

The Pace Setter

August 2010

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



SEFCU
22ND ANNUAL
LABOR DAY 5k



Monday, September 6, 2010
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

This year's 5k is PRE-REGISTRATION ONLY; participants MAY NOT register the day of the event.

Location: Race/walk starts and finishes at SEFCU Headquarters,
700 Patroon Creek Blvd., Albany

HMRRRC Entry Fee for 5k Race/Walk*: ☐ \$8 for HMRRRC members and SEFCU members
☐ \$9 for all others
☐ \$20 for HMRRRC fee and a donation to the non-profit recipient
of the race funds

Applications must be received by September 3, 2010.

HMRRRC Entry Fee for Kids*: \$1 per child; 1 mile; approximate 10 a.m. start
Event day registration only

Separate application for team competition is available at sefcu.com

Race Prize Structure: Medals to the first three male and female finishers in each of the following age groups:
11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over.
Trophies will be awarded to the first three male and female overall finishers. Trophies will
also be awarded to the first three male and female overall finishers who are SEFCU
members. No duplication of prizes.

Shirts: Commemorative SEFCU 5k T-shirts will be given to all participants.

Refreshments: Complimentary fruit, drinks, etc. available at end of event.

Results: Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

For More Info: Call 518-464-5243, or visit www.sefcu.com.

I will participate in: 5k Run ☐ 5k Walk ☐

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex Male ☐ Female ☐ Phone _____

SEFCU Member ☐ HMRRRC Member ☐ Where did you hear about this event? _____

*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ _____

Signature _____

Parent/Guardian (if under 18) _____

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, their sponsors, officials, representatives, and successors from all claims 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 or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRRC, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.

Directed by 

Publication of Hudson-Mohawk
Road Runners Club
Vol. 31 No. 8

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— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

— **Kopac's Komer**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C. Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

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Photos in this issue by Bill Meehan and Donna Davidson

Cover design: Terri Commerford (concept); Newkirk Products (graphic design)

Robert Knouse contributed photos for the July issue of The Pace Setter

July cover design: Jon Rocco (concept); Newkirk Products (graphic design)

HMRRRC Mission Statement

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

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

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by Mark Warner

The past president's columns have focused on HMRRRC and what it provides to the community through running events and community service. This column will take a look at the larger running community in the Capital Region. This area offers many opportunities to local runners of all ages. HMRRRC members belong to many other clubs and direct or volunteer at many local races not affiliated with HMRRRC.

Youth running groups such as the Delmar Track & Field Club and the Donald P. Sutherland Running Club in Averill Park serve as the foundation for our middle school and high school programs. This region boasts several of the top ranked high school cross country teams and nationally ranked runners in track and cross country. The HMRRRC is committed to supporting these feeder programs through their youth grant programs and scholarships. With many competitive college programs in the region such as SUNY Albany, St. Rose, RPI and Siena, there are plenty of opportunities for our high school runners to continue their running careers at the college level.

The region supports additional opportunities to continue running competitively past high school and college for those who want to run competitively, run for exercise or run as a social activity. Two local clubs are Team Utopia and Albany Running Exchange (ARE) which offer weekly or daily training runs, social events and unique races such as ARE's Hairy Gorilla Half Marathon. In addition, the Willow Street Athletic Club supports competitive men's and women's teams and the Adirondack Athletic Club has men's masters' teams. HMRRRC partners with USA Track and Field to support running and racing for youth, open and master's runners. Many other communities in the region are home to running clubs such as the Saratoga Stryders, the Fulmont Road Runners Club and the Adirondack Runners.

The HMRRRC website posts numerous local races held throughout the year. There are several well known and competitive non-HMRRRC races at the elite level such as the Freihofer's Run for Women 5K and the Utica Boilermaker 15K. These races bring in world class runners but are also popular with runners of all abilities. On the other end of the spectrum are hundreds of local races sponsored by towns, schools and charities. These races include the Troy Turkey Trot, Adirondack Distance Run in

Lake George, Silk and Satins 5K in Saratoga and the Shamrock Shuffle in Glens Falls. For those looking for more unique or challenging races, many trail and mountain races exist such as the Prospect Mountain Road Race or the Escarpment Trail 30K held annually. For those who prefer the track, opportunities exist to race at distances from 100 meters to 10K. Almost every race has age divisions to accommodate our open and masters runners. Races offer an opportunity to challenge your limits to set a PR and to meet and socialize with other runners from throughout the Capital Region.

The choice of diverse clubs and races open to runners at all levels of ability and interests enhance the running experience and provide motivation to remain committed to the sport. The HMRRRC has and will continue to play a central role in the local running community along with our fellow clubs to ensure the continued growth of running in the Capital Region. □





What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? Do you harbor a secret desire to run through a stream and try to make it up a slippery, muddy hill? If you answered yes, the HMRRRC has races for you in August. Cross country racing returns to the hills and streams of Tawasentha Park for its August meeting. The 5k races will be held on Monday, August 2, 9 and 16. The races will start at 6:30 p.m. and the August 10 race will be a Grand Prix event. These races are challenging and are a great workout.

The cross country theme continues as the Indian Ladder Trail Run highlights the August schedule. This year's races will be held on Sunday, August 15. There are two races, a 15k that goes up (and down) a big hill before sending you out to the far reaches of the park. There is also a 3.5 mile run that follows parts of the 15k course and is equally difficult. Following the races is the always popular HMRRRC Club Picnic. Thatcher Park is the setting for this great day of running and dining.

August is the month in which I celebrate my birthday. The age is such that the local fire department needs advance warning before all the candles on my cake are lit.

The Colonie High track meets continue into August with the last meet on Tuesday, August 10. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:15 p.m.

Another August highlight is the 32nd Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday,

August 7 and is a pursuit race with the women running first and then the men going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities. This year I am going to attempt to run with yet another lovely partner. My former partners for this race have either moved away or quit running, I wonder if there is a reason for this?

There are local road races to be found on the August schedule. The Camp Chingachgook Challenge will be held on Saturday, August 7 and features a half-marathon and a 10k race. The half starts at 8 a.m. at Lake George High School and finishes at Camp Chingachgook, the 10k starts at 9 a.m. and is out an out and back course from Camp Chingachgook. The Castleton Kiwanis host the Clove Run on Saturday, August 21, with a 15k going off at 9 a.m. and a 5k set for 9:15 a.m. from the Schodack Island State Park.

If you are old and want to race against your peers Chuck Batcher has the race for you. The Senior Masters 5k and 10k are set for Sunday, August 8 at 9 a.m. at the Crossings of Colonie. This race is open to runners and walkers over the age of 60, those younger than that age should be thankful and can volunteer for the race.

The club's business meeting for August is scheduled for Wednesday, August 11 at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave extension. All club members are encouraged to attend these meetings. □

Kinderhook Runners Club Red Apple Trail Run September 11



Are you tempted by a great fall trail run through the beautiful orchards and fields of Columbia County?

In the above photo, Amy Ruggero, aka Eve, of the Kinderhook Runners Club, invites you to bite the apple and try the 2nd annual Red Apple Trail Run!

Choose between a 5K and 10K route. The 5K course is exclusively through Samascott's Orchards in Kinderhook on a mix of dirt roads and rough ground, stepping on an occasional apple, plum, or pear. The course is flat and beautiful!

The 10K course also goes through the orchard, but covers the back fields as well. Here you can expect much rougher ground, and a challenging ravine. This route will meet your expectations, if you like a little adventure. The perfect training ground for the upcoming Warrior Dash!

- Date: Saturday, September 11 at 9:00 a.m.
- Place: Samascott's Orchards, 5 Sunset Avenue, Kinderhook, NY 12106
- Pre-Registration: online at Active.com or paper application in this *Pace Setter*
- Day of Race Registration: 7:30 - 8:30 a.m.
- Entry Fee: \$15.00 5K or 10K - \$10.00 KRC members
- Sponsors: Kinderhook Runners Club, Samascott's Orchards, & Red Apple Realty
- Incentives:
 - Tasty Awards to top 3 male & female 5K & 10K finishers!
 - Many Raffle Prizes including an iPod nano!
 - Knit gloves to the first 100 registrants!

