

The Pace Setter

November 2013

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



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Photos in this issue by Chris Bishop, Ray Lee, Bill Meehan

HMRRRC Mission Statement

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

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

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President's Message

by Jon Rocco

October 2012 - September 2013

Part 2 of 2

April: The Just Run Albany program rolls into high gear with 19 schools and the Schenectady YMCA participating. This is up from 12 schools a year prior. John Haley is voted in as the 2013 Distinguished Service Award recipient. Aaron and Diana Knobloch direct the 25th running of the Delmar Dash. The original architects from the 1989 inaugural race, Alan Via and Hank Steadman, start the race. Megan Hogan sets the women's event record by running a 27:38. Two bombs explode near the Boston Marathon finish line killing three spectators and injuring some 260. All of our local runners and spectators are safe. Scott Mindel and Kristina Gracey lead the local men and women, running 2:22:25 and 2:58:38, respectively. Tom O'Grady (2:29:27) and Mike Roda (2:30:05) join Scott with personal bests. Willow Street men finish 4th in the open division. Crystal Perno runs 3:07:03. Registration for the Mohawk Hudson River Marathon reaches capacity on April 17. Bill Robinson, a two time winner of the Masters 10K, is on hand for the race named in his honor. The winningest male Tom Dalton (4 times) and female Anne Benson (5 times) are runners-up to John Stadtlander and Lori Kingsley, both age 47. Lori finishes the challenging course in a female record time of 37:32. Judy Phelps breaks her own record by 25 seconds in the 60-69 female age group with a 46:08.

May: Bill Shrader, Sr. Memorial Scholarship winners are announced, with each receiving \$3,000. Isabella Borini (Schalmont HS), Keelin Hollowood (Saratoga Springs HS), and Emily Houlihan (Scotia-Glenville HS) are the girls' recipients. Philo Germano (Albany HS), Matthew Hoffman (Fonda-Fultonville HS), and Ross Wightman (Chatham HS) are the boys' recipients. 148 compete in the 33rd Mother's Day 5K, which is held for the 2nd year at Schenectady's Central Park. The newly established online volunteer database is rolled out to members. Registration for the CDPHP Workforce Team Challenge hits 9,089, with a total of 451 teams participating. Female winner Kristina Gracey leads her Albany Medical Center co-ed team to a repeat win. Alex Leuchencka is the first to cross the line and helps Fleet Feet Sports Albany capture the male team category. General Electric brings good things to life by winning the female team category. 7,689 runners and walkers complete the event which has its chip tim-

ing debut. Mark Warner directs and Capital District Community Gardens and Double H Ranch are selected as the Charities of Choice.

June: Just Run Albany Program, with a general makeup of children in grades two through six, wraps up its spring season with a celebratory two day track meet at Union College. The weather is perfect and 550 kids from 19 schools take home ribbons, medals, proud moments, and fond memories. John Haley receives his very well-deserved HMRRRC Distinguished Service Award and eleven past recipients are present to run or volunteer. A total of 118 complete the 8M distance of the Distinguished Service race and Kristina Gracey repeats as the female winner for the third straight year. The Colonie Summer Track Meet, which runs for nine straight Tuesdays, gets underway in its 45th year. The Father's Day 5K and The Valley Cats Home Run 5K merge to become the Tri-City Valley Cats Father's Day Home Run 5K at Joe Bruno Stadium on the HVCC campus. Anthony Giuliano, who has three previous wins at the Father's Day 5K and a record four wins at the Valley Cats Home Run 5K, is the first to enter the stadium and notch the win.

July: In the second round of grants, the Committee awards \$1,000 to the Albany Booster Club to support a new race (Falcon 5K) for the school district and \$1,000 to the Kinderhook Running Club for its Apple Run and running initiatives. A total of 108 compete in the Colonie Mile, which holds four heats. Two busloads of 104 runners and support spectators head to the Utica Boilermaker for the traditional hot, humid, and festive second Sunday in July. As part of the MHRM and Half training series, Dr. Todd Shatynski holds a clinic on running injuries and prevention. The club's smallest event of the year sees ten runners as five teams compete in the two person relay. Mike Roda leads the way with the fastest combined three mile time on the track. A week later, under very hot conditions, Mike leads a field of fifteen and runs one more lap than his age in the Hour Run. Mike's bid to run the table on the Summer Track Series falls short in the Pentathlon, when he is edged out 4744 to 4615 by Ben Girodias. Ben, age 19, now ranks 11th on the male list of those with 4700+ points. The female winner, Lisa D'Aniello, wins each of the five events. Lisa

See President, page 9



What's Happening in November

by Al Maikels

The fall racing season reaches its peak on Sunday, November 10 with the 38th running of the *Gazette* newspapers Stockade-athon. This 15K is a tour of the city of Schenectady, starting at the western entrance to Central Park, dropping down a relatively fast four mile section into the historic Stockade section of Schenectady (hence the name), and then climbing back to the park. A race doesn't last 38 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2013 Series and there is also Clydesdale competition for the full figured runners. The race starts at 10:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRRC there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988 the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Six years ago we moved the event to the Crossings in the town of Colonie and had a record turnout, as well as a new name, the Turkey Raffle Run. The Crossings changed their policies for races and last year I moved the race to its true spot, Tawasentha Park. This year the run is scheduled for Sunday, November 24 at 10:00 a.m. at Tawasentha Park off Rt. 146 in Guilderland. This is an hour run; each one-mile loop around the park earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out their raffle tickets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status, but for the time being I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event, registration is limited to the first 1,000 runners so get to the park early.

A highlight on the November calendar is always the running of The New York City Marathon. This year's race will be held on Sunday, November 3 and as always, there will be a large contingent of local runners at the marathon. You can "Run for the Hill" on Saturday, November 2 at the Cornell Cooperative Extension Building in Voorheesville; this 5k race benefits the Albany County Sheriff's Hilltown Christmas program. The race is set to go off at

10 a.m.


Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races



on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race, while Troy holds the Turkey Trot at the Atrium with 1 mile, 5K and 10K races on the schedule. The Turkey Trot is back under the capable guidance of George Regan and is going back to its riverside course.

The Club business meeting for November will be held on Wednesday the 14th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. □

New HMRRRC Members



Tod Allard
Jonah Allard
Noah Allard
Ian Allen
Edward Aluck
Gary Arne
David Banas
Scott Bard
Emily Bayzon
Stephan Biller
Monica Blount
James Boswell
Kelly Bowie
Sarah Bowman
Rich Burke
Margaret Burke
Elizabeth Burke
Cailin Burke
Daniel Burke
Dean Burns
Emily Burns
Drew Burns
Stephen Collins
Kimberly Comtois
Petee Conboy
Sierra Conklin
Kathleen Cotugno-Surin
Kenneth Crandall
Melissa Crowell
Tracy Crowell
Aaron Crowell
Tracy Crowell Jr
Tom Denham
Stephen Dixon
Ben Elmore
Joseph Ewing
dawn fortier
Peter Furlong
David Gorden
Hallie Skripack Gorden
Courtney Goyer
Denise Greene
Julie Halsdorf
Eric J. Hamilton
Jake Hill

Zane Ives
David Jakob
Neilson Jones
Lynnae Kettler
Randy Ladd
Nicholas Ladd
Richard Lundy
Eric Lybrand
daniel madison
Kaylee Mahoney
Anna Marotta
Joey Marotta
valerie marre
Austin Miller
Linda Mitchison
Kevin R. Morrissey
Jeff Moss
Susan Murphy
Mahesh Natyanmai
Joanna Pericone
Chris Petersen
Hunter Phillips
Nathan Shader
Renee Sherwin
Nicole Sherwin
Kara Sherwin
Stephen Siebrecht
Pamela Skripak
Jana L. Sniezyk
Carolyn Sniezyk
Rob Sobkowich
Nancy Stevens
Kristin Surin
Kelsey Surin
Ben Taber
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"BEEN THERE, DONE THAT"

by Mike Becker



November 1973...Forty Years Ago

• The Shrader family continued their dominance of the Troy Turkey Trot races. Jim won the 5.5-miler with a 27:22, and his sister Cathy won the 2.5-miler with a 12:36. Jim also won the race in 1972 and his brother Charlie won the 1968-69 races. Back then, the men and women ran separate races, with the women's race beginning in 1972.

