I finally get to meet these dedicated mentors, walkers and runners. I was moved to tears by the spirit of camaraderie and athletic sportsmanship. As Mike introduced me to his new friends, he smiled brightly; he stood tall. I felt the positive energy race inside my heart. I heard reassuring words of encouragement and total support. Everyone rooted for each other's best time. And I was moved to feel my own anxiety over this new experience dissolve into my brightest smile! I loved to see 200 + people stand before a camera and when asked by George Kansas, "How is everybody feeling?" "FANTASTIC, GEORGE" was the happy cry back.

And that's how I felt that day of the June 20th race. FANTASTIC. I am a mom with a dream complete. □



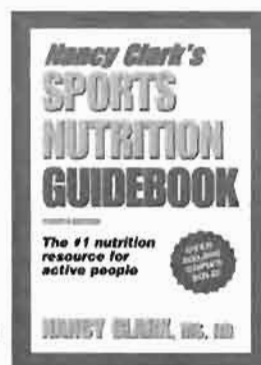
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# Running Grandma

by Lichu Sloan

I am a "Running Grandma." How did that happen since I don't have any children?

I visited one of my former runners, Kirsten Quanback Eitrem and her 15-month-old son, Evan, in Minneapolis, the day after I ran Grandma's Marathon in Duluth, MN. Kirsten referred me as Evan's Running Grandma. I'm so honored to become a Running Grandma. I enjoyed my visit and had a wonderful lunch with Kirsten, Evan, Kirsten's mom, sister and Brother In-law. They are sweet, beautiful, and well-educated Norwegian/Americans.

I first met Kirsten in 2003 shortly after I started the Marathon and Half Marathon Training Program at the Southern Saratoga County YMCA in Clifton Park. She moved to Clifton Park, and worked for KAPL as a mechanical engineer after college.

Kirsten enjoyed running and was a fast runner. She told her mom that I am her "Running Mom". We ran the 2006 Twin Cities Marathon the day after her bridal shower. I was very happy to attend the shower and meet all of her friends, family and in-laws. Twin Cities was a special marathon on my 50 states marathon journey.

Marathon running has brought so many people into my life. I coached so many people to run their first marathon and half marathon at the Clifton Park YMCA the past eight years. I am happy to stay healthy and fit. I am still the oldest runner in the marathon training program. I am proud of my new title, "Running Grandma". I completed my 86th marathon at the 2010 Grandma's Marathon.

Grandma's Marathon was on my to do list after I completed running marathons in all 50 states and seven continents. I registered early for the discounted entry fee. I then learned that hotels in Duluth tripled their rates for the marathon weekend; the rates were higher than in Boston and New York City. I complained to the race organizer and Duluth Chamber of Commerce. They responded that they had received many similar complaints, and noticed the participation rate has been declining for the past five years, but they couldn't do anything about the hotel rates.

I then e-mailed my Kenya Marathon friends, Jeff and Cyndy in Wisconsin. Jeff ran Grandma's several times, and said he will run it again with me. He offered to take care of the lodging, and drive me around.

Jeff found this wonderful B & B in Port Wing, WI. It took one hour to drive to Superior, WI. We took a shuttle across Lake Superior to the start line in Two Harbors, MN. We saved a lot of money. It was so nice to spend time with Jeff and Cyndy. We had so much fun talking about our trip in Kenya and other traveling stories. They enjoy traveling, and Jeff will run a marathon or two on their trips. He ran the Athens Marathon and Palermo Marathon last year.



Lichu (Running Grandma) with Kirsten Quanback Eitrem and her 15 month old son, Evan, in Minneapolis, the day after the Grandma's Marathon in Duluth, MN

Grandma's Marathon was over-rated. Kirsten, Jeff (fifth time running), and I didn't care for the course. The course was very hilly, running along Lake Superior. There wasn't any shade and it was very humid and windy. It was somehow a boring course. Many runners were admitted to the medical tent due to dehydration. Jeff, 57 years old, finished in 3:55. He was proud of this, saying as he grows older, he would never be a 3:16 marathoner again.

I was not feeling well weeks prior to the

marathon. I had a red eye for two weeks, then sore throat and upset stomach, and was feeling lousy on the race morning. My goal was not to push too hard, to conserve my energy, and to finish the marathon. I helped several young runners on the course, encouraging and pacing them. There were lots of first time marathoners. I, the proud Running Grandma, 62 years old, finished in 5:06.

"If you want some exercise, run for a mile. But if you want to experience another kind of life, try the marathon." – Emil Zatopek, a 4-time Olympic gold medalist from Czechoslovakia. □

## Help Wanted: No Experience Necessary!

### Volunteers Needed at the Following Race:

SEFCU 5K  
September 6

If interested, contact  
Marcia Adams,  
Volunteer Coordinator,  
At 356-2551 or  
[madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)

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



**GRENO INDUSTRIES INC.**

PRECISION MACHINING

# Run for the

All proceeds benefit the  
Mollie Wilmot Radiation Oncology  
Center of Saratoga Hospital



**Sunday, October 3, 2010**

**at 11:00 a.m.**

**Children's Event at 10:15 a.m.**

**Application Fee:** \$20 pre-registration by **September 24** or \$25 after that date and on race day.

**Description:** 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 400 registrants are guaranteed a T-shirt, Music, refreshments and fun for the whole family.

**Day of Race Registration:** 9:00 am at the Grandstand, Historic Saratoga Flat Track, Union Avenue, Saratoga Springs.

**Course:** 5K loop through beautiful, historic Saratoga Flat Track Grounds.

**Awards:** Prizes and awards will be given to the overall top three male and female runners. Special "ROC" awards for the top three male and female in each age group.

## Application for Annual Run for the ROC

Name \_\_\_\_\_ Address \_\_\_\_\_

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

Phone \_\_\_\_\_

E-mail \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Sex .... ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

\_\_\_\_\_  
Name of Organization or Business

How did you find out about this event? ☐ Website ☐ E-mail ☐ Magazine ☐ Newspaper  
☐ TV ☐ Radio ☐ Other

Make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 24, or \$25 after that date)

Send application and check to:

**Saratoga Hospital Foundation/Run for the ROC**

**211 Church Street**

**Saratoga Springs, NY 12866**

### Separate Kid's Event

**"Li'l Derby Dash!"**

**@ 10:15 a.m. is FREE!**

Race Day registration only.  
Medals & Goodie Bags  
for all kids!