For more information, go to:
info@kinderhookrunnersclub.com □

Submissions for the October Issue of *The Pace Setter*

Articles:

Deadline is August 25th. Submit to: Editor, pacesetterarticles@nycap.rr.com

Advertisements:

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

Ads should be sent to:

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

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

Saturday, September 25



10:00 Race Starts - Cobleskill Fairgrounds
30 minutes from the Capital Region

Benefits Habitat for Humanity of Schoharie County

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

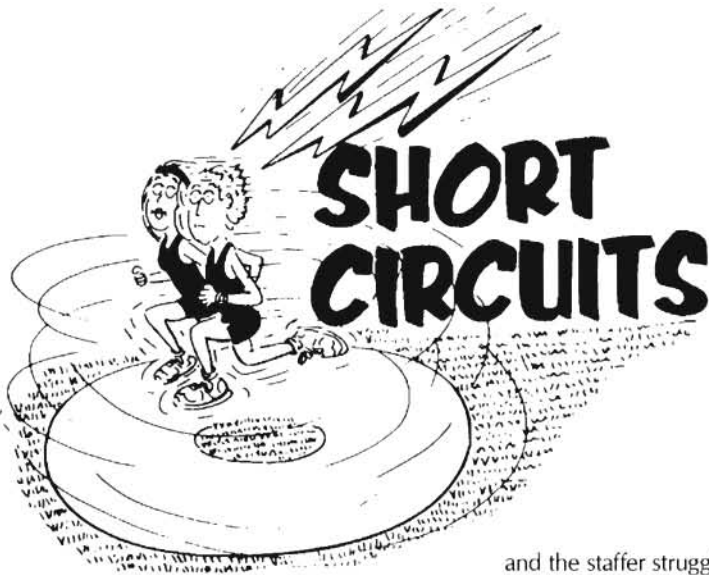
See application at **FAM5K.com**

START

RAFFLE GRAND PRIZE
4 NEW YORK GIANTS TICKETS!



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



You know you are a runner when your shoes have more miles on them than your car does.



Mika Brzezinski's first date with her husband: We ran around the reservoir in West Hartford, Connecticut. There was a little mountain near it, and I made him run all the way to the top. I kicked his butt. At one point, he rolled his eyes like he was going to die. Something about that look was adorable, and I loved that he made me laugh even while we were working hard.



Mika – Love at first run



General David Petraeus breaks in new staff by making them run with him. After a few miles he asks the staffer if he or she is ready to pick up the pace. Then the General turns it on

and the staffer struggles to keep up. At 57 the General can still run a sub five minute mile. His marathon PR is: 2:50:53 (1982 Omaha Marathon).



The General and his pack



You know you are a runner when you combine phrases like "10 mile run" and "easy run" in the same breath.



Races 100 Years Old and Older:

- Bemis-Forslund Pie Race 4.5 Miles, Gill MA; 1891.
- Delaware YMCA Turkey Trot 8K; Buffalo NY; 1896
- Boston Marathon; 1896
- Run for the Diamonds 9 Miles; Berwick PA; 1908
- Thanksgiving Day 10K; Cincinnati OH;

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

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

1908

- Dipsea Trail Run; Mill Valley CA; 1905.
- 1910
- Bay to Breakers 12K; San Francisco; turns 100 next year



You know you are a runner when you've been to every golf course around but not to play golf.



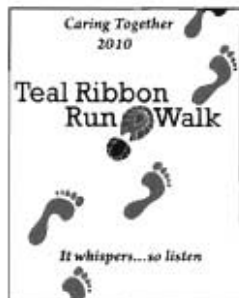
Beginning your workout fully hydrated or even 'hyper-hydrating' before a workout can delay dehydration during exercise, maintain exercise performance, and decrease the risk for heat-related illnesses. Pre-exercise fluid intake enhances your ability to control body temperature and increases plasma volume to maintain cardiac output. Drink before you run in the heat so you begin every workout fully hydrated, and continue to drink during workouts longer than one hour. A good indicator of your hydration level is the color of your urine. The lighter the color, the better. — Jason Karp, Ph.D., Exercise Physiologist



Shewarge Amare, from New York City, set a new course record in the 7.6-mile race to the summit of the Northeast's tallest peak: Mt. Washington. Her time was 1 hour 8 minutes 21 seconds, shattering the women's mark by 1:47. She did it without her running shoes, which were locked in a missing friend's car. She borrowed extra shoes from another runner – a half size too big. For her efforts she took home the \$2000 winner's prize and another \$5000 for breaking the record. □



Shewarge wins big in big shoes



9th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 12, 2010 – 9:00 a.m.



- Course:** Both the 5K run and 1 mile walk start and finish at the Washington Park Lake House on the west (Madison Avenue) side of the park. Paved roads throughout.
- Awards:** Awards will be given to 1st, 2nd, and 3rd place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards. Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.
- Entry Fee:** **Individuals:** \$15 Pre-registration before September 1 only; Register onsite for \$20 after September 1
Team Members: \$12 Pre-registration before September 1 only; Register onsite \$20 after September 1
Children: \$5 ages 10 and under
- Registration on the day of Run & Walk begins at 7:45 a.m. at the Washington Park Lake House**



***** FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**
To collect donations online for you or your team, please visit
www.firstgiving.com/CaringTogether

SPONSORED BY CARING TOGETHER, INC. *1996 – 2010*
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**Ovarian Cancer Awareness
Displays**

**Children's Area
Face Painting * Clowns**

**Refreshments &
Raffles**

For important race day and parking information, please visit: www.CaringTogetherNY.org

Mail Entry Form and Check To:
Caring Together, Inc., PO Box 12383, Albany, NY 12212-2383



Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Email Address: _____ Age on Race Day: _____

Sex: ☐ Male ☐ Female **I am a:** ☐ Runner ☐ Walker Shirt Size (circle one): Adult - SM MED LG XL XXL
Child – SM MED

☐ No Shirt (please use all money towards research)

Team Member? ☐ Yes ☐ No If yes, enter Team Name _____

NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.

Signature _____ Date: _____

Signature of Parent or Guardian (required if participant is under age 18): _____

Running Power

by Michelle Carlow

My name is Michelle Carlow. I am 38 years old. My husband and I have three children. Over the years we grew accustomed to putting everyone else before ourselves. Our fitness wasn't a priority.

In August 2009, our whole family participated in a 5K while visiting family in western NY. Our goal was to finish. It was a great experience for all of us. Last September, I participated in a Boot Camp at the Southern Saratoga County YMCA in Clifton Park. I started running on my off days.

My older sister, Cindy, was inspired to get into shape and started running. She was not at all athletic. However, she was determined and completed two triathlons. I completed the Greenbush YMCA 5K and the Troy Turkey Trot 5K in 2009. We were so gratified to have the experiences.

I saw the advertisement for the Marathon and Half Marathon Training at the YMCA, and was considering moving from Boot Camp to the marathon training. At that time, I had not run very much, my longest run was 4 miles. I did not have the courage to sign up until I met the marathon coach, Lichu Sloan, in the locker room last December. She was coaching the marathon team three weekdays at 5 a.m. and on the weekends. Lichu was very encouraging and very passionate about long distance running. At that time, Lichu was getting ready to run her 83rd marathon in Phoenix. I realized I had an extraordinary opportunity to train with someone who had the experience to guide me in my journey. Since then, Lichu ran the Boston Marathon in April and the Flying Pig Marathon in May, and has completed 85 marathons. I joined Lichu's marathon and half marathon training on March 30.

It is great to work with a coach and train with the group. I ran the Delmar Dash 5 mile

(4/11) and the Mother's Day 3.5 mile race (5/9). My mile pace improved by more than 60 seconds since I joined the training program. My mileage has been increasing weekly, my longest run is 12.33 miles, and I'm no longer intimidated by hills. When running with the group, I enjoy the time for myself and my body appreciates the challenge. I am becoming a good role model for my children, Michael (11) and twins, Jimmy and Emily (9). They now enjoy running and have participated in several road races and the Y Outdoor Triathlon. My husband, Mike, is very supportive of our family fitness and has completed a 5K as well as a

3.5 mile race.

