

The Pace Setter

September 2013

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



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September 28, 2013
The Crossings of Colonie

10am – 5K \$25 Registration	9am – Kids Run \$10 Registration
-----------------------------------	--

Day of Registration: 8:30am

Overall Male & Female Winners
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Free t-shirt for 1st 300 registrants!

Run with us as we raise money
to cure, treat and prevent
Type 1 Diabetes!



Register by Mail or Online at Active.com
<http://tinyurl.com/JDRF5K>

REGISTRATION FORM

Name _____

Address _____

City, State, Zip Code _____

T-shirt size: S M L XL

Age on race day: _____

Gender: ☐ M ☐ F

Event: ☐ 5K ☐ Kids 1m Run

Payment: ☐ Check (Payable to JDRF) ☐ Credit Card

Credit Card # and Expiration Date _____

Signature _____

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release and discharge all organizers, owners, sponsors, or beneficiaries and their representatives, successors and assignees from any and all claims for damages and causes of action arising from or out of my participation in the JDRF 5k Run or 1 mile fun run. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that medical personnel will not be present at this event. I hereby grant permission to JDRF to use all information submitted in this application and any record of this race including my likeness, race results, and name for any purpose whatsoever. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby.

Mail Registration, signed release & payment to JDRF by
9/21 at: 950 New Loudon Rd, Suite 330 • Latham, NY 12110

Signature: _____

Parent/guardian if minor: _____

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Photos in this issue by Tom Adams and Phil Borgese

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

No matter what your age is, summer always seems to go by too quickly. June, July, and August are now in our rearview mirror. The kids will soon head back to school, the National Football League will soon kick off its season, and there will be plenty of apples to pick and eat. HMRRRC also has plenty to offer in September and the fall months. Sunny, but cooler days are a favorite to many, as is the fall racing and training season.

HMRRRC kicks off the month with the SEFCU Foundation Labor Day 5K on Monday, September 2. The race starts and finishes at SEFCU headquarters as runners take to the roads of the State Office Campus. The Labor Day event began in 1985 and through 1987 it was held on the bike path of the Corning Preserve. The race was not held in 1988, and in 1989, SEFCU's partnership in the event began. The SEFCU Labor Day 5K remained at Central Park in Schenectady up until 2003. In 2004, it was moved to their new headquarters in Albany. This year will mark the 10th year at the current location and the 25th year with SEFCU.

In the middle of the month, we return to the UAlbany campus for a race that set the stage for the club on September 26, 1971. The Anniversary Run will take runners around the campus perimeter. There are two distances of 2.95 and 5.9 miles. Two Sundays later, typically the feel of fall sets in and so does the scenic Voorheesville 7.1 mile race at New Scotland Town Park. The town is known for its apple orchards, and what better awards than apple pies!

All three of our September races are Grand Prix events. There are two exceptions, however. Only the 5.9 mile distance of the Anniversary Run has Grand Prix status and the Voorheesville race has Grand Prix status only for those under 40 years old. It is also a good reminder that to be eligible in the Grand Prix scoring you must volunteer in at least one club event on race day in the calendar year. All three of these races have the need for volunteers.

We only have one event in October, but it has been long anticipated and a lot of sweat, time, thought, and energy have gone into it (and that is not just from those training to run). The Mohawk Hudson River Marathon and Half Marathon are set for October 13. We are very fortunate that our club is able to put on two marathons and two half marathons in a calendar year. There are not a lot of cities our size that can boast that and there are certainly not many running clubs that have a race calendar offering this opportunity. Volunteers are needed and their efforts are certainly recognized by our out of area participants. Here are just a few examples of comments they made

on marathonguide.com:

"What I want from a race is good organization from expo to finish line, well-staffed and stocked water stops, and helpful and cheerful volunteers. The race delivers all that."

"This is a great, well-organized marathon. The organizers clearly know what they are doing and avoid some of the pitfalls that I've seen in other marathons. The race volunteers were great and the water stop volunteers were well-trained. The crowd support was more than I expected for a race this size."

"Just a fantastic race. Everything was well organized. Volunteers at water stations were great. The volunteers were on top of things."

"Excellent race...easy transport to race, easy bag check, well-marked course, and aid stations spaced out well. This race is a well-oiled machine."

"This race is well organized to the extreme. Genuinely enthusiastic volunteers and fans. Aid stations are where they're supposed to be. This race is a keeper."

"Plenty of friendly and motivating staff. I can't express enough gratitude to all those staff and volunteers that made this a wonderful experience for my first marathon."

These are certainly nice words to hear from runners who may be getting their first impression of HMRRRC.

Fleet Feet, in conjunction with the Mohawk Hudson River Marathon and Half Marathon Race Committee, will host "Marathon Night" on Wednesday September 25 at 7:30 p.m. at Fleet Feet Albany on Wolf Road. There will be race-related vendors, demonstrations, and giveaways, and a fashion show to cap off the night. Who will be HMRRRC's next top models to display new Mohawk Hudson River Marathon 2013 merchandise and new running apparel by Adidas? Enjoy September and hope to see you at our many events this coming month. ☐

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



Be bold. Be a Viking.

5K Race and Fun Walk

5th Annual *Race Away Stigma*

*Help "Race Away"
the stigma
that surrounds
mental illness*



Saturday, October 19, 2013

**Hudson Valley Community College
Joseph L. Bruno Stadium**

80 Vandenburg Avenue, Troy, NY 12180



Registration begins at 8:30 a.m.

Race/Walk begins at 10 a.m.

Awards and post-race snacks at 11 a.m.

Sponsored by Hudson Valley's Center for Counseling and Transfer in collaboration with:



AMERICAN FOUNDATION FOR
Suicide Prevention



Ellis
MEDICINE



Samaritan Hospital
ST PETER'S HEALTH PARTNERS



Road ID
It's Who I Am



NAMI New York State
Let's Move on Health Care

Entry Fee: \$17 HMRRC members, \$20 non-members

\$25 Day of Race Registration (T-shirt based on availability.)

(T-shirt, raffle
prizes, post-race
snacks included)

Name

Address

City

State

Zip

Shirt Size S M L XL XXL Age: Sex:

If you are under the age of 18, a parent or guardian must sign.

Parent or guardian signature

Date

I represent that I am 18 or older (unless my parent or guardian has signed above), that I am physically fit to participate in the Race, and that my condition has been verified by a medical doctor within a reasonable period of time. I give up my right to bring an action to recover any compensation for injury or damages to me or my property arising from my participation in the Race, and release, to the fullest extent allowed by law, Hudson Valley Community College, Rensselaer County, the State University of New York and their respective agents, servants and employees ("collectively Releasees") from any claim I or my heirs, executors, administrators and assigns may have against any Releasee in any way resulting from my participation in the Race, to the fullest extent allowed by law and I agree to defend, indemnify and hold harmless Releasees from all such costs, claims, losses or damages. I recognize and voluntarily and knowingly assume the risks inherent in the Race.

Signature

Date

Mail form and entry fee to:
Hudson Valley Community College
Race Away Stigma 5K
Center for Counseling and Transfer
80 Vandenburg Avenue, Troy, NY 12180

OR

Online Registration and Forms:
www.hvcc.edu/cct/race.html
www.active.com

(Checks payable to
HVCC Project Aware)

Contact and Questions: Carrie Zurenko, (518) 629-7176, c.zurenko@hvcc.edu • Larry Ellis, (518) 629-7175, l.ellis@hvcc.edu

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What's Happening in September

by Al Maikels

Summer ends after Labor Day, so you might as well get over it with a good 5k race.

The 25th SEFCU Labor Day 5k will be held on Monday, September 2 at 9 a.m. at SEFCU Headquarters on the Washington Ave side of the State Office Campus. There is no day of race registration available for this Grand Prix race, so an early sign-up is encouraged.

The HMRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.6 miles (Grand Prix race) and 2.8 miles; these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 42nd anniversary celebration will be held on Sunday, September 15 at 9 a.m. at SUNY and feature day of race registration only.

The Town of New Scotland 7.1 mile race rounds out the club schedule for September. This race features rolling hills, fine fall foliage and usually has tasty pies for the age group winners. The race is set for Sunday, September 29 at 10 a.m. at Swift Road Park in Voorheesville.

There are also some fine shorter distance races in September, located around the Albany area. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 28 at 10 a.m. at the Cobleskill Fairgrounds. Other fine 5k runs include the Dunkin Run on Sunday, September 22 at 8:30 a.m. at the Albany Jewish Community Center and the 12th Annual Teal Ribbon 5k on September 15 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with

the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 21 at 9 a.m. and the Crossings 5k Challenge on Sunday, September 29 at 10 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 11 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in Grover Jon Rocco's presidency and all club members are welcome. □



New HMRRC Members



Anne Marie Bremm
Anna Colonno
Tom Colonno
Pamela Dewell
Katrina Dinan
Martin Dinan
Laura Grace
Bill Halpin
Kelly Komara
Ashley Kravitz
Hannah Lee
Kenny Lee
Timothy Lee
Susan B Martula
Brenda Moeske
Diane Rafter
Joan Rueckert
Christine Schrempf
Diane Schrempf
Joey Schrempf
Al Smith
Jenn Tabankin
Dawn Vitti
Cade Whiting
Tanner Wood

Submissions for the November Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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



"Race Back to School!"



5K Race & 1 Mile Kid's Run

To Benefit Sandie Stryjek Memorial Scholarship Fund

Saturday, September 21, 2013

Course begins at Schalmont Middle School parking lot at 10:00 a.m.

1 mile kid's run begins at 11:00 a.m.

First 100 registrants will receive a free t-shirt!

Early bird rate is \$20.

*Registration fee for both walkers
and runners.*

After September 13th, registration will be \$25.

Kids One Mile Run \$10 (Ages 6-12)



Race day registration

9:00 a.m.-9:45 a.m.

5K Run 10:00 start time

Kids Run 11:00am start time

Awards to Male/Female overall
age groups winners!

Faculty contest between Jefferson, Middle School,
and High School Teachers! Race against your favorite teacher!

**Please cut and send in this portion with your check.
One entry form per person.**

Name: _____

Address: _____

Phone: _____

Email: _____

Male/Female (please circle)

☐ Under 18 ☐ 19-29 ☐ 30-39 ☐ 40-49 ☐ over 50

Payment: ☐ Check # _____ ☐ Cash _____

Checks made payable to: Sandie Stryjek Memorial Scholarship

SELECT YOUR EVENT:

☐ 5K

☐ Kid's Run

CIRCLE T-SHIRT SIZE: Adult: S M L XL

Completed entry forms can be dropped off or mailed to:

Schalmont Central Schools, 4 Sabre Dr, Schenectady, NY 12306

ATTN: "Race Back to School!"

WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official related to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to fall, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road. I permit the use of photographs in newspapers, brochures and other promotional materials without compensation. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Schalmont Central Schools, sponsors, volunteers and officials, their representatives from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Parent or Guardian (under 18) _____

Date _____

Saturday, September 28, 2013

**Benefitting:
Catholic Charities
of
Schoharie County**

- 10:00 Race Starts
Cobleskill Fairgrounds
- 30 minutes from the
Capital Region
- 8:15-9:30 Race Day
Registration

Or REGISTER ONLINE!

See application at FAM5K.com

Host of the 2013:
*USATF Adirondack
5K Open Men's
Road Race Championship*



"BEEN THERE, DONE THAT"

by Mike Becker

September 1973...Forty Years Ago

- The newsletter noted that club member Cathy Shrader was selected to run for the U.S. in the International Mini-Marathon in Puerto Rico.

