

The Pace Setter

August 2012

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





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The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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The Pace Setter

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Photos in this issue by Neil Sergott



HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) 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 HMRRC exists.

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

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President's Message

by John Parisella

Welcome to August. We hope that you have been able to take advantage of the fine Capital Area summer weather and that you are meeting your running and training objectives. There are quite a few fine races to enter this month, and Al Maikels will probably have told you about them in his column in the next few pages. If you plan to race, I wish you good luck. If you cannot enter a race, or do not run, please volunteer to help out at one of the upcoming races.

I have returned from the Adirondack Distance Run, the annual 10 mile race from Lake George to Bolton Landing, which is managed and hosted by the Adirondack Runners. The race seemed to me to be run exceptionally well by this club and its volunteers. There were nearly 550 finishers on a pretty – well, picture perfect – morning in the Adirondacks. There were some really fine performances and interesting, close races in the top five finishers. Aliaksandr Leuchanka from Albany edged Nick Marcantonio from Glens Falls by a mere one-second for runner-up (0:53:53 v. 0:53:54), and Mike Roda from Albany battled it out along the hilly course with Tom O'Grady from Latham finally taking it by seven seconds (0:55:01 v. 0:55:08).

On the women's side, the race seemed to start at mile 5 for, at that point, Willow Street's Emily Bryans and Kristina Gracey were flying together stride for stride. At the finish, Kristina won the women's race in 1:03:09, 20 seconds in front of Emily. Chelsea Benson of Hudson was pretty close behind Emily for third in the women's race.

The Capital Region club teams were present in good numbers at the Distance Run. The Willow Street Athletic Club, Team Utopia, the Kinderhook Runners, Fulmont Roadrunners, Saratoga Stryders, Fleet Feet of Albany, and Albany Running Exchange joined the home team Adirondack Runners in the competition. I couldn't find team results for this message, but that doesn't really matter. In my way of looking at it, each of these teams has many fine runners and their presence at local races increases the quality of the local area competition. Members of the Capital Region teams encourage each other and this builds the strength and motivation of the individual runner. As a member of one of these teams, I have always felt that my teammates, by their presence in a race, have helped me.

The local teams represented in regional-level and national-level races have people noting that the Capital Region has a strong and wide spectrum of running talent, and that talent isn't only demonstrated when the 'gun' goes off and the feet start pounding the pavement. The other talent is demonstrated every day when, like at the Distance Run, a designated race director and his or her volunteers take the next necessary step in preparing for race day, making sure that their event is the best it can possibly be for the runners.

This is one of the best places on earth to be involved in running. So, join a team, whether it is to race on the road or trails or to volunteer to help with race management. You will not be sorry you did. Thanks for being a member of Hudson Mohawk Road Runners Club! ☐





What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? Do you harbor a secret desire to run through a stream and try to make it up a slippery, muddy hill? If you answered yes, the HMRRRC has races for you in August. Cross country racing returns to the hills and streams of Tawasentha Park for its August meeting. The 5k races will be held on Monday, August 13, 20 and 27. The races will start at 6:30 p.m. and the August 20 race will be a Grand Prix event. These races are challenging and are a great workout.

A good warm up for the Tawasentha series can be found at the Indian Ladder Trail Runs, set for Saturday, August 5 at Thacher Park in the Town of New Scotland. There is a 15k race, followed by a 3.5 mile run and a 1 mile kids run with the 15k starting off at 9 a.m.. These races are followed by the HMRRRC picnic at noon, your entry into the 15k or 3.5 mile race includes your lunch ticket for the picnic.

Another August highlight is the 33rd Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday, August 4 and is a pursuit race with the women running first and then the men going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities.

The Colonie High track meets continue into August, with the last meet on Tuesday August 7. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:15 p.m.

There are local road races to be found on the August schedule. The Camp Chingachgook Challenge will be held on Saturday, August 11 and features a half-marathon and a 10k race. The half starts at 8 a.m. at Lake George High School and finishes at Camp Chingachgook; the 10k starts at 9 a.m. and is out an out and back course from Camp Chingachgook. The Castleton Kiwanis host the Clove Run on Saturday, August 18, with a 10 mile run going off at 9 a.m. and a 5k set for 9:15 a.m. from the Castleton Elementary School. You can Race the Train on Saturday, August 4, an 8.4 mile run from Riparius to North Creek that starts at 9 a.m. and features a lovely rolling course along the train route from Riparius to the North Creek station.

August is the month in which I celebrate my birthday. The Guilderland Fire Department prohibits candles in the number of my years as it constitutes a major fire hazard.