November 1978...Thirty Five Years Ago

• Thirty-seven runners participated in a three-mile XC race on the 11th at SUNYA. Tom Galarneau and Mitch Greenbaum finished one-two, with third place finisher Paul Rosenberg shouting course directions to them from 50 yards behind. Greenbaum ran the race in Converse high-top basketball sneakers!

• Pat Glover won the Third Annual Stockade-athon 15K on the 19th with a 48:21 and was the first male winner of the race not named Mark Mindel! (Mindel won the first two Stockade-athons). Chris Bergeron was the female winner with a 58:13.

November 1983...Thirty Years Ago

• The RRCA Eastern Regional Masters Championships 10K was held in Guilderland on the fifth. Pate VanGarderen ran a 31:54 to set a course record that still stands. Marilyn Martin ran a 41:10 to top the ladies.

• Tom Carter won the Stockade-athon 15K on the 13th, followed by Dennis Northrup and Barry Brown, who was bothered slightly by sciatica. Ellen Weglarz won the female division with a 54:26, her third of an eventual four titles.

• Bob Oates was profiled. Among his best performances were a 9:33 two-mile (indoor) and a 2:52 marathon with an average of 16 miles/week of training. He began organizing races in 1975 and created the Tawasentha XC series in Guilderland and "made the course as tough as possible." I think many runners would agree!

November 1988...Twenty Five Years Ago

• The Stockade-athon was held on the 13th and directed by Rich Brown. Lisa Vaill was the female winner with a 54:02, and Terry Perault was the overall winner with a 45:19. Pat Glover and Gail Giambruno were the masters winners. Age group winners included Tom Dalton, Pat Glover, Cheri Goddard, Denise Herman, and Dale Keenan. A cold rain in the middle of the race did not deter the large crowd along the course. A total of 189 of 1053 finishers (18%) ran under one hour for the 15K course. The race received a tremendous boost from Jim Ryun, the last American to hold the world record in the mile, who appeared at the race expo and signed autographs. He also ran the race in 51:15, good for 25th place.

November 1993...Twenty Years Ago

• Tom Dalton won the Stockade-athon 15K on the seventh with a 47:31, one minute faster than Lance Denning. Lori Hewig was the

female winner with a 51:34, more than four minutes ahead of runner-up Michelle Simone. This was Hewig's fourth of an eventual seven Stockade-Athon wins, and her time set a female course record that still stands. The race was the USATF 15K National Masters Championship, and more than \$2000 in prize money was at stake. Sixty-one-year-old Norman Green ran an amazing 54:47 and won \$500 as the top age-graded finisher. There were 839 finishers.

• About 110 runners participated in the Fifth Annual Turkey Raffle Run in Washington Park, running laps and earning raffle tickets for the coveted turkeys and other prizes. The event was and is still directed by Al Maikels and has moved to different venues over the years.

November 1998...Fifteen Years Ago

• Vinny O'Brien won the Stockade-athon 15K on the eighth with a 48:02, and Emily Bryans was the female winner with a 58:59, the only female to break one hour. Runners-up were Tom Dalton and Danuta Trzebinska. Age group winners included Tyson Evensen, Nick Conway, Ed Menis, Tom Dalton, and Anny

Stockman. Fifty-one-year old William Dixon from Vermont ran an impressive 52:45. There were 722 finishers.

• Joseph Wirgau and Sean Lynch both ran 30:44 to win the Troy Turkey Trot 10K on Thanksgiving Day. Heather Cox (38:39) and Beth Gottung (39:20) were the top two female runners. A total of 674 runners completed the 10K. Andrew Rickert and Ellen Predmore won the 5K with times of 15:50 and 18:32, respectively. A total of 1033 runners ran the 5K.

November 2003...Ten Years Ago

• The Fiddler's Run 10K and 5K races were held at Siena College on the first. Victor George and Kimberly Miseno won the 5K, and Russell Lauer and Lisa Bunce won the 10K. A total of 322 runners competed in the two races.

• Club Hall-of-Famer Martha DeGrazia won her age group in the NY City Marathon with a 3:23.

• Tyler Raymond won the Cardiac Classic 5K in Schenectady on Thanksgiving Day with a 15:26. Sarah Domermuth was the female winner with an 18:36.

November 2008...Five Years Ago

• Local runners Joseph Hayter and Josh Merlis finished 27th and 28th in the JFK 50-mile race in Maryland on the 22nd. There were 922 finishers.

• Club member Andy Allstadt finished fifth in the Philadelphia Marathon on the 23rd with a 2:25 and won \$500.

• Emory Mort (31:46) and Alyssa Lotmore (37:29) won the Troy Turkey Trot 10K. Scott Mindel and Susan Ashe were runners up. Zachary Predmore and Elizabeth Maloy won the 5K. Jordan Johnson and Catherine Maloy won the Kids' Mile, which had 592 participants.

• Thomas Soeller and Colleen Gibson won the 45th Cohoes Turkey Trot 3.5-miler on Thanksgiving Day with times of 19:06 and 23:33, respectively. □

Submissions for the February Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is December 1st. Contact Advertising Director at psads123@gmail.com to reserve space

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President, continued from Page 3

scores 3,267 points and hits a 3,000+ point total for the third time, making her the only female to accomplish this feat on multiple occasions. A total of 21 compete. Ribbon Night at the Colonie Summer Track Meet has over 500 kids up to age 12, and according to Frank Myers, this is the most ever. In fact, it was almost double what it was in 2011 when there were 260.

August: The 35th Dynamic Duo sees a female course record as Megan Hogan runs the 3M course in 15:58, breaking Caitlin Lane's 16:05 from 2011. Jaime Julia runs 1st and 2nd respectively in the 15K and 3.5M Indian Ladder Trail Run at Thatcher Park. In the continuing training series, Judy Torel speaks on nutritional strategies. CDPHP Workforce Team Challenge Charities of Choice are presented with their checks from the event proceeds and voluntary race participant contributions. Capital District Community Gardens receives \$12,352 and Double H Ranch receives \$13,976. A tally of 437 partake in the 3 week Tawasentha Cross Country 5K series, and in week 2, Jaime Julia runs up the hills, through the woods, and across the creek to a course record time of 17:21.

September: In a sure sign that it is still summer on the calendar, 491 run in the SEFCU Labor Day 5K on a warm humid morning. It is the 25th year with the SEFCU partnership and through voluntary donations made on entrant race applications, nearly \$3,000 is raised for the SEFCU Community Support Program. Registration opens for the 2014 Boston Marathon and the following day we are lucky enough to have the race director in town. Dave McGillivray brings his life's 'Defining Moments' to inspire and motivate those in attendance at Colonie High School. In the 40th running of the Anniversary Run races, which began it all for the club in 1971, Chuck Terry and Kristina Gracey both repeat and win for a 4th time on the two perimeter loop course. Kristina does it for the 4th year in a row, and Kyle McCormack defends on the one loop 2.95M course. Marathon Night is held at Fleet Feet Sports Albany, where Top Models sport 2013 adidas MHRM apparel. Raffles, refreshments, and a review of the course video follow. The fall season is officially here, and under a bright sunny blue sky, 86 compete in the 34th Town of New Scotland 7.1M race. Chuck Terry wins the event for a record 5th time as he crosses the line right with Richard Messineo. Active membership is at over 3,000, and HMRRRC has in excess of 1,600 'likes' on Facebook.

It truly has been my pleasure and certainly a great experience and fun time being able to serve as HMRRRC club president. I thank you once again for the opportunity and for the support of all who keep this amazing club running (literally). I will surely see you out there at the registration tables, start lines, water stops, finish lines, and beyond. □

"Success isn't how far you got, but the distance you traveled from where you started."
— Proverb

Safety Tips for Night Runs

by Michael Washco

The days are getting shorter, and fall weather is quickly approaching. Unlike the spring and summer season, many runners will be training with less daylight. This puts them at increased risk for injury. As we transition into a new and exciting fall season, please keep the following safety tips in mind when training for your next upcoming event.

