

# ***The Pace Setter***

**April 2013**

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

## **Nancy Briskie and Vince Juliano Inducted into HMRRC Hall of Fame**





# YOU HAVE TO BE ON TIME TO BEAT YOUR TIME.

Don't wait too long to register for the **2013 CDPHP® Workforce Team Challenge** on Thursday, May 16. This is the Capital Region's classic 3.5-mile workforce team run—and the largest annual road race between Utica and New York City. The last two years have brought record turnouts of more than 9,000 runners and walkers representing more than 450 participating companies and organizations. We invite you to get your team together and register early!

**Visit [www.cdphpwtc.com](http://www.cdphpwtc.com)  
for more information.**

**2013 Charities of choice:**



Publication of Hudson-Mohawk  
Road Runners Club  
Vol. 34 No. 4

**Editors:**

Daniel Gracey, Kristina Gracey  
(pseditor123@gmail.com)

**Production Editor for April 2013:**

Kathleen Bronson

**Content Editor:**

Kristin Zielinski (pscontenteditor@gmail.com)

**Advertising/Business Director:**

Robin Nagengast (psads123@gmail.com)

**Photo Coordinator:**

Bill Meehan

**Photography Staff:**

Tom Adams, Phil Borgese, Nancy Briskie,  
Donna Davidson, Ray Lee, Bill Meehan,  
Gerri Moore, Paul Turner

**Proofreader:**

Daniele Cherniak

**Contributing Editors:**

Jim Moore  
— **Grand Prix Update**

Al Maikels  
— **What's Happening**

Dr. Russ Ebbetts  
— **Off The Road**

Nancy Clark  
— **Athlete's Kitchen**

Dr. Tim Maggs  
— **The Running Doctor**

Dr. Robert Irwin  
— **For Your Health**

Mike Becker  
— **Been There, Done That**

Jim Tierney & Ken Orner  
— **Senior Running**

Editor Needed:  
— **Profile of a Runner**

Joe Hein  
— **Short Circuits**

Bob Kopac  
— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

2013 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

# The Pace Setter

APRIL 2013

- 4 President's Message
- 5 What's Happening in April
- 5 Winter Series Awards *(additional since March)*
- 9 Been There, Done That
- 15 Cardiac Athletes  
*by Jack Berkery*
- 16 A Winter Series Survivor? Call Me Maybe ...  
*by Vince Juliano*
- 17 The Vascular Birthmarks Foundation Launches Their 5th Annual Day of Awareness Walk/Run for Birthmarks Challenge
- 19 The Athlete's Kitchen:  
Why Can't I Simply Lose a Few Pounds?
- 20 New HMRRRC Members
- 21 Short Circuits
- 27 Minutes of the HMRRRC General Meeting, February 13, 2013

*Photos in this issue by Ray Lee and Neil Sergott*

## HMRRRC Mission Statement

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

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



## HUDSON MOHAWK ROAD RUNNERS CLUB

President  
JON ROCCO  
862-9279

Executive Vice President  
MAUREEN COX  
281-6575

Vice President for Finance  
CHARLES TERRY  
482-5572

Treasurer  
MARY IBBETSON  
376-6077

Secretary  
BARBARA LIGHT  
326-0313

Race Committee Treasurer  
JONATHAN GOLDEN  
hmrrcjon@gmail.com

### HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee  
DIANE FISHER  
hmrrcdiane@gmail.com

Race Committee  
MARK WARNER, 464-5698

Public Relations  
ROBERT MOORE  
227-4328 • rmoore4626@aol.com

HMRRRC Web Page  
DIANE FISHER  
hmrrcdiane@gmail.com

Clocks & Van Equipment  
TOM ADAMS  
366-5266

Volunteer Coordinator  
MARCIA ADAMS  
356-2551

**www.hmrrc.com**



## President's Message

*by Jon Rocco*

Although we are now in the first full month of spring, we should take one last look at how the winter finished up at HMRRRC. The club certainly does not hibernate in the winter, and February had its highlights with the wrapping up of the Winter Series, the Annual Awards Banquet, and the Winter Marathon.

The 2012-2013 Winter Series ended with 2,060 finishers over the series, which offers thirteen different distances. Although we were down slightly (5.6%) from last year's record of 2,182 finishers, participation was at its 2nd highest ever. The Winter Marathon celebrated its 40th anniversary with 76 finishers, including almost 25% from outside the state and exactly 50% from outside of the 518 area code. The conditions were certainly not ideal, with strong winds creating biting wind chill temperatures. A total of 57 teams competed in the three person relay.

The Annual Awards Banquet was highlighted by the Hall of Fame inductions of Nancy Briskie and Vince Juliano. Nancy has been past Club President, Race Committee Chair, Race Committee Treasurer, Membership Chair, race director, Refreshment Coordinator at Workforce Team Challenge, and a Distinguished Service Award recipient. Her personal running accomplishments are nothing short of spectacular on local, national, and world levels. Vince proudly joins his wife, Emily Bryans, in the Hall of Fame. As the race director of the Stockade-athon since 1998, he brought the race to new levels and national recognition, as well as producing continued growth in its participation year after year. He has been a contributing writer and historian of long distance running for some 25 years. In 2006 he was the Distinguished Service Award recipient and in 2007, he created the popular USATF Adirondack Grand Prix Series.

Congratulations to our volunteers who were presented with Race Committee "Extra Mile" Awards: Jackie Bown for the handling of refreshments and registration at the Winter Series, as well as other club races including the Delmar Dash, Distinguished Service Race, Mohawk Hudson River Marathon, and Stockade-athon; Kimberly Kilby as Medical Director for the Mohawk Hudson River Marathon, which includes the recruitment of medical volunteers and the compilation of an emergency medical manual; Tim McGuire as a water truck driver for the Mohawk Hudson River Marathon the last six plus years, including delivery of race supplies; Ken Orner, who volunteered at the Delmar Dash, Distinguished Service Race, Indian Ladder Trail Run, and Stockade-athon; Dave Pickel for several years as water truck driver for the Mohawk Hudson River

Marathon and a volunteer at the Delmar Dash and Stockade-athon; Joe Premo as water truck driver for the Mohawk Hudson River Marathon the last six-plus years, and a volunteer at the CDPHP Workforce Team Challenge; Arleen Reyell as Winter Marathon volunteer and for being t-shirt distribution coordinator for the CDPHP Workforce Team Challenge the past seven-plus years; Karen and Mac Smith for radio support, including securing volunteers from the Troy Radio Club, for several years at major races including the Runnin' of the Green, CDPHP Workforce Team Challenge, and Mohawk Hudson River Marathon.

Congratulations to Maureen Cox, Jill Mehan, and Mark Warner, who were presented with President's Outstanding Service Awards and Mike Bartholomew, who was presented with the President's Appreciation Award. Maureen, current club Vice President, has served as co-race director of the Mohawk Hudson River Marathon and Half the past two years, and the past few years as refreshment coordinator of the Winter Series and Winter Marathon; she will be assuming the role as refreshment coordinator at the CDPHP Workforce Team Challenge. Jill has been a steady and dependable volunteer at many of our club events (Winter Marathon, Runnin' of the Green, Delmar Dash, Mohawk Hudson River Marathon, Stockade-athon, Awards Banquet) over the years, often at registration, packet pickup and out of the course. Records show she is one of a handful of people to be a Winter Series Participant Award Winner continuously from 2005-2006 to the present. Mark has served as Race Committee Chair the past two plus years, and when the club was faced with a vacancy for race director for the CDPHP Workforce Team Challenge, he continued to work with the title sponsor, secured a three year deal, and assumed the role to direct our biggest race. Mike was unable to attend the banquet due to health reasons, but we were able to put up a nice photo display of him participating at club events over the years. He is our most senior club member and will be turning 89 this May. He is a long time member who last raced in 2009 at age 85, but still hopes to continue volunteering at water stops when he is able. He last volunteered at the Doug Bowden Winter Series in December and looks forward to his other favorites: CDPHP Workforce Team Challenge, Masters 10K, and his family stop in Watervliet for the Mohawk Hudson River Marathon and Half.

This month also marks the 25th Anniversary of the 5M Delmar Dash and its new race

*Continued on page 5*





# What's Happening in April

by Al Maikels

The Spring racing season kicks off with the 25th Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, it is 25 years later and the race is a solid fixture on the spring schedule. This year's race will be held on Sunday, April 14 at 9:00 a.m. at the Bethlehem Middle School in Delmar. There is no day of race registration for this race so sign up early if you plan on running.

The other club race in April is reserved for the over 40 set, which, by my calculations is approximately 70% of the club membership. The 33rd Bill Robinson Masters 10K Championship will be held on Saturday, April 20 at 9:00 a.m. at the Guilderland High School. This race is held on a tough hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race and it is also part of the USATF Adirondack Grand Prix series.

Other April races of note are as follows:

11th Dodge the Deer 5k and Mile Fun Run on Saturday, April 6 at the Schodack Island State Park, with the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

The Gator Gallop 5k will be held at the Sage College Troy Campus on Saturday, April 6 at 9 a.m.

The 12th running of Sean's Run 5k will be on Sunday, April 28 at 12 noon at the Chatham High School.

The grand daddy of all marathons is also held in April. Monday, April 15 is the date for the 117th Boston Marathon. The HMRRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be

## **President's Message,** *continued*

directors Aaron and Diana Knobloch. On the following day, many club members head to Boston where, as they end their journey, they will take a right on Hereford, a left on Boylston, and then head home to a roaring crowd at the finish as if they were the winning run at Fenway Park. Congratulations go out to our club members who represented HMRRRC well in the 2012 USATF Masters Long Distance Road Runners of the Year (USA) rankings: Honorable Mentions went out to Derrick Staley (M50-54), Emily Bryans (W45-49), Nancy Briskie (W55-59), and Judy Phelps (W60-64). Anny Stockman locked up a ranking of 3rd place (W80-84). Enjoy the month and the rest of this issue. □

held on Wednesday the 10th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □

## Winter Series Awards 2012-2013

(additional since March issue)

Marcia Adams  
Kathleen Dougherty  
Martha Gohlke  
Vince Juliano  
Bob Knouse  
Clay Lodovico  
Bill Meehan  
Dana Peterson  
Sara Reed  
Bart Trudeau  
Don Wilken



## **On the Web!**

**The Hudson Mohawk Road  
Runners Club is on the Web**



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

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

ALBANY COUNTY BAR ASSOCIATION  
**20<sup>TH</sup> ANNUAL LAW DAY 5K RUN/WALK  
AGAINST DOMESTIC VIOLENCE**

**WEDNESDAY, APRIL 24, 2013**

**Kids Run (1 mile; 1/4 mile) At 5:30 P.M.**

**5K Run/Walk At 6:15 P.M.**

**COURSE:** Washington Park - Start and Finish (Near Boat House), Madison Avenue Entrance

**5K RACE AWARDS:** Awards will be given to the top male and female finishers, and to the first place finishers in each age division. No duplication of awards. Awards will also be given in the wheelchair division.