On Labor Day weekend, I will be running in the Oak Tree Half Marathon in Geneseo, NY. This will be my first half marathon. I chose this race because it gives me the opportunity to run with my sister, who inspired me to begin this journey. Additionally, I will be running the Boilermaker 15K in July, Race the Train 8.4 mile in August, the Marine Corps Half Marathon in October, and the Philadelphia Half Marathon in November with my team members.

Running gives me a sense of power and purpose. I hope to become physically fit and maintain a healthy weight. I would like to continue influencing my family to be active and have a healthy lifestyle. My ultimate goal is to run my first marathon in 2011. I would love to train and run the 2012 Goofy Challenge in Disney World with Lichu and the team members. □



HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN – 2.8 M & 5.6 M*

*Grand Prix Race for HMRRC Club Members

Commemorative Glass Mug for First 125 Registrants

Location: University of New York at Albany — Gymnasium near Western Ave. Ent.

Time & Date: 9:00 a.m., Sunday, September 19, 2010

FEE: Free for HMRRC members, \$6 non-members — Day of Race Registration Only

Come join us for the 39th Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and Top Male and Female finishers in each of 13 five-year age groups in the 5.6 Mile Race



Y RACE SERIES

We build strong kids, strong families, strong communities

GUILDERLAND YMCA / BRENDA DEER 5K

Start/Finish: Guilderland YMCA
Contact: 518.456.3634 x1110, Jennifer Rittner-Paniccia - Race Director
Date & Time: Saturday, September 11, 2010
5K Run / 3K Walk 9:00 a.m.
Kids Fun Run 8:30 a.m.
Registration: \$20.00 (postmarked by September 8);
\$30.00 (after September 8)
Day-of-race registration will be from 7:30am - 8:30am
Kids Fun Run is free—ribbons awarded to all finishers

Official race shirts while supplies last

Awards: Overall male and female 1st, 2nd, and 3rd place finishers will receive awards. In addition 1st, 2nd, and 3rd place awards will be given to the top male and female finishers in the following age groups. There will be no duplication of awards.

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

Course Description: The Brenda Deer Memorial 5K is the 3.1 mile run which is an out and back route with the finish line at the YMCA. The run starts south on Winding Brook Drive to Nott Road when it turns left proceeding eastward. It takes a left turn into a residential neighborhood at Campus Club Drive and turns around at this point to head back. The course follows the same route backward to the YMCA and to the Finish Line!



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

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

Address _____ City _____ State _____

Phone # _____ Email _____ Gender M or F

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

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

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

Signature: _____ Date: _____

Parent's Signature (if under 18): _____

Please make checks payable to: Guilderland YMCA, Attn: Brenda Deer 5K, 250 Winding Brook Dr, Guilderland 12084

Register Online

WWW.CDYMCA.ORG

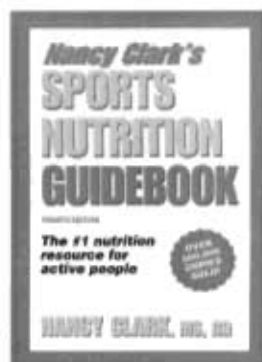


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SUNDAY, SEPTEMBER 26

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

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

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

Registration: 7:30am - 8:30am
Warm up: 8:30am
5k Race/walk: 9:00am
Kids Run: Est. 9:45am
Sponsorships Available:
Phone: (518) 438-9596
E-mail: bloodram@colonieyouthcenter.org



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

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

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

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



FLEET FEET
Sports



Kids' Fun Run

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

CBRE | Albany
CB RICHARD ELLIS
Registration available at
www.active.com

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

All proceeds benefit CYC's community programs

Additional forms and information available at www.colonieyouthcenter.org
Form may be photocopied. One entry form per person. *Entry fees are non-refundable

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

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

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

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

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

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

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

CHECK ENCLOSED
Please make check payable to Colonie Youth Center
or REGISTER ONLINE at Active.com

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

Name on Card _____
Card Number _____
Expires _____ Security Code _____
Signature _____

READ BEFORE SIGNING

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

Signature/Date Emergency Phone Number(s) _____

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

2010 Sports Nutrition News from the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the world's largest sports medicine and exercise science organization. At ACSM's annual meeting in Baltimore, June 1-5, 2010, over 6,000 exercise scientists, sports dietitians, physicians and health professionals gathered to share their research. Here are a few of the nutrition highlights. More highlights are available at www.acsm.org (click on "media").

- Is marathon training a good way to lose weight? Likely not, at least among 64 participants in a three month marathon training program. Only 11% lost weight. Eleven percent gained weight and the rest remained stable. Of the 7 who gained weight, 6 were women. In general, 74% of the women reported eating more while training, as compared to only 48% of the men. The goal of running should be to improve performance, not to lose weight.

- What are four keys to weight loss success? In a study with 65 overweight or obese men, the keys were choosing smaller portions, cutting back on sugary soft drinks, eating fewer high fat snack foods, and consuming less alcohol.

- Fatigue is associated with not just depleted muscles but also a tired mind. Inhibitory mechanisms in the brain can contribute to a 25% reduction in muscle contraction. Caffeine might be able to help counter that fatigue. During rest, caffeinated drinks (with or without sugar) contribute to 12% greater ratings for mental energy compared to plain water.

- Walking up stairs can burn about 10 calories per minute; taking the elevator burns only about 1.5 cal/min. Motivational signs that encouraged people to take the stairs instead of the elevator increased stair usage from 51% to 60%. More signs, please!

- Consuming protein before lifting weights may enhance recovery better than consuming a protein recovery drink afterwards. Enjoy that pre-exercise yogurt as a part of your recovery plan!

- Cyclists and triathletes who consumed 60 to 80 grams of carbohydrate per hour (240-320 calories/hour) performed better than those who consumed 10-50 g or 90-120 g carb/hour. By experimenting with different doses of carbs during training, you can learn the right amount for your body.

- Fat-free chocolate milk is an excellent recovery drink. It stimulates muscle-building and reduces muscle breakdown. Chocolate milk also replaces glycogen faster than a protein-free drink.

- When compared to a placebo, antioxidant-rich pomegranate juice improves recovery and decreases muscle soreness after muscle-damaging exercise in trained men. The same likely holds true for other colorful, antioxidant-rich juices such as grape, blueberry and cherry.

- Is coconut water preferable to a sports drink in terms of replacing sweat losses? While it does replenish body fluids as well as a sports drink, it lacks taste appeal. The athletes in this study preferred the standard sports drink. A food is only good for you if you consume it!

- During one hour of simulated bike racing, Ironman triathletes lost about 1.5 liters of sweat and they drank about half a liter too little fluid to replace that loss. While they were able to perform well for the one-hour exercise test, if they were to exercise for 14 hours with a similar deficit, they'd get into medical trouble. Endurance athletes should learn their sweat rate by weighing themselves naked before and after an hour of race-pace exercise! One pound of weight lost equates to a deficit of 16 ounces of fluid.

- After a hard run, are you better off drinking a large amount of water at one time to replace sweat losses—or smaller amounts of water every 30 minutes for four hours? Either works. The trick is to be sure you consume 150% more than you lost in sweat. Again, learn your sweat rate!

- Staying well hydrated on a daily basis is important to optimize performance. Winter athletes commonly need to be taught to drink more throughout the day. Urine samples of high school alpine skiers indicated 11 of 12 were dehydrated pre-competition. A survey of NCAA hockey players indicated they arrived or practice under-hydrated and ended the exercise session with a bigger fluid deficit.

- A study with racing cyclists compared the effects of consuming two caffeinated beverages 55 minutes prior to a 25-mile simulated road race: 1) Red Bull Energy Drink or 2) Coca-Cola with extra caffeine (to match the 160 mg caffeine in Red Bull). The cyclists performed similarly with Red Bull and Coke. Caffeine and sugar are popular energizers!

- Persistent fatigue affects 96% of cancer survivors. Low intensity exercise (cardio and lifting) can reduce fatigue. If you know of any cancer patients, encourage them to participate in a supervised exercise program.