For more information e-mail: [rwheatley@saratogacare.org](mailto:rwheatley@saratogacare.org) or visit [www.saratogahospitalfoundation.org](http://www.saratogahospitalfoundation.org)



**Early Race Packet Pickup on Friday, October 1, 4-7 p.m.**  
at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent/Guardian Signature (if under 18)

## Profile of a Runner

# ANNE BENSON

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

My primary job for the last 14 years has been to raise my three children. I'm a chemical engineer by trade and worked in chemical plants until I was expecting our third child. I tutor high school science and math part time throughout the school year. I love all kinds of sports like skiing, biking, golf and hiking; but really spend most of my spare time watching my three kids play soccer, basketball, XC and track.

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

When I moved to the area in 1999 some of my neighbors talked about running the Freihofer's Run For Women. I always knew I could run races but had never trained regularly. So I started running three days per week on a treadmill at the YMCA sporadically for a few years. Then for a week, the Y closed down their fitness equipment for remodeling, and I was forced to run outside. I met up with the running group and never went back inside again. The YMCA runners are the main reason I really got hooked on the sport. Without the support and camaraderie of my running partners, I never would have had the discipline to keep it up for so many years.

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

Freihofer's Run For Women (5k), the Adirondack Distance Run (10 miles), Stockade-a-thon (15k), and Troy Turkey Trot (10k) are some of my favorites I run almost every year.

### What are your most memorable races?

I have run the Freihofer's RFW for the last 11 years and am in awe every time I get to the starting line. Ahead of me are 40 of the fastest 5k women in the world and I look behind me and see a wave of thousands of women runners like myself who all want to push their bodies to the limit and improve their overall health. There's a great feeling of finishing downhill on Madison Avenue with crowds cheering for you.

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

I just started following a training schedule a few months ago. But basically, I strive for a speed, tempo/hill, and long day. I run 6 days per week in the mid forties for mileage.

### What are your current goals?

Even though I'm 45 years old, I've only been running competitively for 6 or so years so I feel I still have a few PR's left in me. When I see what other masters women are doing, especially ones on my Willow Street Masters Team, I know faster times are achievable in your forties and fifties. The Willow Street

women are the reason I so much enjoy racing, and they provide the motivation to work hard to get faster.

### Do you have a philosophy of running?

When it comes down to it, running is just a hobby. So when I get too nervous before a race or anxious about a speed workout, I remind myself that it's not paying the bills or overall that critical. However, running benefits every part of my life, so it's worth the hard work and discomforts. I have never been in better shape in my entire life. My strength and energy not only help me keep up with my kids, but challenge the whole family to work harder on all their sports. □



## Profile of a Runner

# JOSE GARCIA

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

I'm 32 years old. I'm a project manager in the pharmaceutical and semiconductor industry. Until two months ago, I traveled across the United States due to my work. I enjoy running, boxing and non-traditional gyms such as Cross Fit.

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

I ran in college to stay in shape for my club sport (Army land navigation aka orienteering).

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

The Boston Half-Marathon.

### What are your most memorable races?

The Boston Half-Marathon 2008; the San Jose Rock and Roll 2009.

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

I train by myself; I've never really been in a running club. I run 20-25 miles a week, usually 3 times a week, and always in the evening after work. I've done intervals in the past to prepare for races. During the winter, I run on the dreaded treadmills most of the time (for safety reasons ... snow, low light, etc.). On weekends, I usually do my long runs (10-14 miles).

### What are your current goals?

To run a half marathon in 1:30.

### Do you have any future running goals?

To run a full marathon under 3:45.



### Do you have a philosophy of running?

Enjoy it. If it becomes a toil, then you are missing the point.

### Any funny stories?

When I ran the Texas Big D Half Marathon last year, I was running late for the start time. The traffic was awful at the entrance of the parking lot. I ended up parking on the side of the road and running to the start point. I got in there just in time to start with the last people going through the start line. The moral of the story is: be there on time with plenty of time for big events! □



# Saturday, September 25



10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region

*Benefits Habitat for Humanity of Schoharie County*

8:15-9:30 Race Day Registration or REGISTER ONLINE!

See application at **FAM5K.com**

**START**

**RAFFLE GRAND PRIZE**  
**4 NEW YORK GIANTS TICKETS!**



The FAM 5K is sanctioned by the  
Adirondack USA Track and Field

## Undesired Sideliners: Side Stitches and Runner's Trots

"I'm afraid to eat before I exercise ... I might get a side stitch."

"I always carry toilet paper with me when I go on a long run."

"How can I change my sports diet to so I don't need pit stops...?"

Little is more frustrating to a competitive runner than to be well trained for an event and then get sidelined with a side stitch or diarrhea. Yes, the sports diet that's intended to enhance your performance can also bring you to a screeching halt! Sound familiar?

Transit troubles and gastrointestinal (GI) concerns are common among athletes, particularly those who run and jostle their intestines. An estimated 30 to 50% of distance runners experience exercise-related intestinal problems, with women experiencing more problems than do men.

If you are among the many runners who fear side stitches, loose stools, and GI distress, keep reading. The goal of this article is to offer some information and advice that can help you manage, if not reduce, your transit troubles.

### Side Stitches

A side stitch—that stabbing pain in your gut that can bring you to a stand-still—is familiar to about 60% of athletes. Because getting attacked by a side stitch is unpredictable (that is, one day you might get one but the next day you don't), they are hard to research. The available data suggests they commonly occur in the same spot: on the upper right side of the abdomen where the liver is attached to the diaphragm by two ligaments.

While we aren't 100% certain what causes a side stitch, the prevailing theory is exercise creates stress on the ligaments that connect the liver to the diaphragm. Stitches can be provoked by a heavy dose of pre-exercise food/fluids, minimal training and inadequate pre-exercise warm-up. Wearing a tight belt can help reduce organ jostling and reduce the symptoms. You could also record your food and fluid intake to try to detect triggers (too much pre-exercise water? too large a meal?). With repeated dietary tweaks, you can hopefully discover a tolerable portion of pre-exercise fuel.

To treat a side stitch, many runners bend forward, stretch the affected side, breathe deeply from the belly, push up on the affected area, tighten the abdominal muscles, and/or change from "shallow" to "deep" breathing. (Pretend you are blowing out candles while exhaling with pursed lips.)

### Dreaded Diarrhea

Marathoner Bill Rodgers may have been

right when he commented that more marathons are won or lost at the porta-toilets than they are at the dinner table! Diarrhea is a major concern for many runners. Understandably so. Running jostles the intestines, reduces blood flow to the intestines as the body sends more blood to the exercising muscles, stimulates changes in intestinal hormones that hasten transit time, alters absorption rate, and contributes to dehydration-based diarrhea. Add some stress, pre-event jitters, high intensity effort—and it's no wonder athletes (particularly novices whose bodies are yet unaccustomed to the stress of hard exercise) fret about "runners' trots."