**5 K AGE DIVISIONS:** 12 - 19 years 20 - 29 years  
30 - 39 years 40 - 44 years  
45 - 49 years 50 - 54 years  
55 - 59 years 60 + years  
Wheelchair Division

**KIDS RUN:** All kids will receive a ribbon

**RAFFLE:** Raffle Tickets will be available day of.

**T-SHIRT CONTEST**

Put together a team and create a team t-shirt! Winning t-shirts will be selected for Most Creative!  
Submit your t-shirt to the ACBA by April 19, 2013 for consideration. Winners will be announced on Race Day

**ENTRY FEE:** \$25.00 postmarked on or before April 19, 2013; \$30.00 after and day of race  
Students and children (19 yrs. or under) \$15.00 postmarked on or before April 19: \$20.00 after and day of race.  
**\$2 for Kids Run**  
**MUST BE POSTMARKED ON OR BEFORE APRIL 19, 2013.**

**T-SHIRTS TO THE FIRST 200 REGISTERED PARTICIPANTS!**  
**Refreshments immediately following the Race!**

**DAY OF RACE REGISTRATION: 4:15 - 5:30 P.M.**

Please make checks payable to **Run Against Domestic Violence**, mail to: Albany County Bar Association, The Stedman House, 1 Lodge Street, 2<sup>nd</sup> fl., Albany, NY 12207. Please contact Barbara at (518) 445 - 7691 with any questions.

----- **DETACH AND SEND WITH PAYMENT** -----

NAME (please print) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ SEX (circle one): M F

**Please circle your race selection:** 5K Wheelchair Walker Kids Run (11 years old and under)

**WAIVER:** Please sign below

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against The Albany County Bar Association, City of Albany, and any and all sponsors and their representatives and any official or participant for any and all injuries I may suffer in connection with this race of the Albany County Bar Association. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

**Parking available in the Albany Medical Center Parking lot**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (if under 18) \_\_\_\_\_

*I will not be able to attend, however enclosed please find my donation of \$* \_\_\_\_\_







- ◆ Fun & Festivities start @ 5 pm
- ◆ USATF Sanctioned 5K Course
- ◆ Kids Fun Run @ 5:45 pm
- ◆ 5K Run Starts @ 6 pm
- ◆ 1 Mile Walk Starts @ 7 pm
- ◆ Free T-Shirt for the 1<sup>st</sup> 300 Registered Runners/Walkers
- ◆ Celebrity MC Joe Condon
- ◆ 50/50 Raffle, Activities by Tumbling Tykes
- ◆ Music by DJ Krazy Keith
- ◆ Awards presented for the following categories:
  - 5K Top M/F Overall
  - 5K Top M/F Age Category
    - 19/UNDER 20-29
    - 30-39
    - 40-49
    - 50-59
    - 60/OVER
  - 5K Top Team Overall
  - Largest Walking Team
  - Awards for Kids Fun Run



www.birthmark.org

**The Vascular Birthmarks Foundation**  
**5th Annual Challenge**  
**2013**  
**Walk/Run for Birthmarks**  
**1 Mile Walk—5K Race—Kids Fun Run**  
**Friday, May 10, 2013**  
**The Niskayuna Soccer Complex**  
**Zenner Road**  
**Niskayuna, NY 12309**  
**REGISTRATION FORM**

#### Questions?

Basia Joyce @ (518) 495-3938  
 or basiajim99@nycap.rr.com

Gen Mailloux @ (518) 382-1452 or  
 gen@birthmark.org

**I AM REGISTERING FOR:** ☐ 1 Mi. Walk ☐ 5K Run ☐ Kids Fun Run ☐ Sponsor A Child

**Name:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_ **Team Captain:** \_\_\_\_\_

**Note: Each Team Runner must complete a separate form and sign waiver below**

**Age (as of 5/10/2013):** \_\_\_\_\_ **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ Male ☐ Female

**Shirt Size:** (Requested size contingent upon availability)

**Youth:** ☐ SM (6-8) ☐ MD (10-12) ☐ LG (14-16) **Adult:** ☐ SM ☐ MD ☐ LG ☐ XL

**Note: Race packet pickup and Day of Event Registration begins at 4:00 p.m.**

☐ YES, I would like to be a volunteer!! Please sign me up.

**Name:** \_\_\_\_\_ **Contact Ph.#** \_\_\_\_\_

**e-mail address:** \_\_\_\_\_

#### FEES:

☐ **Individual Run/Walk:** \$15.00 per entrant if Registered by May 9th — \$20.00 on Day of Event

☐ **Special Team and/or Student Rate Run/Walk:** \$10.00 per entrant for Students or Teams of 5 or More if Registered by May 9th , \$15.00 per entrant on Day of Event.

☐ **Special Family Rate for the 1 Mile Walk ONLY:** \$30 per family (\$35 on Day of Event).

**Please list names of family members (Up to 5)**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
 4. \_\_\_\_\_ 5. \_\_\_\_\_

☐ **My child/children will participate in the Kids Fun Run. (Please sign and date a waiver of liability for each child)**

**List names and ages:** \_\_\_\_\_

☐ **I/We Cannot Participate in the Walk/Run But Would Like to Sponsor a Child with a Birthmark to Participate in the One Mile Walk:**

☐ **\$20.00 Minimum Donation** ☐ **Other Amount** \_\_\_\_\_

**NOTE: Student rate applies to ages 18 and under**

**Athlete/Participant Release: Please Sign and Date (one per each walker and runner required):**

**WAIVER OF LIABILITY:** I understand that walking and running in races are potentially hazardous activities. I should not enter and run or walk in the Vascular Birthmarks Foundation Annual Challenge 2013 unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants or volunteers, the effects of the weather, and course conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, do waive and release the Vascular Birthmarks Foundation, The Niskayuna Soccer Complex, the Town of Niskayuna, the run timers, and all other sponsors, their representatives and successors from all claims and/or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion picture, recordings, or any other record of this even for any legitimate purpose.

**Date** \_\_\_\_\_

**Signature (Under 18—Legal Guardian's Signature)** \_\_\_\_\_

**SEND COMPLETED FORM AND PAYMENT TO:** VBF, PO Box 106, Latham, NY 12110

**Please Check Method of Payment:** ☐ Check (Enclosed) ☐ MasterCard ☐ Visa ☐ Discover

**Credit Card No.** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_ **3-digit Verification Code:** \_\_\_\_\_

**[Please Make Checks Payable to The Vascular Birthmarks Foundation, submit with this Application and mail to address above\*]**

**Total Amount Enclosed or to be Charged: \$** \_\_\_\_\_

**Visit Us at [www.birthmark.org](http://www.birthmark.org)** VBF is a fully approved Not-For-Profit • Federal Tax ID#16-1515227

**PS**

# "BEEN THERE, DONE THAT"

by Mike Becker

## April 1973...Forty Years Ago

- Jim Shrader ran a 14:25 in a three-mile race on the eighth at SUNYA. This was the best ever time for a club three-mile race up to that point. Fourteen of the 16 entrants ran under 20 minutes.

- Marbry Pulver won the six-mile handicap race at SUYA on the 29th. Jim Bowles was the fastest "scratch" runner with a 34:00 for the six miles.

- Club members who ran well in the Boston Marathon included Don Wilken (2:45) and Ed Thomas (3:40). Both are still members of the club.

## April 1978...Thirty Five Years Ago

- The club newsletter states that a major part of the Pine Bush will be commercially developed. It mentions that spring will be the last opportunity for runners to run in the Pine Bush, and to contact Albany city officials if they want the area to remain undeveloped.

- Mark Mindel won a nine-mile race at SUNYA on the ninth with a 51:41. Daniele Cherniak ran a 65:27 to top the five women in the 23-person field, in an era when women started to appear in almost all club races.

## April 1983...Thirty Years Ago

- The cover of *The Pace Setter* has a statement that "Price Chopperthon 30K course found one kilometer short – certification rescinded!" with details on pages 22-23. There was a big "APRIL FOOLS" written on those pages!

- Daniele Cherniak was profiled. At the time she was a 21-year old physics major at Union College. Her coach at Keveny Academy was future club Hall-of-Famer Bill Robinson, who gave her great encouragement. She trains at least 80 miles per week and usually trains alone. Her best performance to date was the Heritage Trail Marathon in 3:01. She also held female course records in five area marathons, including Heritage Trail. She was elected to the club Hall of Fame in 2001.

## April 1988...Twenty Five Years Ago

- The Hudson Mohawk Half Marathon was held on the tenth, a point-to-point course from Schenectady to Albany. A total of 478 runners competed. Pace Kessenich led the way with a 71:51, with Pete Gerardi coming in second. Anne Kulinski ran an 85:42 for the female title, with Inge Aiken the runner-up. Age group winners included Marge Rajczewski, Lee Wilcox, Wade Stockman, and Regina Tumidajewicz.

- Among the local finishers in the Boston Marathon on the 18th were Jim Burnes (3:20), Larry Decker (3:07), Pat Glover (2:46), Art Kranick (2:41), Mike McLean (3:14), Ed Neiles (2:56), Ernie Paquin (3:04), and Paul Rosenberg (3:16).

## April 1993...Twenty Years Ago



- Tom Dalton and Rich Coughlin both ran 25:09 to win the Delmar Dash five-miler on the 19th. This was Dalton's second of an eventual seven Delmar Dash titles. Amy Herold-Russom ran a 29:04 to break the female course record by more than a minute. A total of 263 runners competed.

- Among local runners with good Boston Marathon times were Vinny Reda (2:27), Mike Brinkman (2:53), Marty Kittell (2:58), and Ed Bown (3:22).

- The club Half Marathon was held on the 25th on the Colonie bike path, with an out-and-back course starting at the Colonie Town Park. This race was postponed from March due to a blizzard. Winners were Rick Bennett (1:16) and Amy Herold-Russom (1:21). Also running fast times were Pete Gerardi, Pat Glover, Mark Warner, and Sandy Phibbs-Stockman. A total of 210 runners participated, including 29 women.