- Among 269 cancer patients who exer-

cised for at least 3 months, the cancer survival rate was 93%. This is higher than the national average of 66%. In the breast cancer group, exercisers have a 95% survival rate, as compared to the national average of 89%.

- While physical education classes seem easiest to cut during a budget crisis, the reality is students who are physically active perform better on standardized achievement tests. What's good for the body is good for the brain!

- Strength training is key to having lean muscle tug on bones; this can help stop the development of osteoporosis.

- Runners with anorexia would be wise to do resistance exercise. Having strong muscles tugging on bones can enhance bone strength and potentially reduce the risk of stress fractures.

- Loss of bone density affects men as well as women. A survey of 35 to 50 year old men and women indicates 42% of these relatively young men and 28% of the women had low bone mineral density! These shocking results mean men, as well as women, need to take steps to maintain their bone health and reduce their risk for developing osteoporosis.

- The incidence of iron deficiency anemia in the general population is 2% of men. A survey of male cross country and distance runner ages 18-22 found that 21% of the men were iron deficient. That's 10 times more than expected! If you feel needlessly fatigued, get your blood tested to rule out anemia.

- The incidence of iron deficiency anemia in the general population is 14% of females, but about 50% among female athletes. Taking an iron supplement for the 7 days during menses can help maintain a strong iron status.

- Physical activity can help older adults (ages 60-99) maintain their youth. Because women tend to be more active than men, they experience less physical decline. Keep running, everyone, as well as strength train twice a week! □

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

Be Lifted by the Cause



THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk • Sun., Sept. 19, 2010, 8 AM
Run, walk, pledge, or volunteer • www.thesaratogapalio.com

Melanie lived an inspiring life dedicated to helping others. To honor her, we invite you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York. Proceeds will go to a scholarship fund for graduate students in the mental health field, as well as a donation to support the inpatient mental health unit at Saratoga Hospital.

GRENO INDUSTRIES INC.

PRECISION MACHINING

Run for the

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



Sunday, October 3, 2010

at 11:00 a.m.

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

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

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

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

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

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

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____ Date of birth ____/____/____ Age _____

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

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

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

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

Send application and check to:

Saratoga Hospital Foundation/Run for the ROC

211 Church Street

Saratoga Springs, NY 12866

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.

Medals & Goodie Bags
for all kids!

For more information e-mail: rwheatley@saratogacare.org or visit www.saratogahospitalfoundation.org



Early Race Packet Pickup on Friday, October 1, 4-7 p.m.

at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



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

Participant's Signature

Parent/Guardian Signature (if under 18)

Profile of a Runner

JOSH MERLIS



Photo by Jack Brennan

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

I manage ARE Event Productions, a race timing, software, and event logistics company. While we are mainly known locally for the timing of events, a lot of what we do is behind the scenes writing programs for live streaming results, text messaging, and mapping simulations. I grew up on Long Island and came to Albany for college where I studied math and computer science. In my junior year I founded the Albany Running Exchange through which eventually the company was born, but I did teach HS Math/Computer Science for 4 years at Burnt Hills and loved it. While I'd like to think I have other hobbies, besides swing dancing and eating, it's pretty much just running and attending running events. :)

When and how did you get started running?

In 1985, my father would bring my brother and me to the track weekly for us to run a lap or two. We were still in diapers. Three years later we were wearing bibs in 5ks (with numbers on them, not simply to avoid food staining our clothes) and in fifth grade I ran my first half marathon. It basically was just "what we did" and it wasn't until I was a little older that I realized most children are usually given toys and an allowance when my father's contributions to us were running shoes and mileage maps around the neighborhood.

Do you have a favorite race or races?

I'd imagine my favorite races are like most others: either those that are challenging (and

finishing is a great reward) or those in which I reach a point of exhaustion but have the strength to get through it. I like trail racing because there is so much strategy involved. When to push a turn and when to back off and let someone else do the work. With road racing, there are few external elements to test you (basically just avoiding the potholes) so anything with mud and muck works for me. :)

What are your most memorable races?

My first 10k is among my most memorable. I was 9 years old running in the Asbury Park 10k. I hit the wall around mile 4 (it scales down when you're 4' 1") and started running on the grass next to the road. I was looking down, as I didn't have the strength to keep my head up, and then all I remember is lying on the pavement. Turns out I bashed my head into the bottom of a street sign. That was memorable - and I'm reminded of it every time I see the scar. :)

How do you train? Do you have training partners?

I'm currently running about 6-7 days a week, although if it is every day, at least 1-2 of those runs is at a very easy pace on a soft surface. I do one track workout and one long run each week, along with some general distance runs. I'm either at ARE group runs or with Jim Sweeney, Tom O'Grady, Eamon Dempsey, and Joe Hayter. I rarely run by myself.

What are your current goals?

Above all else, I want to provide opportunities for others to reach their goals. Seeing the growth of the Albany Running Exchange, and the greater Capital District running community in general, I feel that is very important to further the infrastructure that allows us all to feel vested in our own health and the social network of our runs and races. To that end, I enjoy being part of events, creating events, and also assisting others in making their dreams become a reality.

Do you have any future running goals?

While warming up for the 2010 Delmar Dash, I asked Dave Vona what he was hoping to run that day. He told me, "To the potential of my current fitness." While he certainly was having fun avoiding what everyone means by that question, it did also resonate with something many of us are afraid of: namely the question of what are we capable of? To that end, I'm going to keep training and see what happens. :)

Do you have a philosophy of running?

Running is the greatest joy that can be part of one's life, and if used correctly, it can bring you to places and experiences that you will re-

member forever. I fear that many individuals are using running simply for fitness, sometimes negatively. They run the same loop around their house every day, dreading it and never experiencing the camaraderie of a group run, the beauty of a trail run in spring, or the rush of running through the National Parks and seeing animals and landscapes that most never see outside of a book. The ability to run is a gift to take us places away from home, but upon return we can revel in the journey and long for the next trip to come.

Any funny stories?

Go for a run with me ... it will turn into one. :)



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 31st Annual CDPHP Workforce Team Challenge

By Douglas Secor

Well, for those who remember last year's installment, this year's Team Challenge wasn't quite as hot and humid as last year. But no matter what the weather, the Team Challenge is always a great time. A time to get together with co-workers in a fun way and get away from the hustle and bustle of the workplace. I always love this race, it is my Super Bowl. I remember one year after the race our Assistant Executive Director made the comment, "Training for next year's Challenge begins tomorrow." For me that has been true the past two years.

The atmosphere of this race is almost electric. You get there and the music is cranking and there are thousands of people wandering around looking for their teams. Occasionally you even run into a few people who used to work with you and get to catch up on what you each have been doing. I work for Schenectady ARC and we have had a tent the past couple of years as we prepare for the race. It's been fun, and this year we were proud to have more than 180 people register for the race, which was amazingly about one third of our workforce. Everyone was walking around, talking with each other, asking each other what we were hoping to accomplish timewise while others joked that they just hoped to make it up that first hill. It has also developed into quite an interagency competition over the past few years as a race we all get to measure ourselves against people have beaten us in the past.

Then, after a year of anticipation, it is almost start time. I run seven minute miles, but always make my way to the start line about 20 minutes before the race starts so I can get near the front. I found in the past that if I don't, by the time we get to Washington Park I'm already passing people who are walking. Before long everyone starts filtering onto Madison Avenue and you're just surrounded by people. Then we get to hear from someone from the charity of choice. Then comes the moment that really gets the adrenaline going – the National Anthem is sung by a local person and as they finish you hear and feel the sound of thousands of people clapping and cheering. Finally the moment we've all been waiting for – runners set, go. And we're off. The uphill at the beginning is a bit cruel, but it's nice on the way to the finish. I just have one question for all of you who did the race and were up in the front. What was the deal with the kid in the race who couldn't have been more than 12? He's lucky he didn't get trampled.