The club's business meeting for August is scheduled for Wednesday, August 8 at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave extension. All club members are encouraged to attend these meetings. □

New HMRRRC Members

Mike Beddows
Lily Buckley
Erika Butler
Aleta Cabuhat
Goran Cabuhat
Isabela Cabuhat
Mary Cabuhat
Ronaldo Cabuhat
Brian Cestaro
Heather Childs
Julie Cioffi
Barbara Connolly
Daniel Depeaux
Danielle Depeaux
Lynn Farruggia
Bruce Fleshman
Shawn Genung
Prudence Gunsch
Jamie Hansel
Greg Hart
Erin Hensel
Kathy Hensel
Maggie Hensel
Tom Hensel
Denis Hurley
Laurn Johnson
Talia Kavanagh
Walter Liss
Kim Lockridge-Hetko
Karine Meunier
Darren Pearson
Jenna Pearson
David Rettig
Michelle Ryan
Akihiro Sato
Dorothea Schoep
John Scott
Angela Taddeo



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Barefoot Madness

If I invited you over for dinner and put a plate of salt in front of you and told you to “dig in” you’d think I’d lost my mind. Salt is a food seasoning. It is meant to enhance the flavor of food, not replace it. Salt is an element of cooking and diet and nutrition, not a meal.

The same is true of barefoot running. Over the last two to three years a fad has surfaced where an appreciation of the role of a “strong foot” has hit the consciousness of the athletic world – and Madison Avenue. Ever in the quest for something new, this “minimalist” movement has struck with full force.

Proponents will speak with conviction about how these glorified socks have eliminated their foot and leg problems and rejuvenated their running careers. Given enough time, these barefoot zealots will get to the Kenyans and wax poetic about the shoeless culture that has dominated distance running in the world for over four decades.

The problem with these personal testimonies is that they represent the science of one. For a teenager, 20-something, 30-something or a master who was raised in an industrialized nation and spent their life on hard, level floors, the abrupt change to the minimalist shoe often represents a shock of such magnitude that the ligaments, tendons or muscles of the leg become overwhelmed and breakdown occurs. It is a situation of too much, too soon, and injury is the result.

I have become known for touting the foot drills, which are done barefoot on a soft surface. So why would I rail against this minimalist movement which is essentially just an extension of the foot drills?

The problem lies in one’s understanding of training. There are training elements and then there are training methods. The foot drills are a training element. Barefoot running is a training element. Interval, repetition or fartlek running would be training methods. It’s an example of salt as a seasoning versus salt as a meal.

When a workout is properly designed, it should have three components. A warm-up, main theme development and a warm-down. The 20-30 minute warm-up should be used to not only heat up the inner core, but also to sharpen technical movements and skills while the athlete is strong and fresh. Weak links or problem areas can be addressed, with specific attention to address the stresses from a training session in general or training in particular.

The foot drills are good in the warm-up, as would be skipping, ankle flicks or some activity that is done one to two minutes or for a total of 50-100 meters broken up into several small reps. The selection and variety here is almost limitless, but if the workout is designed to truly train something, this portion of the workout can be used to fine tune that training. As a general conditioner, were one to do 100m or 200m of barefoot running on a soft surface –

I’d have no objection. That is not what happens. One hundred meters soon turns into a lap, then a mile or more, and more is always seen as better.

The main portion of the workout, what most people consider as the workout, would be the development of a theme – aerobic endurance with a long continuous run (45-60+ minutes), anaerobic endurance with two 880’s at one’s personal best plus 10-15 seconds, lactate tolerance with interval training of repeated 200’s or 400’s with a set recovery time. This focus will change from day to day and week to week depending on a variety of factors, not the least of which are training goals, part of the season, event, age, even sex.

The final portion of the workout is the cool-down. What one is trying to do here is normalize the body. From time to time this third phase of a workout can begin with some general endurance conditioning exercises such as circuit training or a limited weight training circuit to work one’s overall endurance or general fitness. But even that work will be ended with a cool-down period of light jogging, stretching and possibly use of adjunctive therapies such as a flush massage, a short swim or cold water immersion for 5-10 minutes.

I have heard of athletes doing their barefoot running during this cool-down and I would advise against it. The main reason is that at the end of a workout one is fatigued, and with fatigue, running form or running technique breaks down. Classically, technique and skill work are done when the athlete is fresh, which is why it is done at the beginning of the workout.

It has often been stated that running is a “ground contact” sport. The forces the feet must sustain with fast running are multiples of

7-10 times one’s body weight. The most common training surface for most runners from an industrialized nation is a hard, level surface. The function of shoes becomes twofold – support and protection.

The dominance of the Kenyan nation in worldwide distance running is unparalleled. In the last 40 years the podium placings of Kenyan distance runners at World and Olympic Championships is unequaled. Marathon rankings for the men for 2011 year from *Track and Field News* reveal that 31 of the top 40 marathon times in the world were run by Kenyans. While that level of dominance is unmatched by any other nation in any other event, what is truly astounding is that the top 20 times are by 20 different Kenyans!