Visibility: A reflective vest is essential for any runner, and is easily accessible at any department store in the sporting goods department. Reflective hats, socks, gloves, and battery powered lights are other important equipment that helps with visibility at night. If you're unable to obtain reflective clothing, bright colors such as orange, yellow, or green can work as well.

Headlamps are a relatively inexpensive option in terms of visibility. Headlamps not only make runners visible to traffic, but also help runners see where they are going without having to use their hands to hold a flashlight. These can also be purchased at most department or outdoor specialty stores.

Music: Wearing headphones diminishes a runner's ability to hear. This leaves a runner unable to hear an approaching car, leaving them susceptible to being hit by a car that may not have seen them. It is important to have a

heightened awareness during a run for various safety reasons and unfortunately headphones are a hazard.

Route & Identification: Try to run with a friend at night. If you can't run with a friend, try to stay near routes you are familiar with and inform a friend or family member. You are more likely to get lost on a new trail in the dark, leaving yourself vulnerable to unforeseen incidents and making it harder to obtain help running alone at night.

Have identification on you in case of an emergency. Identification bracelets or tags are inexpensive and handy in emergency situations. Suggested information could include: name, age, city/state, emergency contact, allergies, and insurance information.

Traffic: Run against traffic. Make yourself visible, but ALWAYS assume they cannot see you. Always leave yourself an escape, and practice being a defensive runner. A defensive runner is an individual who is prepared for the unexpected and practices the basic safety precautions.

Running at night should not be taken for granted, and should be approached with responsibility and caution. I wish you the best of luck this upcoming season, and hope these tips serve you well.

Happy running! □

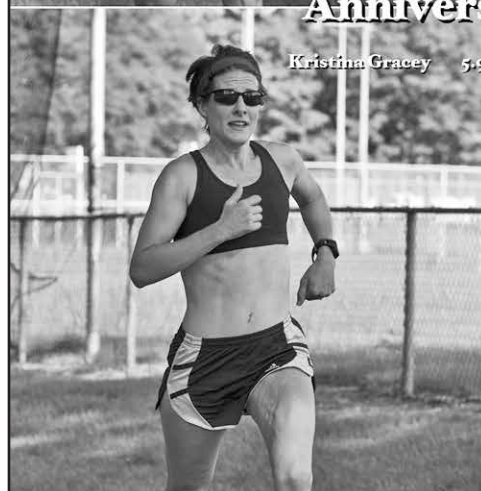


Danielle Maslowsky

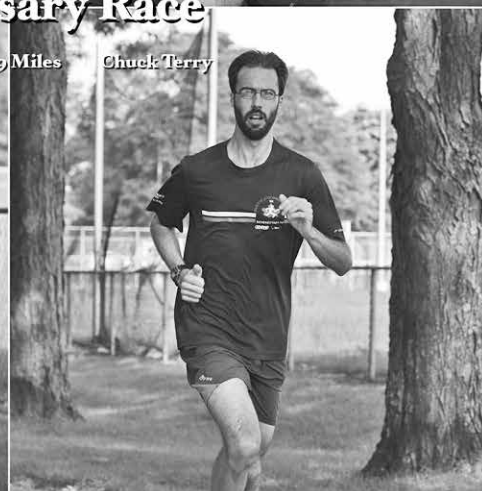


Kyle McCormack

Anniversary Race



Kristina Gracey



Chuck Terry

HMRRC Grants

Program Description

The Hudson Mohawk Road Runners Club (HMRRC) Grant Program offers grants of up to \$1,000 to qualifying organizations that advance running within the capital district. The purpose of the grants is to encourage and support additional running-related opportunities for HMRRC members and for runners in general.

Qualifying Organization

The HMRRC Grant Program is intended to benefit running-related organizations within the capital district. Such organizations would include clubs, races, and umbrella organizations established to advance road running and racing. Qualifying organizations must have no restrictions on membership or participation. Thus, school teams or teams whose membership is by invitation only are not eligible.

Races Benefiting Charities

HMRRC has a long-standing policy of non-involvement with races whose net profits go to charitable organizations (our objective being to keep entry fees low and/or to enhance the runner experience). Races that support charities through an optional check box or other voluntary method do not fall within this policy. This policy will be taken into account in awarding grants to race organizations.

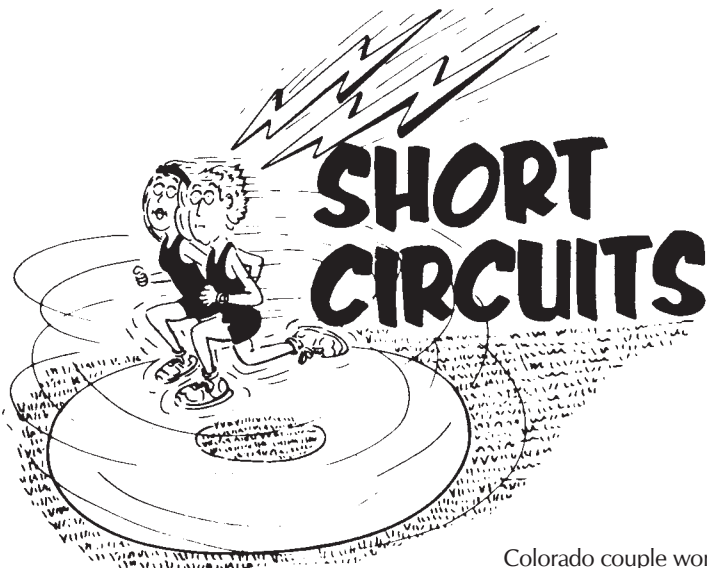
Grant Applications

Applications for an HMRRC Grant must be received by either January 1 or June 1. Applications received after these dates will be included in the next application group. Grant awards will be announced by February 1 and July 1. Applications should be sent to Ray Newkirk, HMRRC, P.O. Box 12304, Albany, NY 12212.

Award Guidelines

Applications will be reviewed by a committee of HMRRC members. The following factors will be considered: organization history; purpose for which grant will be used; committee members experience with the organization; special benefit to HMRRC members (not required); previous grant awards. The Grant Committee may take other factors into account.

The application can be found on www.hmrrc.com. Please go to the ‘members only’ link and then ‘membership benefits’ on the dropdown list.



Taking a wrong turn in race usually turns out wrong, totally wrong. But not for Meredith Fitzmaurice. She was running in a half-marathon in Amherstburg, Ontario in September. It was held in conjunction with and at the same time as a full marathon. At around the eight-mile mark she missed the turnoff for the half-marathon course. But she didn't know it and kept on running. When she saw the 15 mile marker she panicked and ran down a race official on a bike.

The race official advised Meredith that she was on the full marathon course, and that she was the first female! But she hadn't entered the marathon. So the race official contacted the race director and Meredith became official in the marathon, which she won in 3:11.



Wrong turn,, right result

Providing a resounding "yes" to the question of whether love and running can coexist, a



Winning couple

Colorado couple won the men's and women's overall titles at a Nebraska marathon. Sam and Jennifer Malmberg, of Fort Collins, Colorado, triumphed at the Monument Marathon in Scottsbluff, Nebraska. Sam ran 2:49:24, while Jennifer ran 3:21:11.



Running Tip: For each mile that you race, allow one day of recovery before returning to hard training or racing.



The Portable Sanitation Association is reviewing the standards by which race directors figure out how many portable toilets they need at an event. That's because, at road races, unlike at other kinds of large events, everyone needs to use the portable toilets at the same time. Yet the number of "doors" at a race—the industry term for these ubiquitous plastic out-houses—is based on an antiquated formula.

Among the variables still to be determined: whether athletes get through toilets faster than non-athletes, and if the race distance matters—that is, whether there is more demand for toilets at long races, for which runners show up early and drink more, than for short ones.

The new portable-toilet standards for road races are expected to be in place by next summer.



Will the lines get shorter?



"Throughout the first running boom excellence held sway, as fellow Baby Boomers had been inspired by Frank Shorter's gold medal performance at the Munich Olympic Marathon. As such, they saw speed and improvement as the purpose of racing. Similarly, the reason the Bos-

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

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

ton Marathon holds such an elevated position in the sport is due not just to its 117 year history, but to its rigid qualifying standards, making it an athletic achievement, the People's Olympics, if you will.