Overall, I have to say that this race is always well put together. It's amazing how well this race comes off each year with the huge number of people who sign up. I can't even imagine pulling off a race of this size and having it go that well. This year's race saw yet another record of entrants with 8,654 runners/walkers, almost 1,000 more than last year's race. All those runners and walkers represented 449 or-

ganizations which included 15 that didn't participate last year. Even with a new sponsor the race still seemed to be exactly the same as in past years. Time clocks at the 1, 2, and 3 mile marks so everyone can keep track of their splits are wonderful. It's always great, coming down that final straightaway to the people standing outside the bars cheering you along, and keeps you going when you think maybe you haven't got anything left. Then you reach the Plaza and the sound is almost deafening. And one last thing I have to mention about the course itself. Whoever's idea it was to have the fire engine at the end of the race, you are a genius. That is the best thing ever!!!

I was extremely excited with this year's installment as I managed to set a PR for the fourth straight year. But at 24:30 that was nowhere near the winner's, so here are the highlights of the results. On the men's side, Chuck Terry returned to his winning ways, claiming victory for the third time in 17:35. Apparently Ben Engelhardt didn't fly in at the last minute from Arizona for his "internship" with Fortitech Inc. Chuck Terry becomes only the third man to win the race three times, trailing Rich Coughlin with 4 wins, which includes two ties with fourteen time winner Tom Dalton. Terry was followed by Eamon Dempsey and Justin Bishop. On the women's side Emily McCabe came across first for the women with a time of 20:49 followed by 2009 winner Tonya Dodge and 2007 winner Eileen Combs.

But hey, this is a team race so let's take a look at the team results. On the men's side ARE Event Productions took top honors, placing 4 finishers in the top 10, combining for a time of 1:13:17. The team from the College of Saint Rose finished in second about 4 minutes behind ARE. Rounding out the top 3 was the first team from General Electric. I want to see a job application for them to see if they ask about running abilities. They just have an absurd number of good runners, as they also placed teams at 7th, 11th, and 15th. As I looked at race history it is littered with GE winning the men's, women's, and Co-Ed divisions. The team I was on finished 37th out of 252. As for the women, General Electric won with a time of 1:40:28 followed by my alma mater Siena College and the NYS Comptroller's Office. Finally with the Co-ed teams, RPI came in first with a time of 1:25:36, followed by Queensbury UFSD and Shenendehowa Central School. It was a great day and a great time. The Boys and Girls Club was a great choice as the charity of choice and received some donations that I'm sure will be put to good use. If you didn't do it this year, do this race next year! There were 15 organizations that were new this year. So, if you work for an organization that didn't do the race this year, put together a team for next year, you only need 4 men, 4 women, or 2 men and 2 women. □

New HMRRC Members

Howard Bancroft
Carol Bendall
Bill Bennett
Ryan Boisvert
Gerry-Lynn Bresler
Lori Buckley
George Bushey III
Dan Capuano
The Carlow Family
Roy Casper
Laura Dibble
Michael Donovan
Chris Duwe
Jennifer Elliott
Alan Elmore
Joe Faul
Stephanie Gates
Kerry J. Gebhardt
Daniel George
Leigh Ann Gilson
Mary Hamilton
Keith Hangen
Stephen Harris
William Huber
Cynthia Kelly
Matthew Landy
Bill Learn
Sandra Matzel
Jill McGarry
Derek McKendree
Vicki McQueeney
Shirley Merkert
Thomas C. Messer
Sylvia Mlynarska
Frank Mueller
Colleen Murray
Kimberly Pease
Diane Peverly
Mary Rea
Daniel Roberts
Letticia Aviles-Ruderman
David Ruderman
Laurie Scheuing
Anne-Marie Sheehan
Mark & Vanita Shoemaker
Stephen J. Snyder
John Splendido
Rik Stevens
Collin Stewart
Tim Stowell
Kimberly Thomas
Gary Weinlein



Monday, September 6, 2009
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

RACE TEAM REGISTRATION

Team Competition:

You must be registered in the individual race/walk to participate in the team event.

Team competition is limited to high school and college teams. Teams are comprised of a minimum of five competitors and a maximum of seven. Total time of the top five competitors will establish the team score. There are two scored categories: all-male and all-female teams. Each competitor on a team must be a full-time student of the school he/she represents. Team applications must be received by September 3, 2010. Absolutely no team applications will be accepted on the morning of the event.

Race Prize Structure:

Four team trophies will be awarded: First Place High School Male Team, First Place High School Female Team, First Place College Male Team and First Place College Female Team. No duplication of prizes.

HMRRC Entry Fee:

\$8.00 for HMRRC members and SEFCU members; \$9.00 for all others.

Refreshments:

Complimentary fruit, drinks, etc. available at end of event.

Results:

Posted 15 minutes after event and available the same day at <http://www.hmrrc.com>.

For More Info:

Call 518-464-5243 or visit www.sefcu.com.

TEAM APPLICATION

SEFCU / HMRRC Labor Day 5k Team Competition

Team _____ Coach _____

Coach's Phone Number (Evenings) _____ Female Team ☐ Male Team ☐

1. Name _____ 5. Name _____
2. Name _____ 6. Name _____
3. Name _____ 7. Name _____
4. Name _____



Profile of a Runner

MICHAEL WASHCO

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

I currently work as a mental health counselor at Hudson Valley Community College. I also adjunct teach at The College of Saint Rose in their Masters Counseling program. This past year at HVCC we established a 1st ever peer education program of its kind called Project Aware. Our students have been very active within the community, and have won several national awards for their work. Working with students and teaching is truly a passion of mine. I'm 31 years old and moved to the area in 1997 to attend college at UAlbany. While at UAlbany I obtained my BS in Sociology, MS in Rehabilitation Counseling, and participated on the track & field team for 2 years. I was also an active member of the Alpha Chi Rho Fraternity, and an active volunteer for the National Alliance for Mental Illness while in college. I'm a huge college basketball fan coming from Syracuse. Even though I live in Albany, I'm still a season ticket holder and attend games both in Syracuse and during the NCAA tournament. Along with Syracuse, the Yankees keep me pretty glued to the TV as well. For the last 6 years I've run a co-ed softball team during the summer which has participated in several different leagues and tournaments throughout Albany. It's been an amazing experience and given me the opportunity to learn some valuable skills and to hang out with friends I may not see as often as I would like.

When and how did you get started running?

I first started running in middle school, and did so up until my junior year of college. I never had a large group of friends growing up and often had a hard time fitting in. Because I was very good at running/sprinting however, it gave me the opportunity to participate on multiple teams (football, cross-country, indoor/outdoor track) and opportunities to meet people. I honestly believe running has been the one constant in my life that I could always fall back on when I needed a lift.

Do you have a favorite race or races?

It's hard to put my finger on one particular event. After I quit running my junior year in college I picked up smoking. Up until this past October, I had been an active smoker. Since quitting, running (again) has given me the motivation to remain smoke-free. Each race in my mind gives me a reason to not start again; something to look forward to. So to answer the question, I guess every race is my favorite because it's reminding me of what I truly enjoy doing and to remain a non-smoker.

What are your most memorable races?

I have to say my most memorable race this past year was directing my own 5K event, Race



Away Stigma 5K. The purpose of the event was to raise awareness of mental health stigma, and to offer local area runners an affordable, unique, and fun opportunity to participate in running. What was so memorable for me was the odds and doubts against us in putting this event together. We pulled it off with great success, and once again through running taught me some valuable lessons. I also met some great people and new friends in both the running community and greater capital region. HMRRRC and ARE in particular.

How do you train? Do you have training partners?

Training is pretty hit or miss because of my busy schedule. I try and get out a few times a week and participate in as many events as possible. I also feel you need variety in your life in terms of training. Playing Nintendo Wii, softball, walking, eating correctly, it all helps in the long run and you never get bored.

What are your current goals?

Keep improving for the future yet enjoy the present (both in running and life).

Do you have any future running goals?

My current goals for the upcoming season are to become a little bit more competitive timewise, and to meet more people within the running community. I was very competitive in high school and college but need to remind myself constantly I'm not 18 anymore, and was not running for several years. It's been a process but I'm looking forward to the upcoming season.

Do you have a philosophy of running?

Stay within yourself. Every race I constantly remind myself that I'm looking to improve both my overall time and pace. I'm running against myself and not anyone else. It's also all about having FUN and maintaining my health goals.

Any funny stories?