Kenya is a third world nation suffering from tribal unrest, disease and poor nutrition. The legacy set forth by Kip Keino and Naftali Temu have led to hundreds and hundreds of talented runners on the world stage. Their young athletes often begin the sport from impoverished backgrounds, barefooted and trained on grass and dirt surfaces until adolescence. But interestingly or ironically, once the athletes develop the financial means, one of their first purchases is a pair of running shoes.

Fashions and fads come and go. Success in sport hinges on one’s ability to understand and appreciate what one’s training is doing to the body. The opening salt analogy should illustrate the point clearly. Strengthening the foot with foot drills or limited amounts of barefoot/minimalist shoe running can be an important training aid. Trying to design one’s training plan around this method is the fast track to the breakdown lane.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com. □

Submissions for the October Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is September 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.com

Ads should be sent to:

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

High resolution black & white files 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.



24TH ANNUAL LABOR DAY 5k



Monday, September 3, 2012
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

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

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

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

Applications must be received by Friday, August 31, 2012.

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

Separate application for team competition is available at sefcu.com

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

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

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

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

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex Male ☐ Female ☐ Phone _____

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

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

Signature _____

Parent/Guardian (if under 18) _____

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

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

Applications cannot be accepted at SEFCU locations.

Directed by

I Have a Dream

by Ken Orner

I have a dream that one day all Hudson Mohawk Road races will offer the same age group awards. That is, top three male and female finishers in five (5) year age groups up to and including age 80 plus.

I HAVE A DREAM:

NOW PLEASE LISTEN ALL YOU RACE DIRECTORS,

NOW PLEASE LISTEN ALL YOU HMRRR OFFICERS,

NOW PLEASE LISTEN ALL YOU HMRRR BOARD MEMBERS, and

NOW PLEASE LISTEN ALL YOU HMRRR MEMBERS.

I HAVE A DREAM that one day all Hudson Mohawk Road Runner races will allow runners in their seventies and eighties an equal opportunity to be recognized for their racing accomplishments, just as are all other runners in the lower age categories.

I recently ran in the Father's Day Race, followed a week later with The Home Run 5K at the Joe Bruno stadium. In both races, the top age group was seventy (70) and above. Well, so what there aren't that many runners in their seventies or eighties. But the runners in our club are moving up, and many are or soon will be in these upper age groups.

Do you really think it's fair to expect someone in their late seventies or early eighties to compete with someone who is in their early seventies?

I recently volunteered at the Distinguished Service 8 Mile Race and our wonderful Anny Stockman ran and completed the race on her eightieth (80th) birthday. Isn't that wonderful? And the race director, Mark Warner, recognized her achievement with an award. Would it have been fair to expect her to compete with a runner that was seventy?

YES I STILL HAVE A DREAM THAT ONE DAY ALL AWARDS FOR HMRRR RACES WILL HAVE THE MALE AND FEMALE 5 YEAR AGE GROUPS UP TO AND INCLUDING 80 PLUS.

Why is this such an important dream?

Here is the reason why this DREAM is such an important issue:

The number of runners in the seventy (70) and eighty (80) year old age groups is less than the lower age groups, BUT here is the major difference:

Are you listening RACE DIRECTORS?

Are you listening HMRRR OFFICERS?

Are you listening HMRRR MEMBERS?

The number ONE reason why this issue is so important for us older runners is that we only have a limited number of races left in us. Each year, although there are more runners moving up into the upper age groups, we are also reduced in number by three (3) inevitable events:

AGE – INJURY or OUR MORTALITY

I HAVE A DREAM THAT ONE DAY ALL RUNNERS WILL BE TREATED EQUALLY.

Perhaps it's an ego thing; I can't deny that

but I don't need any more medals; I don't need any more plaques; I don't need any more trophies or any other running awards.

Then what is it I am looking for?

Simply to be recognized for still running in my eighties; don't give me another award, just call out my name after the race; just as Anny Stockman had her name called out at the Distinguished Service race at age 80.

I HAVE A DREAM THAT I WOULD BEG YOU TO FULFILL BEFORE I HAVE TO STOP RUNNING BECAUSE OF AGE, INJURY OR MORTALITY.

THANKS FOR LISTENING TO MY DREAM.

Please let me know why it is so difficult to recognize runners in 5-year age groups up to age 80. It should not matter the number of runners in an age group. Please recognize that is all we ask, so SIMPLE but yet seems impossible to get it done. It is hard to understand why. I seek answers. Email me at: koner@nycap.rr.com. □



Profile of a Runner

JOHN SLYER

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

I am a science teacher and a coach at Shaker Junior High. I also direct triathlons, run a youth triathlon camp, SHAPE, and work on Jiminy Peak Ski Patrol.

When and how did you get started running?

I ran on hiking trails in the Adirondacks as I climbed peaks in the 1980s and I started running on roads when I met my wife in the early 1990s.

Do you have a favorite race or races?

I love the Mohawk Hudson River Marathon and the Lake Placid IronMan Triathlon.