Exercise — specifically more exercise than your body is accustomed to doing — speeds up GI transit time. (Strength-training also accelerated transit time from an average of 44 hours to 20 hours in healthy, untrained 60-year old men.) As your body adjusts to the exercise, your intestines may resume standard bowel patterns. But not always, as witnessed by the number of experienced runners who carry toilet paper with them while running. (They also know the whereabouts of every public toilet on the route!) Runners with pre-existing GI conditions, such as irritable bowel or lactose intolerance, commonly deal with runners' trots.

### Solutions for Intestinal Rebellion

To help alleviate undesired pit stops, try exercising lightly before a harder workout to help empty your bowels. Also experiment with training at different times of the day. If you are a morning runner, drink a warm beverage (tea, coffee, water) to stimulate a bowel movement; then allow time to sit on the toilet to do your business prior to exercising. When running, visualize yourself having no intestinal problems. A positive mindset (as opposed to useless fretting) may control the problem.

The following nutrition tips might help you fuel wisely and reduce the symptoms:

1) Eat less high fiber cereal. Fiber increases fecal bulk and movement, thereby reducing transit time. High fiber = High risk of distress. Triathletes with a high fiber intake reported more GI complaints than those with a lower fiber intake.

2) Limit "sugar-free" gum, candies and foods that contain sorbitol, a type of sugar, that can cause diarrhea.

3) Keep a food & diarrhea chart to pinpoint food triggers. For a week, eliminate any suspicious foods—excessive intakes of juice, coffee, fresh or dried fruits, beans, lentils, milk, high fiber breads and cereals, gels, commercial



sports foods. Next, eat a big dose of the suspected food and observe changes in bowel movements. If you stop having diarrhea when you cut out bran cereal, but have a worrisome situation when you eat an extra-large portion, the answer becomes obvious: eat less bran cereal.

4) Learn your personal transit time by eating sesame seeds, corn or beets—foods that can be seen in feces. Because food moves through most people's intestines in 1 to 3 days, the trigger may be a food you ate a few days ago.

5) Stay well hydrated. GI complaints are common in runners who have lost more than 4% of their body weight in sweat. (That's 6 lb. for a 150 lb. athlete.) Runners may think they got diarrhea because of the sports drink they consumed, but the diarrhea might have been related to dehydration.

6) When all else fails, you might want to consult with your doctor about timely use of anti-diarrhea medicine, such as Imodium. Perhaps that will be your saving grace.

### The Bottom Line

You are not alone with your concerns. Yet, your body is unique and you need to experiment with different food and exercise patterns to find a solution that brings peacefulness to your exercise program.

Nancy Clark MS RD CSSD (Board 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). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, cyclists and soccer players are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com).

# SUNDAY, SEPTEMBER 26

## 7th annual The Crossings 5K Challenge And KIDS' FUN RUN 2010

The Crossings 5K Challenge is a flat and fast race through the crossings park. The race starts and finishes at the Colonie Youth Center's Rudy A. Cicotti Family Recreation Center, 30 Aviation Rd, Colonie 867-8920

**Register Early for the best deal!**  
**Walkers are welcome too!**

**Registration: 7:30am - 8:30am**  
**Warm up: 8:30am**  
**5k Race/walk: 9:00am**  
**Kids Run: Est. 9:45am**

Sponsorships Available:  
Phone: (518) 438-9596  
E-mail: [bloodram@colonieyouthcenter.org](mailto:bloodram@colonieyouthcenter.org)

Everyone is welcome! Runners; Walkers; Teams of Friends; Businesses; and Schools Too!

All registered 5K runners and walkers will be entered in our raffle!

FREE long sleeve to the first 300 5k runners or walkers registered. Food and beverages for all entrants.

Pre- or post-run massage compliments of  
 Center for Natural Wellness  
School of Massage Therapy.

**FLEET FEET**  
*Sports*



### Kids' Fun Run

1/2 mile run begins after 5k (est. 9:45)  
All kids up to age 12 receive a medal for participating and a post-race pizza party to celebrate. **FREE to enter. Must be registered.** Youth shirts available for a \$10 donation to the Colonie Youth Center

**CBRE** | Albany  
CB RICHARD ELLIS  
**Registration available at**  
**[www.active.com](http://www.active.com)**

**\*\*Strollers only Allowed for registered 5k walkers**

**All proceeds benefit CYC's community programs**

Additional forms and information available at [www.colonieyouthcenter.org](http://www.colonieyouthcenter.org)  
Form may be photocopied. One entry form per person. \*Entry fees are non-refundable

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Business (if applicable) \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (on 9/26/10) \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE  
\*Team Name \_\_\_\_\_ Select One: FRIENDS & FAMILY BUSINESS SCHOOL

Each team captain must submit a team roster form for the captain and up to 4 more teammates in the same envelope with all their teammates' registration forms and payment. All forms may be downloaded from [www.colonieyouthcenter.org](http://www.colonieyouthcenter.org) or emailing [bloodram@colonieyouthcenter.org](mailto:bloodram@colonieyouthcenter.org)

Check here for Kids Fun Run up to age 12 (must register to participate). **FREE to enter.** All kids receive a medal for participating.

\*Youth shirts available for a \$10 donation. CIRCLE SIZE (if applicable): YS YM YL (or write adult size):

Check here for Adult 5K Run/Walk - \$20 by 9/19, \$30 9/20 through day of race registration.

5K Adult Shirt Size, Free to first 300 registered runners/walkers (Circle): S M L XL XXL

Mail entry form to: Colonie Youth Center, 272 Maxwell Road, Latham NY 12110

CHECK ENCLOSED

Please make check payable to Colonie Youth Center  
or REGISTER ONLINE at [Active.com](http://Active.com)

CREDIT CARD (Please circle: Visa/MasterCard/American Express)

Name on Card \_\_\_\_\_  
Card Number \_\_\_\_\_  
Expires \_\_\_\_\_ Security Code \_\_\_\_\_  
Signature \_\_\_\_\_

#### READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate and agree that: 1. I will willingly agree to comply with the usual and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation I will remove myself from participation and bring such to the attention of the nearest official immediately and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation and 3. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE COLONIE YOUTH CENTER, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, volunteers, and if applicable, owners and lessees of premises used in conduct this event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INCENTIVE and 5. I grant full permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings, or any other record of this event for any purpose including commercial use.