Reavis:

They're all wimps!

"But with the advent of the first Rock 'n' Roll Marathon in San Diego in 1998, we began to see the Lebow-anticipated devolution toward the participation-based completion model. Where at one time every participant would receive a tee shirt, soon, a bright, shiny medal was hung around the neck of every finisher regardless of the quality of their effort. Accordingly, we have seen the gap between elite and also-ran grow to a black-hole depth as the linking ground of effort has been allowed to go fallow." - Toni Reavis, race broadcaster, writer.



Among cinema's famous running scenes, Rocky Balboa's run in *Rocky*, ending with Rocky flying up the Art Museum's 72 steps, ranks among the most dramatic. How far did Rocky run? A journalist in Philly recently retraced the route and determined that Rocky's near sprint was 30. 61 miles.



Rocky tries to fly



Rocky's 30 mile route

Running Out of Gas

by Ken Orner

If you have ever been driving and forgot to fill up your tank when your gas gauge was on empty, then you know what the experience of running out of gas is like. The wheels stop turning, the spark plugs stop sparking, the pistons stop "pistonning" and finally your car stops moving.

Well, that's what happens to runners sometimes when, for medical reasons, they can no longer run. My medical problems began over a year ago when I began having minor seizures. My mind and body would stop whatever I was doing and although I did not lose consciousness, I would blank out. It did not last very long, so I just ignored it and continued whatever I had been doing at the time I had the seizure. These minor episodes would occur on rare occasions and I just paid no attention to them.

However, last July, July 23, 2013 to be exact, I was visiting my lady friend in Falls Church, VA and I had a Grand Mal seizure at her house. This time I did pass out and she called 911; an ambulance came to the house and the attendants brought me to the Fairfax County Hospital where I spent 6 days and underwent a great many tests and examinations. It was determined at that time I did have a Grand Mal seizure, which I have been told is a form of epilepsy.

Of course I never believed that this could happen to me. I have always been in good health and in good physical condition. In addition to running and racing for many years, I went to the gym regularly and worked out. But it did happen and I "ran out of gas" (no, not that kind of gas), not physically but mentally. After returning to Albany, I made an appointment with my primary care physician who, prior to my visit, got copies of my medical records from the Fairfax County Hospital. After giving me a physical examination, we talked about what may have caused the seizures and what steps I had to take to prevent them from reoccurring. What he told me was something that I did not want to hear:

No more running in any races.

No more running or jogging.

Both activities could be the cause of a seizure due to the exertion and stress that I endured.

Walking is fine as long as I do not go too hard and over-exert myself.

Working out at the gym is okay, but again not overdoing it.

He also had me go for an EEG examination and fortunately the results came back normal. Finally, he had me go to a lab to have blood drawn so he could check my cholesterol level and some other data. I have not received the results of the blood tests as yet.

So although I feel fine physically and I miss running, I will stick to walking and follow my physician's advice. Although I physically feel my gas tank is full, I won't do anything stupid. Another set back for me is that I cannot drive

for at least six months from my grand mal seizure in July; if I don't have any more seizures I will be able to drive again in January 2014.

Every Wednesday evening, a small group of runners would meet at the NYS Office Campus off Western Avenue in Albany and run inner loops around the campus. The inner loop is about two miles in length and the outer loop was about two and a half miles. In August, Mike Hannah, Charlie Matlock, Jim Tierney, Harry Hennessy and myself got together at the Campus. The temperature was in the mid-eighties and the humidity was uncomfortable so we all decided to just walk the inner loop together and after the walk we went to the Orchard Bar & Grill on North Manning Blvd., our usual destination to have something to eat, drink and socialize.

Normally Mike Hannah and Charlie Matlock run but decided to walk on that day because of the heat and humidity. While walking with Harry Hennessy and Jim Tierney, I learned why they had stopped running. Both men have had severe and chronic back pain due to spinal stenosis, which I am told is a form of arthritis. They are getting treated for the condition but at this time they can only walk. Their medical problems have also led to their "running out of gas".

I know there are many other runners that have had to stop running for various reasons and it is sad because you know that it is depressing when you have run for many years and participated in races from 5Ks to Marathons and suddenly you have to stop doing something that you love and honestly had become addicted to.

Now having suffered through all of this, I have accepted walking as a substitute.

Is it the same? No!

Is it as satisfying physically? No!

Is it as rewarding as receiving a medal or trophy in a race? No!

Is it as exhausting as running a race? No!

Is it as stressful as competing with another runner? No!

Is it as difficult as trying to achieve a certain time in a race? No!

But having said all that, WALKING beats "running out of gas" and not moving.

WALKING is being active and I believe that's the most important point to remember.

WALKING is being alive and keeping physically fit without causing stress, strain and severe pain.

And remember, whether you are out there running or walking, no matter how hard you push the envelope, it'll still be "stationary."

So keep moving, and if you can't run, then keep WALKING and keep a smile on your face.

PS: I signed up on-line and walked the Hudson Mohawk and SEFCU 5K on Labor Day; it took me about 56 minutes and I felt great afterwards. It was the first time I walked a race and although it felt strange, it also felt exhilarating and I felt no stress or strain. □



Stockade-athon Volunteers!

If you are not planning on running, we could use your assistance! We need refreshment assistance and coordinators; water stop leaders; course marshals, etc. It is never too early to volunteer!

It promises to be bigger and better than ever and YOU can be a part of it!! Make the commitment today and enjoy the excitement.

We also need volunteers for:

Turkey Raffle Run in November:

Gobble up fun by volunteering. You may even see a turkey. Volunteer online!

WINTER SERIES RACES ARE COMING! Plan to be "survivor" this year by volunteering.

WANT MORE INVOLVEMENT?



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

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

It's not just about running

The Art of Healing an Injury

The body doesn't care what you think; it only cares what you do.

This statement impressed me the day I heard it, and continues to impress me even more today. The body just doesn't care. So, I'm amazed at the menu of bizarre treatment recommendations athletes receive when seeking help for an injury. The body doesn't care who gave the recommendation, or even what the recommendation was, or if it was covered by insurance or not. The body wants and needs the proper recommendations to heal.

Just this week, I had a young female swimmer come in to me with a strained pectoralis muscle from doing repetitive butterfly strokes in the pool. My son has become quite the swimmer in the past few years, so I now realize how much swimming real swimmers do. He's done as much as 2 hours in the pool, 5-6 days per week. Swimmers live repetitive motion lives. This leads to repetitive motion injuries.

So, when this young girl tells about her injury of the right shoulder, explains that it started about 2 months ago, and states that it hasn't improved, the obvious question is, "Why hasn't it improved?". She then explains the doctor who diagnosed her injury as a tendonitis of the pectoralis muscle also told her it was due to a weakness of that muscle. For the next 4 weeks, she saw her physical therapist twice a week while also continuing her rigorous swimming schedule. She said her physical therapy consisted of strengthening exercises using weights and resistance apparatus.

This young girl's unique imbalanced biomechanics, combined with her sport/activity, is the cause of her injury. The right pectoralis was the focal point of stress, and this tendon and muscle couldn't tolerate the amount of stress received, therefore, an overuse, inflammatory response occurs. This is better known as a tendonitis. In essence, her shoulder was crying U-N-C-L-E.

The solution is multi-faceted. First, she's got to allow the injury to heal. This requires some time off, while also receiving therapeutic treatments that are healing in nature. Her strengthening exercises kept her shoulder injured. You cannot run on a sprained ankle and hope it heals. There are many good therapy modalities that can speed up the healing process of this injury, such as interferential therapy, ultra-sound therapy, cryotherapy and muscle stim. All of them can be provided by a physical therapist or chiropractor. But, in my opinion, the clear leader as the best therapy to get these types of injuries to heal the quickest is cold laser therapy. This is relatively new in the sportsmed world, and is rather expensive to purchase, but does much more than all the other options available. Cold laser heals injuries quicker than anything else. In

addition, we use kinesiotape as a supportive complement to the laser treatment. If anyone saw the 2012 Olympics, many athletes wore kinesiotape on various parts of their bodies. And the reason is, it works. We've been using kinesiotape in our office for the past 7 years, and I can't imagine not having it available. Now, once the injury heals, you're ready for the next phase, a biomechanical exam to determine why the shoulder is under abnormal stress.