- Jim Bowles finished second in the Green Mountain 50K, just one minute behind the winner.

- A mini-decathlon was held at SUNYA on the 30th, consisting of the shot put, 100 yard dash, long jump, and mile. Bill Boyle won easily by taking three of the four events. Also in the 16-person field were Don Wilken, John Aronson, and Ed Thomas.

September 1978...Thirty Five Years Ago

- Cathy Shrader was the winner of a 10.2-mile race in Westport CT on the fourth with a 67:15. Bill Shrader, Sr. won the 60+ age group with a 90:03.

- Just 26 runners participated in the Anniversary Races on the 24th, which is one or two loops around the SUNYA campus. Dick D'Aleo and Cindy Kelly won the 5.64-miler, and Dave Kwiatkowski and Joanne Harper won the 2.82-miler.

September 1983...Thirty Years Ago

- For this year's Anniversary Races only, a sponsor (WTEN) was secured, T-shirts were made, and substantial prizes were given out. The races were part of WTEN's "Health Alert Week" to emphasize the importance of physical fitness. The races were conducted in such a way to allow a WTEN van to follow the runners. Footage of the races and post-race interviews were featured in a special presentation later in the day on WTEN. Dale Keenan set a course record in the 5.6-miler with a 28:14, and Ellen Weglarz-Mindel set a female course record with a 32:30. Both of these records still stand! A total of 259 runners competed in the two races, much more than usual!

September 1988...Twenty Five Years Ago

- Bert Soltysiak was honored for his Distinguished Service on the 11th at SUNYA. Forty-year old Dale Keenan won the eight-mile race with a 40:58, an amazing four minutes ahead of second place Bill Wells. Denise Herman was the female winner for the fifth consecutive time and seventh overall with a 51:37, three minutes ahead of Anne Kuklinski.

- The Anniversary Races were held on the 25th at SUNYA. Not surprisingly, Dale Keenan and Denise Herman were the winners of the 5.6-miler in what must have been a very good year for them!

- Jerry Lawson won the Corning Cup 10K in Albany on the 24th with a 29:29. Also finishing in the top ten were Tom Dalton, Dale Keenan, Chris Buckley, and Vinny O'Brien. Denise Herman was the female winner with a 37:29.

September 1993...Twenty Years Ago

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- Steve Sweeney was profiled. He grew up in Rhode Island and moved to Albany at age 22 for a job, then as a Civil Engineer with DOT. His PRs include a 59.7 400M, 4:33 mile, 53:38 15K, and 2:41 marathon. His favorite races are the mile and marathon, and his favorite workout is 400 repeats.

- Al Maikels was honored with the Distinguished Service Award for his many club contributions. Rob Picotte won the eight-mile race in 44:42, with Daniele Cherniak taking the women's title with a 53:56.

- Vinny O'Brien won the Labor Day 5K in Schenectady's Central Park on the sixth with a 15:41, ten seconds ahead of Rick Bennett. Linda Kimmey was the fastest female with an 18:19. A total of 86 of 352 runners finished in under 20 minutes.

September 1998...Fifteen Years Ago

- Ken Plowman won the SEFCU Labor Day 5K on the seventh with a 16:01, and Amy Herold was the female winner with a 17:55.

- The Old Chatham Hunt Country 5K was held on the 12th. Paul Mbugua ran a blistering 14:36 on the fast, flat course to beat Lhoussine Siba by 13 seconds. Charlene Lyford was the female winner with a 17:27. A total of 80 of the 890 participants ran faster than 20 minutes.

- Sixteen-year old Tyson Evensen won the 5.6-mile Anniversary Race on the 20th at SUNYA with a 31:23, 23 seconds ahead of Carl Urrey. Maureen Kuhn won the female title with a 36:45, two minutes ahead of Mary Peck. Pedro Melendes and Diana Richburg won the 2.8-miler.

September 2003...Ten Years Ago

- The male Willow Street Athletic Club team of Hartshorn, Rodriguez, Ohlsson, Irwin, and O'Neil finished third in the ultra-competitive CVS Pharmacy Downtown 5K in Providence, RI on the seventh. Hartshorn's fast time of 15:03 was 29th overall in a field dominated by Kenyans.

- Mark Warner and Erin Cullin won the

Brenda Deer 3.25-mile race in Guilderland on the 13th with times of 18:31 and 20:59, respectively.

- Ken Skinner and Pat Glover directed the 5.6-mile Grand Prix Anniversary Race on the 14th. Josh Merlis won with a 31:02, 34 seconds faster than Bob Irwin. Kimberly Misenio was the top female with a 36:49.

September 2008...Five Years Ago

- Emory Mort and Andy Allstadt each ran 15:04 to win the 27th Annual Bruegger's Bagel Run 5K on the seventh in Albany. Alyssa Lotmore was the top female with a 17:59, 13 seconds ahead of Eileen Combs.

- Josh Merlis ran 73:48 to win the Melanie Merola O'Donnell Memorial Half Marathon in Saratoga on the 21st. Diane Matthews was the female winner with an 84:25. Runners up were Joseph Hayter and Julie Gold.

- A total of 294 runners participated in the Arsenal City 5K in Watervliet on the evening of the 26th. Anthony Giuliano won with a 16:26, with Masters runners Derrick Staley and Jim Maney finishing two-three. The master ladies also dominated, with Emily Bryans winning with a 17:52 to beat Anne Benson by 33 seconds. □





Get your running shoes ready for the ...

1ST ANNUAL FALCON 5K & FUN RUN & WALK

Get the school year off on the right (and left) foot!
Join runners from our school community and beyond to celebrate
a healthy and productive new school year.

Sunday, September 29, 2013 • 9:30 a.m. (Runners & Walkers)
Kids Fun Run – 1 Mile at 10:30 a.m.

COURSE – Race will start and finish at the Lake House in Albany's Washington Park.

AWARDS – Overall Male and Female, Top 3 Teams, Top 3 Male & Female in each age group:

Under 15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

SHIRTS – First 250 Registrants receive Free T-Shirt

REGISTRATION – Must be postmarked by September 24, 2013.

Race Day Registration will open at 8:00 a.m. at the Lake House.

Please No Dogs or Headphones on race day.

Entry Fee (non-refundable): \$5/Student \$15/Adult (Postmarked by 9/24) – \$10/Student
\$20/Adult (Race Day)

**Please fill out one form per participant and send with check payable to:
Albany Booster Club, P.O. Box 8881, Albany, NY 12208**



Assemblymember
Pat Fahy



**St. Peters
Health
Partners**



ALBANY PUBLIC SCHOOLS FALCON 5K & FUN RUN

*Name: _____ Sex: M _____ F _____

*Address: _____

*Age (On Race Day): _____ *Email: _____ Phone (_____) _____

*Emergency Contact: _____ Phone (_____) _____

*Will you be running with a Group/Team: No _____ Yes _____ Team Name: _____
(Minimum of 3 runners per Group/Team) (i.e. AHS Soccer; Montessori Magnet School; Debate Team)

* T-Shirt Size: Circle One S / M / L / XL / 2XL

Liability Waiver & Release: I certify that I am the subject runner or I am the legal parent/guardian of the subject runner in this event. I know that running a race is a potentially hazardous activity, and that I should not enter or run unless I am medically able and properly trained and conditioned. I further understand that the course may contain natural hazards, including uneven terrain. I assume all risks associated with running this event, including but not limited to, falls, contact with other participants and effects of weather, including high heat and/or humidity and rain/wet slippery conditions. In consideration of the acceptance of my entry, I, on behalf of my heirs, executors, administrators and assignors hereby release myself and discharge the Albany Booster Club, the ABC Falcon 5K and Fun Run, the City of Albany, the Albany City School District, as well as any other sponsors or beneficiaries and their representatives. I am aware that medical support for this event will be volunteer personnel who will be available for first aide assistance ONLY. I hereby grant permission to the Albany Booster Club and other sponsors of this event to use information submitted in this application, and any record of this race containing my likeness as well as race results, including my name and competition time for any purpose, including, but not limited to pre-race and post-race publicity. I hereby certify that I have read all terms and conditions of the release and intend to be legally bound thereby.

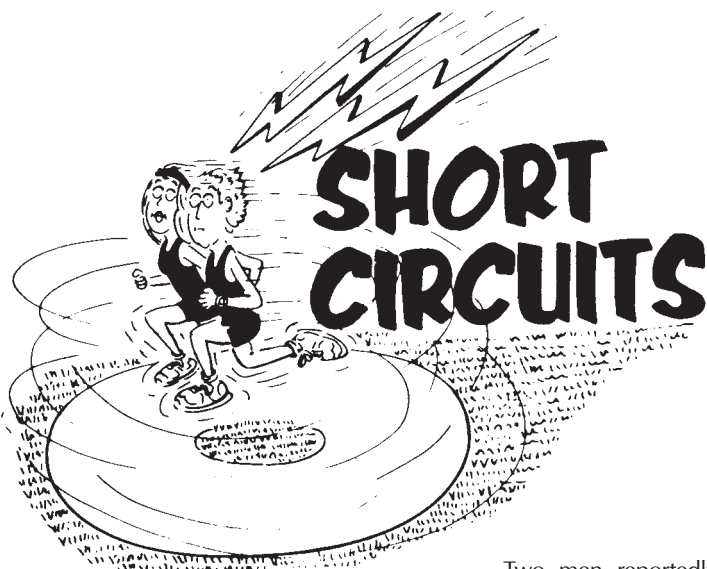
Signature _____ Date _____

(Parent or Guardian required if under 18)

Proceeds to Benefit the Albany Booster Club

Contact: Carol Hill (chill65@gmail.com) /518-221-4381

***** This is not a school-sponsored event. The City School District of Albany is not responsible or liable for any problems or damages arising from participation in this activity.**



Right after July's heat and humidity in New York, an earthquake occurred near Wellington, New Zealand. Bob Kopac e-mailed a New Zealand friend to see if she was okay. Fortunately she was fine, after having endured 20 seconds of the earth shaking. After Bob complained about the New York weather, his New Zealand friend sent Bob the weather section of her local paper: "Today's Weather: Who Cares, So Long As The Ground Stays Still"



A Kentucky man is probably now wishing his running had helped him kick the habit. The man was out for a run one night when, sure, why not, he decided to stop for a cigarette.



Two men reportedly approached him and asked for cigarettes. Then, the man says, one of them started grabbing at his clothes, and got \$7 from the smoking runner's wallet as well as the rest of his cigarettes.

"The case remains open," the *Bowling Green Daily News* reports, as does their curiosity about someone who brings cigarettes with him on a run.



The cost of running? According to *Runner's World* magazine the lifetime (57 years) cost of running in the U.S. is \$56, 942.46, on average.



In Grant County, Washington, a male driver stopped a female runner, running solo, around 6 p.m. and asked her if she wanted a ride. She declined. The driver reportedly turned his car around, drove back and knocked her down from behind. He then hit her again, dragging her a short distance, according to the police report.



Why not attempted murder?

The driver was arrested on suspicion of second-degree assault. The runner escaped serious injury and was treated at a nearby hospital.