Signature/Date: Emergency Phone Number(s) \_\_\_\_\_

Signature of Parent or Guardian if participant is a minor/Date \_\_\_\_\_



## Paul Fitzpatrick, cont. from page 14

actually. Our itinerary was a little bit more ambitious than summiting along the west buttress. But that season we got involved with rescues, and there was a lot of attrition in our group, some illness. At the end of it, we were whittled down to a rather small climbing team. And as I said, there were some casualties on the mountain. We lost several days just trying to rescue people.

When there is a problem high on the mountain, the whole camp is galvanized, and any professionals who can lend a hand -- I shouldn't say all of them -- but many of them, as many as possible, go to the assistance of those who need it. I couldn't do very much, but I did try to lend a hand. Some of these fellows were trapped for several days. The weather had something to do with it, and the fact they were so high on the west rib. They finally rescued the last fellow with a helicopter that dumped most of its fuel so it could get up that high and then just drop a screamer rope with a basket. They finally plucked him off after about five days.

Bob: Let's talk about the movie *Touching the Void* [the true story of how mountaineer Joe Simpson survived cataclysmic events while climbing the west face of Siula Grande in the Peruvian Andes with Simon Yates. The movie's tag line is "The closer you are to death, the more you realize you are alive"]. You took your mother to see this movie. What were you thinking?!

Paul: [Laughs] I should have asked that question. I hope that she trusts my judgment that I would not get into a similar situation. I did have that phenomenon that Joe Simpson described when he had no water and had that plug in his throat, and he was almost asphyxiated because it got lodged in his windpipe. That happened to me in the Tetons, because I had a little bit of an odyssey myself soloing up there. It was a 22-hour day. By the end of it, I was pretty well knackered. I had been without water too long. So I got that thing in my throat, and I couldn't even reach down to pull it out, but it was just there. It almost asphyxiated me. It is a plug of mucus or saliva that hardens in your throat and just gets stuck there. That was quite an interesting night, walking out of there.

There is an expression, "Did you have an epic?" I could never say I never had an epic. But, that was funny because I got the wrong descent route about three times. It was getting darker and darker. Finally, I backtracked and took my appropriate descent route. I got down to the rappel station, thinking I had remembered the correct station from my climbing a few years earlier. So I get on the rappel and realize I am on the wrong rappel station. I had a single rope, and the station was designed for two ropes. I am getting down there, and I realized after I started that my rope was not touching the bottom. [Laughs] I had to swing over and get on the other rappel, climb back up, and start rappelling down.

But of course, just when you think things can't get any worse, when I am switching my rappel to set up the final one, out pops my rap-

pel device and gets lost down the mountain. [Laughs] So I thought, well now what will I do? There always is a way to improvise. It is good to have a little bag of tricks so you can improvise.

Lynne: Did you ever think you were going to die?

Paul: No. After awhile it just becomes comical. It's like a comedy of errors. And all you can do is shake your head and laugh. It just becomes funny after a while. When you are exhausted, you do put yourself at risk. I did slip off the side of a snow-and-ice ridge and smashed into the rocks and thought, "All I need now is a broken hip."

Bob: Ed Viesturs [who climbed Mount Everest six times and climbed the 14 peaks over 26,200 feet without bottled oxygen] ran the 2006 NYC Marathon in 3:15:18.

Paul: If I remember correctly, Ed climbed Annapurna. That is an amazing mountain... I met Dan Mazur [another famous mountain climber]. Dan was involved in the odyssey on Mount Everest in 2006. He was the one, among others, who found Lincoln Hall, who was presumed dying or dead. Dan realized he was still very much alive. It was the other side of the ethics of mountaineering, where Dan forfeited his own and his climb's chance at the summit because he recognized, and you hope everyone would, that they had to save this fellow's life and do whatever they could to help him.

Dan is the president of Summit Climb. That is the organization I will be joining for Lhotse, on the shoulder of Everest. It shares the same ascent route up to Camp 3 or 4, up to the South Col, then we take a right-hand turn, and Everest climbers go left. I think it is right over the Geneva Spur that the routes diverge. Lhotse is one of the 8,000-meter peaks, the fourth highest mountain in the world [8,516 meters or 27,939 feet].

Lynne: And you are going to do it without oxygen?

Paul: I hope so. I would not want to do it with oxygen. It is very likely I will not be able to do it, but at this point, sitting here in the comfort of your home, [laughs] I would rather fail without oxygen than succeed with it. If people want to climb and use oxygen, it is fine with me. But certain people would suggest, such as Reinhold Messner, if you have bottled oxygen, you are physiologically climbing a 7,500-meter peak and not an 8,000-meter peak. It is very important for some people than it is to me to summit these mountains, so if it is rewarding for them to use oxygen, I have no problem with that. There will be oxygen available for medical emergencies. It's not like, if my life is in danger, I'm going to say don't give me oxygen. I don't want to use oxygen to ascend the mountain, but certainly to save my life, if it comes to that.

[Paul and Lynne have a discussion about breast cancer, lymphedema, and altitude.]

Paul: One of the groups I that I loved being around on Denali was the group we called the Bees. The Bees were the breast-cancer-awareness climbers. We called them the Bees because North Face supplied their climbing outfits, and they all wore yellow and black so



*Puja Ceremony, Base Camp*

they looked like bumblebees. It was inspiring and a joy to be around that team. Unfortunately, they had some sickness, and it did not go all that well for them. But just having the moxie, because they wanted to do it, and they found a way to get it done. On Denali, you are always self-supported. You are hauling heavy packs all the time, so that would be a problem [as well as altitude, as to the risk of lymphedema for breast-cancer survivors].

Lynne: With all the rock at Everest Base Camp, what's it like sleeping in a tent? Is it really uncomfortable?

Paul: It is uncomfortable. I have pads. We did not take those inflatable pads. I took that on Denali, and it worked well. But they advise not taking it because we get to a point where we are wearing crampons a lot. [Laughs]

[Paul shows us a photograph of himself and a Buddhist lama.]