I'm still amazed at what a complete stranger will tell you during a race, or what I'll hear others discussing during an event. I wish I could say what many of these conversations are but I'm sure many of you know what I'm talking about, lol. ☐

Pace Setter Writer and Reporter Group Now Forming

The Pace Setter staff is seeking to organize groups of reporters and writers interested in participating in the development of articles covering HMRRRC races. The role of the reporters, who would be present at the race as either a participant/spectator/or volunteer, would be to organize their race observations, interviews of race participants/overall and age group winners/race director, into short but organized paragraphs. The reporters' contributions would then be organized by a writer into an article for *The Pace Setter*. This approach will allow for individuals who may have an interest in writing an article, but who are otherwise unable to attend a race, to work with the reporters' contributions to complete an article for publication. The goal is for all HMRRRC races to receive coverage while also increasing opportunities for interested individuals to contribute to *The Pace Setter* while not necessarily covering an entire event alone. If an individual is interested in covering the whole race, then that approach is also still welcome.

Each writer or reporter will receive 10 volunteer points for their contribution and each individual will receive byline recognition. The volunteer registration link now has a link for writers/reporters interested in working with *The Pace Setter* to register and this list will be used to organize coverage for upcoming races. Direct inquiries can also be sent to pacesetter-articles@nycap.rr.com. There is a request that registered volunteers commit to covering one HMRRRC race per year as this will enable better coverage for the races. Everyone is encouraged to register and participate! ☐

**STOP
DWI** New York
BROOME COUNTY

PRESENTS 27TH ANNUAL

Chris Thater Memorial

DEDICATED TO CHRIS THATER WHO WAS KILLED BY A DRUNK DRIVER.

5K RUN

\$20,000 IN CASH AND PRIZES!

August 29, 2010

10 a.m.

**Recreation Park,
Binghamton, New York**



Premier Sponsors



EVERY SEASON STARTS AT

DICK'S gift certificates
SPORTING GOODS for age group winners

To register
on-line visit

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"BEEN THERE, DONE THAT"

by Mike Becker

August 1975...Thirty Five Years Ago

- The club Pentathlon is held on the 10th at SUNYA. Future Nike President Tom Clarke wins four of the five events (mile, 880, 440, and 3 miles) and finishes fifth in the 100 yards to easily win the pentathlon over the other 16 male finishers. Paul McWilliams wins the high school division and finishes third overall. Only one female runs all five events, Marbry Pulver. Other finishers include Paul Rosenberg, Bill Shrader, Jr., and Gage Hotchkiss.

- A note from the club newsletter reminds members to renew their membership. Dues are remaining the same (\$4), even though postage rates are going up to 13 cents. It also states that "There are still many people in this area that don't know that HMRRC exists or what the club is all about. We should have more female members."

- Eleven males participate in a "sealed handicap" mile race on the 31st at the SUNYA track. In this race, the race officials determine the handicap times (I'm not sure how), and the runners aren't told (until after the race) what their handicap is.

August 1980...Thirty Years Ago

- The Olana Benefit 5K Race is held on the 21st in Hudson. Dale Keenan wins with a 15:35, 10 seconds ahead of high-schooler David Haines. Peggy O'Connor is top female with a 19:19. A total of 61 runners compete.

- The Third Annual Women's Day 6-mile race is held on the 24th at SUNYA. Running shoes are given to the age group winners, and running shorts go to places 2-5 in each group. It is also reported that "pats on the back are available to all finishers upon request." The Fleet Feet team consisting of Diane Myers (36:57), Chris Bergeron (37:58), and Kathleen Boyle (38:15) are more than ten minutes ahead of the next team, the Koala Kickers.

- Runs of 5K and 10K are held in Central Park in Schenectady on the 31st. Ellen Weglarz and Diane Myers are female winners with times of 19:18 and 39:02, while Jerry Tourge and Carlo Cherubino are top males with times of 16:13 and 32:37. A total of 126 runners compete.

August 1985...Twenty Five Years Ago

- Wade Stockman is profiled. He states that he Anny started running in 1976 as a result of their daughter Inge running at Columbia HS. He considers among his best performances a 36:32 Turkey Trot, a 17:11 Arsenal City 5K Run, and a 3:02 Boston Marathon. His training is centered around avoiding injury more than toward improvement. His competitive goals are to run a five minute mile and a 2:52 marathon.

- The Empire State Games are held in Buffalo from August 9-11. Twenty masters athletes (over age 30) representing the Adirondack Region return with 43 medals, 23 of them gold.



Local participants and the number of medals they won include: Larry Decker (2), Russ Ebbets (3), Maureen McLeod (2), Paul Murray (3), Bill Shrader, Sr. (4), Ken Skinner (2), and 83-year old Konrad Boas (4).

August 1990...Twenty Years Ago

- An item in Short Circuits mentions the 1990 London Marathon had a record 38,500 entrants and 25,500 finishers.

- Ed Neiles runs 9.38 miles at the Hour Run at Shaker HS on the 16th, edging Nancy Egeron who runs 9.26 miles. Wade Stockman runs 9.03 miles for third most, and Anny Stockman runs 8.39 miles for the second highest female total. Only 21 runners participate, possibly due to the hot and humid evening.

- Cross country races of 4.5 miles are held on the 13th, 20th, and 27th at Tawasentha Park. Chip Button wins the first two and is third in the third race. His fastest is 26:29 on the 20th. Inge Aiken is top female in the 2nd and 3rd races, with a best of 31:12 on the 20th good for 36th overall.

- Regina Tumidajewicz is profiled. She began running at age 55 and has run 72 races as of 1990. Her best performances include the 1990 London Marathon, five NY Marathons, and winning her age group at Freihofer's five times and placing second two times. Her marathon PR is 4:35. She prefers to train alone to keep her concentration strong.

August 1995...Fifteen Years Ago

- The inaugural Indian Ladder Trail Runs are held on the 6th at Thatcher Park. Kathleen Newton (68:59) edges Martha DeGrazia in the 15K by 45 seconds. In the 5K, Nicole Herring is top female with a 24:47. On the men's side, Zach Yannone runs a 60:47 in the 15K to top Steve George by 12 seconds. Chris Burns runs a 22:32 in the 5K to edge Ed Burns by just over a minute. A total of 101 runners finish the two races.

- A large turnout of 432 runners complete the Run For The Roses 5K at Grafton Lakes State Park. Len Lally runs a 16:43 to beat Rob Picotte by 27 seconds. Emily Bryans is the fastest female and 18th overall with an 18:50. A total of 38 runners break the 20 minute mark.

August 2000...Ten Years Ago

- The club Hour Run is held on the 3rd at the Schenectady HS track. Jamie Rodriguez runs 11.24 miles for a 5:20 pace, followed by Jeff Brooks who runs 10.69 miles. The 11.24 by Rodriguez was and remains the third most miles ever run at the Hour Run, going back to 1972. Emily Bryans runs the most of any female, 9.63 miles, followed by Chris Varley, who runs 8.08 miles. Emily's 9.63 miles is the most ever run by a female at the event, matched by her again in 2004.

- A 3.7-mile "European-style" x-country race is held on the 14th at Tawasentha Park in Guelderland. European-style must mean very hilly with a creek crossing, because that's what the course offers. A total of 135 runners finish with Peter Flynn winning with a time of 23:54, with Jim Sweeney and Matt DeNyse close behind. Tracy Van Dyke and Caitlin McTague are top females in just under 28 minutes. This is Bob Oates's last Tawasentha race as director after doing so for 26 years. The series was revived by the club in 2008.

- The Third Annual Altamont 5K is held on the 20th. The fast course draws 180 finishers and Zach Yannone (15:54) beats 15-year old Sean French by 48 seconds. Nancy Nicholson is top female with a 20:24. Age group winners include Chuck Terry, Ken Plowman, Dan Cantwell, Jim Tierney, Gerri Moore, and Regina Tumidajewicz.

August 2005...Five Years Ago

- Bob Irwin wins the grueling Vince Juliano-directed pentathlon on the 4th at Shaker HS. Irwin has the best times in the 5K, 3200, and 1600 and is in the top three in the 800 and 400 to beat Tyson Evensen by 73 points. Lisa D'Aniello is top female followed by Kari Gathen.