Beginning this month, recent Temple University grad Jason Kasher will spend 183 days running in dozens of different cities in order to pay down his \$30,000 student loan debt. He will run six miles a day for 6 months. To raise funds he is selling his upper torso to advertisers. If a company wants to buy ad time, they simply ship him an outfit of their choosing with their logo ("T-shirt, uniform, whatever, I'm not picky") and he will wear it for the day. Rates start out dirt cheap at

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.

\$1/mile the first day, but increase by \$1 each day thereafter.

Kasher is setting aside two days on his trip to raise funds for charities, Oct. 1 and Dec. 25. He'll donate 50% of those days' proceeds to the National Breast Cancer Foundation and The Children's Hospital of Philadelphia.



Jason and his proud mom



"Runners to your mark. Get set. Go! OK, come get your T-shirts."



Hairy Gorilla Half Marathon & Squirrely Six Mile

The ninth year of mayhem ominously brought to you by ARE Event Productions

9:30AM SUNDAY, OCTOBER 27, 2013 THACHER STATE PARK, NY

CHOSEN AS BEST COSTUME TRAIL RACE IN AMERICA— RUNNER'S WORLD "THE TRAIL" SUMMER 2012

WHAT YOU NEED TO KNOW

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

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



AWARDS

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

Additional categories (if you dare!)

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



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

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA "MEDAL" TO ALL EVENT FINISHERS



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

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrely 6m and Hairy Gorilla Half Marathon
11:00am: Squirrely 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

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

Entry fees are non-refundable.

Early Registration: Postmarked by October 17.
Do not mail after 10/17. Checks out to **AREEP**

We highly encourage you to register online.

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

AMENITIES

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

HALF MARATHON CUT-OFF TIME

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.



www.HAIRYGORILLAHALF.COM

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

✂ - ✂ - ✂ - ✂

We really prefer that you register online. That way your information is assured to be as accurate as you type it. :)

NAME _____		____ / ____ / ____ BIRTHDAY		AGE (ON RACE DAY) ____		<input type="checkbox"/> M <input type="checkbox"/> F	
ADDRESS _____				EMAIL _____			
CITY _____				STATE _____		ZIP _____	
PHONE () _____				RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)				RANDOM FACT ABOUT YOU: _____			
<p>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.</p>							
SIGNATURE _____			DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)		



JOIN US!
Saturday
September 28, 2013
10:00 AM

A 5K event committed to helping those in the Capital Region living with brain, head, and neck cancer—over \$175,000 raised since 2009. USATF sanctioned and certified.

Register to RUN, WALK or DONATE at:

▶ www.raceforhopealbany.com



ALL Proceeds (including registration fees) go to The Community Foundation for the Greater Capital Region for the Capital Region Special Surgery Race for Hope Fund.



GRENO INDUSTRIES INC.

PRECISION MACHINING

Run for the

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



Application Fee: \$20 pre-registration by **September 27** 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 500 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.

Chip Timing
by A.R.E. Event
Productions and
personalized
Runner Bibs!

Sunday, October 6, 2013

at 11:00 a.m.

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

Registration for 9th Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

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

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Part of the ATC Corporate Challenge? List company here: _____

NEW THIS YEAR! Run the Triple Crown! Participate in the Malta 5K, the Monday Night Mile and the Run for the ROC and receive a special award! Visit www.saratogahospitalfoundation.org and click on Special Events for more information.

Register Directly Online at: https://www.zippyreg.com/online_reg/registration.php?eventID=251 or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 27, or \$25 after that date)

Send application and check to:

Saratoga Hospital Foundation/Run for the ROC

211 Church Street

Saratoga Springs, NY 12866

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

Separate Kid's Event

"Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.

Medals & Goodie Bags
for all kids!

Early Race Packet Pickup on Friday, October 4, 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 owning 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)

Eat Your Beans!

Remember this jingle: “Beans, beans, the musical fruit. The more you eat, the more you toot”? The embarrassment associated with tooting explains why many runners shy away from beans (pinto, kidney, black) and also legumes (lentils, peanuts, soy, chick peas). But far more than being a musical fruit, beans can be a nutrient-rich bonus for a sports diet.

To my dismay, the popular but faddish Paleo diet advises against eating beans because:

- 1) they need to be cooked to be edible (the cavemen ate only raw foods),
- 2) they contain compounds that might influence your hormones (that is, if you were to eat them in super-human amounts), and
- 3) they contain phytates that can diminish the absorption of certain nutrients (insignificant in US diets where beans are not the primary food).

In this era of over-abundant processed foods, I contend that eating cooked beans enhances intake of a variety of important vitamins and minerals for runners. But before I offer reasons why you should include beans in your sports diet, here are tips to minimize the “toots” so you’ll want to even entertain this suggestion.

Beans and gas

The average adult produces one to three pints of gas per day which is passed through the anus 14 to 23 times each day. Beans can be gas-producing because they contain raffinose, a type of carbohydrate. Humans do not possess the enzyme needed to digest raffinose, so it passes undigested through the stomach and upper intestine. In the lower intestine, it gets fermented by gas-producing bacteria which do possess the necessary enzyme. The by-product of raffinose digestion is carbon dioxide and methane (odorless) but also hydrogen sulphide (stinky). To help you blow fewer “bombs”—

1. Gradually introduce beans into your diet so your body gets used to digesting them. The jingle should actually say, “the more often you eat beans, the less likely you will toot.”

2. Drain the liquid from canned beans and rinse them well. This will decrease the amount of gas-producing carbs.

3. Try Beano, a product with the digestive enzyme that breaks down raffinose; it may help some people.

Nine reasons why you want to eat more beans

Beans are a positive addition to a sports diet. Here’s why:

1. Beans are a natural protein-carbohydrate combination. As a runner, you need carbs to fuel your muscles and protein to build and repair your muscles. A bean burrito, hummus wrap, or bowl of chili is a great way to fuel-up

or refuel from a hard workout (if you don’t get gas propelled, that is).

2. Beans are a good source of plant protein—but take note: you do need to consume generous portions of beans if you are a vegetarian. Runners need at least 10 grams of protein per meal to trigger muscular growth, and most athletes need at least 60 to 90 grams of protein per day. Half a can of refried beans offers only 10 to 12 grams of protein, the amount of protein in 1.5 eggs or a few bites of chicken. One spoonful (1/4 cup) of garbanzos on a salad offers only three grams of protein.

3. Beans have a low glycemic index, which means they are slow to digest and offer sustained energy. Low GI foods are good choices before long endurance runs if you cannot eat anything during the workout.

4. Beans are rich in vitamins and minerals, such as folate, manganese, potassium, iron, copper and magnesium. All these “spark plugs” help your body’s engine run smoothly.

5. Beans are good for heart-health. (Remember this jingle: “Beans, beans are good for your heart. The more you eat, the more you”? Yes, the soluble fiber in beans helps protect against heart disease by lowering the cholesterol in your blood. Also, beans are naturally low in fat and dietary cholesterol, so replacing meats with beans is a heart-healthy swap.

6. Beans are high in fiber (7 to 8 grams fiber per half-cup). This sharply contrasts to the chicken or meat they replace that has no fiber. This fiber acts as a “broom” and assists with regular bowel movements. Snacking on hummus with baby carrots contributes 8 to 10 grams of fiber towards the recommended daily target of 25 to 35 g.

7. Beans are inexpensive. By enjoying bean-based meals such as chili or lentil soup, you are likely eating less animal protein and saving a lot of money.

8. Bean-based meals are better for the environment than meat-based meals. If everyone were to eat one less meat-meal a week, we’d need fewer beef cattle (major producers of greenhouse gasses) and this could assist in the war against global warming.

9. Beans are good sources of fuel for the harmless, health promoting bacteria that live in your gut. We each have about 2 to 4 pounds of gut bacteria that strongly influence our immune system. In fact, about 70% of our immune response is generated from the gut. The bacteria love to eat the undigested raffinose provided by beans (and other vegetables such as broccoli, cauliflower, cabbage, brussel sprouts, and asparagus). Having well-nourished gut microbes invests in overall good health. A strong intake of prebiotics (bacteria food) helps strengthen the immune system and optimizes wellness. In contrast, antibiotics kill the good bacteria along with the bad bacteria.

Easy ways to boost your bean intake

Here are a few ways to easily add more beans and legumes to your sports diet.

- Hummus – A tasty dip with carrot sticks, or an alternative to mayonnaise on a turkey sandwich.
- Refried beans – canned vegetarian refried beans are fat-free. Heat some beans in a microwave oven, spread them on a tortilla, spoon on some cottage cheese and salsa, and then wrap it up like a burrito. Voila: a tasty breakfast, lunch, snack or dinner that fits into a meager food budget.
- Chili with beans – make a potful and enjoy planned-overs for lunch or dinner that week.
- Salads – spoon on black, white, or red beans and you’ll have a super sports salad that offers carbs to fuel and protein to build muscles.
- Soups – minestrone, lentil, black bean, and split pea soups make hearty, wholesome meals. You can also add beans to almost any soup to add substance and nutrients.
- Baked beans – served on toast (a popular breakfast item in England). A small can of baked beans can also be a filling snack.
- Pasta – toss a can of pinto or white beans into spaghetti sauce. Serve over pasta shells (they “catch” the beans).

For recipes with beans, check out the recipes in my Sports Nutrition Guidebook (which are also available in the app Nancy Clark’s Recipes for Athletes.)

SIDEBAR: Beans? No thanks!

Some runners get terrible intestinal distress when they eat beans (and likely some other foods as well. Think onions, garlic, and wheat). The poorly digested fiber/carbohydrate in these foods become a feast for gut bacteria. When microbes eat these undigested carbs, they create gas bombs. In some people, this fiber causes diarrhea too. Not fun.

If you fall into this category of avid bean avoiders and want to learn more, you may want to read *The Complete Idiot’s Guide to IBS* by Kate Scarlata, RD (www.katescarlata.com).

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



A New Yorker in the Florida "Cool Summer Mornings"

by Bob Kopac

In July, my wife Lynne and I left Poughkeepsie, NY for Florida and the "2013 Cool Summer Mornings 5K Run #2, Clermont 5K Run/Walk #2 by Sommer Sports". I was not sure how they would fit that name on the race T-shirt. "Cool Summer Mornings" -- the race director certainly had a sense of humor. Aside from the 5K, there was a sprint triathlon and a "super fun sprint tri".

After signing up for the race, I read the "Is it Too Hot to Trot?" article in the July/August 2013 issue of *Florida Running & Triathlon* magazine. The talk of heat stroke and heat exhaustion made me wonder how I should train and where could I buy SPF 451 sunscreen?

The race T-shirt featured a Statue of Liberty logo; why use a symbol of New York? Maybe it was because half of the New York



populace have resettled in Florida. (They run among you.) I searched Wikipedia and discovered that a replica of the statue is in an Orlando park. Perhaps the race director used that copy to avoid any copyright infringement issues with litigious New Yorkers. (They sue among you.)

On race day, there were no signs of Chantal, which had been downgraded from tropical storm to tropical wave to tropical disappearing act. Instead, it was sunny and humid -- what else would it be in Florida? Thankfully the 5K started at 7:15 a.m., and the tri at 7:30 a.m.

Sommer Sports had advertised that the event "starts out on the rolling residential

streets of Clermont, with the final two miles taking place on the flat South Lake Trail." Ironically, I overheard many runners commenting about the hills. Being a New York runner, I thought, "What hills?" They were "Florida hills" -- hill wannabes. Public service announcement: When global warming causes the Atlantic Ocean to flood Florida, the only high ground left in Florida will be Clermont and the Disney mountain range of Space Mountain, Splash Mountain, Big Thunder Mountain and the Animal Kingdom's Expedition Everest.