Paul: You supplicate the mountain gods to look favorably on your ambitions on the mountain. Our main Puja ceremony with the lama was in the village of Pangboche. He was unable to get up to Base Camp to do the ceremony just before the climb. It was amusing; he laughed at me because I had a cut on my forehead from when I had to rush into a latrine that morning, and naturally, it was too low. So he blessed my bruise. [Laughs]

To have the opportunity, to me it is a privilege to explore parts of your existence. Sometimes you have to be forced into those circumstances, the way things slow down when you are in a perilous situation. I remember just cruising on my bike, tearing down the Sierra Nevadas, having ridden up from Yosemite and just catching up with the cars, trying to brake my bicycle to not overrun the cars. You are right on the edge of the drop off, and your brain is telling you that all you have do is hit a pebble with your front wheel and off you go. Under those circumstances you start to focus so intently, things start to get bigger. You are kind of slowing down because you are so focused on what you have to do. It is an intriguing position to be in.

The same is true for a freefall when you are climbing. If you are on a long fall, it is how people describe, things just slow down. You are aware of things with a calmness that overcomes you. You wouldn't recommend the experience. But when you have it, you say, this is part of the human condition; I am glad I am aware of it. □

# Grand Prix Update

## Race #7 Colonie Mile July 13, 2010

### Men

#### Male Open

12 Andy Allstadt  
10 Chuck Terry  
8 Daniel Jordy  
7 Tom O'Grady  
6 Andrew McCarthy  
5 Justin Bishop  
4 Brien Maney

#### Male 30-39

12 Eamon Dempsey  
10 Chris Mulford  
8 Michael Roda  
7 Matthew Nark  
6 Aaron Knobloch  
5 David Tromp  
4 Neil Sergott

#### Male 40-49

12 Tim Hoff  
10 Ahmed Elasser  
8 Jon Rocco  
7 Craig DuBois  
6 Frank Boscoe  
5 Jim Foley  
4 Mike Becker

#### Male 50-59

12 Rick Munson  
10 Derrick Staley  
8 Jim Maney  
7 Rob Colborn  
6 Chris Murphy  
5 Richard Clark  
4 Alar Elken

#### Male 60-69

12 Ernie Paquin  
10 George Jackson  
8 John Stockwell  
7 Frank Myers  
6 Jim Fiore  
5 Ed Litts  
4 Jack Berkery

#### Male 70+

12 Chris Rush  
10 Ken Skinner  
8 Wade Stockman

### Women

#### Female Open

12 Ada Lauterbach  
10 Karen Bertasso  
8 Meghan Davey  
7 Kristina Gracey  
6 Alicia Bousa  
5 Heidi Nark

4 Christina Jordy

#### Female 30-39

12 Julie Gold  
10 Gretchen Oliver  
8 Sally Drake  
7 Stacey Kelly

#### Female 40-49

12 Emily Bryans  
10 Kathy VanValen  
8 Kay Byrne  
7 Barb Light

#### Female 50-59

12 Nancy Briskie  
10 Judy Phelps  
8 Nancy Taormina  
7 Martha DeGrazia  
6 Cathy Sliwinski  
5 Debra-Jane Batcher  
4 Susan Burns

#### Female 60-69

12 Susan Wong  
10 Mary Collins-Finn

#### Female 70-79

12 Anny Stockman

### Age Graded

Runner	Age	G
12 Emily Bryans	42	F
10 Judy Phelps	59	F
8 Nancy Briskie	53	F
7 Andy Allstadt	27	M
6 Chuck Terry	28	M
5 Rick Munson	53	M
4 Daniel Jordy	26	M

### Total After 7 Races

### Men

#### Male Open

60 Chuck Terry  
53 Tom O'Grady  
49 Andy Allstadt  
29 Justin Bishop  
15 Brad Lewis  
15 Richard Messineo  
13 Andrew McCarthy  
13 Dave Vona  
12 Jim Sweeney  
9 Kahill Scott  
8 Michael Donovan  
8 Daniel Jordy  
8 Louis Serafini  
7 Chris Senez  
7 Kevin Treadwell  
5 Josh Merlis  
5 Zach Russo  
5 Mike Ryan

4 Brien Maney  
4 Tim Ryan

#### Male 30-39

48 Eamon Dempsey  
48 Aaron Knobloch  
33 David Tromp  
23 Matthew Nark  
19 Jonathon Bright  
19 Brian Northan  
17 Chris Mulford  
16 Michael Roda  
11 Chad Davey  
11 Parker Morse  
10 Anthony Giuliano  
8 Jonathon Catlett  
8 Neil Sergott  
7 Jeff Loukmas  
7 Matthew Purdy  
7 Andrew Rickert  
6 Matthew Fryer  
6 Patrick Lynskey  
6 Patrick Sorsby  
5 Jeff Andrews  
5 Dallas DeVries  
4 Mike Kelly  
4 Andrew Loux

#### Male 40-49

58 Ahmed Elasser  
44 Jon Rocco  
34 Tim Hoff  
23 Tom Kracker  
20 Craig DuBois  
16 Dan Cantwell  
15 Steve Becker  
14 Norris Pearson  
12 Joseph Sullivan  
11 Ken Evans  
11 Todd Mesick  
10 Bob Wither  
9 Rob Paley  
8 Christain Lietzau  
7 Richard Cummings  
7 Brian DeBraccio  
6 Frank Boscoe  
5 Jim Foley  
5 Ed Hampston  
5 Russ Hoyer  
4 Mike Becker

#### Male 50-59

57 Rick Munson  
34 Derrick Staley  
22 Tom Dalton  
21 L.D. Davidson  
21 John Parisella  
17 Richard Clark  
16 Dale Keenan  
15 Alar Elken  
14 Mark Warner  
13 Patrick Culligan  
13 Paul Forbes  
13 Steve Vnuk  
12 Kevin Dollard  
8 Jim Maney

7 Rob Colborn  
7 Ken Klapp  
7 Tom Messer  
6 Chris Murphy  
6 Bill Herkenham  
5 John Haley  
5 Martin Patrick  
4 Fred Kitzrow  
4 Tom Tiift

#### Male 60-69

61 Ernie Paquin  
37 John Stockwell  
30 Jim Bowles  
26 Tom Yannone  
25 Juergen Reher  
23 Bob Ellison  
23 George Jackson  
12 Tom Adams  
12 Bob Giambalvo  
12 Pat Glover  
11 Jim Fiore  
10 Ken Klapp  
8 Joe Yavonditte  
7 Ed Bown  
7 Frank Myers  
7 John Silk  
5 Ed Litts  
4 Jack Berkery  
4 Leo DiPierro

#### Male 70+

56 Wade Stockman  
40 Jim Moore  
34 Bob Husted  
13 Don Wilken  
12 John Pelton  
12 Chris Rush  
10 Ken Skinner  
7 Ed Doucette  
7 Joseph Richardson  
6 George Freeman  
5 Denis Burns  
5 Joe Kelly  
4 Joe Corrigan  
4 Richard Eckhardt