The Structural Fingerprint® Exam

This is done to learn where the imbalances are in this supposed symmetrical body, and then a plan for improved balancing and correction needs to be set up. All architectural structures need a balanced foundation, so a foot exam and digital foot scan is done to learn if the imbalances originate there. If imbalances originate in the feet, custom orthotics are needed.

Once the feet are examined, a full physical exam is performed to determine leg length, joint mobility, muscle function, alignment, center of gravity, strength and flexibility of the entire structure. The primary concern is symmetry and imbalances of the structure. The exam is completed with center of gravity testing, and standing biomechanical x-rays are taken. This provides a comprehensive status of the patient's musculoskeletal system.

In the case of our young female swimmer, there were many biomechanical imbalances that led to her right shoulder being under abnormal stress, especially when subjected to massive amounts of swimming. So, once the acute injury is healed, the biomechanical corrective program must be implemented. Just like the orthodontist needs time to re-align the teeth, we, too, need time to re-educate the muscles, tendons and joints of the body to become more aligned and balanced. This may take a year or more for maximum biomechanical results.

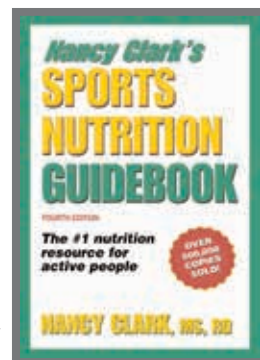
In the end, paying up front with this approach is far more successful than paying on the back end once you're injured. And, since the body doesn't care what you think, it only cares what you do, it would make perfect sense to do what will make the body heal quickest, and stay healed the longest.

Dr. Tim Maggs has cared for athletes for 35 years, and more information can be found on his websites CPOYA.com (Concerned Parents of Young Athletes.com) and StructuralManagement.com. His office phone number is 518.393.6566 and he can be reached at Running-Dr@aol.com. □



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Getting Older, Day by Day

Like it or not, every one of us is getting older, day by day. As a runner, you might wonder how aging impacts performance—and what you can do to retain youthful fitness. The following information is gathered from a workshop (www.sportsnutritionworkshop.com) presented by Dr. William Evans, an exercise physiologist and expert on aging, muscles, and protein. The following information can help you chart a healthy course into your future.

- The average person loses about 1% of their fitness per year. Aerobic capacity goes down, particularly after age 60. Staying active helps maintain a slighter higher ability to up-take oxygen than a non-athlete, but the rate of loss is the same.

- Muscle is an active tissue (as compared to body fat). The more muscle you have, the more calories you can eat without getting fat. Yet, muscle loss creates a subtle change in metabolism that can contribute to weight gain with aging.

- We lose muscle as we age, starting as young as age 20, with a steady decline year after year. To treat this age-related loss of muscle, you need to lift weights or do other forms of resistance exercise. Yet, even strong athletes still lose some muscle with aging.

- With aging, the average person loses more fast-twitch muscle fibers (used in sprinting) than slow-twitch fibers (used for endurance). This loss starts early in life and explains why elite sprinters peak in the early 20s. In comparison, elite distance runners maintain their slow-twitch muscle fibers until age 40ish. But even top athletes notice they slow down after age 40, at which time the nerves that connect to muscles start to die off, resulting in a loss of both slow- and fast-twitch fibers. Athletes can lose about 20% of their muscle fibers between ages 40 and 70.

- With age, we not only lose muscle but also tend to gain fat. It's easy to eat more even though we need less. The cause of weight gain is not due to a "slow metabolism." Metabolic rate remains constant, but daily activity easily declines. A study with obese people suggests they sat three hours more per day than their lean peers; this saved them about 350 calories a day.

- Body fat secretes adipokines (hormones) that have negative effects on muscle strength and contributes to increased inflammation, particularly after ages 60 to 70. Inflammation leads to heart disease and diabetes. Hence, fatness can be a powerful predictor of disability in people ages 50 to 75. Stay lean!

- When young people gain weight, about one-third of the weight gained is lean muscle. When older people, in particular older women, gain weight, it's all fat. When older people lose weight (due to illness or a low-calorie diet), half of the weight lost is muscle. Hence,

yoyo dieters who gain fat and lose muscle are on a downward spiral. Being fat but fit is preferable to going on and off diets.

- Muscle loss is the key reason why older people become frail and end up in nursing homes. When they stop exercising, they experience a steep drop in strength. The good news is they can do something about frailty: lift weights! In only 12 weeks, 60- to 70-year-old men regained the fitness they had lost over 15 years.

- To maintain (but not gain) strength, a person can lift weights just one day a week. Lifting weights does not stress the heart nor increase blood pressure. Aerobic exercise actually causes a greater increase in blood pressure because it uses more muscles and more oxygen, which means the heart has to pump more blood than with strength training.

- Even 90-year-olds in a nursing home can triple their strength in 10 weeks. That means they can walk faster, get to toilet by themselves, be less depressed, and stay in the independent living part of elder-care housing. Tell your parents and grandparents to start a weight lifting program so they can stay out of the nursing home!

- How much weight should people lift to build muscle? Three sets; the first two sets should have 8 reps; the final set is to exhaustion. If you can lift a weight 12 times in the final set, you need to lift heavier weights the next time. Because muscle damage stimulates muscles growth, you want to spend more time lowering the weight than lifting it.

- Most strength gains occur in the first 3 months of starting a lifting program, due to early neuro-muscular changes. The nervous system learns how to recruit muscles more efficiently and this stimulates more muscle cells.

- Strength training helps prevent bone loss. In a year-long study with post-menopausal women, all of the women who lifted weights improved their bone health. Those who did not lift weights lost ~2% bone density in one year. Exercise is better than osteoporosis drugs—plus, you'll get stronger!

- By lifting weights and building muscle, older people should be able to eat more calories (which boosts their intake of health-promoting protein, vitamins, minerals). Yet, adding exercise does not always entitle a person to eat more calories. In a study with 62-year-old people who walked briskly for one hour a day (five days/week) for 3 months, their daily energy expenditure remained stable—despite the brisk walking. How could that be? They became more sedentary the rest of the day; they napped more and slept longer. They compensated for having exercised.

- About 25- to 33-percent of people older than 65 years are eating too little protein. This results in loss of muscle and bone—and leads

to expensive medical problems. The goal is to eat at least 0.55 grams of protein per pound of body weight each day to maintain and build muscle. For a 140-pound person, this equates to about 75 grams of protein, or 25 grams per meal (for example, Breakfast: 3 eggs; Lunch: 1 can tuna; Dinner: 4 oz. chicken).

The Bottom Line: Stay young by staying active and by lifting weights or doing some type of resistance exercise to strengthen both muscles and bones. And remember the words of gerontologist Water Bortz: "No one really lives long enough to die of old age. We die from accidents and most of all, from disuse." Use it or lose it!

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sport Dietetics) counsels active people in her private practice in Newton, MA (617-795-1875). For more information, call for appointment or read the new 5th edition of her *Sports Nutrition Guidebook* (or her food guides for marathoners and cyclists). They are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com for online CEUs. □



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



The Profile of a Runner column is being resumed under the new name "Profiles" and will be featured monthly in The Pace Setter. It will feature interviews from runners and those involved in the running world.

Profiles

MIKE RODA

Mike Roda set a record in his high school for the 400 meter dash that still stands, and has been breaking records and winning races ever since. His PR's (personal records) are impressive. For the 5K it is 15:21, the 10K is 32:20, the 15K is 50:17 at the Stockade-athon, the half-marathon is 1:11:10 (5.27 per mile) at the 2013 Palio, and for the marathon this year at Boston, 2:30:05 (5:43 per mile). Instead of a runner's high, he only gets intense pain during a race until at the end, when he feels euphoric.

Mike's favorite distance is the marathon. For the past two years, his training goals have been the Boston and Mohawk Hudson River (MHR) Marathon, around which he orchestrates his training. In 2012 he placed second in the MHR marathon with at time of 2:33:26, and this year came in 85th at the Boston Marathon with a new PR of 2:30:05. He was thrilled that he was able to lower his time by three minutes in five months of training. He hopes to lower his time even further in the future.