There were many volunteers helping at the intersections and the 2 water stops, as well as many strategically placed police officers, so it was an extremely safe course; I wasn't mugged. The 5K provided one course deviation temptation: I contemplated jumping into Lake Minneola at mile 2.5 as I ran along the waterfront.

The winner, who finished in a time of 17:38, was David Henderson, 34, of Scotland, a country not known for heat or humidity. Heather Schulz, 39, of Orlando, FL was the 1st female and 2nd overall in 18:33. My wife, Lynne was surprised to be 1st in the 60-64 female category in 30:23, as she does not run well in humidity. I was happy with my time of 30:06, as I hadn't started running again until one week before the race after a 5-month hiatus, my version of tapering.

The post-race refreshments were Americana inspired, including watermelon, popcorn, ice cream, and grilled hot dogs. There was a string band, a photo op with cutouts of Barack Obama and George W. Bush, and a photo op with a young woman on stilts dressed as Uncle Sam. If she had run, she would have won with her superior stride.

As I looked around for a runner to interview, Naomi Perry noticed my Mid-Hudson Road Runners singlet and asked if I was from the Hudson Valley. Naomi said she originally was from New Paltz, NY before moving to Groveland, FL in 2001.

Q: "How did you find the transition to Florida?"

Naomi: "It was a very easy transition because there are so many people here from the Northeast." (They run among you.) "Other than getting used to the extreme humidity, it was a breeze."

Q: "How do you find running down here?"

Naomi: "Not bad. I worked for Disney for 7 years, and I was outside a lot, so I got used to the humidity. I haven't worked there for a couple of years, so this race kind of killed me. This is the first summer race I've done. I usually run during the winter. I run on the treadmill during the summer. When October comes,



I'm usually outside running and walking a lot. I usually stop running outside about May when the heat and humidity start to pick up."

Q: "So why did you do this race?"

Naomi: "I signed up for the whole series [of 4 Sommer Sports races] to keep in shape. I signed up for my first half marathon, which is the Disney Princess Half Marathon in February, so I have to kick it up a notch ... Much as this humidity is a killer, I'll survive this."

As for the race survivors, there were more triathlon finishers than 5K finishers: 297 versus 259. I realized the triathletes were the smart ones. They got to jump into the water, even if the swim was the first and not the last leg of the triathlon. □



"Don't mind me. I thought I'd use these boring office meetings to do my exercising."

HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN

2.95 M & 5.9 M*

*Grand Prix Race for HMRRRC Club Members • Commemorative Glass Mug for First 125 Registrants

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

Date & Time:

Sunday, September 15, 2013

9:00 a.m.



FEE: **FREE** for HMRRRC members, \$6 non-members — *Day of Race Registration Only*

Come join us for the 42nd Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and
Top Male and Female finishers in each of 14 five-year age groups in the 5.9 Mile Race

For more info, or to volunteer, call Pat Glover at 877-0654 or email pjglove@aol.com

***Hudson Mohawk Road Runners Club will be having a
Shirt/Sneaker Recycle Drive Booth
at the***

***Marathon/Half Marathon Expo
on Saturday October 12, 2013.***



***The expo is at the Hilton Hotel Albany
at the corner of State and Lodge Streets in Albany.***

The expo will be from 10 a.m. - 6 p.m.

Bring used shirts/sneakers there.

***All items will be brought to the Schenectady and
Albany Missions after the Expo.***

Official 2013 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, 2013 to September 30, 2014 is as follows:

- ☐ MAUREEN COX
President
- ☐ MEGHAN MORTENSEN
Executive Vice President
- ☐ CHARLES TERRY, SR.
Vice President for Finance
- ☐ 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 23, 2013.

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.



Try Something Different on the

MOHAWK TOWPATH BYWAY

The 11th Annual Mohawk Towpath Byway Duathlon
Sunday, October 20, 2013

A 2.2 mile run, 16 mile bike, and 2.2 mile run to the finish within the historic and scenic corridor of the Mohawk Towpath Byway. Additional information and registration on line:

<http://www.mohawktowpath.org/duathlon.html>

We thank this year's major sponsor Fleet Feet of Albany.

Gold sponsors include Brookfield Renewable Power, the Hamiltons of Acworth, GA, the GE Foundation, Krause's Grove, Town of Halfmoon, Town of Clifton Park and Silver sponsors Stewart's Shops, Shenendehowa Rotary, Mohawk Fine Papers, and Bronze sponsors Trustco Bank and Halfmoon Family Dental.

USATF Adirondack Grand Prix Series Reaches Mid-point; Cause for Recap and Reflection

by VRJ

The 15 race competitive USATF Grand Prix circuit began on a sub freezing 28F day in the tiny village of Green Island at the sold out Runnin' of the Green 4 mile race, with many runners countering concerns of frostbite by wearing arm warmers, hats and gloves. The series concluded the first half of the season at the Firecracker 4 miler in the tourist mecca of Saratoga Springs, as a hot July sun quickly rose temperatures above 80F after the mass start of 3200 participants. The temperature contrasts are just one of many challenging variables that test well trained and dedicated USATF athletes. During the first 8 races of the series, competitors had the opportunity to run a flat fast road mile in Glens Falls and an equally fast rural 5K in historic Kinderhook, NY. The 25th Delmar Dash also provided strong competition on a fast residential course while challenging courses were on display at the Bill Robinson Masters 10K and the Adirondack Distance Classic 10 miler, two classic races steeped in history. For the first time, 75 of the region's best female runners participated in the Freihofer's Run for women, as the race hosted the USATF Adirondack 5K Championship within the context of a larger world-class international event. With such a diverse and challenging series, those athletes who excel must be physically and mentally strong, durable, and remain focused during the year long grind of competitive road racing within our region.

Here is a brief recap of those who remain in contention for year-ending honors, noting that the top 7 point-earners in six categories will receive a cash or gift certificate prize at years end and deserving recognition for their stellar year of road racing.

Open Men's Division

8 male athletes have earned 10 or more points in a wide open division, with all likely in the running for a portion of the \$7000 prize purse allocated to the Grand Prix award winners. Mike Roda and Tom O'Grady are the current point leaders with 27 each. Both athletes prefer longer distance races, and with several such options still to come during the fall season, they are both well positioned to win the overall grand prix. Roda has participated in 5 events, with strong runner-up performances at the Runnin' of the Green and the Adirondack Distance Classic. O'Grady was the top USATF finisher at the Distance Classic 10 miler and was runner-up at the Firecracker 4 miler. Other race winners who have had strong first half campaigns include Alex Paley, who started the season strong winning the ROG 4 and the Delmar Dash. Aaron Lozier, the Memorial Road Mile champion, Kevin Treadway, OK 5K champion and Alex Leuchenka, the top USATF finisher at the 20 - The Pace Setter

Firecracker 4 miler. Chuck Terry also remains in contention after strong races at the Memorial Mile and OK 5K.

When the series resumes this fall, each runner will have opportunity to earn valuable points and distinguish themselves at the Utica Falling Leaves 14K, the FAM 5K in Cobleskill, the MHR half or full marathon, and season ending championship events at the Stockade-athon 15K and the Troy Turkey Trot 10K.

Open Women's Division

9 female athletes have earned 14 or more points in another contentious division. Kristina Gracey, the 2011 and 2012 Grand Prix Champion, leads the pack once more on the strength of 3 first place finishes among open runners at the Runnin' of the Green 4m, the OK 5K, and the Adirondack Distance Classic. Gracey also earned valuable points at 3 other events, showing her durability and consistency. Nationally ranked Megan Hogan of Saratoga Springs has also won 3 events, the only GP events she has competed in; the Delmar Dash, the FRW, and her hometown Firecracker 4 miler. She established new course records at the Dash and the Firecracker 4. Renee Tolan, top point earner at the Memorial Mile, Meghan Mortensen, and Sara Dunham also remain in contention for end of year honors.

This fall, the women will have opportunities to earn valuable points at the Utica Falling

Leaves 14K, the MHR half or full Marathon, and season ending events at the Stockade-athon 15K and the Troy Turkey Trot 10K.

Masters Men

The men's masters division appears to be a 4 person race among John Stadtlander, Volker Burkowski, Frank Horn, and John Rocco, as all have earned 30+ points in impressive first half campaigns. Stadtlander started the year with a flourish, winning the masters division at the ROG 4, the Delmar Dash and the Bill Robinson 10K, while Burkowski has the recent momentum with 4 straight masters victories starting with the Memorial Mile and including the OK 5K, the Distance Classic 10 miler, and the Firecracker 4. Horn and Rocco have secured podium spots at most of these races to remain in contention. The masters athletes will resume their competition at the Arsenal City 5K Masters Championship in September.

Masters Women

This division is headed up by two nationally ranked masters runners in Emily Bryans and Lori Kingsley. Bryans has won 4 of her 5 events, including the ROG 4, Memorial Mile, the OK 5K, and was the top masters athlete at the Firecracker 4. She finished runner-up to Kingsley at the Adirondack Distance Classic. Kingsley has excelled at the hilly distance events, setting a masters course record at the

Continued next page

2013 Fast times within our USATF association: (Through July 4)

Men - 5K

Alex Paley	14:53	Westfield Flat Fast
Kevin Treadway	15:15	OK 5K
Tom O'Grady	15:21	Westfield Flat Fast
Aaron Lozier	15:29	OK 5K
Chuck Terry	15:37	OK 5K
Tom O'Grady	15:40	OK 5K

Men - 4M

Alex Paley	19:59	ROG 4
Alex Leuchanka	20:06	Firecracker 4
Mike Roda	20:26	ROG 4
Tom O'Grady	20:45	Firecracker 4
Scott Mindel	20:48	Firecracker 4
Ric Estremera	20:53	Firecracker 4

Men - Half Marathon

Scott Mindel	1:08:45	Anthem Half
Alex Paley	1:09:13	Flower City
Kevin Treadway	1:09:50	New Bedford
James Julia	1:09:52	New Bedford

Men - Marathon

Scott Mindel	2:22:25	Boston
Tom O'Grady	2:29:27	Boston
Mike Roda	2:30:05	Boston

Women - 5k

Megan Hogan	16:09	Westfield Flat Fast
Megan Hogan	16:30	FRW
Emily Bryans (M)	17:02	Westfield Flat Fast
Kristina Gracey	17:35	Westfield Flat Fast
Emily Bryans (M)	17:45	OK 5K
Sara Dunham	17:46	Westfield Flat Fast

Women - 4M

Megan Hogan	20:57	Firecracker 4
Emily Bryans (M)	23:14	ROG 4
Mesha Brewer	23:15	Firecracker 4
Sara Dunham	23:30	Firecracker 4
Kristina Gracey	23:37	ROG 4
Kristina Gracey	23:47	Firecracker 4

Women - Half Marathon

Lori Kingsley (M)	1:20:15	Binghamton Bridge
Sara Dunham	1:21:38	Plattsburgh Half
Karen Bertasso	1:23:17	New Bedford Half
Kristina Gracey	1:26:16	Hangover Half

Women - Marathon

Kristina Gracey	2:58:38	Boston
Karen Bertasso	2:59:40	Colorado
Cyrstal Perno	3:07:03	Boston