## April 1998...Fifteen Years Ago

- Tom Dalton won his sixth of an eventual seven Delmar Dash titles on the fifth with 24:51 over the flat, five-mile course. Vinny O'Brien was more than a minute behind. Amy Herold ran a 29:39 for top female honors, beating Nancy Nicholson by two minutes. Age group winners included Dale Keenan, Jeryl Simpson, Pat Glover, Laura Clark, Jim Tierney, and Anny Stockman. A total of 430 runners competed.

- Club Hall-of-Famer Dale Keenan ran a 2:38 Boston Marathon to finish 139th overall. Fellow club Hall-of-Famer Martha DeGrazia from Slingerlands ran a fine 3:20.

- The 18th Annual Tom Robinson Masters 10K was held at Guilderland High School on the 25th. Vladimir Ilin ran 36:49 to win by one second over Rob Colborn. Cindy Novak ran a 43:54 for female honors over Susan Burns. Just 65 runners participated.

## April 2003...Ten Years Ago

- Jamie Rodriguez ran a 25:41 to win the

Delmar Dash five-miler on the sixth by more than a minute over Ben Greenberg and Josh Merlis. Megan Leitzinger ran a 31:55 to beat Kimberly DeRocco by 46 seconds. Age group winners included Roxanne Wegman, Vinny O'Brien, Kari Gathen, Derrick Staley, and Jim Moore.

- Jamie Rodriguez and Julie Murphy won the inaugural Dodge the Deer 5K trail race in Rensselaer Lake Park on the 13th with times of 15:52 and 21:35, respectively.

- Ken Plowman won the Rabbit Ramble four-miler in Guilderland Center on the 19th with a 22:21. Kim DeRocco was the top female with a 25:34.

- Derrick Staley won the Bill Robinson Masters 10K on the 26th with a 35:58, 27 seconds ahead of Dale Keenan. Nancy Taormina ran a 43:52 for top female honors. This race was the 10K USATF Adirondack Masters Championship. This is the year the race was renamed for Bill Robinson, longtime outstanding area runner and club Hall-of-Famer.

## April 2008...Five Years Ago

- Chuck Terry and Dana Peterson won the Delmar Dash five-miler on the sixth with times of 25:48 and 31:15, respectively. Age group winners included Tom O'Grady, Justin Bishop, Aaron Knobloch, Penny Tisko, Judy Guzzo, Nancy Briskie, and Susan Wong.

- Ken Plowman and Allison Mueller were winners of the 14th Annual Law Day 5K Run in Albany on the 25th. Age group winners included David Tromp, Jim Maney, Rob Sliwinski, Frank Broderick, and Bob Knouse.

- Dan Jordy and Colleen Hayden won the Fifth Annual St. John's/St. Ann's Spring Run-Off 5K on the 26th on the Corning Preserve bike path. Justin Bishop and Kerry Barba won the 10K. □





# 15th Annual Kinderhook Bank

OK  5k

**Saturday — June 8, 2013 — 9:00 AM**

**2013 USATF Adirondack Grand Prix Road Race**

<b>Certified 5K Chip Timed</b>	<b>Start &amp; Finish: Kinderhook Village Square (Route 9). Walkers welcome.</b>						
<b>Registration</b>	<b>Web</b> <a href="http://www.OK5krace.org">www.OK5krace.org</a> or form below. <b>email:</b> <a href="mailto:kinderhookok5krace@gmail.com">kinderhookok5krace@gmail.com</a>						
<b>Entry Fee (5K Race)</b>	<table><tr><td>\$18.00 before May 31<sup>st</sup></td><td>\$25 May 31<sup>st</sup> and after</td></tr><tr><td>\$16.00 KRC Members before May 31<sup>st</sup></td><td>\$25 May 31<sup>st</sup> and after</td></tr><tr><td>\$15.00 Students before May 31<sup>st</sup></td><td>\$25 May 31<sup>st</sup> and after</td></tr></table>	\$18.00 before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after	\$16.00 KRC Members before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after	\$15.00 Students before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after
\$18.00 before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after						
\$16.00 KRC Members before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after						
\$15.00 Students before May 31 <sup>st</sup>	\$25 May 31 <sup>st</sup> and after						
<b>Packet Pickup</b>	Friday, June 7 <sup>th</sup> , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 8 – Village Square: 7– 8:30 AM. <b>No Race Day registration after 8:30</b>						
<b>Awards</b>	<b>5-year Age Groups and 3-Member Teams</b> - including under 10 to 10-14 through 70-74, 75-79 and 80 and greater age groups <b>No Race Day Registrations for Teams.</b>						
<b>USATF</b>	Membership # required for USATF Scoring. Go to <a href="http://www.usatfadir.org">www.usatfadir.org</a> or 518-273-5552						
<b>OK 1 Mile Run Ages: 4 to 12</b>	Sponsored by: <b>Kinderhook Runners Club</b> <b>Time - 8:15 AM</b> – Finishers' Medals for all. Starts in Village Square. Fee: <b>\$2.00</b> - Medal to winner in each 1 year age group						
<b>Ages: Under 6</b>	<b>8:40 AM - Reading Ramble</b> - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.						
<b>Food Pantry</b>	Please bring a non-perishable food item to help replenish the local Food Pantry.						

## RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each team member separately fills out form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (*checks payable to: OK 5k*)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth (mm/dd/yy) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Street \_\_\_\_\_

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

Male ☐ Female ☐ KRC Member Circle One: Y N USATF # \_\_\_\_\_

Email address \_\_\_\_\_

## FOR TEAM MEMBERS ONLY:

Team Type : ☐ All Male ☐ All Female ☐ Mixed (Co-ed) Team Name (10 characters or less): \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent (if under 18) \_\_\_\_\_

Date \_\_\_\_\_





# Upcoming Events



## Want to stay fit this spring and have fun too?

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

### April 6, 2013: ARE's 11th Annual Dodge the Deer 5k and Kids Races

Schodack Island State Park, Castleton, NY

A true family event! From the Bully the Bear Kids Dash to the Chase the Chipmunk Mile Fun Run, and, of course, the Dodge the Deer 5k, this event is a true celebration of the kid in all of us! Join ARE, Bully, Chase, and Dodge, and hundreds of runners at this fast and non-technical trail race. With a full cook-out for all, tasty awards in 5 year age groups up to 80+, and the coveted Mr. & Mrs. Dodge Award, there's something for everyone!



Find out more and register at [www.AREEP.com/camp](http://www.AREEP.com/camp)

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



Cost is from \$260 to \$380 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

### ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 1 to June 3)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the fifth year of the series, which features a 3 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The series is free and features cook-outs every few weeks!

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

The Albany Running Exchange held over **2,000** organized group runs in 2012. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

Find out more about all these events by visiting [www.RUNALBANY.com](http://www.RUNALBANY.com) today!



# 5<sup>TH</sup> ANNUAL CHERRY BLOSSOM 5K RACE FOR ALS



**SUNDAY  
APRIL 28, 2013**

5k Race Starts at 10:15

3k Wellness Walk 10:20

Proceeds Benefit:

 **St Peter's Hospital**  
*ALS Regional Center*  
*Lewis Golub MDA/ALS Clinic*  

---

ST PETER'S HEALTH PARTNERS

SPONSORED BY:



Albany Total Wellness  
Benchmark Printing  
Emergen-C  
JCB Specialties, Inc.  
Our Daily Eats  
Pepsi Beverages  
United Bat Control of New York

Register online: [www.5kraceforals.com](http://www.5kraceforals.com)

CONGREGATION GATES OF HEAVEN , 852 Ashmore Ave Schenectady, NY



©New Registration Location

## GLENS FALLS BUSINESS MACHINES INC.

Your Digital office Source



A Speech Pathology, Occupational Therapy and Physical Therapy PLLC



Welcome to the 24th Annual

# PROSPECT MOUNTAIN ROAD RACE

Saturday May 11, 2013 - 9:00 am start

To Benefit: **Michelle Lafontaine ACC Nursing Scholarship Fund & Under the Woods Foundation**

**REGISTRATION:** 7:00 am - 8:30 am sharp!

**ENTRY FEE:** Adirondack Runners \$18, Non-member \$20, Race Day EVERYONE \$25

**\*Also online @ Active.com\***

Short sleeve shirt guaranteed to first 150 registered runners.

**COURSE:** 5.67 miles up Prospect Mtn. - Just 1 hill! Starts at the bottom and goes up a paved access road 1,601 feet to the summit.

**AWARDS:** Top Overall Male & Female and top 3 male and female in the following age groups: 19 & Under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

**POST RACE:** Refreshments at the Lake George Forum. Free to all Runners.

**INFORMATION:** [www.adirondackrunners.org](http://www.adirondackrunners.org)  
Or [cifonedesigns@aol.com](mailto:cifonedesigns@aol.com)

REGISTER AT: [www.active.com](http://www.active.com)

**FACILITIES:** All pre and post events held at The **Lake George Forum**, 2200 State Route 9, Lake George, New York. (Just north of exit 21 of the Adirondack Northway)  
Plenty of parking, water stations and split times.

-----DETACH HERE-----

Prospect Mountain Road Race 2013

All NCAA and USAT&F rules apply

SHIRT SIZE

LAST NAME FIRST NAME MIDDLE INITIAL

SM M LG XL

# Street Address/ Apt. #

Phone

City State

Zip Code

Age (day of race) Gender

Email DOB

1-19 20-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including heat and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the Village of Lake George and its agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature

Date

Signature of Parent (if under 18)

Date

Make Checks Payable to:  
**ADIRONDACK RUNNERS**  
Mail Entries To:  
**The Adirondack Runners**  
PO Box 2245  
Glens Falls, NY 12801

Official Use Area

Date Rec. \_\_\_\_\_  
Race # \_\_\_\_\_

Entry \$ \_\_\_\_\_  
Additional Donation \$ \_\_\_\_\_  
Amount Enclosed \$ \_\_\_\_\_

# Cardiac Athletes

by Jack Berkery

On October 2012, near mile 18 of the Baltimore Marathon we turned a corner by Johns Hopkins University and saw a mile long straightaway on a gentle uphill with a sea of bobbing heads. Runners were wearing every color of the rainbow and exuding a spirit and energy that could move mountains. I suddenly felt as though I was floating, the legs were moving with no perceived effort. I was in the zone, a rare occurrence for me, and one of the reasons I keep at this in my fifth decade of racing. This was race number 420 for me (I keep very careful records) and I was there not to run the full marathon, but the team relay with three other Cardiac Athletes. It was about the fifth mile in my trek, having volunteered for the hilly segment because I had been training on a lot of hills in the months leading up to the Stockade-a-thon. Compared to that and the Voorheesville 7.1 miler which I had run two weeks prior, this was hardly a hill at all.