### Women

#### Female Open

43 Karen Bertasso  
39 Meghan Davey  
34 Roxanne Wegman  
27 Diana Tobon-Knobloch  
25 Heidi Nark  
24 Ada Lauterbach  
18 Katie Jones  
16 Erin Rightmyer  
14 Carolyn Herkenham  
12 Brina Seguin  
8 Amy Becker  
8 Erin McDonald  
7 Kristina Gracey  
7 Sara O'Grady  
7 Katie Vitello  
6 Alicia Bousa

6 Shannon Finnegan  
6 Melissa Patrick  
5 Jennifer Senez  
4 Ashley Brown  
4 Kathleen Hermann  
4 Christina Jordy  
4 Jessica Sherry

#### Female 30-39

44 Sally Drake  
38 Gretchen Oliver  
35 Kimberly Miseno-Bowles  
24 Eileen Combs  
22 Karen Dolge  
18 Shelly Binsfeld  
18 Stephanie Wille  
17 Christina Ardito  
14 Susan Bright  
12 Julie Gold  
10 Allison Bradley  
10 Deanne Webster  
11 Stacey Kelly  
7 Tammy Carroll  
5 Samara Anderson  
5 Jen Heibner  
4 Shanley Alber  
4 Regina McGarvey  
4 Terra Stone

#### Female 40-49

44 Emily Bryans  
31 Chris Varley  
20 Anne Benson  
20 Cheryl DeBraccio  
15 Mary Buck  
15 Judy Guzzo  
13 Mary Fenton  
13 Megan Leitzinger  
12 Michelle Costa  
12 Lauren Herbs  
12 Kathy VanValen  
11 Nancy Nicholson  
10 Melissa Frenyea  
10 Connie Smith  
9 Patty Greene  
8 Kay Byrne  
8 Barb Light  
7 Lori Vink  
6 Pamela DelSignore  
6 Kari Gathen  
6 Rachel Schabot  
5 Miriam Hardin  
5 Denise Iannizzitto  
4 Marcia Harrison  
4 Mary McNair  
4 Pam Zentko

#### Female 50-59

48 Nancy Briskie  
45 Martha DeGrazia  
38 Cathy Sliwinski  
29 Susan Burns  
21 Peggy McKrown  
20 Judy Phelps  
15 Katherine Ambrosio  
16 Joan Celantano  
15 Jane Mastalis  
12 Beth Stalker  
10 Donna Charlebois  
10 Erika Oesterle  
9 Cynthia Southard  
26 - The Pace Setter

8 Nancy Taormina  
7 Elizabeth Herkenham  
7 Jenny Lee  
5 Debra-Jane Batcher  
5 Karen Gerstenberger  
5 Joyce Reynolds  
4 Karen Dott  
4 Pia Sanda

#### Female 60-69

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

#### Female 70-79

48 Anny Stockman  
18 Joan Corrigan  
10 Eiko Bogue

#### Age Graded

Runner	Age	G
39 Susan Wong	62	F
37 Nancy Briskie	52/53	F
35 Chuck Terry	27/28	M
26 Ahmed Elasser	47	M
26 Derrick Staley	51	M
24 Emily Bryans	42	F
23 Andy Alistadt	27	M
22 Tom O'Grady	24/25	M
20 Martha DeGrazia	58/59	F
18 Dale Keenan	59	M
17 Judy Phelps	59	F
13 Rick Munson	52/53	M
10 Bob Giambalvo	60	M
8 Justin Bishop	29	M
8 Tom Dalton	51	M
7 L.D. Davidson	53	M
7 Anny Stockman	78	F
6 David Vona	27	M
5 Eileen Combs	32	F
5 Tom Dalton	51	M
5 Christian Lietzau	47	M
5 Beth Stalker	50	F
4 Eamon Dempsey	30	M
4 Kevin Dollard	54	M
4 Daniel Jordy	26	M





# Meeting Minutes of the HMRRC General Meeting - July 14, 2010

Attendance: Jon Rocco, Mark Warner, Chuck Terry, Barb Light, Ed Gillen, Diane Fisher, Tom Adams, Marcia Adams, Nancy Briskie, Cathy Sliwinski, Wade Stockman, Anny Stockman, Rob Moore, Pete Newkirk, Doug Bowden, Ray Newkirk, Ken Skinner

Call to Order (M. Warner): Motion made by Marcia Adams seconded by Ed Gillen to call meeting to order at 7:35PM.

1. Reading and approval of June 9, 2010 minutes (B. Light). Motion made to approve minutes made by Marcia Adams seconded by Rob Moore.

## 2. Reports of Officers

2.1 President (M. Warner): Thank you note from a Schrader Scholarship winner from a year ago, W. Michael Danaher thanking the club for awarding him the scholarship. With the club's help he has achieved his life long dream of attending an Ivy League School. He has a 3.78 GPA during his freshman year and set a PR of 3.58 for the 1500 in outdoor track. He told the club to "keep up the great work" so other graduates can have the opportunity to take their "sound minds and swift bodies to the next level."

2.2 Executive Vice President (J. Rocco): Received a thank you note from this year's Schrader Scholarship recipient Rebecca Martin who attended Ballston Spa High School thanking the club for her scholarship.

2.3 Executive Vice President - Finance (C. Terry): No Report

2.4 Secretary (B. Light): No Report

2.5 Treasurer (J. Kinnicut): No Report

## 3. Reports of Committees

3.1. Membership (D. Fisher): Currently have 2281 members up from 70 last month. 20 members have come from the Marathon. Stockade-athon website is live and the registration is now open.

3.2. Volunteers (M. Adams): No Report

3.3. Public Relations (R. Moore): All press releases for the Track Series and Tawasentha Races have been sent out. Mike LaChapelle who does the Times Union Blog is looking for articles on fellow runners.

3.4. Race Committee (N. Briskie): Father's Day race at the Crossings had 598 finishers. Final report due in. 118 finishers in the Colonie Mile.

3.5. Race Committee Treasurer (P. Zentko): See attached reports

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

3.7. Conflicts Committee (C. Terry): No Report

3.8 Safety Committee (V. Juliano): Heat Guidelines for Races-the Colonie Mile race director, Ken Skinner gave an option to run the race or run the race the following week due to the extreme heat. Mark questioned if we need to provide heat guidelines but felt that the policy worked well where the Race Director made the decision on running the race or postponing the race. Marcia Adams agreed

and noted that if we get in the habit of making policies for heat than we will have to do policies for winter races, too. Mark said that the policy of the Race Directors making the call should continue. Ed Gillen asked if all Race Directors know that they have that discretion. Nancy noted that it would be brought up at the next Race Directors meeting.