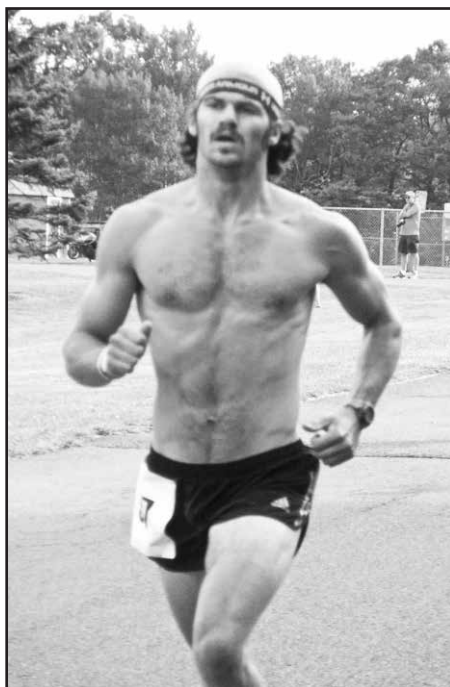
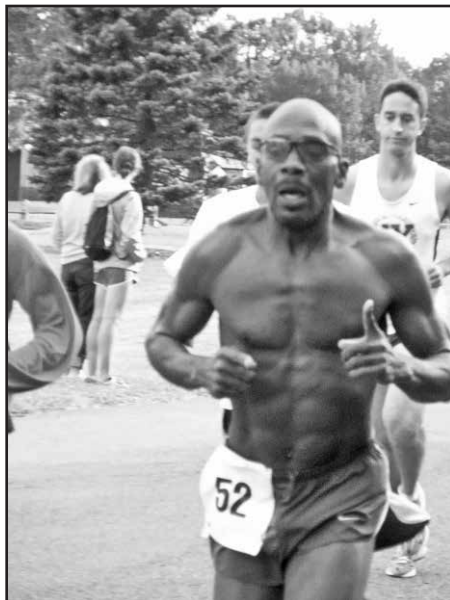
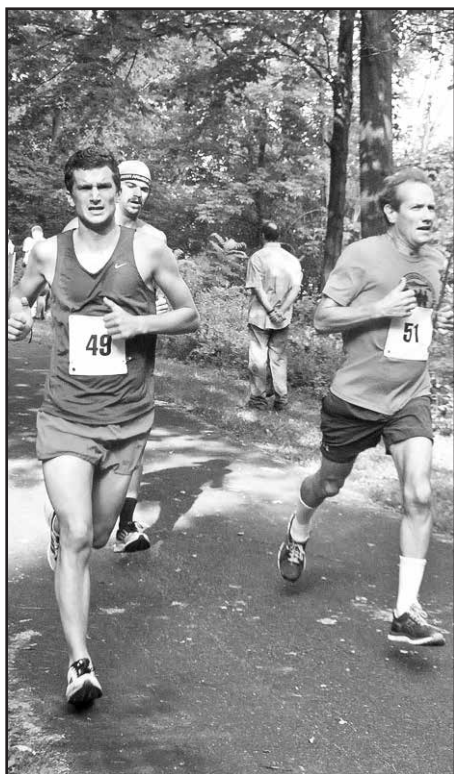
Bill Robinson 10K, and the Distance Classic, while finishing runner-up to Bryans at the ROG 4. Anne Benson and Kimberly Miseno-Bowles also have had strong first half campaigns.

Age-graded Men

This division is also headed up by two nationally ranked age-graded athletes in Tom Dalton and Derrick Staley. Dalton started the year strong with top AG performances the ROG 4 and the Bill Robinson 10k, where he is a former multiple champion. Staley kicked off his campaign with a win at the Memorial Mile and added another win at the Distance Classic. Dalton and Staley have each traded off close victories and runner-up spots at the OK 5K and the Firecracker 4. Seasoned veterans Carl Matuszek, Lee Pollock, Wade Stockman and Dennis Filmore also remain in contention with 15 or more points earned to date. Age-graded athletes will resume their competition at the Arsenal City 5K in September.

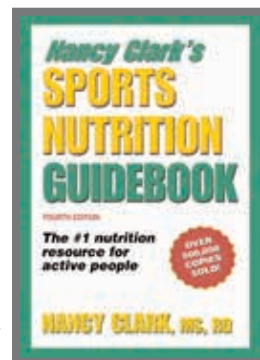
Age-graded Women

This division has been dominated by national class runner Judy Phelps whose only vulnerability may be at longer distance events. She has 4 impressive wins at the Bill Robinson 10k, the Memorial Mile, the OK 5K, and the Firecracker 4 miler. This remains a deep division, with Beth Stalker earning 4 runner-up positions in a very strong first half campaign where she established a new 50-59 record at the Runnin' of the Green and finished 13th woman at the tough Distance Classic 10 miler. Martha Degrazia has returned to solid form this year after an injury plagued season last year, and Karen Provencher, Nancy Briskie and Nancy Nicholson have all earned double digit point totals and podium spots. □



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Second Annual Mario Zeolla '97 5K Walk/Run

September 28, 2013 at 9am

ACPHS Campus / 106 New Scotland Avenue / Albany

presented by MVP Health Care and Albany College of Pharmacy and Health Sciences

SECOND ANNUAL MARIO ZEOLLA '97 5K WALK/RUN RACE INFORMATION

Location: Albany College of Pharmacy and Health Sciences Track and Field
106 New Scotland Avenue
Albany, NY

Entry Fee: \$20 registration for 5K Walk/Run before September 28
\$25 registration for 5K Walk/Run day of event

Sponsorships: \$25 Patron, \$50 Bronze, \$75 Silver, \$100 Gold OR \$200 T-Shirt Sponsor

Online Registration: www.acphs.edu/healthexpo

T-shirts: All registered 5K Walk/Run participants will receive a free t-shirt

Time: 8:15 am day of registration and pre-registered packet pickup
9:00 am race begins

Awards: Awards will be given to the overall top three male and female runners in a variety of age brackets

Albany College of Pharmacy and Health Sciences and MVP Health Care are teaming up to host the annual **Health and Wellness Expo** on **Saturday, September 28, 10 am – 3 pm** at the **ACPHS Campus**. As part of the Health and Wellness Expo, the **Mario Zeolla 5K Walk/Run** will be one of the headline events. All registration fees will benefit the *Mario Zeolla '97 Memorial Scholarship*.

This one-day, full service Health and Wellness Expo is open to the public and packed with an incredible line-up of free services and events, including Medication Take Back, Blood Drive, Flu Shot Clinic, Farmer's Market, Health Screenings and Assessments and so much more!

5K WALK/RUN REGISTRATION INFORMATION

Name: _____

Age: _____ Gender: _____ Phone: (____) _____ - _____

Email: _____

Address: _____

City, State, Zipcode: _____

Circle T-Shirt Size: S M L XL

Circle Sponsorship: T-Shirt _____ Gold _____ Silver _____ Bronze _____ Patron _____

READ BEFORE SIGNING

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

Signature: _____

Parent or Guardian (if under 18) _____

☐ *I will not be able to attend, however enclosed please find my donation to the Mario Zeolla '97 Memorial Scholarship of \$_____*

Please make checks payable to Albany College of Pharmacy and Health Sciences (MEMO 5K Walk / Run)

APPLICATION AND ENTRY FEES SHOULD BE SENT TO: ACPHS, Office of Institutional Advancement, 106 New Scotland Avenue, Albany, NY 12208

United States of America Track and Field - Adirondack Association (USATF-ADK) ... What's It all About?

by Pete Sheridan, Executive Vice President, USATF Adirondack

I suspect that many HMRRRC members have encountered references to USATF during their road racing careers, but those of us in the Adirondack Association's leadership feel that few may be aware of the full scope and goals of the organization.

The Adirondack Association is one of fifty-seven units charged by the National USATF organization with governing the track and field, distance running, and race walking activities in a designated geographic region of the United States. In the case of the Adirondack Association, the region includes twenty-five New York State counties stretching north to the Canadian border, west to Utica, east to the Massachusetts border and south beyond Kingston.

The Association, currently consisting of about 1200 members, is responsible for conducting championship events in youth, open and masters levels in cross country, indoor track and outdoor track. A centerpiece of the Association's program each year is the venerable Freihofer's Run for Women, which celebrated its 35th anniversary this year. The 2013 version of this event saw a record number of participants. Two other significant distance running coups were achieved by Adirondack this year. The City of Troy once again turned to the Association to provide management services for the "granddaddy of them all," the Thanksgiving Troy Turkey Trot. In danger of being eliminated from the local running scene, the Association rescued the Saratoga Cross Country Classic and will provide this event once again this fall on the Saratoga Park course.

A valid question when contemplating membership in any organization is "what's in it for me?" A small sample of perks for your USATF membership are:

1. Your membership dues help support the greatest track team in the world, the winner of 29 gold medals at the 2012 London Games, the highest total since 1992. You will, in fact, help elite American athletes make it to the Olympic Games.

2. Your membership helps support local, regional and national participation in the sports of track & field, long distance running, cross-country, and race walking. Participation runs the gamut of age levels from sub-bantam youth of age four to masters-level competitors 90 +.

3. You support coaches and officials in gaining knowledge about the sport.

4. You support the organization of a wide range of events in the Adirondack Association including but not limited to:

- An indoor and outdoor open and masters

championship

- A Junior Olympic Cross Country and Outdoor Championship

- The Saratoga Cross Country Classic
- Training clinics for coaches and athletes

5. You acquire reduced-price registration fees for many events at all levels of USATF competition: local, regional and national. In addition, you then become eligible for USATF awards (at times - cash awards) at USATF events.

6. You acquire supplemental medical insurance for any injury incurred while participating in a USATF sanctioned event or scheduled practice with a USATF registered club, or while traveling to or from such an event or practice.

7. You receive a subscription to *Fast Forward*, a lively magazine issued quarterly with features of interest about USATF athletes..

8. You receive a 10% discount in the USATF Online Store, including Nike Dri-FIT gear.

9. You can take advantage of special discounts and offers from over 25 companies. Utilizing these discounts can quickly reimburse a member for his/her membership fee. For example, there is a \$14 discount for a one-year subscription to *Track and Field News*.

10. Your membership makes you eligible for the USATF Adirondack Association's 2013 Road Race Grand Prix. This is a series of 15 races ranging from a mile to the marathon over the course of the year, and will pay out a total of \$5000+ in cash and gift certificates to 36 local open and masters athletes.

The USATF Adirondack has been and will continue to be the backbone of the regional track and field, distance running and race walking scene. We would be remiss as an Association if we did not recognize and applaud the spectacular work that the HMRRRC has done over the years as a partner in providing running opportunities for the athletes of the Capital Region. Citing a specific example, the Just Run program provided by the Club and led by HMRRRC member and Adirondack Vice President for Youth Ken Skinner has been an unqualified success.

We seek to continue and grow the sport in the Capital Region and encourage HMRRRC members to hop on board the USATF wagon. Try a track event or two...we guarantee that it will complement your road-racing schedule.

As a new season opens this fall, it is the hope of Adirondack that all HMRRRC members have a great season marked by unprecedented success, fun and fitness. For more information on USATF-Adirondack including bylaws, officers, schedules, results and programs, please visit usatfadir.org. □



Fall is around the corner and with it, some of our most challenging races!

Assistance needed:

SEFCU Refreshment Coordinator

Contact Race Director John Parisella if interested

Other volunteers needed as well so if you are available, let us know!

Marathon and Half Marathon Volunteers!

Step up now to be a part of the one of the fastest Boston Qualifier races!