- The 27th Annual Dynamic Duo is held at Colonie Town Park on the 6th. Brian Rhodes-Devey and Caitlin Lane have the fastest team time with a 32:06, which is the fourth-fastest time in the history of the event. Each participant runs three miles. Nicole Blood has the fastest female individual time with a 16:47, which is the fifth-fastest time in the history of the event.

- A total of 76 runners come out to the cross country 5K race at Bethlehem Town Park on the 15th. Bob Irwin (17:28) beats Scott Davis by 27 seconds to win the race. Jim Maney, Jon Rocco, Dale Keenan, and Mark Warner are among the males breaking 20 minutes. Mary Buck is top female with a 21:41, three seconds ahead of Nancy Taormina. □



Saturday, September 18th 2010

Second Annual

COXSACKIE P.A.L. (Police Athletic League) 5k Run/Walk

Sponsored by GEICO Insurance

Join us for the second annual P.A.L 5k run and "fun" walk – a percentage of the proceeds will go to hospice in memory of Dolores Holewienko and the remainder will support the P.A.L. program. P.A.L is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers and youth.

Race Information:

Saturday, September 18, 2010 8am Registration, 9am 5k Race/Walk (3.1 miles)

Entry Fee: Application fee \$17 or \$20 on day of race T-Shirts to the first 150 entrants

Start and Finish site: McQuade Park – 119 Mansion St., Coxsackie - Parking at the Village Building

Course Description: Residential area flat and paved with mile markers and water stations

Awards: Trophies to top male and female finisher and awards will go to winners in each age division.

Race packet pick-up: Friday September 17th from 5 – 7pm or Day of Race at the Coxsackie Village Building located @ 119 Mansion Street, Coxsackie, NY 12051

Contact: For further information please contact Sergeant Bill Obrien @ 518-731-8122

Chip timing and entertainment by ARE Event Productions. Please register online at www.AREEP.com or complete and send in the registration information below. Award Ceremony at the finish line immediately following the race. Plenty of parking, restrooms and refreshments.

Registration Information:

Please complete and return to

PAL 5K C/O

AREEP, P.O. Box 38195, Albany, NY 12203

Please do not mail application after September 10th

Name _____		Age (on 9/18/10) _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address _____		Email _____	
City _____		State _____	Zip _____
Phone _____	Race <input type="checkbox"/> Fun Walk <input type="checkbox"/> 5k		Shirt size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have may have against the ARE Event Productions, P.A.L. Village of Coxsackie, and any sponsors or volunteers involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to a course that may have uneven terrain, rocks, roots, and other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the ARE to use any photos, videos, or any other record of this event for any purpose whatsoever.</small>			
Signature _____	Date _____	Parent's Signature _____ (if under 18)	

5th Annual Valley Cats Home Run 5K

by Douglas Secor

This was my second straight year doing the Valley Cats 5K, and while there is nothing that is spectacular about this race to make me scream, "You have to do this race," I have enjoyed being a participant the past couple of years. This year's installment had 312 finishers, which was up from 253 in 2009. It's a race that is just the right size, not too many people where you have to fight your way through the crowds, but also not so small to make you feel like you've wasted your money and time. The weather was nice, sunny, not too hot, and after having done the Father's Day 5K the previous weekend, much less humid. Although it was a little confusing as to why the race was moved. It had occurred 3 weeks earlier last year, which it would seem would have been good to do again this year, as there was also a graduation taking place on race day this year. However I must admit that it didn't seem to interfere with the race at all, although I wonder if anyone had trouble getting to the graduation ceremony once the race started.

But hey, it is a well put together race, plenty of volunteers and people who know what they are doing. How can you beat getting four tickets to an August ballgame, which makes it well worth the cost of doing the race. What made it better was after I finished the race they were handing out free admittance vouchers to a game the following Thursday night. So I paid \$12 to do the race and wound up with 8 tickets to 2 different ball games. Now that's a deal.

The course itself is somewhat challenging

with some small hills and gradual inclines, but overall a nice course. It was well marked with lots of volunteers to direct people. I did feel sorry for one gentleman I came across as I was on my way back to the finish; he was still on his way out and the volunteer had gone on to another station so he had no idea whether to turn or go straight when he saw us coming at him. Don't worry, we pointed him in the correct direction and hopefully he didn't get lost again. The course was a bit different this year, apparently because of some construction and I'm assuming the graduation that was occurring, but they still managed to have the finish line on the field. To me there is something that is just great about that. It reminds me of when I was a kid playing Little League and nothing was better than running around a baseball field.

Speaking of the finish, let's take a look at some of the highlights of the race results. On the men's side Anthony Giuliano won with a blistering time of 16:34. This win also made Anthony the first male to win the event more than once. On the women's side Brina Seguire returned to the winner's circle this year with a time of 18:55. Brina has won this race 4 out of the 5 years it has been run – her only blemish in finishing second to Lori Weaver last year. So a special congratulations to her and hoping she returns to defend her title next year. As for me, I came across in a slightly disappointing time for me of 21:48, so I will be back next year to try to improve my time, and I hope to see some of you there too. □



**Help Wanted:
NO
EXPERIENCE
NECESSARY**

**Volunteers
Needed
at the
Following
Races:**

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

SEFCU 5K
September 6

*If interested, contact
Marcia Adams,
Volunteer Coordinator,
At 356-2551 or
madams01@nycap.rr.com
It's not just about running...*



Grand Prix Update

Race #6 Distinguished Service Race 8 Miles, June 13, 2010

Men

Male Open

12 Tom O'Grady
10 Richard Messineo
8 Michael Donovan
7 Jim Sweeney
6 Chuck Terry
5 Andy Allstadt
4 Zach Russo

Male 30-39

12 Aaron Knobloch
10 Matthew Nark
8 David Tromp
7 Jeff Loukmas
6 Patrick Sorsby
5 Dallas DeVries
4 Neil Sergott

Male 40-49

12 Ahmed Elasser
10 Jon Rocco
8 Christain Lietzau
7 Ken Evans
6 Bob Wither
5 Rob Paley
4 Joseph Sullivan

Male 50-59

12 Rick Munson
10 Paul Forbes
8 Steve Vnuk
7 Tom Messer
6 Alar Elken
5 Martin Patrick
4 Tom Tift

Male 60-69

12 Juergen Reher
10 Ernie Paquin
8 George Jackson
7 John Stockwell
6 Bob Ellison
5 Tom Adams
4 Leo DiPierro

Male 70+

12 Wade Stockman
10 Jim Moore

Women

Female Open

12 Ada Lauterbach
10 Karen Bertasso
8 Meghan Davey
7 Diana Tobon-Knobloch
6 Amy Becker
24 - The Pace Setter

5 Heidi Nark
4 Erin Rightmyer

Female 30-39

12 Gretchen Oliver
10 Kimberly Miseno-Bowles
8 Sally Drake
7 Stephanie Wille
6 Susan Bright
5 Jen Hebner
4 Stacey Kelly

Female 40-49

12 Mary Fenton
10 Cheryl DeBraccio
8 Emily Bryans
7 Chris Varley
6 Connie Smith
5 Miriam Hardin
4 Marcia Harrison

Female 50-59

12 Nancy Briskie
10 Martha DeGrazia
8 Cathy Sliwinski
7 Jenny Lee
6 Cynthia Southard
5 Joan Celantano
4 Donna Charlebois

Female 60-69

12 Susan Wong

Female 70-79

12 Anny Stockman

Age Graded

Runner	Age	G
12 Susan Wong	62	F
10 Nancy Briskie	52	F
8 Martha DeGrazia	59	F
7 Anny Stockman	78	F
6 Ahmed Elasser	47	M
5 Christian Lietzau	47	M
4 Tom O'Grady	25	M
3 Rick Munson	53	M
2 Paul Forbes	59	M
1 Jon Rocco	43	M

Total After 6 Races

Men

Male Open

50 Chuck Terry
46 Tom O'Grady
37 Andy Allstadt
24 Justin Bishop
15 Brad Lewis
15 Richard Messineo

13 Dave Vona
12 Jim Sweeney
9 Kahill Scott
8 Michael Donovan
8 Louis Serafini
7 Andrew McCarthy
7 Chris Senez
7 Kevin Treadwell
5 Josh Merlis
5 Zach Russo
5 Mike Ryan
4 Tim Ryan