3.9 Grants Committee (R. Newkirk): Second General Purpose grants have been awarded. 8 Grants totaling \$6250 now they are in the process of considering the Youth Grants. \$500 Grant to NY National Guard for Hometown Hero 5K, \$750 Grant to Duanesburg Dash Community Center, \$1000 Adirondack Runners, \$750 Kinderhook Runners for Red Apple Run and Social Runs, \$750 Schenectady Gazette Expo, \$900 S/U Track, \$1000 USATF Grand Prix, \$1000 Patriot Running-RISE. Marcia Adams questioned why USATF was given \$1000 grant. Each Grand Prix Race has to pay a fee to be a Grand Prix race. Ray noted that the Grant application did not mention anything about extra money contributed throughout the year. He noted that the Grant committee is now aware of other fees collected.

3.10 Long Range Planning Committee (C. Sliwinski): No Report

3.11 Just Run Program (K. Skinner): Ray Newkirk and Ken will be meeting with each pilot site directors to get an assessment on how the program went and to make recommendations for next year. Within last month Ken received three emails from the Just Run Website from groups in our area asking how they can get set up and/or participate in the program for next year.

3.12 Election Committee (M. Adams) Candidates for election are: President-Jon Rocco, Vice President-John Parisella, Secretary-Barb Light, and Treasurer-Pam Zentko. Will put ballot in August Pacesetter.

4. Unfinished Business: None.

## 5. New Business:

• CDPHP Workforce Team Challenge Report (P. Newkirk) -CDPHP was the new sponsor this year and has a 3 year contract and they were very happy with the results of this years race. 449 teams which is a record which included 15 new teams. There were a total of 8654 participants-up from 7715 in 2009, 141 new prospective companies added making a total of 903 companies. He race was a huge success and Pete Newkirk made a motion for a Distribution Proposal of CDPHP Distribute \$20,000 to our Charities from the past 4 years (\$5000 each) to Boys & Girls Club of Albany, Trinity Institute, Living Resources, and HATAS. Return \$65,000 to HMRRC, Retain \$12,800 as seed money for the 2011 Race. Motion seconded by Marcia Adams. Doug Bowden proposed to table motion until next month, seconded by Nancy Briskie. Motion approved. Mark thanked Pete Newkirk and his committee for all the hard work that went in to making

the race a success. He noted that this is not just a race anymore but a Community Event. Nancy Briskie noted that Newkirk puts a lot of work into the race at their workplace and that Newkirk Products gives a lot to the club that we can put money on and that the club is very appreciative. Ken Skinner noted a discussion was made by a State Agency wondering where the money went that was raised by the race. We need to do a good job on public relations in detailing what we plan to do with the money and donations so club members and the public understand what we do.

## 6. Announcements:

• August Refreshments - Tom & Marcia Adams

7. Adjourn: Motion made to adjourn by Marcia Adams, seconded by Cathy Sliwinski, meeting adjourned at 8:40PM. □





# 5K CHALLENGE

BENEFITING

LIVESTRONG®

LANCE ARMSTRONG FOUNDATION

**DATE:** *October 17, 2010*

**RACE TIME:** *9:00am*

**LOCATION:** *Saratoga State Park  
Columbia Pavilion  
Saratoga Springs, NY*

**RACE REGISTRATION:** \$30

**EARLY REGISTRATION (BY OCT 1):** \$25

**NEED MORE INFO? WANT TO REGISTER ONLINE?**  
VISIT [POWERHOUSEATHLETICS.NY.COM](http://POWERHOUSEATHLETICS.NY.COM)  
OR CALL 518-229-5611

**USAT CERTIFIED COURSE**

**CHIP-TIMED RACE**

**CASH PRIZES FOR OVERALL  
MENS/WOMENS WINNERS**

**FREE PARKING**

**RACE SHIRTS GUARANTEED FOR  
PRE-REGISTRANTS**

**WALKERS & KIDS WELCOME!**

Please print clearly and complete all items. Please use a separate form for each runner

## PARTICIPANT INFO

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

## EARLY REGISTRATION OPTIONS

(before October 1<sup>st</sup>)

\_\_\_\_\_ \$25.00 Race Entry w/Cotton T-Shirt

\_\_\_\_\_ \$30.00 Race Entry w/Polo Shirt

\_\_\_\_\_ \$33.00 Race Entry w/Dry-Fit Shirt

Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
(men's OR women's sizing)

Make Checks Payable To:

**Power House 5K Challenge**  
c/o ARE Event Productions  
PO Box 38195  
Albany, NY 12203

This event is hosted by a LIVESTRONG fundraiser to raise funds for LIVESTRONG. This is not an official LIVESTRONG-hosted event, but all proceeds benefit LIVESTRONG.

YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD ON PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE POWER HOUSE ATHLETICS, LLC OR ANY OTHER INDIVIDUAL, MUNICIPALITY OR OTHER ENTITY INVOLVED IN THE EVENT FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

By signing this agreement you are indicating your acceptance of this agreement and waiver, you are affirming that you have read and understand this agreement and waiver and fully understand its terms. You understand that you are giving up substantial rights, including the right to sue. You acknowledge that you are signing the agreement and waiver freely and voluntarily, and intend by your acceptance to a complete and unconditional release of all liability to the greatest extent allowed by law.

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

(if Participant is under the age of 18)

For more info or to register online visit [www.powerhouseathleticsny.com](http://www.powerhouseathleticsny.com)

# Eric Mower and Associates Signs On as Platinum Sponsor of Northeastern NY Komen Race for the Cure®

Eric Mower and Associates (EMA) today announced its Platinum sponsorship of the 16th Annual Northeastern New York 2010 Susan G. Komen Race for the Cure, part of the nation's most successful breast cancer fund-raising and awareness-building efforts.

The Susan G. Komen Race for the Cure is the largest series of 5K runs/fitness walks in the world. The Northeastern New York race will take place Saturday, Oct. 2, starting at the Empire State Plaza; similar races are being held in over 100 locations across the United States and around the world.

Last year, 4,200 people registered to participate in the Northeastern New York race, and the race raised \$250,000 for breast cancer research and awareness. Since 1995, the Komen Northeastern New York affiliate has granted more than \$2.1 million to breast cancer programs for the medically underserved in its 11-county service area, which includes Albany, Clinton, Essex, Franklin, Hamilton, Montgomery, Rensselaer, Saratoga, Schenectady, Warren and Washington counties.