The Boston and MHR marathons are his favorites. He loves Boston for its history and compares it to a baseball player visiting the Hall of Fame in Cooperstown. Boston is the beginning of American running and the home of the marathon. Run on Patriot's Day, 80 percent of Boston's residents line the route to cheer runners on. After the race, Bostonians go out of their way to be supportive of runners. Mike loves the MHR marathon for its beautiful river views and memorable rolling hills into Niskayuna. Mike emphasized that Cathy Sliwinski and Maureen Cox have organized the race so well that it is a pleasure to run.

Mike's training program is intense. The main components are tempo and high volume running. In the tempo workout, he will run five miles at a steady pace of 5:25 minutes per mile. This is done to increase his lactate threshold, which scientists now agree is the most consistent predictor of performance in endurance events. He will run two tempo days per week and five days of high volume jogging of ten to twenty miles at a 10 minute pace with no speed work. In addition, he does core fitness training; for example, 100 push-ups, 1,000 sit-ups and twenty chin-ups in a single day. Three days a week Mike trains with Team Utopia members. Team Utopia's founder, Jim Bowles, is his trainer and mentor. Mike credits Jim with his success. He felt that before he met Jim, he was a good runner, but that Jim brought him to a higher level. Jim himself is a marathon runner.

Mike is a purist who uses few aids in running. Although he owns several Garmins, he depends on his Timex Ironman watch. He



does not run with an iPod. Surprisingly, he usually drinks water and other fluids after completing a marathon, but this year Jim Bowles persuaded him to drink water and use GU during the Boston Marathon where he set his marathon PR.

The only area where technology is important to Mike is in his running shoes. He has 20 pairs and they are all racing flats. He trains and races in these racing flats because of their lightness and flexibility. About every two months he replaces them when he feels the grip lessening.

His diet may surprise you as well. He eats a lot of red meat and is a firm believer in eating liver, which he calls "the silver bullet." He drinks whole milk, eats dairy products and green vegetables. His intake of nutritional supplements consists of multivitamins, Vitamin B12, Vitamin C, cod liver oil, whey protein shakes and he drinks black coffee. Occasionally he will eat sweets.

When not running Mike loves to play chess and follow sports. His favorite teams are the New York Giants and the Mets. He has re-



mained loyal to both teams over the years even though at times it has been difficult.

When asked if he had a running tip to share, he mentioned a technique Jim Bowles taught him of running high volume at a slow pace to increase speed. Before this, Mike would do fast runs that totally exhausted him and raised the risk of injury. When Jim asked Mike how many times he had run a ten minute mile, Mike replied, "Never." Jim had him slow down his pace to ten minutes per mile for his ten to twenty mile runs. Suddenly, Mike's racing times underwent dramatic improvements.

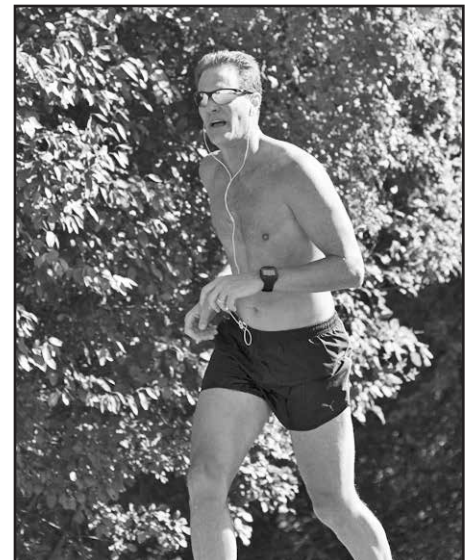
You may wonder what the future holds for Mike. If you think ultra running, you may be correct. He is tempted by the Leadville Trail 100 Run in Colorado. He says the idea of "running through the night in ice cold weather, is very amazing to say the least." We know that whatever he does, he will do it well.

Books Recommended by Mike:

More Fire: How to Run the Kenyan Way by Toby Tanser, 2008, Westholme Publishing

14 Minutes: A Running Legend's Life and Death and Life by Alberto Salazar and John Brant, 2012. Rodale Books □





Footnotes

World Marathon Record Smashed

On September 29, 2013, Wilson Kipsang of Kenya set a new world record in the Berlin Marathon, and feels he can top that too. Kipsang knocked 15 seconds off the record, making 2:03:23 the new time for him and others to beat.

The Berlin Marathon is famous for its flatness, good running weather, and the world records set there by six men and two women. His fellow countryman Patrick Makau had set the previous record in Berlin in 2011. Kipsang believes that the unusually windy weather on the course makes it possible for him to do even better next time.

Kipsang predicted before the race that he would beat Makau's time by precisely the amount he did. At the midway point of the marathon, Kipsang realized that his desired pace was lagging, so he broke away from the pack and ran to a world record.

For his win, Kipsang earned \$54,000 in prize money and \$68,000 in bonus money for pulverizing the world record. His win put him in second place to Ethiopia's Tsegaye Kebede in the World Marathon Majors where the top male and female marathoner of the year are each awarded half a million dollars. If Kipsang wins the NYC Marathon in November he will also win the World Marathon Majors. To learn more about this go to worldmarathonmajors.com.

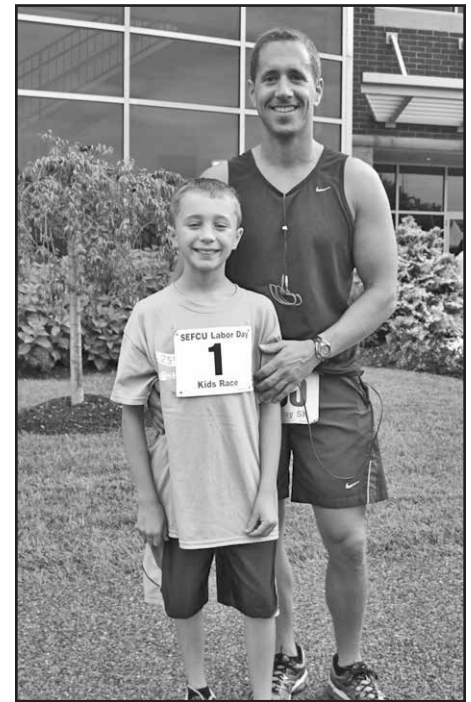
Kipsang didn't begin running professionally until 2007 when he was 25 years old. The major marathons he has won include the Frankfurt Marathon twice, the London Marathon and now Berlin. Most elite runners compete in only two marathons a year, but in 2012, Kipsang was going for three until the NYC marathon was cancelled due to catastrophic

damage from Hurricane Sandy. He was disappointed that he could not compete but realized the massive damage done made the race impossible.

The recent Berlin Marathon was also important in that it demonstrated the dominance of the Kenyan runners. The first five male finishers and the top two females were from Kenya. It is estimated that in 80% of all top world races, Kenyans either win or place in the money.

What is it about Kenya and not the rest of the world that produces such stellar runners? Kipsang's height, 5' 11 1/2" and weight of 137 pounds are not exceptional among top marathon runners. Some authorities say that it is the Kenyans' extremely long legs and short torsos that are the key. Other experts argue that runners from the Rift Valley in Kenya, which is 8,000 feet above sea level, who run the six miles down into the valley and then back up oxygenate their blood. Some hold that the hard training combined with diets free of junk food is the answer. To be accepted into the Run-Fast training program in the Rift Valley, where all the top Kenyan runners are from, the male applicants must be able to run a 2:10:00 marathon and be willing to train for long hours each day. A recent study points to low body mass as the key. The common thread through all of these theories is the agreement on the superiority of Kenyan runners.