On October 1991, I planned a course that was all downhill for one mile since I needed all the help I could get. Just 12 weeks prior I had open heart surgery to replace the aortic heart valve. The procedure was done in July and I had to wait 6 weeks before even attempting to run again. A heart murmur was with me from a very early age and I always knew it would require surgery some day. Now the return to running was the most difficult thing I had ever done.

The first run was 80 yards at most and it took another 6 weeks from there, increasing the distance by mere yards each time out to get up the strength to try a whole mile. My run went from the traffic circle in front of GE Research to Blatnick Park and it was painful every step of the way. Until it was done, that is, then it felt great to know I could do it again.

CardiacAthletes.com is a web forum that began in 2006 by Lars Andrews in the U.K., but who now lives in Australia. He's a Cardiac Technologist, supervising tests and labs and dealing daily with heart patients in recovery. Normal rehab may be enough to get most back to their everyday lives, but there are a few of us for whom "normal" is on a completely different plane. He saw that and started a self-help/discussion forum so we could share our experiences and knowledge of the latest developments in the field. I found out about it only in 2007 through another web site, ValveReplacement.org, which is written by and for those with heart valve repair and replacement procedures. VR covers all aspects of heart valve procedures, recovery, drugs, etc., but only a small subset are into active lifestyles. CA on the other hand, is not limited to valve jobs but to any and all cardiac procedures and its members are not merely active, but competitive. There are marathoners, Ironmen and women, former professional athletes and Olympians and quite a few runners like me who have been in the game most of their lives and would never consider giving it up.

In 1990 it was the Stockade-a-thon that told

me it was time to get things fixed. Not so much the race itself, but the extended recovery from it. I was training and racing very well that fall and thought I might be able to crack 67 minutes. My PR was 67:03 the previous year and I knew I could get a few seconds. It wasn't to be. On the State St. hill I dropped anchor and had to slow way down, eventually finishing in 71 minutes, not a bad one, but way off of what I had planned. The rough part though was that I was drained and sluggish for weeks afterward. I went to the cardiologist in January and was told it was time to get the valve fixed. It took all the way from January to July waiting my turn for the OR and in the meantime, no runs, so I walked every day.

One of the best aspects of Cardiac Athletes is the meetups. It being on the web, members are all over the world. Most of the English speaking part that is. It began in the U.K. and there are many there, but U.S. members are the largest group. Whenever we are planning a trip anywhere, we'll inquire if any other CA folks will be nearby so we might meet face to face. If there's a road race with an open team competition, we'll try to enter one. From 2007 until this fall I had only met a couple of them. In Baltimore there were roughly 30 gathered from about a dozen states, plus one from India. These were people you might know the deepest personal secrets about but never met. It would be easiest to describe the meetup as a family reunion. Each year they select an event with multiple races so each can run the distance of his/her choice. The Baltimore Running Festival has a full marathon, half marathon, marathon relay and a 5K. We had entrants in every one of them. In previous years the CA team had gathered for Vermont City, Akron, Jersey Shore, Wineglass and Harrisburg. For various reasons, although I tried, I was unable to make those.

In January of 1991, the cardiologist had told me I could probably go back to a normal life after sufficient recovery, but details were scant. Normal I was not, nor did I want to be. Normal people wouldn't run half marathons. Neither did I have anyone to commiserate with, someone who might know what awaits at the other end of the tunnel. All those I could talk to about the procedure were much older, weaker, non-athletic. To suggest I wanted to go out and run 10 miles every Saturday morning with an artificial aortic valve ticking in my chest would be met with blank stares. And that continued after the operation too. That was before the age of the World Wide Web. The Internet was in its infancy. I was well connected to the Usenet newsgroups and forums, but not like today. There may have been a few tens of thousands of people connected then. Today it's billions. I searched, posted inquiries, asked in every forum whether there were others like me. There were not. When I started entering races again it was with great trepidation. What I needed most desperately to know was what



could I do, how much, how often, how hard? No one knew. I was on my own, an experiment of one. Every time I ran a mile it was virgin territory.

Marathon morning in Baltimore 2012, I was on the third leg of the 4 person relay, each leg between 6 and 7 miles. Mine started at the halfway point and went about 6.3 miles and ended at a park on the east side named Clifton Park, which amused me to no end. I traveled 250 miles to end up running to Clifton Park, which is also just about 6.3 miles from home. The transition was chaotic with 1200 teams waiting for their partners to come in. The numbers were astounding in all events. - 5,000 in the full marathon, 13,000 in the half, 1,200 teams and another 6,000 doing the 5K. Finding your relay partner coming down the road in a stream of thousands while standing in a crowd three deep on the curb was difficult. I saw my friend Mike coming in but couldn't get out into the road to take the wristband. Small matter, it probably only cost us a few seconds and we weren't there to set any land speed records. I took off with a vigor I haven't felt in a long time. After 400 races, I admit to being a bit jaded and don't have the same level of excitement as I once may have. Until this day, that is. Our lead-off leg was run by Paul from Burlington, VT, who not only had a heart procedure, but is missing one lung. He handed off to Mike, a valve replacement from Cincinnati, OH, then to me, another valver from New York. I passed it on to Rick, a bypass graft from Cleveland, OH.

My running in the fall of 1991 proceeded slowly but surely, and I even dared to run the three mile Sober Up run on January 1, 1992. By the following July, a full year after the valve job, I was back to 10 milers on Saturday morning and had 6 or 8 more races under my belt. It would be 15 more years before I came upon the CA group, where so many shared similar heart histories. All the time I was assuming I was alone in this boat.

I'm the old-timer in the group. Not only in chronological age, but by the fact that my procedure was 21 years ago, far longer than anyone else. I haven't just survived but thrived and that has been reassuring to so many of the others who have joined us. Another relay runner on the Cardiac Athletes team, Rachel, a valve replacement and aneurysm repair from Michigan, was just a little over one year from her heart surgery. Also a lifelong runner, she was severely depressed when she first showed up on the Cardiac Athletes forum. What could she do, how much, how often, how hard? This time someone knew. After completing the anchor leg for her team, she was beside herself with joy, brimming with a new confidence.

Me too. As I ran that 6th mile of my relay leg ever so effortlessly, I drank it all in, looked side to side and front to back at the thousands of runners heading into the park. I thought, this is where I belong, these are my kind of people. It's been a very good year, and a very good 21 years. □

# A Winter Series Survivor? Call Me Maybe ...

by Vince Juliano

How difficult is it to run 4 events and volunteer for another at the SUNY Albany Campus during the winter months of December through February? For the past 2 years, with ten races in total, most would agree it is not been nearly as difficult as it could be.

If my memory serves me well, I can say that all Winter Series events during the past two winter seasons were held on days without snow or ice, and with clear footing. Temperatures were 32F (0C) or higher, and only occasionally did the howling winter winds, for which this open landscape is known, become an impediment to the runners. For those who have longer memories, some of the most infamous winter series of the past resembled Nordic expeditions into unexplored arctic territory, with a real risk of frostbite and very difficult terrain.

Here are my personal observations of the 2012 / 2013 series.

## **Doug Bowden 15K – Dec 09, 2012:**

There was a record turn-out for the final race directed by Doug Bowden, who had organized this event for approximately two decades. Many of Doug's long time friends were also out on the course helping, including Ken Skinner, Pete Newkirk and Ed Neiles, to name a few. This is one race I choose to run every year, not only because of Doug's long term involvement, but because of the distance. The 15K is one of my favorites, and since I began directing the Stockade-athon and can no longer race it, the Doug Bowden 15K has become my opportunity to test myself at this challenging distance. The roads were clear, with 40F temperatures, and my goal was 80 minutes. I ran with Brian Murray of Slingerlands, who I met during the run. We kept each other near 8:30 pace after a warmup of two miles, and finished in 80:50. This is one of the real benefits of Winter Series running, meeting up with new people and finding a small group of runners who share a similar pace and words of encouragement. Neither of us was racing full out, but I certainly got a good workout while greeting the many "old guard" volunteers out on the course on a rather pleasant day for running. Of note was long time HMRRC member Mike Bartholomew, now in his late 80s, volunteering in support of Doug Bowden. Mike continued to run into his early 80s, before passing the torch to Anny Stockman, 80, as the senior running member of the club. 270 finished the 15K race, with 186 finishing the 3 mile option.

## **Hangover Half – January 1, 2013.**

The season's first snowstorm dropped 12 to 18 inches of snow on the Capital Region during the two days after Christmas, but all roads were clear and temperatures were near 16 – The Pace Setter

40F once again for the first event of the New Year. I volunteered for finish line duties, a job that required setting up the clock and handing out index cards to runners as they finished. A HMRRC Grand Prix event brought some urgency to the front of the pack, and another great turn-out as 323 finished and recorded their first miles in their 2013 log-books.

Brian and Cheryl Debraccio are long time directors of this event, and runners can expect soup and pizza, along with an assortment of hearty refreshments at the end of their long runs. Temperatures plummeted as the race progressed, and the trademark howling winds increased so volunteers and back of the pack runners got the worst of the deteriorating conditions. At the front of the pack, Chuck Terry (73:41) and Kristina Gracey (86:16) looked strong at the finish, but frozen body parts became the norm as the race progressed. This was a tough day for the volunteers and the final finishers Ray Lee (3:05) and Jack Berkery (3:10). Dana Peterson and Penny Tisko provided much appreciated support at the finish, as 30 mph winds made basic tasks such as handing out index cards and keeping the clock upright, a formidable challenge.

## **Winter Series 3 – January 13, 2013**

Very good running conditions prevailed, with temperatures above 40F and clear footing. A half dozen or so runners went off course, which seems to happen at one Winter Series event each year. Not to be critical, but with multiple loops and distances every other week, and new volunteers, it does not take much to have runners take a wrong turn into the abyss. An impressive run by Megan Holden, 24, of Saratoga Springs, who ran the 10K distance in 35:57 to finish 3rd overall. 224 finished the 10K, while I ran 57:10. Another appealing aspect of the Winter Series is that unlike "real races" where you pay an entry fee, one can moderate their pace without worrying about the result. I ran 8:15 per mile pace in a 10K race last November, but on this day, I chose to run nearly a full minute per mile slower and enjoy the beautiful scenery of the state office campus loops. The 2011 Stockade-athon runner-up, Kieran O' Connor, 25, returned from the Middle East, where he is learning the Arabic language, to easily win the 25K in 1:28:30. HMRRC president Jon Rocco and Meghan Mortensen stepped up to direct this event.