"Breast cancer touches all of us in some way – through friends, family, co-workers, neighbors, acquaintances, ourselves, or all of the above," said Robert Bellafiore, senior partner, director of Public Affairs and head of EMA's Albany office. "EMA is proud to support the Komen Race for the Cure because it does important work and serves a noble public purpose. It's perfectly in line with EMA's approach to civic engagement that improves the quality of life in its communities but also has a larger reach."

The Platinum sponsorship is the highest-level local sponsorship for the race. EMA, a national award-winning integrated marketing communications agency, will donate its services in public relations, strategy, cause-related marketing, public affairs and advertising to support the Komen Race for the Cure.

"EMA has a well-deserved reputation for bringing expertise, energy and passion to every project, and we look forward to working with them in the fight against breast cancer," said Lynette Stark, executive director, Northeastern New York Affiliate of Susan G. Komen for the Cure. "We are thrilled to have EMA as our partner."

For race information and registration, please contact 518.250.5379, email [info@komenneny.org](mailto:info@komenneny.org) or sign-up on line at [www.komenneny.org/race.html](http://www.komenneny.org/race.html). Visit the organization on Facebook at Northeast New York Affiliate: Komen for the Cure.

## About Susan G. Komen for the Cure

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast

cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cure. Komen has invested nearly \$1.5 billion to fulfill their promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [www.komen.org](http://www.komen.org) or call 1-800 I'M AWARE.

## About Eric Mower and Associates

EMA is an integrated marketing communications agency with specialized expertise in business-to-business marketing, public relations and public affairs, consumer advertising, brand promotion and digital/direct/relationship marketing. With offices in Buffalo, Rochester, Syracuse, and Albany, N.Y.; Charlotte, N.C.; Atlanta, Ga.; and Sarasota, Fla., plus a service office in Los Angeles, EMA serves clients throughout the United States and Europe. EMA also serves many of its clients through IN, a worldwide network of leading independent advertising agencies in more than 90 countries. EMA belongs to the American Association of Advertising Agencies and IPREX, a worldwide partnership of independent public relations firms. EMA has some 245 professionals and estimated 2010 capitalized billings of \$220 million. Visit [www.mower.com](http://www.mower.com) or more information. □







Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

**TOTAL DUE:** \_\_\_\_\_

*All prices include sales tax*

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 \$.42*

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:  
Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

# Local Event Schedule

Club events are in blue type.

9/11	8:30 AM	Community Day 5k	Malta NY	Ray Liuzzo	info@maltabpa.com
9/11	9:00 AM	Red Apple Trail Run 5k and 10k	Samascott Orchards	Kinderhook Road Runners Club	infor@kinderhookrunnersclub.com
9/11	9:00 AM	Brenda Deer Memorial 5K Run/Walk & Kids Fun Run	Guiderland YMCA Drive	Jennifer Rittner-Paniccia	jrittner@cdymca.org
9/11	9:00 AM	Maple Leaf Half & 5K Run	Manchester	Len Kotler	becien@comcast.net
9/11	9:00 AM	Sprint Triathlon	Mariaville Lake	Jenn Dixon	jdixon@dacc.info
9/12	9:30 AM	Josh Billings RunAground Triathlon 27 mile bike	Great Barrington to Lenox	Patty	patty@joshbillings.com
9/12	9:00 AM	9th Annual Teal Ribbon for Ovarian Cancer	Washington Park Lake House	Pam Robbins	caringtogether@msn.com
9/12	7:00 AM	Albany Autism 5K Run/Walk	Schenectady Central Park	Jenny DeBellis	jdebells@nycap.rr.com
9/12	8:30 AM	The Dunkin Run 2010	Albany Jewish Community Center	Tom Wachunas	tomw@saajcc.org
9/12	9:30 AM	Doug Ellett Memorial 5k Run/Walk	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/18	9:00 AM	Guiderland 5K for Huntington's Disease -- Kids Run	Tawasentha Park	Stephanie Keller	stk134@gmail.com
9/18	9:00 AM	Coxsackie PAL 5k Run/Walk	McQuade Park	Sergeant Bill O'Brien	mrwjob@yahoo.com
9/18	10:00 AM	2nd Capital Region Special Surgery Race for Hope 5K	1220 New Scotland Road	SarahNicole Mahoney	smahoney@capitalregionspecialsurgery.com
9/18	9:30 AM	Landis Arboretum 5K Forest Run	Landis Arboretum	Jonathan DiCesare	jdicesare@realtyusa.com
9/18	9:00 AM	15th Annual Run to Remember	Harkness Field	David Teubl	dteubl@gmail.com
9/19	9:00 AM	<b>39th HMRRC Anniversary Races 2.8 &amp; 5.6 Mile [5.6 GP]</b>	<b>UAlbany -- Day of race signup only!</b>	<b>Pat Glover</b>	<b>pjglove@aol.com</b>
9/19	10:00 AM	Old Dater Farm Run For Life 5K	5 Caraway Court	Julie Gauer	igauer@nycap.rr.com
9/21	9:00 AM	Run 2 Row 5K	Corning Preserve Boat Launch	Kathy Johnston	Wade.Johnston@hotmail.com
9/25	5:30 PM	2ns Annual Nisky Fall Fun 5K	Niskayuna Town Hall	Lori Peretti	lperetti@niskayuna.org
9/25	9:00 AM	Hoosick Pumpkinpalooza 5K	Wood Park	Elizabeth Dillard	contact@hoosickyouth.org
9/25	10:00 AM	FAM Fund 5K	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
9/26	1:00 PM	Catiebug Fight to be Healed 5K	Clifton Commons	Colleen Williams	colleenw@nycap.rr.com
9/26	9:00 AM	7th Annual Crossings 5K & Kids' Fun Run Challenge		Barbara Boodram	bboodram@colonieyouthcenter.org
9/26	9:00 AM	Downtown 10k	Burlington	Susan Criscuolo	susancriscuolo@hotmail.com
9/26	1:00 PM	Catiebug Fight to be Healed 5K Run	Clifton Commons	Liz Fox	catiebugrun@fighttobehealed.org
9/26	2:00 PM	AIDS Walk + 5K Run	Washington Park in Albany	Marcella Hammer	marcella.hammer@prostinc.com
10/2	9:00 AM	Komen Race for the Cure	Empire State Plaza	Lynette Stark	info@komenneny.org

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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

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



## Hudson-Mohawk Road Runners Club Membership Application

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

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

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

**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, travelling to, or returning from any event sponsored by the Club.

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

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

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