What are your most memorable races?

My most memorable race was when I broke 3 hours at the Mohawk Hudson River Marathon in 2006. The other memorable race was IronMan 1999; I never knew how good it would feel to cross a finish line.

How do you train? Do you have training partners?

I plan my training in the fall and winter for the following year's races. I do a great deal of my running with family members, athletes that I coach, and friends. I usually do my long runs on country roads in Averill Park or along the Mohawk or Hudson rivers.

What are your current goals?

My primary goal for 2012 is to produce the best Super Olympic Road Triathlon and Triathlon Festival at Grafton State Park outside of Troy, NY. www.SKYHIGHsuperTRI.com



Do you have any future running goals?

I am currently hoping to re-qualify for the Boston Marathon and eventually make it to Kona for the IronMan World Championships.

Do you have a philosophy of running?

Yes, I believe that running is a great way to re-set and refresh your mind. I use a mantra when I run. The mantra that I used to get my marathon and IronMan PRs was "love and kindness."

Any funny stories?

During IronMan 2003 I ran out of the transition tent into a torrential downpour and realized how hard it was coming down and I ran back into the tent and the crowd laughed loudly. I got the courage to run in the rain and when I came back out the crowd cheered me on and my family was standing in 12 inches of water laughing and cheering me on. □





11th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 9, 2012 – 9:00 a.m.



Course: Both the 5K run and 1 mile walk start and finish at the **Washington Park Lake House** on the west (Madison Avenue) side of the park. Paved roads throughout.

Registration on the day of the Run & Walk begins at 7:45 a.m. at the Washington Park Lake House

Entry Fee: **Individuals:** \$15 Pre-registration before September 1 only;
Register onsite for \$20 after September 1
Team Members: \$12 Pre-registration before September 1 only;
Register onsite \$20 after September 1
Children: \$5 ages 10 and under



Awards: Awards will be given to 1st, 2nd, and 3rd place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards.
Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

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Mail Entry Form and Check To: Teal Ribbon Run/Walk, P.O. Box 64, Delmar, NY 12054



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

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

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

Sex: ☐ Male ☐ Female I am a: ☐ Runner ☐ Walker

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

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED

☐ No Shirt (please use all money towards research)



NO STROLLERS OR DOGS ON RUN COURSE PLEASE.

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

Signature _____ Date: _____

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



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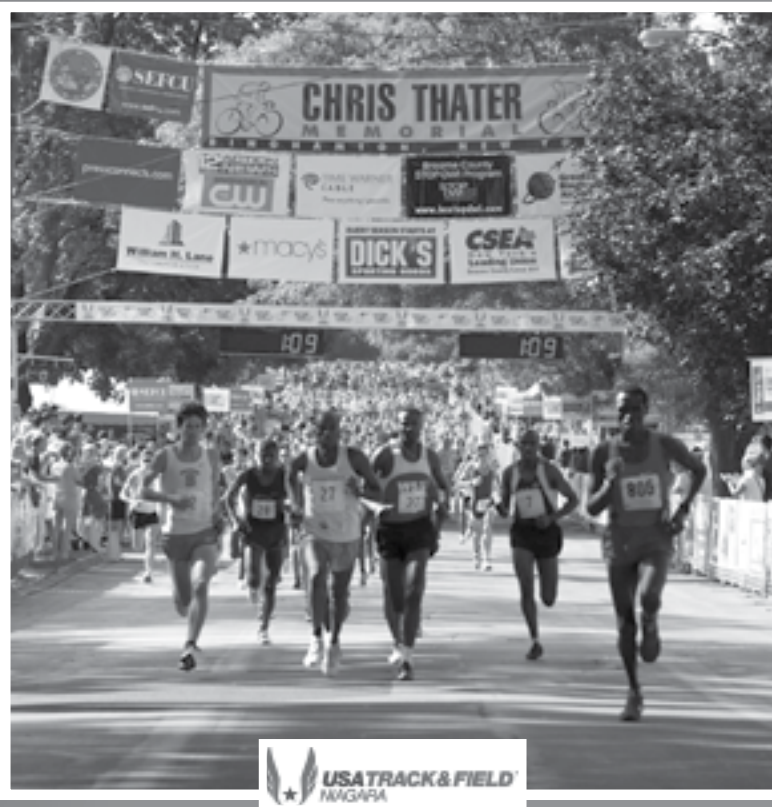
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August 26, 2012