## **Winter Series 4- January 20, 2013**

This year there was an unusual quirk, where Winter Series runs are held on consecutive weekends.

The weather was again good, with temperatures near 32F, and clear roads with a mild breeze. Joe Benny, supported by many volunteers who are members of both the HMRRC

and the ARE, organized the event. I chose to run with Ceilidh (Kay-lee), our 4 year old black lab on this low key non Grand Prix 15K event.

I lined up in the rear for the first half mile loop around the tennis courts, as Ceilidh gets excited at the start of a running event. Once out on the state office campus loops, she settled down nicely and ran purposefully for 9 plus miles in 86:44. It was 6 minutes slower than my Doug Bowden 15K, but considering my slow start and running with Ceilidh, it was a rather strong effort.

Another positive aspect of the Winter Series is that by running all of the events you cannot help but improve fitness just in time for the spring, especially if you run the long events like Joe Hayder and Kelly Virkler, who won their respective divisions of the 30K.

## **Winter Series 5- February 3rd, 2013**

The traditional 10-mile Grand Prix event and 20 mile endurance test brought out top-tier competition on what may have been the best day of all for this year's winter series. Bright sunshine, 40F, no wind and excellent footing made this wrap-up event ideal for racing. For me and my wife Emily, it produced a quandary that required race tactics to sort through. The day prior to this Winter Series event was the annual Polar Cap 4 miler in Lake George, organized by the Adirondack Runners. This has been one of my long time favorites, and I mark it down as my first real race of the season. The Polar Cap 4 mile attracts 200+ runners, and roads were clear this year, albeit with cold 15F temperatures at the start. I ran a solid 8:22 pace on the hilly course and was unsure how my legs would respond to another 4 mile race the next day. I intended to run a more casual 9 minute pace, but started a conversation with Dan Gracey shortly after the start. He pulled me along to a 8:39 pace for 7K (4.34 miles) as he continued on to add additional miles. Emily's quandary was that she wanted to run more than 10 miles since she was training for the Boston Marathon, but also wanted to run the Grand Prix event in up-tempo. She and her training partner Kristina Gracey resolved this by running 6 miles prior to the 10-mile Grand Prix, and a 3 mile cool-down after the race for a total of 19 miles. Kristina and Emily ran one-two in the Grand Prix event, as the 2012 Workforce Challenge and Troy Turkey Trot 10K champion Kevin Treadway took the men's division of the 10-mile Grand Prix. Pat Lynskey and John Parisella teamed up to co-direct this club GP event.

Weather conditions, race tactics, the volunteer requirement, and other commitments all come into play when a runner qualifies for the Winter Series survivor award. Despite very favorable weather conditions in the past two years, I felt I earned the survivor distinction in 2012/2013 and my Winter Series survivor towel. ☐





# The Vascular Birthmarks Foundation (VBF) Launches Their 5th Annual Day of Awareness Walk/Run for Birthmarks Challenge



Alec has a port-wine stain



Alec after several treatments

VBF is an international charitable organization that networks families affected by a vascular birthmark, tumor, or syndrome to the appropriate medical professionals for evaluation and/or treatment; provides informational resources; sponsors physician education, research, and programs that promote acceptance for living with a birthmark; and coordinates international medical mission trips for treating vascular birthmarks.

VBF is excited to announce that our 5th Annual Challenge – Walk/Run for Birthmarks – will be held on Friday, May 10th, 5:00pm, at the Niskayuna Soccer Complex, Zenner Road,

Niskayuna, NY. We are very excited about our new location this year. The Niskayuna Soccer Complex is a beautiful area with an extremely large parking lot, concession stand and access to the scenic Mohawk-Hudson Bike-Hike Trail, where our race and walk will occur. Festivities begin at 5:00 p.m and the 5K race begins at 6:00 p.m. Please visit the calendar at [hmrrc.com](http://hmrrc.com) or [www.birthmark.org](http://www.birthmark.org) for registration information.

We are proud to announce that our 2013 Birthmark Champion is Alec Frazier, a local boy whose parents sought help from VBF for his treatment. □



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

### Articles:

Deadline is April 25. Submit to: Editor, [pscontenteditor@gmail.com](mailto:pscontenteditor@gmail.com)

### Advertisements:

Deadline is May 1st. Contact Advertising Director at [psads123@gmail.com](mailto:psads123@gmail.com) to reserve space

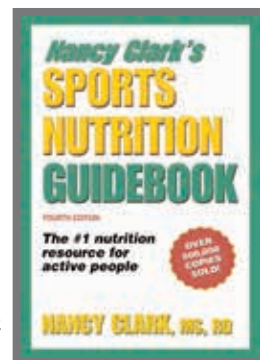
### Ads should be sent to:

[callen@gscallen.com](mailto:callen@gscallen.com) or C Allen, 179 Hollywood Ave., Albany, NY 12209

**High resolution black & white files or greyscale required (no compression). 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.**

## MISSING LINK?

*Eat well,  
train well,  
have more  
energy!*



*This new  
edition can  
help you:*

- *enjoy better workouts*
- *achieve your desired weight*
- *feel better all day.*

*New runners  
and hungry  
marathoners  
have more  
fun if they  
fuel well.*



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



### ORDER:

- \_\_\_ Food Guide for Marathoners \$22
- \_\_\_ Food Guide for New Runners \$22
- \_\_\_ Sports Nutrition, 4rd Edition \$26

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Order online: [www.nancyclarkrd.com](http://www.nancyclarkrd.com)

Or, send check to Sports Nutrition Services

PO Box 650124, West Newton MA 02465

Ph 617.795.1875 • MA Residents: +6.25% tax



# 2013 Rotary Run



Sponsored by the Rotary Club of Southern Rensselaer County

*Run For Life*



## Sunday May 19th

At Green Meadow Elementary School  
Routes 9 & 20 Opposite Schodack Plaza

**Supporting Rotary Sponsored  
Scholarships and  
Community Programs**

## "NEW" THIS YEAR CHIP TIMING

33rd Annual BOB SMITH Challenge

5 MILE RUN – Starts at 8:30 – \$18

SPECIAL NEEDS RACE - \$15- In Parking Lot  
Begins immediately after 5 mile run start

COACHES CHALLENGE- 5K Run- Starts approx. 9:45- \$18

1 Mile Run- Starts approx. 10:30- \$18

ONE LAP WONDER Event- Starts approx. 10:45- \$15

**LATE ENTRY SURCHARGE** ( Not Received by May 16)- \$5

T-shirt included with entry fee – while supplies last. Register by May 12th to guarantee T-shirt.  
Register at <https://register.bazumedia.com/reg/form?eventID=3204>

### Registration

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Race: \_\_\_\_\_ Special Needs Race (\$15) \_\_\_\_\_ 5 Mile (\$18) \_\_\_\_\_ 5K Run (\$18) \_\_\_\_\_ 1 Mile Run (\$18) \_\_\_\_\_ 1 Lap Wonder (\$15)

T-Shirt Size: **ADULT:** \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large **CHILD:** \_\_\_\_\_ Medium \_\_\_\_\_ Large

In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in the event. I am physically fit to participate in the race event(s) indicated. (Parent signs for entrant less than 18 years of age). Each race requires a separate registration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Detach and Mail with Check Payable to: So. Rensselaer County Rotary, c/o Peter Brown 18 Clove Rd Castleton, NY 12033

For More Information Call 732-7178 or [pbrown34@nycap.rr.com](mailto:pbrown34@nycap.rr.com)

# Why Can't I Simply Lose a Few Pounds? Dieting Myths and Gender Differences

Despite their apparent leanness, too many runners are discontent with their body fat. All too often, I hear seemingly lean marathoners express extreme frustration with their inability to lose undesired bumps and bulges:

*Am I the only runner who has ever gained weight when training for a marathon?*

*Why does my husband lose weight when he starts running and I don't?*

*For all the exercise I do, I should be pencil-thin. Why can't I simply lose a few pounds?*

Clearly, weight loss is not simple and often includes debunking a few myths. Perhaps this article will offer some insights that will lead to success with your weight loss efforts.

## **Myth: You must exercise in order to lose body fat.**

To lose body fat, you must create a calorie deficit. You can create that deficit by

- 1) exercising, which improves your overall health and fitness, or
- 2) eating fewer calories.

Even injured runners can lose fat, despite a lack of exercise. The complaint "I gained weight when I was injured because I couldn't run" could more correctly be stated "I gained weight because I mindlessly overate for comfort and fun."

Adding on exercise does not equate to losing body fat. In a 16-week study, untrained women (ages 18 to 34) built up to 40 minutes of hard cardio or weight lifting three days a week. They were told to not change their diet, and they saw no changes in body fatness (1). Creating a calorie deficit by eating less food seems to be more effective than simply adding on exercise to try to lose weight.

Runners who complain they "eat like a bird" but fail to lose body fat may simply be under-reporting their food intake. A survey of female marathoners indicated the fatter runners under-reported their food intake more than the leaner ones. Were they oblivious to how much they actually consumed? (2) Or were they too sedentary in the non-exercise hours of their day?

## **Myth: If you train for a marathon or triathlon, surely your body fat will melt away.**

Wishful thinking. If you are an endurance athlete who complains, "For all the exercise I do, I should be pencil-thin," take a look at your 24-hour energy expenditure. Do you put most of your energy into exercising, but then tend to be quite sedentary the rest of the day as you recover from your tough workouts? Male endurance athletes who reported a seemingly low calorie intake did less spontaneous activ-

ity than their peers in the non-exercise parts of their day (4). You need to keep taking the stairs instead of the elevators, no matter how much you train. Again, you should eat according to your whole day's activity level, not according to how hard you trained that day.

## **Myth: The more miles you run, the more fat you will lose.**

Often, the more miles you run, the hungrier you get and 1) the more you will eat, or 2) the more you believe you "deserve" to eat for having survived the killer workout. Unfortunately, rewarding yourself with a 600-calorie cinnamon roll can quickly erase in a few minutes the 600-calorie deficit you generated during your workout.