Male 30-39

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

Male 40-49

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

Male 50-59

45 Rick Munson
24 Derrick Staley
22 Tom Dalton
21 L.D. Davidson
21 John Parisella
16 Dale Keenan

14 Mark Warner
13 Patrick Culligan
13 Steve Vnuk
12 Richard Clark
12 Kevin Dollard
12 Paul Forbes
11 Alar Elken
7 Ken Klapp
7 Tom Messer
6 Bill Herkenham
5 John Haley
5 Martin Patrick
4 Fred Kitzrow
4 Tom Tift

Male 60-69

49 Ernie Paquin
30 Jim Bowles
29 John Stockwell
26 Tom Yannone
25 Juergen Reher
23 Bob Ellison
13 George Jackson
12 Tom Adams
12 Bob Giambalvo
12 Pat Glover
10 Ken Klapp
8 Joe Yavonditte
7 Ed Bown
7 John Silk
5 Jim Fiore
4 Leo DiPierro

Male 70+

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

Women

Female Open

34 Roxanne Wegman
33 Karen Bertasso
31 Meghan Davey
27 Diana Rodriguez Tobon
20 Heidi Nark
18 Katie Jones
16 Erin Rightmyer
14 Carolyn Herkenham
12 Ada Lauterbach
12 Brina Seguire
8 Amy Becker
8 Erin McDonald
7 Sara O'Grady
7 Katie Vitello

- 6 Shannon Finnegan
- 6 Melissa Patrick
- 5 Jennifer Senez
- 4 Ashley Brown
- 4 Jessica Sherry

Female 30-39

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

Female 40-49

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

Female 50-59

- 38 Martha DeGrazia
- 36 Nancy Briskie
- 32 Cathy Sliwinski
- 25 Susan Burns
- 21 Peggy McKeown
- 16 Joan Celantano
- 15 Jane Mastaitis
- 15 Katherine Ambrosio
- 12 Beth Stalker
- 10 Donna Charlebois
- 10 Erika Oesterle
- 10 Judy Phelps
- 9 Cynthia Southard
- 7 Elizabeth Herkenham
- 7 Jenny Lee
- 5 Karen Gerstenberger
- 5 Joyce Reynolds
- 4 Pia Sanda

Female 60-69

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

Female 70-79

- 36 Anny Stockman
- 18 Joan Corrigan
- 10 Eiko Bogue

Age Graded

- | Runner | Age | Gr |
|---------------|-----|----|
| 39 Susan Wong | 62 | F |

- | | | |
|---------------------|-------|---|
| 29 Nancy Briskie | 52 | F |
| 29 Chuck Terry | 27 | M |
| 26 Ahmed Elasser | 47 | M |
| 24 Derrick Staley | 51 | M |
| 22 Tom O'Grady | 24/25 | M |
| 20 Martha DeGrazia | 58/59 | F |
| 18 Dale Keenan | 59 | M |
| 16 Andy Allstadt | 27 | M |
| 12 Emily Bryans | 42 | F |
| 10 Bob Giambalvo | 60 | M |
| 8 Justin Bishop | 29 | M |
| 8 Tom Dalton | 51 | M |
| 8 Rick Munson | 52/53 | M |
| 7 L.D. Davidson | 53 | M |
| 7 Judy Phelps | 59 | F |
| 7 Anny Stockman | 78 | F |
| 6 David Vona | 27 | M |
| 5 Eileen Combs | 32 | F |
| 5 Tom Dalton | 51 | M |
| 5 Christian Lietzau | 47 | M |
| 5 Beth Stalker | 50 | F |
| 4 Eamon Dempsey | 30 | M |
| 4 Kevin Dollard | 54 | M |



Official 2010 HMRRC BALLOT

The Election Committee presented a slate of nominees at the July meeting. In addition, a notice appeared in the July issue of *The Pace Setter* indicating that petitions for nominations could be sent to P.O. Box 12304. The slate of nominees for the year October 1, 2010 to September 30, 2011 is as follows:

- ☐ JON ROCCO
President
- ☐ JOHN PARISELLA
Executive Vice President
- ☐ PAM ZENTKO
Treasurer
- ☐ BARBARA LIGHT
Secretary

Please show your support for these nominees by casting your votes and mailing your ballot to:

HMRRC Nominating Committee
P.O. Box 12304
Albany, NY 12212

Ballots must be received by September 24th, 2010.

To make your ballot official, you must sign your name in the lower right hand corner of the envelope in which you mail the ballot.



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

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Mail Order Form w/ Check to:
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Email: judlynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Local Event Schedule

Club events in blue type

Date	Time	Event	Location	Contact	Email
8/15	12 Noon	HMRRC Club Picnic	J.B. Thacher State Park	Lisa Ciancetta	ljcny61@nycap.rr.com
8/15	9:00 AM	16th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
8/16	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guiderland -- Day	John Kinnicutt	jkinnicutt@gmail.com
8/17	6:30 PM	5k Run/Walk	Clifton Park	Michael Stallings	mstallings@cdymca.org
8/21	8:30 AM	Castleton Clove Run 10 Mi	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com
8/21	10:00 AM	New Visions of Albany 5k Run and Mile Walk	The Crossings of Colonie 580 Albany	ChuckTerry	cterry@newvisionsofalbany.org
8/22	10:00 AM	5K and 1-Mile Fun Run	Hammondsport	Mindy Oakes	keukalakedashandsplash@yahoo.com
8/28	9:00 AM	2nd Annual Run for the Future 5k	Stillwater	Rick Morgan	Ridethebreeze@hotmail.com
8/28	9:00 AM	13th annual Altamont 5K Run	Altamont	Phil Carducci	altamont5k@nycap.rr.com
8/29	10:00 AM	CHaD HERO Half Marathon & Relay	Dartmouth Green	CHaD Community Relations	CHaD.Half@hitchcock.org
9/5	8:00 AM	Hope with Every Step 5k	Halfmoon	Nick Dzembo	info@wobblyfeet.org
9/6	9:00 AM	22nd SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
9/11	9:00 AM	Maple Leaf Half & 5K Run	Manchester	Len Kotler	beclen@comcast.net
9/11	9:00 AM	Sprint Triathlon	Mariaville Lake and Duaneburg Area	Jenn Dixon	jdixon@dacc.info
9/11	8:30 AM	Community Day 5k	Malta NY	Ray Liuzzo	info@maltabpa.com
9/11	9:00 AM	Brenda Deer Memorial 5K Run/Walk & Kids Fun Run	Guiderland YMCA 250 Winding Brook	Jennifer Rittner-Paniccia	jrittner@cdymca.org
9/11	9:00 AM	Red Apple Trail Run 5k and 10k	Kinderhook	Kinderhook Road Runners Club	infor@kinderhookrunnersclub.com
9/12	9:30 AM	Josh Billings RunAground Triathlon 27 mile bike	Great Barrington to Lenox	Patty NoLastName	patty@joshbillings.com
9/12	8:30 AM	The Dunkin Run 2010	Sidney Albert Albany Jewish Community	Tom Wachunas	tomw@saaajcc.org
9/12	9:30 AM	Doug Ellett Memorial 5k Run/Walk	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/12	7:00 AM	Albany Autism 5K Run/Walk	Schenectady Central Park	Jenny DeBellis	jdebellis@nycap.rr.com
9/12	9:00 AM	9th Annual Teal Ribbon 5k	Washington Park Lake House	Pam Robbins	caringtogether@msn.com
9/18	9:00 AM	Coxsackie PAL 5k Run/Walk	119 Mansion St. Coxsackie	Sergeant Bill Obrien	mrwjob@yahoo.com
9/18	9:00 AM	Guiderland 5K for Huntington's Disease --	Guiderland	Stephanie Keller	stk134@gmail.com
9/18	10:00 AM	2nd Capital Region Special Surgery Race for Hope 5K	Albany/Slingerlands	SarahNicole Mahoney - Race	smahoney@capitalregionspecialsurgery.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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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!*