If you are not planning on running, we could use your assistance!

Needed: baggage coordinators; bus coordinator; refreshment assistance and coordinators; water stop leaders; course marshals, etc.

It is never too early to volunteer!

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....



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

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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 _____

19th Komen NENY Race for the Cure® Updates Alliances, Technology



The Albany Komen Race for the Cure shares the same 5K USAT&F Certified Course (NY09032JG) as the Freihofer's Run for Women through Albany's Washington Park. Runners in the Komen Race for the Cure, a fundraiser for cancer care and research, who also ran the Freihofer's Run for Women in June, earned a \$5 discount if they signed up for the Race for the Cure by July 31st. In addition, prizes will go to the three Komen runners who better their times the most, versus their times in the Freihofer's Run for Women.

"We recognize how important this race is to runners," said Lynette Stark of the Northeastern New York Affiliate (NENY) of Susan G. Komen for the Cure. "So we're happy to partner with the iconic Freihofer's Run for Women."

Also new at the 19th Susan G. Komen Race for the Cure in Albany on October 5: timing chips will be on runners' bibs, smoothing finish-line congestion.

The Komen Race for the Cure is as much cause as run. Some run to honor those lost to breast cancer or to celebrate survivors. Runners often team up (typically more than 150 teams); some in matching T-shirts crossing the finish line together. Some are in tears, others hairless after breast cancer treatments.

"While we celebrate our survivors, we also remember that breast cancer is the second leading cause of cancer deaths among women," said Lynette Stark. This year, nearly 40,000 will die from breast cancer, and more than 230,000 men and women will be diagnosed.

While the national Susan G. Komen for the Cure® organization supports breast cancer research and treatment across America, the Albany race on October 5th benefits organizations across a 15-county area with that same

mission.

The Albany Komen NENY Race for the Cure® also includes a family fitness walk and "Sleep-In for the Cure" which allows participation by anyone, from anywhere. New last year, and back again this year, is the Kids for the Cure® Dash around the Empire State Plaza.

Since forming in 1982, Susan G. Komen for the Cure has become the world's largest grassroots network of breast cancer survivors and activists, saving lives by empowering people living with the disease, ensuring quality care and energizing research into prevention and treatment. The organization has invested more than \$2.2 billion in this fight, including \$3 million locally since 1995 for breast health programs. To support national and international breast cancer research, the Albany Race for the Cure also donates 25 percent of net proceeds to the national Susan G. Komen for the Cure Grants Program.

Runners raise funds for Komen through their own donations and those of friends, family and co-workers. Sponsors also support the race, including Eric Mower + Associates, United HealthCare, Skim Plus, Dunkin' Donuts, Price Chopper, St. Peter's Health Partners, Hannaford Supermarkets, The Record, Newschannel 13, The Crush 105.7 and others. Area leaders rally around the cause, including Honorary Chairs Mayor Gerald Jennings and Newschannel 13 anchor Benita Zahn (also host of WMHT's Health LINK).

"I'm proud to support Susan G. Komen for the Cure activities to raise awareness about breast cancer and to help raise funds for care and research," said Zahn.

Runners can register online at www.komen-neny.org through Oct. 2.

Runners can also register by mail using the

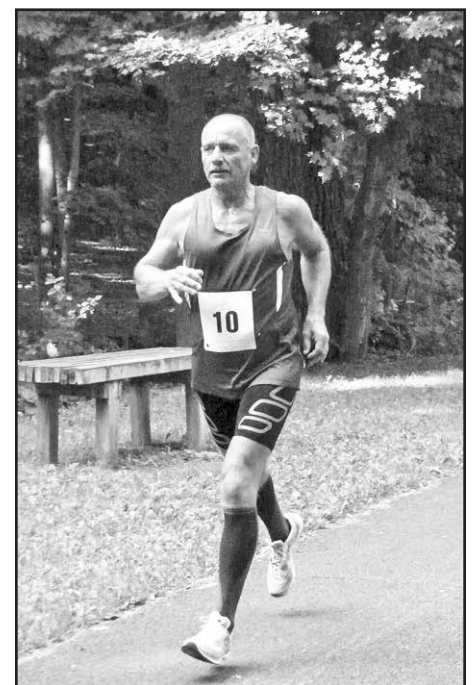
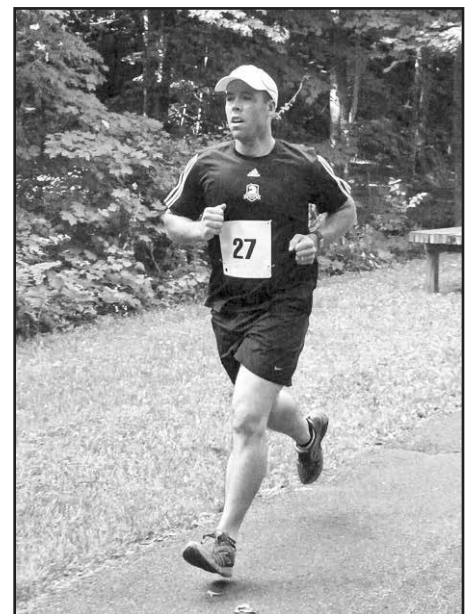
form on page 26. The postmark due date is Sept. 21 for teams and Sept. 27 for individuals. Send to:

Komen NENY Race for the Cure
P.O. Box 13535
Albany, NY 12212-3535

Runners can also register at the Empire State Plaza southeast concourse on Oct. 3 and 4 from 11 a.m. to 7 p.m. and before the race on race day.

Runners who miss the Race for the Cure due to an injury or travel can participate through the Sleep In for the Cure; register on-line through Oct. 2nd.

"Breast cancer touches everyone, and I hope the appeal of the Race for the Cure touches every runner with the compelling message of our cause," said Lynette Stark of the Northeastern New York Affiliate (NENY) of Susan G. Komen for the Cure. □



**19th Annual 5K Run, 2 Mile Family Walk,
BlueShield of Northeastern New York
Kids for the Cure® Dash
and Sleep In for the Cure®**

NORTHEASTERN NY

**Saturday, October 5, 2013
Empire State Plaza - Albany, NY**



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Benita Zahn, WNYT Channel 13

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P.O. Box 13535
Albany, NY 12212-3535

Facebook.com/komenneny

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2013 Komen NENY Race for the Cure® Entry Form

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

Please check your event

☐ Co-ed 5k Race ☐ Co-ed Family Walk ☐ Sleep In for the Cure ☐ Kids for the Cure Dash

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

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

(includes runners, walkers, and sleepers): All team members must sign the Race Release below.
TEAM ENTRIES MUST BE POSTMARKED BY SEPTEMBER 21, 2013

TEAM NAME _____	
TEAM DIVISION <input type="checkbox"/> Schools <input type="checkbox"/> Businesses <input type="checkbox"/> Family & Friends <input type="checkbox"/> Colleges	
TEAM CAPTAIN _____	STATE _____ ZIP CODE _____
Check t-shirt size required: Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL Children <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L	

Entry fees

_____ \$25 per individual
 _____ \$30 at Packet Pick-up on 10/3/13 and 10/4/13
 _____ \$35 on Race Day on 10/5/13
 _____ \$10 for children under 12

**Make check payable to
and mail to:**

**Komen NENY Race
for the Cure®
P.O. Box 13535
Albany, NY 12212-3535**

PHOTOGRAPHIC AND RESULTS RELEASE AND WAIVER AND RELEASE OF CLAIMS

I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.

I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen for the Cure ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number).

I understand that (i) I do not consent to these provisions if I am not permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident THAT may occur during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY FUNDRAISING ACTIVITIES associated with the event) or while ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"), TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASEES"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (i) KOMEN, Northeastern New York Affiliate of the Susan G. Komen Breast Cancer Foundation D/B/A Northeastern New York Affiliate of Susan G. Komen Race for the Cure AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (ii) ANY EVENT SPONSORS; AND (iii) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASEES MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE. I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF ANY FUNDRAISING ACTIVITIES.

This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

PARTICIPANT'S NAME _____	SIGNATURE _____	PARENT'S OR GUARDIAN'S SIGNATURE IF UNDER AGE 18 _____	DATE _____
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To register for the Northeastern NY Race for the Cure visit www.komenneny.org or to volunteer call 518-250-5379

2013 Pentathlon – Colonie High School

by Todd Mesick

The 38th edition of the HMRRC Pentathlon was held on July 25, 2013 at Colonie High School. This is the fourth year the event has been held at Colonie and from a logistical standpoint it is a great location. Unlike the Hour Run and 2 Person Relay, held the previous 2 weeks (and which make up the HMRRC's summer track events) the weather was ideal for late July. Temperatures were in the 70s, humidity was low and the skies were clear.

As a refresher, the HMRRC Pentathlon was founded by Paul Rosenberg and Jim Bowles and consists of a series of 5 events all run on the track. The events, in order, are 5,000M, 800M, 3,200M, 400M and 1,600M with about 10 minutes between each event – more for fast runners and less for slower participants. Similar to decathlon scoring, times for each event are converted to points. The faster the time the greater number of points awarded and the highest point total wins. Needless to say, this is one of, if not the most grueling events the HMRRC puts on.

For the 2013 edition the turnout was solid with 21 participants, representing the 2nd largest field since 2007. The field consisted of 16 males and 5 females ranging in age from 19 (Ben Girordias) to 71 (Ed Brown). As for the competition there were a number of strong performances over the course of the evening, featuring a terrific battle on the men's side between Ben Girodias and Mike Roda. Ben, who was visiting family in the area, attends Pomona College in California where he runs cross-country and track & field, while Mike is well known on the area running scene. In the end Ben eked out a tight victory, earning 4,744 points to Mike's 4,615 points.

Ben and Mike battled neck and neck the entire evening, placing 1st and 2nd in every event but the 400M. For the 5,000M Ben ran 15:40 vs. Mike's 16:12. In the 800M Ben went 2:08.2 while Mike ran 2:08.8. In the 3,200M Ben ran 10:19.4 and Mike ran 10:21.9 and in the 1,600M Ben finished in 4:48.5 with Mike at 4:57.9. The only event Ben did not win was the 400M, which went to Ben Nieto in a brisk 56.6, followed by Chris Nowak in 59.1.

In addition to Ben and Mike, the men's competition produced a number of strong performances. Ben Nieto placed 3rd, earning 4,392 points, Brian Northan was 4th with 3,673 points and Dave Tromp came in 5th with 3,506 points. Ben's 15:40 5K accumulated 1,067 points, which was the most for an individual event of the night. Mike Roda and Ben Nieto also produced multiple 900+ point events.

In wrapping up the men's competition, it is worth noting the efforts of some of the AARP participants. Christian Lietzau, at 50, garnered 2,906 points, highlighted by great performanc-

es in the 400 (65.4) and 800M (2:29.2). Juergen Reher at 63 earned 1,875 points, highlighted by a 21:48 5K and 13:38 3,200M. 60 year old Bob Somerville earned 1,556 points with strong performances in the 5K (22:24) and 800M (3:10). Ed Brown, the oldest competitor at 71, turned in impressive performances in the 5K (24:01) and 1,600M (7:35), helping him to a total of 497 points.

The women's competition was dominated by Lisa D'Aniello who has competed in the Pentathlon off and on for a number of years. Lisa's times – 19:57, 2:36.2, 12:20.1, 1:09.7 and 5:48.9 – earned her the #1 spot in each event among the female competitors and earned her 3,267 points. Irene Somerville placed 2nd on the women's side with 2,100 points, finishing 2nd to Lisa in all 5 events. Her times were – 20:07, 3:03, 13:35, 1:28 and 6:55.