The effects of exercise on weight loss are complex and unclear—and depend on the 24-hour picture. We know among people (ages 56-78) who participated in a vigorous walking program, their daily energy needs remained about the same despite adding an hour of exercise. How could that be? The participants napped more and were 62% less active the rest of their day (3). Be sure to pay attention to your whole day's activity level. One hour of running does not compensate for a sedentary lifestyle

## **Myth: You should run six days a week to lose weight.**

Research suggests exercising four times a week might be better for weight control than six times a week. A study with sedentary women (ages 60 to 74) who built up to exercising for 40 minutes of cardio and weights suggests those who did four workouts a week burned about 225 additional calories in the other parts of their day because they felt energized. The group that trained six times a week complained the workouts not only took up too much time, but also left them feeling tired and droopy. They burned about 200 fewer calories in the non-exercise parts of their day (5). Yes, they were ages 60 to 74, but the info might also relate to you?

## **Myth: Couples who run together, lose fat together.**

Not always. In a 16-month study looking at exercise for weight loss, the men lost 11.5 pounds and the women maintained weight, even though they did the same amount of exercise (6). In another study, men who did an 18-month marathon training program reported eating about 500 more calories per day and lost about five pounds of fat. The women reported eating only 60 more calories, despite having added on 50 miles per week of running. They lost only two pounds (7).

What's going on here? Well, a husband who adds on exercise will lose more weight than his wife if he's heavier and thereby burns more calories during the same workout. But, speaking in terms of evolution, Nature seems protective of women's role as child bearer, and wants women to maintain adequate body fat for nourishing healthy babies. Hence, women are more energy efficient. Obesity researchers at NY's Columbia University suggest a pound of weight loss in men equates to a deficit of about 2,500 calories, while women need a 3,500-calorie deficit (8). No wonder women have a tougher time losing weight than do men.

## **The bottom line**

If you are running to lose weight, I encourage you to separate exercise and weight. Yes, you should run for health, fitness, stress relief, and most importantly, for enjoyment. (After all, the E in exercise stands for enjoyment!) If you run primarily to burn off calories, exercise will become punishment for having excess body fat. You'll eventually quit running—and that's a bad idea. (A better idea is to seek personalized help by meeting with a local sports dietitian. Use the referral network at [www.SCANDpg.org](http://www.SCANDpg.org).)

Instead of focusing just on exercise as the key to fat loss, pay more attention to your calorie intake. Knocking off 100 calories a day from your evening snacks can theoretically result in 10 pounds of fat loss in a year. One less cookie a day seems simpler than hours of sweating...?

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels casual and competitive athletes in her private practice in the Boston-area (617-795-1875). Her Sports Nutrition Guidebook, Food Guide for Marathoners and Cyclist's Food Guide all offer additional weight management information. The books are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com).

## **References:**

1. Poehlman, J Clin Endocrinol Metab 87(3):1004-9, 2002.
2. Edwards, Med Sci Sports Exer 25:1398, 1993
3. Goran, Am J Physiol 263:E950, 1992
4. Thompson, Med Sci Sports Exerc 27:347, 1995
5. Hunter, Med Sci Sports Exerc. 2013 Jan 30. [Epub ahead of print]
6. Donnelly, Arch Intern Med 163:1343, 2003
7. Janssen, Int J Sports Med, 10:S1,1989
8. Pietrobelli Int J Obes Relat Metab Disord 26:1339, 2002

## **Complete References (if you prefer them):**

1. Poehlman, E., W. Denino, T. Beckett, K. Kins



man, I. Dionne, R. Dvorak, P. Andes. Effects of endurance and resistance training on total daily energy expenditure in young women: a controlled randomized trial. *J Clin Endocrinol Metab* 87(3):1004-9, 2002.

2. Edwards, J, A. Lindeman, A. Mikesky, and J. Stager. Energy balance in highly trained female endurance runners. *Med Sci Sports Exer* 25:1398-404, 1993.

3. Goran, M. and E. Poehlman. Endurance training does not enhance total energy expenditure in healthy elderly persons. *Am J Physiol* 263:E950-7, 1992.

4. Thompson, J., M. Manore, J. Skinner, E. Ravussin, M. Spraul. Daily energy expenditure in male endurance athletes with differing energy intakes. *Med Sci Sports Exerc* 27::347-54, 1995.

5. Hunter, G., C. Bickel, G. Fisher, W. Neumeier, J. McCarthy. Combined Aerobic/Strength Training and Energy Expenditure in Older Women. *Med Sci Sports Exerc.* 2013 Jan 30. [Epub ahead of print]

6. Donnelly, E., J. Hill, D. Jacobsen, et al. Effects of a 16-month randomized controlled exercise trial on body weight and composition in young, overweight men and women: the Midwest Exercise Trial. *Arch Intern Med* 163:1343-50, 2003.

7. Janssen, C., C. Graef, W. Saris. Food intake and body composition in novice athletes during a training period to run a marathon. *Int J Sports Med*, 10:S17-21,1989.

8. Pietrobelli, A., D. Allison, S. Heshka, et al. Sexual dimorphism in the energy content of weight change. *Int J Obes Relat Metab Disord* 26:1339-48, 2002.



# New HMRRC Members



Matthew Abatto

Lillian Alessi

Zachary Alessi

Jennifer Amstutz

Kevin Ballon

Alex Bartlett

Rachel Bartlett

Jennifer Bates

Christine Bishop

Allison Carter

Marlo Carter

Nathan Carter

Jack Casey

Ben Collins

Anna Curtin

Dianne DeSantis

Mark Dolan

Todd Elitzer

Kelly Ann Fitzpatrick

Melissa Fleshman

Jennifer Fraley

Kelly Hession

Heather Hill

Stephen Hill

Mina Hsia

Alison Johnson

Karen Karl

Audrey King

Joanne LaLonde

Karen Lederman

Tsutsui Mayumi

Evan Miles

Madelyn Miles

Olivia Miles

Vincent Miles

John Milone

Christopher Moore

Regina Moore

Chase Morgan

Christian Morgan

Karri Morgan

Tiffany Morgan

Walker Morgan

Joe Murphy

Rachel Myers

Alexander Paley

Carol Pry

Brian Reilly

Bridget Reilly

Erin Reilly

Kenneth Sadlemire

Susan Sampanthar

Honor Sherman

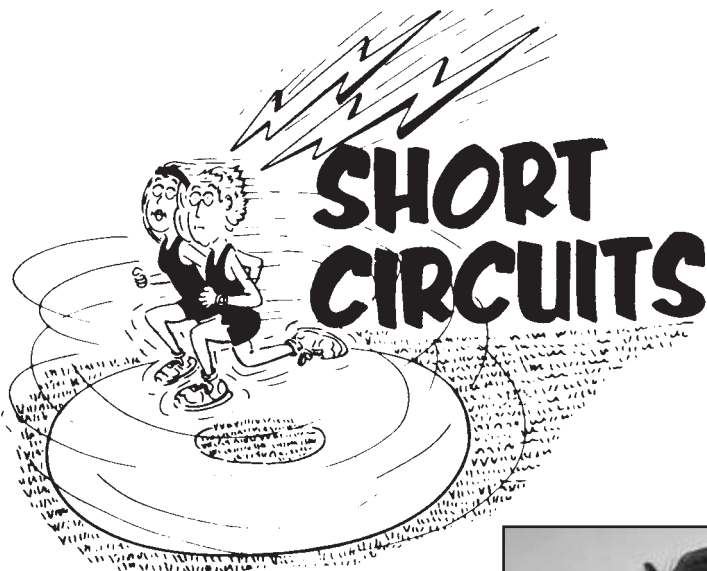
Timothy Sherman

David Shumpert

Jennifer Umholtz

Daniel Underwood

Wanda Wang



The assaulting wind and cold at the 40th Winter Marathon were no match for Hurricane Irene. Congratulations to nineteen-year-old Irene Somerville who finished first among the ladies in 3:25:03. She is the youngest Winter Marathon winner ever.



*Somer beats winter*

Running When Sick Rule of Thumb: If your symptoms are above the neck (e.g., sneezing, stuffed or runny nose), it's okay to run. If your symptoms are below the neck (e.g., fever, coughing from your chest, wheezing), don't run.



*OK to run*



*Don't run*

Easy way to ice sore or injured feet: ICY FEET. Straight from your freezer.



*Socks are optional*

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.



*The Thrill of Victory -- 1973: Manhattan College's Tom Colon celebrates as Manhattan wins the NCAA Indoor National Championship.*

A runner in Vancouver, Canada was "seriously" injured after being hit by a car while walking to work and sued the driver. At the trial the driver's attorney showed a video of the runner taken one month after the accident. The video depicted the runner running home from work (10 miles) and frequently stopping during the run, enthusiastically doing pushups. When asked by the angered judge how he could have recovered so quickly from this "serious" injury, the runner responded, "I have not recovered at all, I just can't stop running, it's in my blood."



*Blood Runner*

33rd ANNUAL HMRRRC

# BILL ROBINSON Masters 10K Championship

*For Runners 40 Years Old or Older*

HMRRRC Grand Prix Race

USATF Adirondack Masters Championship

USATF Adirondack Grand Prix Series Race

10 KILOMETERS Certified (NY12015JG)

**SATURDAY, APRIL 20, 2013 - 9 A.M.**

**3 awards for each 5-year age group**

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

For entry forms, contact the USATF Adirondack office.

To join USATF Adirondack go to [usatfadir.org](http://usatfadir.org) or contact the office at 518-273-5552

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

**Running Singlet to first 75 Registered Runners - BILL ROBINSON T-Shirt for the Volunteers**

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

**REPORT TO:**

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

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

Day of Race: **\$15.00**

Refreshments following the race.

**MAIL ENTRY TO:**

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

(Make checks payable to HMRRRC)

MASTERS  
ONLY!

MASTERS  
ONLY!