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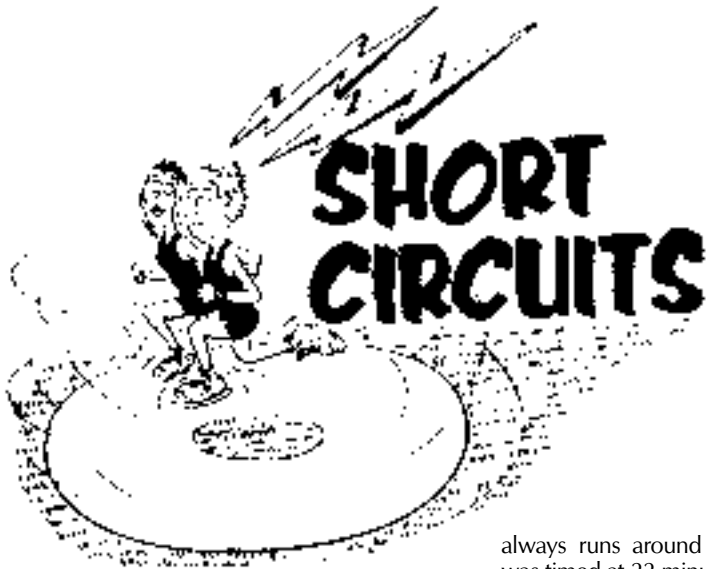


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Jim Russo always wears his runners' watch (chronograph) whenever he runs. He has two just in case he can't find one. But he had none at work that Monday when he set off for an evening Tawasentha group. He hadn't the time to go home and grab one so he did the next best thing. He grabbed his desk clock and carried Big Ben during the run.



Jim Russo proudly displays his new chronograph

At a recent race in Schenectady's Central Park a runner, having finished the race, approached the timing van with a complaint: "Hey, I'm not listed in the results!" The timing captain's response: "Where did you have your chip?" The answer: "In my pocket." Case dismissed.

At this same race an irate mom attacked the timing van challenging the accuracy of the timing. "Your timing is way off! My daughter

always runs around 14 minutes. Today she was timed at 22 minutes. You gotta fix it!" Her daughter in tow embarrassingly educated her mom: "Mom, our races are 2 miles, this was a 5K, 3.1 miles." Next case.

Meghan Vogel, a high school junior from West Liberty, Ohio, was entered in a 3200 meter track event. As she approached the finish she began to overtake another runner who suddenly collapsed. Vogel stopped running and assisted the fallen runner to the finish line.



She ain't heavy

Five Vermont National Guardsmen competed in the recent Vermont City Marathon wearing fatigues, boots and 45 lb. backpacks. All but one finished.



All in a day's work

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

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

Roger Bannister held the world record for the mile (3:59.4) for 46 days (May 6 to June 21, 1954). Hicham El Guerrouj has held the world record for the mile (3:43.13) for over 4,750 days (since July 7, 1999). □



One brief shining moment



A record for the ages





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Saturday
September 15, 2012
10:00 AM

A 5K event committed to helping those in the Capital Region living with brain, head, and neck cancer—over \$150,000 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.



OVERLAND GROUP

Run for the

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



Application Fee: \$20 pre-registration by **September 21** 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.

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**Sunday, September 30, 2012
at 11:00 a.m.**

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

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

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

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

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

Register Directly Online at: http://www.areep.com/online_reg/registration.php?eventID=187
or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 21, 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.
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Early Race Packet Pickup on Friday, September 28, 4-7 p.m.
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*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature

Parent/Guardian Signature (if under 18)

Bill Robinson Masters 10K ... Memories of Past Performances Lay the Foundation for This Era's Elite Master Class

by Vince Juliano

Race director Jim Tierney mostly walks these days and often reflects on the recent loss of his beloved wife Grace. A small faded newspaper clipping he keeps from September 1989 brings to life proud memories Tierney shares as a competitive runner on a Capital District running team that once won the 50-59 division of the masters 10K National Championship in Pittsburgh, PA. That same year, a strong team in the 40-49 division finished third, led by Bill Robinson and Pat Glover, who posted impressive 10K marks of 32:15 and 32:47, respectively.

Glover would escort Robinson, now confined to a wheelchair, to the HMRRRC Masters 10K Championship this year. It was renamed in honor of Bill Robinson ten years ago at the request of Tierney. Robinson was a superb master's runner who won this event twice in 1987 and 1989, while Glover won in 1988.

Robinson always receives warm applause at the conclusion of the award ceremony as old friends gather to reminisce and to watch the new generation of exceptional master's athletes challenge the course and compare performances with the former generation. Robinson made clear, in his brief remarks post race, that he could take no credit for the design of the challenging out and back course but was appreciative of the honor.

Among the volunteers were Mike Bartholomew, 88, who ran the course twice at age 82 and 83, female course record holder Emily Bryans, 44, and Lowell Montgomery, who fondly recalls his days as a competitive runner but is resigned to cycling now due to chronic bad knees.

Memories quickly gave way to real time action when the horn sounded for the 32nd Masters 10K Championship and the field, restricted to athletes age 40 or older, took off into a stiff headwind for the first 2 miles.