Ben's performance makes him the 13th male participant to achieve the prestigious 4,700 point club and the first since 2008,

when both Chuck Terry and Justin Bishop accomplished the feat. His 4,744 points represents the 11th best performance in Pentathlon history. Lisa's point total of 3,267 also has historical significance as it marks the 3rd time she has achieved the elite 3,000 point club for women competitors. She previously accomplished the feat in 2004 (3,163 points) and 2005 (3,226 points). Lisa is 1 of 11 women to achieve the 3,000 point total in the history of the pentathlon and the only female who has accomplished the feat on multiple occasions. Her 2013 point total represents the 5th best performance in club history.

As is typically the case, the event ran smoothly, thanks in large part to a great group of volunteers. They were Ed Neiles and Jim Moore (scoring), Karen Dott (timing) and Sean, Camryn and Collin Mesick (finish line, timing and water).

Thanks to all the participants and volunteers who made the 38th Pentathlon a success. □



Why Running May Be More Like Heaven Than Heaven

by Norman Dovberg

If you've read some of my other articles you know that I am the self-appointed resident philosopher of HMRRC. Blame it on the long solo runs without tunes, way too much time to think.

So, what's your idea of heaven? Let's assume the place exists, since most people believe so. Is it a bunch of angels sitting on clouds playing harps or being in church 24/7 singing "Kumbaya?" Is everyone perfect and a winner in everything? Does everything go just swimmingly without any effort or discomfort? Are you going to sit and watch reality TV, Hollywood gossip or sports, guzzle beer and scarf down munchies and still have a perfect physique and perfect health? (not to mention a functioning brain.) Even worse, maybe you simply won't be allowed to do all the fun "bad" stuff at all. Well, to be quite frank, if that's the way it is, were it not for the extremely warm climate and lack of air conditioning at the alternative place, I'm not too eager to spend forever in that "perfect" realm bored out of my gourd.

No, a perfect place would be a place of eternal challenge, but no violence. A place where everyone has the opportunity, in fact has no choice but to strive for the highest level of achievement within their capability in every field of knowledge and every endeavor. Just

as graduation should be the beginning of a lifetime of learning, leaving this world of hard knocks for a "better" place should be the beginning of a struggle to achieve perfection in an environment that, unlike this vale of tears, completely fosters and supports that struggle. It would be a place where there is totally fair competition. Everyone tries to do his or her best while we all encourage and appreciate each other. They wouldn't give gold medals to everyone to create phony self-esteem. The winners win, the losers lose. But everyone is cheered on and knows that the hard work they give to their pursuits are respected and appreciated by all. We are all equal and equally worthy because we are equally dedicated to the same common goals; to grow, to learn and to strive to be better, stronger, smarter and kinder.

So, does any of this seem familiar to you? If you are a runner and fortunate enough to work out with and compete on a team, you know that this is the way competitive running is. So, I ask you, what's your idea of heaven? Think about it. If you are the kind of person I think you are, you'll be hoping, just like me that they don't just hand you your harp and tell you which cloud to perch upon forever. Keep running. It may be your last chance for some little piece of heaven before you get to the real place, whatever it may be. □

The Sea Was Angry That Day – Vermont City Marathon 2013

by Bill Hoffman



My name is Bill Hoffman; I am a relatively new runner inspired by the book *Born to Run* by Christopher McDougal. I started running in November of 2010 in Vibram Five Fingers. Since then I have completed five marathons including the 2013 Boston marathon, which I qualified for at the Mohawk Hudson in 2012. In July I finished my first ultra race, a 54K trail race called Wakely Dam Ultra. My current favorite running “shoe” is the Huarache in the form of Luna sandals. This article is about my experience at the 2013 Vermont City Marathon.

For the second consecutive year, a group of my running friends and our support teams (i.e. families) made a four day weekend out of the Vermont City Marathon. Four runners (Bill, Jake, Matt, and Rusty) and our families rented a house on Lake Champlain from Thursday night to Monday evening. Despite the wet and cold weather, everyone had a great time. However, the buildup to the race was certainly less than ideal.

The weekend before the race I managed to get food poisoning, putting a cramp in my carb loading until about Thursday. Speaking of Thursday, as I pulled out of my driveway to head to work, the rear window on my Toyota 4Runner came off track and became stuck open. I had to return home and schedule an emergency trip to the dealer. They were not able to fix it, so we had to switch cars for the trip.

With a later than planned departure Thursday night, we headed into a dark storm and arrived in northern Vermont around 11:30 p.m. By Friday afternoon everyone had arrived. The debate among the runners centered on what to wear for the race, as the forecast became certain that it would be rainy and cold. On Friday, two of us went for a five mile run and I wore a t-shirt, shorts, and my winter running shell. I even took off the jacket for the last couple of

miles. The day before the race during the last four mile run, I tried just a t-shirt and shorts, and it was a bit cold. I was still undecided on the best clothing for the race.

Because of the nasty weather, instead of spending Saturday on the lake, we went to the expo and to the new Star Trek movie. That night we decided that it would be cold and miserable for the race and further debated what to wear. I opted for a tech T, my winter running shell, and shorts. Jake went for a tech T and a wool sweater, Matt went for a short T and a long sleeve shirt, and Rusty went for a T with a disposable shell he had picked up at another marathon expo. We all wore the very fashionable garbage bag as a top layer.

During the early morning drive from the lake to Burlington, it rained and we passed very angry looking bodies of water. Once in Burlington, we parked and made our way to the start line. While heading down the street we passed a very inviting looking hotel lobby. I won't give the name of the fine establishment as we crashed the restrooms. However, I have to say it was the nicest pre-race bathroom I have ever used, complete with classical music.

After hanging out in the lobby for as long as possible, we followed the throngs of soggy runners to the starting area to deposit our clear plastic drop bags. Minutes later we were shoulder to shoulder with thousands of runners waiting for the start. We settled in just behind the 3:30 pace group. As with any big race, once the race started we stood still and eventually started to walk. I quickly shed my garbage bag and the race was on.

As usual, running fixed everything. The anxiety about the weather lifted even if the weather itself stayed. The Vermont City Marathon course is totally crazy and goes in and out of town and crosses paths with itself several times. As we headed out of town on the out and back highway section, Rusty and I stopped for a quick pee. Apparently this is common in colder marathons since you are not sweating but are still taking in liquids. (I usually never stop). After the quick break Jake caught up with us. Jake was running his first totally barefoot marathon.

So what do you get when you have a barefoot runner, a shoe runner, and sandal runner? You get a great time. Sadly at mile 10 Rusty had to make a longer potty break, and it was down to Jake and me. As we passed spectators we became the barefoot guy and the flip flop guy (I was running in Luna sandals).

We had excellent family support at mile 11. I almost gave up my jacket as I was starting to get warmer. Fortunately, a cold wind changed my mind. The course took us right next to the very angry looking lake, complete with waves and a cutting wind. I really enjoyed my jacket

at that point. Jake and I continued our relentless forward progress. At the half way point a guy looked at me and said, “I hope you are not running the whole thing in those flip flops.” I assured him that I was in it for the long run.

Around mile 18, Jake stopped for a quick break, and I was all alone. Then to my surprise, Rusty showed up with Jake. We are back together again. Around this point Jake and Rusty started to slip away from me. I could feel Boston (I ran Boston 6 weeks earlier), last week's food poisoning, and the day's 19 miles of running. I kept hanging on and never let them get more than seven steps ahead. Jake mentioned how his caffeinated GU had made him feel great, and I remembered mine. I always have one caffeinated GU that I only take after mile 20. It was time to wake up.

Soon we passed the families again and combined with the caffeine, I was recharged. After a water station around mile 21 Rusty's awesome effort in catching us caught up with him, and he fell back. Once again it was me and Jake. The weather started to clear as we entered the bike path for the last four miles of the race.

At this point another runner unexpectedly taunted Jake and me. He started saying Jake was tip toeing through the tulips. Then he said he was going to call me Spanky because I was running in flip-flops. Not sure what that was about, but Jake and I decided that was one person that would not be finishing before us. We then proceeded to practice GOGA (Yoga while going). Basically, doing arm stretches and having a great time while running down the last few miles. Someone asked does that work? Jake and I assured him that it really did work. Although we are not sure what it was supposed to be doing, we are sure it was working.

Right near the end the bike trail went under water, and the runners were diverted over a bed of gravel. Jake said, “Uh, oh” (remember he is the one with no shoes). He had to pick between certain death and the unknown muddy water. He opted for the muddy waters. A race official quickly understood his predicament and guided him through the dark water warning him of crumbled trail underneath to which Jake jumped over without seeing anything.

“This is the end, my only friend.” As we approached the final stretch, the grass was becoming a muddy mess but the crowds were great. Jake and I crossed the finish line around 3:29 gun time. Rusty showed up about 2 minutes later. Matt had his breakthrough marathon in Luna sandals at 3:44. The sun started to come out as well. It felt like the weather was done with the race as well. We returned to the rental house and finally enjoyed the lake.

I have to say this was one of the most enjoyable marathons I have done. It was great to run with friends. The fear of the weather, certainly was much worse than the reality of the weather which turned out to be great for running 26.2. The next day at the lake was also excellent weather. I am sure we will be back again next year. □

Masters Running Forum

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A three-session series focusing on the Masters athlete (age 40+) involved in road running, cross-country and track and field. Each of these free sessions will feature a different panel of local Masters athletes of various abilities and ages, along with medical professionals, to share their athletic experience and expertise.

All sessions to be held at Fleet Feet Sports of Albany

Session 1

Tuesday, September 17th - 7 to 8:30 pm

Balance: Career, Home, and Running

- a) Setting realistic goals*
- b) Developing training plans*

Session 2

Tuesday, October 15th - 7 to 8:30 pm

Stability: Maintaining Fitness and Injury Prevention

- a) Strength and flexibility training*
- b) Nutritional needs/changes as we age*
- c) Importance of rest*

Session 3

Thursday, November 7th - 7 to 8:30 pm

Community: Joining a Club or Team

- a) Top 10 reasons to join a running group*
- b) Accessibility of local clubs*
- c) Motivation and camaraderie*
- d) Competition*

All sessions are free, but we would ask that you RSVP with your intent to attend at:

fleetfeetalbany@gmail.com

For more info contact Pat Glover at pjglove@aol.com or 518 877-0654

Meeting Minutes of the HMRRC General Meeting July 10, 2013

Attendance: Jon Rocco, Barb Light, Chuck Terry, Maureen Cox, Tom and Marcia Adams, Jim Tierney, Vincent Wenger, Cathy Sliwinski, Diane Fisher-Golden, Jonathan Golden, Bryan Funk, Ray Lee, Ken Skinner, Rob Moore, Meghan Mortensen, Sue Patterson, Dan Doak.

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

1. Reading and approval of June 12, 2013 minutes (B. Light). Motion made by Marcia Adams to approve June minutes, seconded by Cathy Sliwinski. Motion passed.

2. Reports of Officers

2.1 President (J. Rocco):

- 2014 Annual Awards Banquet: 2014 Annual Awards Banquet will be held February 8, 2014 at the Desmond.

- Race Committee Chair: Mark Warner has asked to step down, we did put an ad out in Pacesetter and on website. Effective October 1st Jon Rocco will be new Race Committee Chair.