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

Name \_\_\_\_\_ HMRRRC MEMBER ☐ YES ☐ NO

Address \_\_\_\_\_

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

Email Address \_\_\_\_\_

Telephone \_\_\_\_\_ Age (as of 4/20/13) \_\_\_\_\_ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female USATF # \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_



*Enjoy Warmth & Comfort with*



Homemade Soups

Sandwiches & Wraps

Sweets & Fresh Baked Breads

Catering

Private Parties

Corporate Meetings/Events

Gifts

Dine In / Take Out

**438-3540**

Stuyvesant Plaza • 1475 Western Avenue

Albany 12203

[www.bountifulbread.albany.com](http://www.bountifulbread.albany.com)



## VOLUNTEERS NEEDED! AT UPCOMING RACES

Delmar Dash – April 14

Bill Robinson Masters  
10K – April 20

Mother's Day – May 12

CDPHP Workforce Team  
Challenge – May 16

Distinguished Service –  
June 9

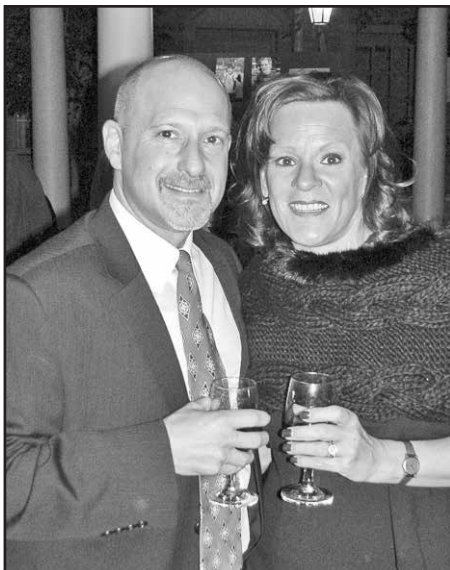
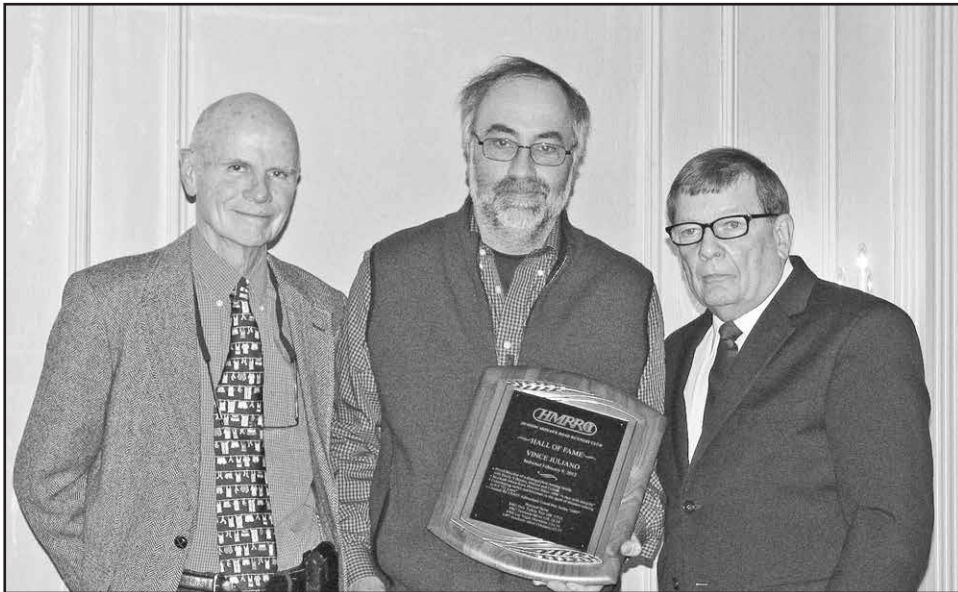
*Contact the race director for  
the events for more  
information*

ALSO SEEKING  
INDIVIDUALS  
WHO WANT MORE  
INVOLVEMENT IN THE  
CLUB FOR COMMITTEE  
POSITIONS AND OTHER  
DUTIES

IF INTERESTED, CONTACT  
MARCIA ADAMS,  
VOLUNTEER  
COORDINATOR at  
[madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)

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









## COME OUT AND GIVE YOUR LEGS THE OLD ONE-TWO.

And, help us celebrate 12 years running of Sean's Run. A whole weekend of events that draws runners from all over the region. You will traverse the streets of our charming village, enjoy the many amenities and nice giveaways, experience the fun atmosphere, meet our dedicated volunteers and generous sponsors and feel a special spirit all in support of an important cause. Bring along your running buddies and you will feel it! Event shirts to the first 1,500 entries. New this year: Bike Rides and Zumbathon® — see our website for details. **Register today at [www.seansrun.com](http://www.seansrun.com).**

**APRIL 28 , 2013 / CHATHAM HIGH SCHOOL  
5K-12 NOON / MEGHAN'S MILE-11:30AM**

**SEAN'S RUN  
WEEKEND 2013**

Presented by



2013 Sponsors

**CHATHAM-COURIER**

**Register-Star**

**FairPoint**  
communications<sup>SM</sup>

**newkirk**<sup>®</sup>  
A DST Company

**Dells**  
Plumbing, Heating & A/C, INC.

**GUARANTEED**  
**Northeast**  
**PEST CONTROL**  
Since 1981  
**HOME PROTECTION**

**Rensselaer**  
**HONDA**  
SIMPLY BETTER.

# Meeting Minutes of the HMRRC General Meeting February 13, 2013

Attendance: Jon Rocco, Jim Tierney, Barb Light, Chuck Terry, Ray Lee, Marcia & Tom Adams, Dave Ruderman, Maureen Cox, Tom Ryan, Ben Jacobsen, Mark Warner, Diane Fisher, Jonathan Golden, John Demers from CDPHP, Vince Juliano.

Call to Order (J. Rocco): Meeting called to order at 7:30PM

1. Reading and approval of January 9, 2013 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by Maureen Cox motion passed.

2. Reports of Officers

2.1 President (J. Rocco):

- Banquet Report (for D. Beach): 105 registered, 98 attended, down 138 from last year. Income was \$2895, expense \$5328, \$2433 loss. 1 factor was the drop in attendance, cost per person was up from last year. Provided 10 free dinners to Hall Of Fame recipients, photographer and DJ. Looking at same weekend for next year.

- Grand Prix Automated Scoring Committee Update: Jim Moore seeking help in scoring-committee made up of Ed Neiles, Brian Northan, and Josh Merlis. Ed will be chair of the committee. Grand Prix requirement-are all Race Directors sending volunteers waivers in? Marcia noted they weren't. Mark Warner will send email to Race Directors to remind them to do that. It is very important to receive that information for scoring.

2.2 Executive Vice President (M. Cox): Emails out to Athletic Directors for the Schrader Scholarship and Distinguished Service Award is coming up nominations due next month.

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached reports. Feb 15-Mar 2nd she is on vacation.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2961, down 24 from last month. Currently have 1314 Facebook fans and 71 Twitter followers. We have 109 new members in last month.

3.2 Volunteers (M. Adams): One of the timing clocks was damaged at Winter Series #4-blown over. If they are predicting high wind gusts do not put clock up on stand. Do not know cost for repair. Contacted insurance agent, we are supposed to be get money from them which

is a partial payment, once we get receipt for replacement we will get reimbursement for the replacement cost. We will have to pay \$250 because the cost is over what the replacement cost is on the insurance. Volunteer database in the works-final draft at home-looking at this week, looking for a launch by March 1st. People can sign in on-line and Race Directors can look to see who is working.

Public Relations (R. Moore): Forwarded press releases about the Winter Series/the Winter Marathon/ and the Running of the Green Island Races to all the papers.

March 9 and March 10 HMRRC has been invited to have booth again at Adirondack Sports expo. This will be held at the Saratoga City Center in Saratoga, NY. There will be over 120 exhibitors there. The expo runs from 10-6 Saturday and 10-5 on Sunday. Rob is looking for volunteers to help man the booth. Volunteers will work 1 hour shifts and help pass out flyers and information on the club.

3.3 Race Committee (M. Warner): See attached report on WS participation. Winter Series #3 some runners went off course, Winter Series #4 Ed Thomas did a fantastic job-Vice President of SUNY stopped on road for runners crossing and subsequently he was late for meeting, wasn't happy, but Ed did a great job with the situation. Thank you to Jon Rocco & Megan Mortensen, Josh Merlis, Joe Benny, Patrick Lynskey & John Parisella for being Race Directors for those Winter Series races. Running Of The Green has sold out and on track for March 16th. Delmar Dash is moving forward with registration. Grand Prix awards given out at banquet.

3.4 Race Committee Treasurer (J. Golden): See attached reports. Jon emailed John Kinnicutt, still waiting on Tawasentha reports.

3.5 Pace Setter (K. & D. Gracey /K. Zielinski): No report.

3.6 Conflicts Committee (C. Terry): No report.

3.7 Safety Committee (V. Juliano): No Report.

3.8 Grants Committee (R. Newkirk): 5 grant requests in January-2 were approved. \$1000 for Team Utopia clock-2nd clock – 1st one damaged beyond repair. Used for training and for races. \$1000 SAGE College for 5K race. \$500 Niskayuna Fall Run-looking for clarification for "staffing". Waiting on that before approving. Rejected-Parsons

\$1000 because it did not benefit runners in general. Schenectady YMCA-did not benefit runners but was referred to Ken for Just Run Program.

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

3.10 Just Run Program (K. Skinner): No report. Jon will follow up with Ken on status.

4 Unfinished Business:

- Parsons "Team Unstoppable" Grant (R. Newkirk): Making a special grant available for this. Has been rejected by grant committee. Since July 2003 Parsons has served severely at-risk youth with afterschool, weekend and summer recreational activities through our Therapeutic Recreation Program. Unlike other youth their age, youth served at Parsons demonstrate severe and challenging behaviors that have diminished their ability to participate in community recreational programming. Through our "Team Unstoppable" program which runs for 3 seasons (early Spring into late Fall) we provide weekly running experiences, in the local community, to our youth, their families, and community members. We also schedule local evening and weekend races. Parsons youth that reside in residential and foster care programs and their families look forward to this program which promotes running and healthy lifestyles. Marcia Adams made a motion that we grant \$1000 toward Team Unstoppable program. Seconded by Vince Juliano. Discussion followed on motion. Maureen Cox made motion that we vote on motion, motion passed. Jon will let Ray Newkirk know.

5 New Business:

- Trash Runners (Ben Jacobson): Surprised by the amount of garbage on the side of the road, Ben started running with a bag to pick up garbage. Once a month, the Southern Saratoga County Trash Runners grab their bags and pick up some trash. It doesn't matter how fast or slow you think you may be, it's all about getting some exercise, picking up some trash and having fun while doing it. Once a month they hit a new location or race and make the community a little bit cleaner. The first Trash run will be on May 11th. Wants to get some promotion to help get information out about the race. Visit the following website [www.meetup.com/Trash-Runners-of-Southern-Saratoga-County](http://www.meetup.com/Trash-Runners-of-Southern-Saratoga-County) to get more information or contact Ben at

trashrunnersaratoga@gmail.com. Mark Warner noted that any article is accepted in the Pacesetter. Ben will send information to the editor.