Tim Van Orden of Bennington, Vermont, a former champion in 2009, dictated the race pace and drew clear of the 108 participants during the first mile. Van Orden, who adheres to a strict vegetarian diet and competes nationally and internationally in off-road races at altitude, appeared to be in top form as he ran solo the whole way to win impressively in 34:45 at age 43. Recently turned masters runner Volker Burkowski of Gansevoort rallied to edge 2011 champion Ben Greenberg for the runner-up spot by a mere six seconds in 35:28. The Bill Robinson 10K hosts the USATF Adirondack 10K Masters Championship, and Burkowski was awarded the title as the first USATF finisher in the first USATF finisher.

is her from eastern upstate New York.

Ann Benson of Clifton Park won the first of three consecutive Masters 10K titles in 2006, at age 41. Last year she won her 4th title and was attempting to become the first masters athlete to win this championship 5 times when she toed the line this year at the mature age of 47. Benson was focused and fit, and raced confidently the entire race, posting only the 4th sub 40 minute 10K by a female (over the 32 year history of the race) while setting a personal best mark for the course of 39:43. Benson, arguably one of the top 3 female masters runners in area history would add a CDPHP Workforce Challenge individual championship to her impressive masters resume several weeks later to tie Tom Dalton as the oldest all-time winners of that mega corporate event.

Derrick Staley, 53, and Beth Stalker, 52, both former champions of the Masters 10K, would post the top age-graded times as they continued their excellent running early in the 2012 competitive road race season.

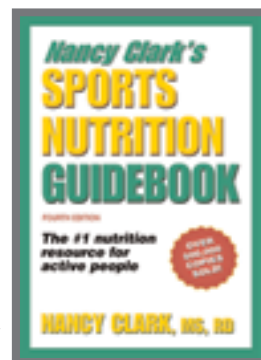
In this Olympic year, we will often be inspired by athletic achievements of our nation's youth, but at the Bill Robinson Masters 10K, life begins at age 40, and we can continue to be inspired by the performances and the memories of aging athletes for years to come.

Volunteers: Marcia and Tom Adams, Katharine Ambrosio, Emily Bryans and Vince Juliano, Mike Bartholomew, Cecelia Broomhead, Joan and Joe Corrigan, Karen Dott, Rich Eckhardt, Pat Glover, Harry Hannessy, Richard Kappes, Mike Kelly, Ken Klemp, Bob Knouse, Barb Light, Charles Matlock, Al Michaels, Joan and Lowell Montgomery, Ed Neiles, Ernie Paquin, Ginny Pezzula, Joe Preno. □



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The 41st Annual Distinguished Service Race

By Mark Warner

The 2012 Distinguished Service Race, held on June 10th, was a rousing success, led off by HMRRC's Vice President, Jon Rocco, presenting the Distinguished Service Award to Ed Gillen for his many years of outstanding service to the Hudson-Mohawk Road Runners Club. Ed has served as the race director for both the Winter Series III and Runnin' of the Green races. His attention to detail has ensured that these races have gone off without a hitch during his tenure. As Membership Chairperson, he brought the Wild Apricot software program to HMRRC that resulted in much needed automation to the club operations. Ed served as a coordinator for the Mohawk-Hudson Marathon and for the Stockade-athon, as well as a volunteering at numerous other races. Ed has been honored with both the President's Award and the Extra Mile Award by the HMRRC. Ed and his wife Roxanne will move to Florida in the near future and will be greatly missed by the running community in the Capital Region, and no doubt will be a welcome addition to the Florida running clubs. As a distinguished HMRRC volunteer, Ed's efforts are greatly appreciated by the club, as demonstrated by his selection as this year's Distinguished Service Award winner.

Due to construction at the SUNY Albany campus and another event at the same time, a new course was put in place. The course stayed mainly on the perimeter road of the campus and unfortunately bypassed the lake loop, a favorite of the runners. Race day was warm and sunny but not overly humid, making times a bit slower than a year ago. There were 138 finishers, the second most in race history after last year's 151 finishers. Joe Hayter ran much of the race with Aaron Knobloch before pulling away for a nineteen second win in 46:10. Richard Messineo repeated his third place finish of a year ago with a time of 48:30. On the women's side, Kristina Gracey repeated last year's win with a time of 51:08. Crystal Perno moved up one place from last year, finishing second in 53:37. Gretchen Oliver finished 3rd in 54:33.