It will be exciting to see if Kipsang breaks his own record in NYC in November, or if the next Berlin Marathon will again be a game changer. Maybe a woman breaking Paula Radcliffe's record of 2:15:25 will be the next surprise. Only time will tell. □



Grand Prix Update

Race #9 **HMRRC Anniversary Day** **Race, 5.9 Miles** **September 15, 2013**

Men

Male Open

12 Nick Webster
10 Jonathon Lazzara
8 Tim O'Connell

Male 30-39

12 Chuck Terry
10 Brian Northan

Male 40-49

12 Robert Irwin
10 Mark Stephenson
8 John Williams-Searle
7 Jon Rocco
6 Patrick Lynskey
5 Neil Sergott

Male 50-59

12 David Roy
10 Rick Munson
8 Jon Weilbaker
7 Mark Nunez
6 Bill Martin
5 John Parisella
4 Carl Urry

Male 60-69

12 Juergen Reher
10 Tom McGuire
8 Paul Forbes
7 John Stockwell
6 Norman Dovberg

Male 70+

12 Wade Stockman
10 Ed Doucette
8 Ray Lee

Women

Female Open

12 Shylah Weber
10 Valerie Belding

Female 30-39

12 Kristina Gracey
10 Allison Bradley
8 Jessica Northan

Female 40-49

12 Emily Bryans
10 Kimberly Mesino-Bowles
8 Connie Smith
7 Brenda Lennon
6 Jill Frankoski

Female 50-59

12 Nancy Taormina
10 Susan Burns
8 Karen Dott
7 Sharon Fellner
6 Jenny Lee
5 Deb Sanger

Female 60-69

12 Martha DeGrazia
10 Susan Wong
8 Sandy Dovberg

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	G
12 Emily Bryans	46	F
10 David Roy	58	M
8 Susan Wong	65	F
7 Rick Munson	56	M
6 Kristina Gracey	30	F
5 Mark Stephenson	49	M
4 Robert Irwin	40	M

Race #10 **Voorheesville** **7.1 Mile Race** **September 29, 2013**

Men

Male Open

12 Richard Messineo
10 Jonathon Lazzara
8 Kevin Messineo

Male 30-39

12 Chuck Terry
10 Tucker Chrapowitzky
8 Brian Northan
7 David Tromp
6 Todd Smith
5 Aaron Knobloch
4 Patrick Sorsby

Women

Female Open

12 Meghan Mortensen
10 Shylah Weber
8 Kelcey Heenan

Female 30-39

12 Diana Tobin-Knobloch

Age Graded

Runner	Age	G
12 Chuck Terry	31	M
10 Tucker Chrapowitzky	35	M
8 Richard Messineo	25	M
7 Brian Northan	38	M
6 Diana Tobin-Knobloch	32	F
5 David Tromp	38	M
4 Meghan Mortensen	28	F

Total After 10 Races

Men

Male Open

43 Jonathon Lazzara
39 Richard Messineo
37 Nick Webster
27 Paul Cox
24 Pat Cade
22 Erik Carman
22 Tom O'Grady
22 Kevin Treadway
15 Tim O'Connell
12 Brett LaFave
12 Kevin Messineo
12 Alexander Paley
10 Jonah Allard
10 Steve Booker
10 Jon Ricciardi
8 Marcus DeBerg
8 Adam Forti
8 Paul Mueller
7 Lukus Becker
7 Brad Lewis
7 Mikey Murphy
6 Ben Butryn
6 James Faraci
6 Will Johnson
6 Andrew McCarthy
5 Noah Allard
5 Sam Binsfeld
5 Brien Maney
5 Victor Warner
4 Hasson Beesley
4 Griffin Keegan
4 Tanner Wood

Male 30-39

68 Chuck Terry
52 Brian Northan
46 Mike Roda
43 David Tromp
17 Eamon Dempsey
16 Jake Stookey
16 Joe Sullivan
12 Clay Lodovice
12 Josh Merlis
10 Jeffrey Andritz
10 Tucker Chrapowitzky
10 Anthony Giulano
10 Chris Judd
10 Todd Smith
9 Aaron Knobloch

9 Michael Libertucci
8 Shawn DeCenzo
8 Patrick Sorsby
7 Joe Hayter
7 Matthew Lindow
7 Gaven Richard
6 Michael DiNicola
6 Chris Mulford
6 Jim Sweeney
6 Matt Zappen
5 Gabe Anderson
5 Daniel Brady
5 Jim Eaton
5 Adam Lyon
5 David Newman
5 Chris Nowak
4 Joe Benny
4 Dallas DeVries

Male 40-49

67 John Stadtlander
58 Jon Rocco
52 Mark Stephenson
37 Robert Irwin
34 Tim Hoff
27 Tom Kracker
20 John Williams-Searle
15 Jonathon Bright
13 Kevin Creagan
13 Andy Reed
12 Brian Borden
11 Brian DeBraccio
11 Ed Hampston
8 Randall Cannell
8 Christain Lietzau
7 Jeff Loukmas
7 Tomo Miyama
6 Bruce Beesley
6 Bill Grimaldi
6 Patrick Lynskey
6 Andrew Sponable
5 Bryan Funk
5 Richard Hamlin
5 Neil Sergott
5 Bill Tindale
4 Dale Miller
4 Tim Mulligan
4 Norris Pearson
4 Hector Roig

Male 50-59

57 Rick Munson
55 David Roy
36 Jon Weilbaker
30 Mark Nunez
29 Richard Clark
28 Ken Evans
24 John Noonan
22 Jay Thorn
16 John Parisella
14 Frank Mueller
13 Russ Hoyer
12 Christain Lietzau
12 Derrick Staley
10 Doug Campbell
10 Ed Drebitko

9 Patrick Culligan
 8 Robert Wither
 7 Jack Arnold
 7 Jim Devine
 7 Jim Giglio
 7 Bill Martin
 7 Samuel Mercado, Jr.
 6 John Sestito
 6 Todd Thomas
 6 Bart Trudeau
 5 George Baranauskas
 5 Peter Butryn
 5 Christopher Kunkel
 5 Mike Stalker
 4 Mark Mulpeter
 4 Martin Patrick
 4 Rob Picotte
 4 Sunil Sumia
 4 Carl Urry

Male 60-69

60 Lee Pollock
 60 Juergen Reher
 45 Paul Forbes
 30 Tom McGuire
 25 John Stockwell
 24 Bob Somerville
 22 Norman Dovberg
 20 Carl Matuszek
 19 Paul Bennett
 18 Frank Broderick
 18 Dennis Fillmore
 16 Joe Yavonditte
 15 David Rowell
 13 Rich Tanchyk
 12 Ken Klapp
 11 Steve George
 10 Pete Cowie
 10 Kevin Donohue
 9 Ed Litts
 7 Leo Vogelien
 6 Bob Ellison
 6 Tim Fisher
 6 Pat Glover
 6 Chuck Terry
 5 Jim Fiore
 5 Douglas Fox
 4 Greg Taylor

Male 70+

64 Wade Stockman
 60 Ed Bown
 44 Ray Lee
 28 Jim Moore
 27 Ed Doucette
 21 Bob Knouse
 20 Frank Klose
 19 Chris Rush
 11 Mike Caccuitto
 10 Tony Scott
 10 Ken Skinner
 8 Joseph Richardson
 5 Denny Burns
 5 Armand Langevin

Women

Female Open

72 Meghan Mortensen

59 Shylah Weber
 55 Liz Chauhan
 20 Cheyenne Munson
 18 Irene Somerville
 17 Kristen Quaresimo
 16 Valerie Belding
 12 Molly Casey
 10 Valerie Belding
 10 Brina Seguine
 8 Kelcey Heenan
 8 Ada Lauterbach
 8 Kim Maguire
 7 Courtney Hill
 7 Julia Maloney
 7 Allie Tedeschi
 6 Amy Becker
 6 Sara Hamilton
 6 Jen Masa
 6 Samantha McBee
 6 Kate Thomas
 5 Hannah Patzwahl
 5 Lexi Secor
 5 Andrea Stagg
 4 Laurel Abowd
 4 Leigh Ann Brash
 4 Sara Conroy
 4 Melissa Fleshman
 4 Erika Hebert
 4 Anita Rice