- Club sponsorship in USATF Grand Prix Series (J. Rocco/V. Juliano): Currently there are six HMRRC races part of the USATF Grand Prix series-\$2250 toward Grand Prix Series. It is up to the races if they want to participate each year. Anticipating \$6000 in fees to go into holding account and at end of year distribute money to winning athletes for the Grand Prix. HMRRC events are very popular because they are centrally located and well run events. Program has been going on since 2007. They do have age graded program as well. USATF is proposing that instead of each individual race paying their fee, HMRRC will pay fees and be listed as co-sponsor of the event. Maureen proposed that we should not propose what races are part of it, but that we co-sponsor event and get recognition for it. Fleet Feet is another co-sponsor with event. Maureen noted that fee stays the same but the races may change. Vince noted that the race would have to fit in the program. The races could be negotiated. Looking for best fit for the program. Race officials are a requirement by the governing body. If it is championship race then they have to have USATF officials. Price is about \$90/official. Trying to get more timing companies officials with the USATF. Maureen would like HMRRC as a club support USATF-make it a club commitment and not a Race Director commitment. Marcia proposed put up to \$3000 to support program which would include officials and 4-6 races. Vince noted that club should get input from Race Directors. Mark Warner noted that race schedule should be made earlier than January and February. Race committee chair would work with USATF with the schedule. As co-sponsors we would be included in the year end award program. Vince sees no issue with being a co-sponsor with Fleet Feet. Marcia made motion that HMRRC become a co-sponsor with Fleet Feet for the USATF Grand Prix Series for \$3000 for 6 races for 2013 which includes race officials. Seconded by Mark Warner.

- CDPHP- John Demers-loves working with us with the Workforce Team Challenge and the connection we have made has been terrific. CDPHP is a not-for-profit



health insurance company and want people to become healthier and promote good health. As we move into the spring they want to promote a healthier life for people. Want to get more communication out to the people. They are not going to solicit people for insurance, but just want to get healthy ideas out to them. They would like to put a check box on the Workforce Team Challenge application to allow CDPHP to send them healthy ideas and information to people via email. Met My Fitness, Met My Run, INMOTION are some of the social media components they currently have. People can get involved in these programs where they can follow a program to help build a healthier you. CDPHP also sends out a healthy wellness newsletter every month and would like to add email addresses to their list just for this, they will not solicit for business with these email addresses. CDPHP would be happy to do a sponsorship to the club to also promote our club to members and support us in the process. CDPHP appreciates what the club does to the community. Mark Warner noted that it has to be an "opt in" to receive the information from the CDPHP. Marcia noted that they can put on an "opt in" on the application. It is not something that has ever been done. We will bring it to the membership, but the club has usually guarded membership so that they

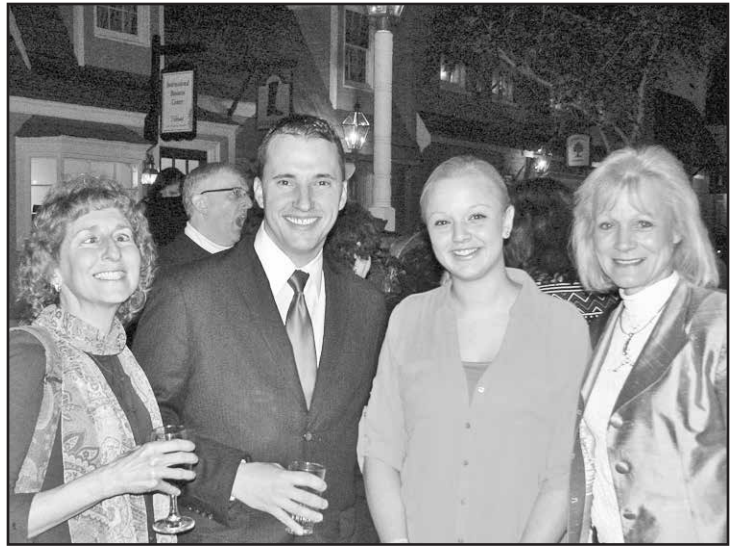
do not get emails or solicitations. We do not want our members to get a lot of "spam". John noted that there is an "opt out" that members can do after receiving the newsletter. Marcia noted that maybe we can provide a link to CDPHP so if they want to look into they can. Marcia will need John to send her the wording that needs to go on the application to opt in. Maureen made motion that we entertain option to "opt in" if the participants want to give CDPHP their address. Once they are in there is an opportunity for them to opt out. Marcia seconded motion. Language will be contingent on what we receive from CDPHP. Registration is hoping to go out by Feb 18th. Motion passed.

#### 6 Announcements:

- March refreshments- Marcia Adams

- On Sunday March 3 Adirondack Track and Field is holding a meet open to all athletes at University of Albany SEFCU Indoor Track. There is an athlete's instructional clinic. Starts at 1 p.m. Track events begin at 3PM. Field events (in Bubble right by indoor track) begin at 5PM. Meet is open to all athletes. For registration forms and more info visit the Adirondack Track/Field website

7 Adjourn: Motion made by Marcia Adams to adjourn, seconded by Maureen Cox meeting adjourned at 9:10PM.





# *Training for the 2013 CDPHP® Workforce Team Challenge? Try this **FREE** training tool!*



*CDPHP® InMotion<sup>SM</sup> will become your virtual running buddy, helping you to map your running routes, discover new ones, and record your progress – all online or through your smartphone.*

***inmotion.cdphp.com***



**MAP IT | LOG IT | TRACK IT | ANALYZE YOUR RESULTS FOR YOUR BEST RUN EVER!**



Go to **HMRRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

### Circle size and color where applicable

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

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

**Knit Hat**, navy, black, light blue

**Thermax Gloves**, black

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

### Long Sleeve Coolmax Shirts:

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

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

### Coolmax Singlets:

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

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

### Short Sleeve Coolmax Shirts:

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

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

### Shorts with white club logo

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

**Female Adidas**, black with blue trim, XL - CLEARANCE

**Female Race Ready Shorts, royal blue** - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

**Easy**, 4" inseam, S,M,XL

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

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

**Running Cap**, embroidered logo, white, white/royal

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

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

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

**All prices include 8% sales tax**

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

Shipping \$5.30

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Christine Renaldi

17 Swayze Drive

Latham, NY 12110

Email: c\_dahlem@yahoo.com

*(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)*

*Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45*

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
4/13	10:00 AM	Bacon Hill Bonanza 5K Road Race	Bacon Hill Church	Jennifer Thomas	baconhillbonanza@gmail.com
4/13	10:00 AM	Bacon Hill Bonanza 5k	Bacon Hill Church	Jen Thomas	jdthom01@yahoo.com
4/13	10:00 AM	Schoharie 5K Run/Walk	Schoharie Elem. School - 136 Academy Dr. Schoharie	David Roy	droy@midtel.net
4/13	10:00 AM	Rotary Five 5K	SUNY Adirondack	Jim Goodspeed	jimmyg12804@yahoo.com
4/14	9:00 AM	25th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam.tobon@gmail.com
4/14	1:00 PM	Kingston Classic - 10K and 2.1 Mile Fun Run	Kingston	Katie Carpenter	Ktcarpenter00@gmail.com
4/20	9:00 AM	33rd Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/27	9:00 AM	3rd Annual Great Mom's 5k Fun Run/Walk & Kid's Race	Maple Ridge Park Selkirk	Jessica West	jwest679@hotmail.com
4/28	10:15 AM	Cherry Blossom Race for ALS 5K	Niskayuna	Tim Fecura	timfecura@gmail.com
5/10	5:00 PM	2013 VBF Annual Challenge - 5K	Niskayuna Soccer Complex	Basia Joyce	basiajim99@nycap.rr.com
5/12	9:30 AM	33rd Mother's Day 5K	Central Park	Diane Fisher	hmrrcmothersday@gmail.com
5/16	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner1@nycap.rr.com
5/18	8:00 AM	3rd Annual Make it a Great Day Half Marathon	Brunswick Central School	Heidi Bentley-Barcomb	heidib@thedragonflyadventure.com
5/18	9:00 AM	28th Annual Wood Memorial Road Race - 5K	Hoosick Falls	Peter Church	peterlchurch@gmail.com
5/19	8:00 AM	Shires of Vermont Marathon	Bennington to Manchester	Robert Pini	info@shiresofvermontmarathon.com
5/19	9:00 AM	Mastadon Challenge 15k 5k and Kid's Fun Run	Cohoes	Lisa Osario	lisathompkins@hotmail.com
5/19	9:30 AM	Steel Rail Half Marathon	Berkshire Mall	Kent Lemme	kent@berkshirerunningcenter.com
5/25	10:00 AM	Survive The Farm 5K Challenge	11447 St Rt 40 Easton	Ed Johnson	ed@survivethefarm.com
6/1	10:00 AM	Charlton 5K	Town of Charlton-Village Center	Bill Herkenham	bherk@nycap.rr.com
6/1	9:45 AM	35th Freihofer's Run for Women	Empire State Plaza	Run for Women Office	runninginfo@freihoferstrun.com
6/8	9:00 AM	15th Annual Kinderhook Bank OK5k Road Race	Village Square	Dan Curtin	ok5krace@hotmail.com
6/9	8:00 AM	Kids Downtown Mile, 5K, 10K, 1/2 Marathon	Rutland	Paula Lannon	crowleyroadrace@aol.com
6/9	9:00 AM	42nd Distinguished Service Race 8 Mile [GP]	SUNY/Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/9	8:00 AM	37th Crowley Road Races and Events (5K, 10K, 1/2 Marathon)	Rutland	Paula S. Lannon	crowleyroadrace@aol.com
6/11	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/15	11:30 AM	Tawasentha Mud Mania 3	Tawasentha Park	Dennis Moore	moored@townofguilderland.org
6/15	8:30 AM	Whipple City 5K Run/Walk	Greenwich	Barbara Hamel	whipplecity5k@yahoo.com
6/18	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/25	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com



**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_  
Address \_\_\_\_\_ Occupation \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**TYPE OF MEMBERSHIP DESIRED** (Check one):

INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE OR FAMILY (\$15) ☐ Names \_\_\_\_\_  
NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**For those who can afford it!**

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

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

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

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

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

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

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