There were several excellent performances among the women's age group winners. Most notable was Anny Stockman, winning the 80 year old and up division on her 80th birthday with a time of 1:30:55. There were several repeat winners, including Eiko Bogue, who won the 75-79 year old age group in 1:37:20 after winning the 70-74 year old age group the previous year. Roxanne Gillen repeated as the 45-49 year old age group winner in 1:11:00, one week prior to directing the club's Father's Day Race. Sally Drake repeated in the 35-39 year old age group with a time of 59:18. The 60-64 year old age group had the most talented field of the day, with the same top three as the previous year but in a different order. Judy Phelps led the trio of talented runners in

1:03:31, followed by Susan Wong in 1:06:15 and Martha DeGrazia in 1:10:11. Susan had the second fastest age-graded time of the day, followed by Judy with the third fastest. Emily Bryans was the fourth woman overall, winning the 40-44 year old division in 54:34. Nancy Briskie was fifth overall in winning the 50-54 year old division in 57:53. In the closest age group race among the women, Diana Tobin-Knobloch edged Leah Jachym by 33 seconds to win the 30-34 year old division in 1:01:27. Other age group winners included Shylah Weber in the 20-24 year old division, running 1:05:20, Taryn Reese in the 25-29 year old division in 1:03:02, and Susan Burns in the 55-59 year old group, winning in 1:09:26.

The men's competition had a number of outstanding age-group races. As with the women, the 60-64 year old age group had the deepest field. Paul Forbes ran the best age-graded race of the day, winning this age group in 53:37, edging Carl Matuszek, who ran 54:20, and Paul Bennett, who finished in 55:39. Also like the women's race, a Stockman won the oldest age group, with Wade repeating his win in the 75-79 year old group with a time of 1:12:56. Another repeat winner from last year was Jon Rocco, winning his new 45-49 year old age group in 49:37, just edging Tom Kracker who ran 50:00, and Brian DeBraccio, finishing in 50:02.

Richard Clark repeated in the 55-59 year old group, running 55:52, and Norman Doveberg won again in the 65-69 year old group in 1:01:47. Paul Cox won the 19 and under group, finishing fourth place overall in 49:07. Clay Lodovice won the 35-39 year old division, finishing 5th overall in 49:20. Other age group winners included Kevin Messineo (20-24) in 59:40, Mohammed Qneibi (25-29) in 1:11:39, Andrew Rickert (30-34) in 50:45, Ken Tarullo (40 - 44) in 57:13, Ken Evans (50 - 54) in 54:51 and Ed Bown (70-74) in 1:03:35.

A number of past Distinguished Service Award winners joined Ed Gillen in participating in the race, as either a volunteer or racer. Due to an injury, Ed couldn't run, so he graciously volunteered as the official starter and assisting at the finish line. Nancy Briskie ('09) and Vince Juliano ('06) ran the race. Volunteers included Ed Thomas ('03), Ken Skinner ('00), Jim Tierney ('99), Doug Bowden ('98), Charlie Matlock ('92) and Ed Neiles ('91).

This year's race was successful not only because of the many competitive runners, but even more so due to the great help of the volunteers, many coming back to volunteer year after year. Each volunteer makes a difference and certainly ensured the race's 41st running was a great success.

Let's give Ed one final thanks for his years of dedication to the Hudson-Mohawk Road Runners Club. THANKS ED! □

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



"BEEN THERE, DONE THAT"

by Mike Becker

August 1972...Forty Years Ago

- The club held an eight-mile race to honor club co-founder Tom Osler. This was a precursor to today's Distinguished Service Race. Among the 15 finishers were Burke Adams, Don Wilken, and five Shraders.
- The first ever club Hour Run was held on a hot evening on the 27th. Howie Ryan became the first member of the ten-mile club, with Don Wilken running over nine miles.

August 1977...Thirty Five Years Ago

- Club officers included John Aronson – President, Burke Adams – Treasurer, Carl Klinowski – Secretary, and Ray Williams – Publicity.
- Mark Mindel was profiled. He had become one of the area's top distance runners after a long career as a notable half-miler. At 5'10" and 132 pounds, he has the perfect build for distance running. His PRs include a 48:43 15K and a 2:35 marathon (Boston). He was also the co-winner of the first two Stockade-Athons.
- Mark Mindel ran 10.75 miles to win the club Hour Run. That's a pace of 5:35/mile. Bill Meehan and Ron White also ran over ten miles.

August 1982...Thirty Years Ago

- Future Nike President Tom Clarke ran a 16:05 to win the Albany YMCA 5K in Washington Park on the first. Diane Myers ran a 17:54 to top the women, good for 16th overall.
- Mark Mindel and Ellen Weglarz-Mindel easily won the fourth Annual Dynamic Duo at Colonie Town Park on the seventh with a combined 33:29 for the six miles.
- Lee Wilcox directed the club Hour Run at the Colonie HS track on the 19th. Frank Ripple, running his fifth race in six days, won with 10.12 miles. Anny Stockman was the only female of the ten participants and ran 8.35 miles.
- A 4.25-mile "European style" cross country race was held at Tawasentha Park in Guiderland on the 30th. Finishing in the top ten in the club Grand Prix event were Dale Keenan, Tom Greene, Fred Kitzrow, Mark Mindel, and Don Myers. Ellen Weglarz-Mindel was the top female.