Female 30-39

72 Kristina Gracey
 50 Crystal Perno
 34 Deanne Webster
 30 Shelly Binsfeld
 22 Allison Bradley
 18 Erin Corcoran
 17 Jessica Northan
 14 Kari Deer
 14 Nikki O'Meara
 13 Kelly Komara
 12 Diana Tobin-Knobloch
 10 Sally Drake
 9 Sara Reed
 8 Melanie Nedeau
 7 Sara O'grady
 7 Candice Panichi
 6 Kara Gokey
 6 Melissa Hasan
 6 Kimberly Morrison
 6 Cynthia Zinzow
 5 Susan Bright
 5 Jessica Chapman
 5 Jennifer O'Connor Teepee
 5 Laura Zima
 4 Colleen Murray
 4 Kristen Roberts

Female 40-49

61 Emily Bryans
 46 Connie Smith
 38 Chris Varley
 34 Anne Benson
 31 Sally Drake
 31 Brenda Lennon
 30 Kimberly Mesino-Bowles
 28 Penny Tisko
 19 Regina McGarvey
 17 Judy Guzzo
 16 Karen Dolge
 13 Mary Buck

13 Cheryl DeBraccio
 8 Jill Frankoski
 8 Michelle Pengergast
 7 Kay Byrne
 6 Christina Friedman
 6 Martha Gohlke
 6 Barbara Light
 6 Kathleen Tersigni
 5 Marcy Beard
 5 Andrea Robinson
 5 Ruth Sadinsky
 4 Denise Gonder
 4 Regina Kane
 4 Dana Peterson
 4 Michelle Rocklein
 4 Stacia Smith

Female 50-59

68 Nancy Taormina
 49 Susan Burns
 35 Karen Gerstenberger
 35 Jenny Lee
 33 Sharon Fellner
 24 Beth Stalker
 23 Karen Dott
 18 Karen Provencher
 15 Cathy Sliwinski
 12 Nancy Briskie
 12 Joan Celentano
 10 Kim Law
 10 Nancy Nicholson
 10 Janice Phoenix
 10 Jennifer Thomas
 8 Joan Brown
 8 Denise Iannizzotho
 8 Aileen Muller
 8 Pia Sanda
 8 Barbara Sorrell
 7 Patty Ells
 7 Kathleen Goldberg
 7 Lauren Herbs
 7 Deb Sanger
 7 Catherine Sliwinski
 6 Kirsten Leblanc
 6 Nicolette Pohl
 6 Mary Signorelli
 4 Tina Hayden
 4 Catherine McCutcheon

Female 60-69

66 Martha DeGrazia
 51 Susan Wong
 42 Katherine Ambrosio
 30 Sandy Dovberg
 24 Judy Phelps
 24 Karen Spinozzi
 22 Erika Oesterle
 17 Joan Celentano
 12 Mary Wilsey
 10 Mary Collins Finn
 9 Suzanne Nealon
 7 Judy Lynch
 5 Anne Tyrrell
 4 Eileen Mahoney

Female 70+

72 Anny Stockman
 40 Eiko Bogue
 12 Marge Rajczewski
 10 BJ Sotile

Age Graded

Runner Age	G
53 Emily Bryans	45/46 F
35 Mike Roda	37 M
33 David Roy	57/58M
31 Lee Pollock	60 M
30 John Stadtlander	47 M
30 Chuck Terry	30/31M
28 Mark Stephenson	49 M
24 Kristina Gracey	30 F
20 Judy Phelps	62 F
20 Beth Stalker	53 F
20 Susan Wong	65 F
18 Tom O'Grady	27 M
15 John Noonan	53 M
14 Anne Benson	48 F
13 Jon Rocco	46 M
12 Nancy Briskie	55 F
12 Derrick Staley	54 M
12 Kevin Treadway	24 M
11 Rick Munson	56 M
10 Tucker Chrapowitzky	35 M
10 Carl Matuszek	61 M
10 Anny Stockman	80/81 F
8 Tim Hoff	47 M
8 Richard Messineo	25 M
7 Brian Northan	38 M
7 Karen Provencher	58 F
7 Jon Weillbaker	55 M
6 Robert Irwin	40 M
6 Diana Tobin-Knobloch	32 F
6 Erika Oesterle	62 F
5 Josh Merlis	31 M
5 Alexander Paley	26 M
5 Juergen Reher	63 M
5 Nancy Taormina	54 F
5 David Tromp	38 M
4 Richard Clark	58/59M
4 Anthony Giuliano	34 M
4 Ken Klapp	62 M
4 Meghan Mortensen	28 F

As a reminder, Grand Prix participants are required to volunteer fully on race day during at least one club race each calendar year.





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

Cost:

Total:

\$36

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

\$20

Knit Hat, navy, black, light blue

\$ 8

Thermax Gloves, black

\$ 8

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

\$65

Long Sleeve Coolmax Shirts:

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

\$22

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

\$22

Coolmax Singlets:

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

\$11

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

\$21

Short Sleeve Coolmax Shirts:

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

\$25

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

\$20

Shorts with white club logo

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

\$15

Female Adidas, black with blue trim, XL - CLEARANCE

\$15

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

\$15

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

\$15

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

\$15

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

\$15

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

\$15

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

\$15

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

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

\$19

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

\$19

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

\$24

Easy, 4" inseam, S,M,XL

\$21

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

\$25

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

\$27

Running Cap, embroidered logo, white, white/royal

\$11

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:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.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
11/10/2013	10:00 AM	Saratoga Springs Firefighters Veteran's Day 5k	Saratoga Spa State Park - Warming Hut	Nicholas Colucci	Ncolucci@iaff343.org
11/10/2013	9:00 AM	39th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/11/2013	10:00 AM	Shenendehowa 5k Veterans Day Dash	Shenendehowa High School Track	Beth Haig	ehaig@nycap.rr.com
11/11/2013	10:00 AM	8th Annual Valatie Veterans 5K Run	Glynn Square, Church St, Valatie	Jon Meredith	jmeredith@nycap.rr.com
11/24/2013	10:00 AM	HMRRC Turkey RaffAL Run 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com
11/30/2013	10:00 AM	Run Off That Turkey-Trot 5K	Altamont Elementary School, Grant St, Altamont	Phil Carducci	holidayclassic@nycap.rr.com
12/08/2013	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau -- Ken Skinner	bart@truarchs.com
12/21/2013	10:00 AM	Holiday Classic 5K	Columbia-Greene Community College, Hudson	Phil Carducci	holidayclassic@nycap.rr.com
01/01/2014	12:00 PM	Winter Series #2 -- 38th Hangover Half[GP] & Bill Hogan 3.5M Run	Univ at Albany ----- Day of Race Signup only!	Cheryl & Brian DeBraccio	rundj@nycap.rr.com
01/12/2014	10:00 AM	Winter Series #3 -- 3M, 10K, 25K	Univ at Albany ----- Day of Race Signup only!	Jon Rocco & Meghan Mortenson	jonrocco@hotmail.com
01/26/2014	10:00 AM	Winter Series #4 -- 3M, 15K, 30K	Univ at Albany -- Day of Race Signup Only!	Josh Merlis	jmerlis@areep.com
02/02/2014	10:00 AM	Winter Series #5 -- 4M, 10M (GP), 20M	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freihofersrun.com
02/16/2014	10:00 AM	41st HMRRC Winter Marathon & Marathon Relay	Univeristy at Albany	Dana Peterson -- Clay Lodovice -- Ed Hamoston	peterson.danac@gmail.com
03/15/2014	10:00 AM	Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Letticia & Dave Ruderman	ROG4Race@aol.com
04/06/2014	9:00 AM	26th Delmar Dash 5M	Bethlehem Middle School, Delmar	Aaron & Diana Knobloch	dianam.tobon@gmail.com
04/19/2014	10:00 AM	20th annual Rabbit Ramble 4 Mile Run/2 Mile Walk	Guilderland High School, Guilderland Center	Phil Carducci	rabbitramble@nycap.rr.com
04/26/2014	9:00 AM	34th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
04/27/2014	10:15 AM	Cherry Blossom 5K Race for ALS	Niskayuna	Tim Fecura	info@5kraceforals.com
05/11/2014	10:00 AM	34th Mother's Day 5K	Central Park, Schenectady	Dee & Jon Golden	hmrrcdiane@gmail.com
05/15/2014	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
08/16/2014	8:30 AM	Castleton Schodack Kiwanis Clove Run 10 Mile 5K Run/Walk 1 Mile Fun Run	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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Albany, NY
Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

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

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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