- Times Union – Jennifer Gish wrote an article on the Colonie Summer Track Series along with pictures.

2.2 Executive Vice President (M. Cox): Ross Wightman one of the Scholarship recipients sent us a Thank You card. Maureen also received from the conference she attended, a catalog from a running shirt company so she is passing this information to Race Directors-can receive 10% off. Discussed volume buying-may bring up a Race Committee meeting.

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached reports.

3. Reports of Committees

3.1 Membership (D. Fisher-Golden): Current membership is at 2945 up 3 from last month. We have 30 new members for the month. 157 over where we were last year at this time. Currently have 1488 on Facebook and 80 on Twitter.

3.2 Volunteers (M. Adams): Working on volunteer database-still waiting for Race Directors to send reports. Utica Boilermaker bus is full. Jon asked Marcia to put an ad in Pacesetter reminding people about the requirement for Grand Prix points.

30 – The Pace Setter

3.3 Public Relations (R. Moore): Press releases sent to all papers for track series, Indian Ladder and Tawasentha XC Series. Received email about expo at Times Union this weekend, had Jon thank the person but because of Boilermaker couldn't attend. Put ad in Pacesetter about shirt/sneaker drive at marathon and half marathon.

3.4 Race Committee (M. Warner): Colonie Mile had 108 people attend. 90 members and 18 non-members. Had 4 heats in the Mile Race.

3.5 Race Committee Treasurer (J. Golden): See attached reports.

3.6 Pace Setter (K. & D. Gracey): No report.

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

3.8 Safety Committee (V. Julian): No report.

3.9 Grants Committee (R. Newkirk): June grant recipients-2 applications-Albany Booster club for \$1000 to support new race for Albany School District. \$1000 to Kinderhook Running Club for Apple Run and running initiatives. They have received grants in the past, need to show different use of money to receive future grants. In January Grants allocated were: \$1000 to Team Utopia for a race clock, \$1000 to Sage College for the Gator Gallup 5K race, \$500 was tentatively approved to Niskayuna Fall Run but they never followed up with answers to questions the committee had so no money was sent, Parsons Team Unstoppable was referred was referred for a special grant as they did not meet the requirements for a general grant... and the club awarded then \$1,000, Schenectady YMCA applied for a youth grant, but was referred to the Just Run program. Total grant money dispersed was \$4000. It was thought that we may need to reach out earlier to people and put out more ads to get more interest in the Grants.

3.10 Long Range Planning Committee (E. Neiles): No report. Jon talked to Ed about the need to get together. Jon will follow up with him.

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

3.12 Elections Committee (D. Peterson/R. Moore): 4 Positions open-Chuck Terry for VP of Finance, Barb Light for Secretary, Maureen Cox for President and Meghan Mortensen for Vice President. Nominations will be published in the September Pacesetter.

4 Unfinished Business:

- Living Resources After School Program (special grant consideration): They saw article in Gazette and inquired about being part of the program. Jon reached out to Kathy Condon to get more information-she was on vacation-Jon will follow up with her about what type of program they are looking for. Jon did get some information from their website which he shared.

- Just Run program (motion approved last month to consider budget increase of up to \$10K to ensure full support of fall program- subject to need/budget balance and vote/approval) - the motion was withdrawn/not acted on as Just Run Admin felt the balance of \$11K+ was more than enough to carry the fall program. For budget next year may increase to \$35000 because we may have more schools participating.

- Brian Northan, Ed Neiles, Josh Merlis-put on committee to help with scoring. Jon asked Diane to get Brian Northan signed up for access to the website. Jon will email Diane.

- Jon wants to follow up with Vince to make sure that the sign has been put up per our agreement for providing money to Vale Park.

- Follow up on Race Review Committee.

- Colonie Track meet-Jon had message from "In the News". Jon called back – they take articles and put on boards to make a plaque. They sent Jon a plaque-free of charge- he is going to give it to Frank Meyers. It was a nice plaque with the article from the Times Union on it.

5 New Business: Diane brought up Fire Cracker 4 race-they entered a team with the Team in Training group that is training for the Marathon. They received trophy which they will give to Jim Thomas.

Website-get some quotes to merge database and website. Hopefully Diane will have information for the next month meeting.

6 Announcements:

- August refreshments- Cathy Sliwinski

- September refreshments- Maureen Cox

- October refreshments- Open

7 Adjourn: Motion made to adjourn made by Marcia Adams, seconded by Maureen Cox, meeting adjourned at 8:10PM. □



EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
09/01/2013	10:30 AM	4th Annual C.D. Scottish Games 5K	Altamont Fairgrounds, Altamont	Rebecca Schenck	scotgames5k@yahoo.com
09/02/2013	9:00 AM	25th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
09/05/2013	7:00 AM	Glow Back to School 5K Race	Stillwater Area Community Center	Madeline Patterson	Saccdirector@nycap.rr.com
09/07/2013	10:00 AM	Rotary eRACer 5k Fun Run/3k Walk: Run to Erase Polio	Brewery Ommegang	Angie Erway/ Cooperstown Rotary Club	rotaryracer5k@gmail.com
09/07/2013	8:30 AM	Malta BPA 5K	345 Hermes Road Malta	Paul Loomis	ploomis@gilbaneco.com
09/07/2013	8:30 AM	Malta BPA 5K	HVCC TEC Smart 345 Hermes Road Malta	Paul Loomis	maltabpa5k@gmail.com
09/07/2013	8:00 AM	5th Annual T.E.A.L. Walk/Run	Prospect Park Bandshell	Pamela Esposito-Amery	info@tealwalk.org
09/07/2013	9:30 AM	Youth Make a Difference 5K Run/Walk/Kids Fun Run	2 Douglas Street Wynantskill	Michael Miner	cminer001@nycap.rr.com
09/08/2013	8:00 AM	3rd Moreau Lake 15k Trail Run	Moreau Lake State Park	Chris Bowcutt	events@greenleafacing.com
09/08/2013	8:00 AM	9/11 Heroes Run, Saratoga Springs NY 5K/Family Fun Run/Walk	9/11 Memorial- High Rock Park, Saratoga Springs	Alli Clower	saratogasprings@911herosrun.org
09/08/2013	9:00 AM	Walgreens Run for Pride 5K and Rainbow Fun Run	Washington Park Lakehouse Albany	Curran Streett	cstreett@capitalpridecenter.org
09/14/2013	10:00 AM	The Village Animal Clinic Canine Classic 5k	Voorheesville	Amber Pitcher	Managertraci@thevillageanimalclinic.com
09/14/2013	9:00 AM	18th Annual Run to Remember 5k	Rensselaer Polytechnic Institute	Zachary Belton	run2remember.rpi@gmail.com
09/15/2013	9:00 AM	Teal Ribbon 5K Run and 1+Mile Walk	Washington Park, Albany	Pam Robbins	probbins@prainc.com
09/15/2013	9:00 AM	Doug Ellett Memorial 5K Run/Walk for Melanoma Awareness	Cohoes High School	Debbie Matthews	helpothers@dougellettmemorial.org
09/15/2013	9:00 AM	42nd HMRRC Anniversary Run 2.95 & 5.9 Mile [5.9 GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
09/15/2013	9:30 AM	Josh Billings RunAground Triathlon	Great Barrington to Lenox	Patty Spector	patty@joshbillings.com
09/21/2013	10:00 AM	RiverTown 5K run: Ossining	Ossining	Gunter Spilhaus	gunter@wildcatepicevents.com
09/21/2013	9:30 AM	Helpers Fund 5k-10k Races	Chestertown Municipal Center	Race Director	racess06@helpersfund.org
09/21/2013	9:00 AM	11th Annual Brenda Deer 5K Race/3K Walk & Kids Fun Run	Guilderland YMCA	Harrison Moss	hmoss@cdymca.org
09/21/2013	10:00 AM	Race Back to School 5K	Schalmont Middle School Campus	Donna Notar	donnaotar@nycap.rr.com
09/22/2013	8:30 AM	Dunkin Run 5K 10K and Kids 1/2 Mile Fun Run	340 Whitehall Road Albany	Tom Wachunas	tomw@saajcc.org
09/27/2013	5:00 AM	Ragnar Relay Adirondacks	Saratoga Springs to Lake Placid	Melissa Gordon	melissanne78@gmail.com
09/28/2013	10:00 AM	FAM 5K Fund Run/Walk	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
09/29/2013	9:00 AM	Geyser Road 5k Run/Walk	Saratoga Spa State Park	Kelly Montague	k_montague@saratogaschools.org
09/29/2013	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
09/29/2013	1:00 PM	Nick's Run to Be Healed 5K	Clifton Commons, Clifton Park	Liz Fox	nicksrun@fighttobehealed.org
10/05/2013	9:00 AM	Susan G. Komen Race for the Cure (5K Run, 2M Walk, Kids Dash)	Empire State Plaza	Lynette Stark	info@komenneny.org
10/05/2013	9:00 AM	19th Annual Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School, Burnt Hills	Paul Lewandowski	ssalmonlew@aol.com
10/05/2013	10:00 AM	Capital Region Nordic Alliance & Hudson Berkshire Beverage Trail member 5K Trail Fun Run Series	Chatham Brewery, Chatham	Tom Wright	tmwright47@nycap.rr.com
10/06/2013	9:00 AM	A New Leash on Life 5K - Schenectady SPCA	The Crossings at Colonie	Kate McElroy	kamcelroy@gmail.com
10/06/2013	11:00 AM	Run for the ROC - 5K	Saratoga Race Course - Union Ave	Mike Wallner	mwallner@saratogacare.org
10/12/2013	9:30 AM	3rd Annual Rhino Run 5K	Crossings of Colonie	Lori & Frank Murray	rhinorun@verizon.net
10/13/2013	1:00 PM	Shine On 5K	Spencertown Firehouse	Tammy Page	spencertownauxiliary5k@gmail.com
10/13/2013	8:30 AM	30th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/13/2013	8:30 AM	12th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/19/2013	10:00 AM	2nd Annual Apalachin Lions 5K Run	Apalachin Fireman Field Grounds	Jake Brown	wmjbrown@gmail.com
10/19/2013	9:00 AM	Maddie's Mark 5K	Central Park Sch., 500 Irquois Way	Kathleen Snyder	5k@maddiesmark.org
10/20/2013	9:30 AM	Beat Beethoven! 5K	Central Park Schenectady	Christine Mason	sso2@verizon.net
10/26/2013	3:00 PM	Rylie J's Boo and Brew 5K and Kids' Fun Run	Rylie J's 38 Seneca Street Geneva NY	Jen Stanton	drjstanton@gmail.com
10/26/2013	9:00 AM	Monster Madness Dash YMCA 5k Run, 3K Walk, Free Kids Fun Run	Troy YMCA 2500 21st St. Troy 12180	Tammy Roberts	troberts@cdymca.org
11/10/2013	9:00 AM	39th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/24/2013	10:00 AM	HMRRC Turkey RaffAL Run 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com
12/08/2013	10:00 AM	Winter Series Race #1: Doug Bowden 15K and 3M	SUNY/Albany	Doug Bowden -- Ken Skinner	bowden@nycap.rr.com
04/26/2014	10:00 AM	GRACE RACE 4 Mile Run/Walk	E. Cobleskill	Peter DeBartolo	peterdebartolo@thefieldsofgrace.org

Hudson Mohawk Road Runners Club

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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!*