August 1987...Twenty Five Years Ago

- Chet Tumidajewicz was profiled. He considers among his best performances a 3:02 Mohawk Hudson Marathon and a 3:10 Boston Marathon. He runs every day and averages 60-70 miles per week. He had run for 3,100 consecutive days as of June 1987. His favorite race is the marathon, having completed 23 of them.
- Bill Robinson won gold medals in the 800m, 1500m, and 4x800m relay in the Empire State Games in Syracuse, setting ESG Masters records in all three events.
- Just six runners participated in the Sextathlon at the SUNYA track on the sixth. The events included a 52-meter balloon run, a 96-meter basketball dribble, and a 400-meter run with



a frisbee on head, a "normal" 800 m run, a frisbee toss, and a standing long jump. Just for the curious, the balloon run required keeping a balloon aloft without holding it.

- Laurel Sutliff (18:12) and Dave Twarog (15:26) won the Dynamic Duo six-mile partner race with the 3rd fastest combined time ever recorded.

August 1992...Twenty Years Ago

- John Gill and Chris Sanford won the Two-Person Relay with a combined 34:47 for the six miles. Six teams were disqualified for choosing their own partners!
- Doug Bowden directed the club Hour Run at the steamy SUNYA track on the 13th with 49 participants. Tom Bulger ran 10.51 miles to beat Rob Colborn (10.49 miles). Sixty-year-old Anny Stockman ran 8.08 miles to top the women, with Martha DeGrazia clocking 7.92 miles.
- A large field of 442 runners completed the Run for The Roses 5K at Grafton State Park on the 30th. Bob Irwin won with a 15:58, with Amy Herold-Russom running an 18:20 to top the ladies. A total of 77 runners ran under 20 minutes.
- The club held its usual three cross country races at Tawasentha, a tradition since 1977, under the direction of Bob Oates. The races featured a new 3.5-mile course designed by Bob, and the fastest time of the three was 19:07 by Steve Clarke. Renee Mack had the fastest female time with a 24:12.

August 1997...Fifteen Years Ago

- Zach Yannone ran a 15:55 to win the Clifton Park YMCA 5K. Amy Herold ran a 17:16 for top female honors and sixth overall.
- Russ Hoyer joined the ten-mile club in the Hour Run by running 10.19 miles. Carl Matuzek and Phil Borgese also ran just over ten miles. Emily Bryans won her first of eventual four Hour Run titles by running 8.95 miles.
- Zach Yannone and Karen Dott were winners of the club Pentathlon, consisting of a 5K, 800m, 3200m, 400m, and 1600m on the Col-

onie HS track.

- A *Pace Setter* article on running after retirement lists 56 marathons that recently-retired club member Dick Green completed in the past 2.5 years, quite an accomplishment!
- The team of Rick Bush and Dana Ostrander won the Dynamic Duo at Colonie Town Park with a combined time of 32:25 for six miles.

August 2002...Ten Years Ago

- Rob Kuhn joined the ten-mile club in the Hour Run on a hot evening at the SUNYA track, running 10.73 miles. Megan Leitzinger ran 8.63 miles for top female honors. Notable is 70-year old Anny Stockman running 7.07 miles, setting a new American female 70-74 age group record.
- Jamie Rodriguez won the Bethlehem Cross Country 5K Grand Prix race with a 16:00, shattering Tom Dalton's course record by 46 seconds. Caitlin McTague was the fastest female with a 19:27. Chuck Terry and Emily Bryans were runners-up. A total of 99 runners completed the race.
- Nolan Tully won the grueling club Pentathlon at Shaker HS, with Vikki McKane taking top female honors. Vince Juliano directed the event, which was absent the heat and humidity so frequent in previous years.

August 2007...Five Years Ago

- The Chris Thater Memorial 5K was held in Binghamton on the 26th and always includes several world-class runners. The top local runner was Chuck Terry with a 15:25, good for 29th overall. The top local female was Emily Bryans with a 17:49, good for 83rd overall. Nelson Kiplagat was the winner with a blistering 13:35 (4:23 mile pace!).
- Victor George won the 2nd Annual Valley Cats Home Run 5K at Joe Bruno Stadium on Troy on the 19th with a 16:17. Brina Seguire took top female honors with an 18:17. Age group winners included Kimberly Miseno-Bowles, Tom Mack, Rick Munson, Paul Bennett, and Bob Knouse.
- Seamus Nally and Meagan Gregory had the top team time in the Dynamic Duo at Colonie Town Park on the fourth with a 32:29 for the six miles. The top individual times were Greg Kiley (14:45) and Sam Roecker (17:19) for the three-mile course. □



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Sports Nutrition News from The American College of Sports Medicine

The American College of Sports Medicine (www.ACSM.org) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in San Francisco, May 30-June 3, 2012, over 6,000 exercise scientists, sports dietitians, physicians and other health professionals gathered to share their research. Here are a few of the nutrition highlights.

- During a 46-mile (75-km) race, cyclists performed just as well when they fueled with banana as compared to sports drink. They drank about 8 ounces of sports drink or ate half a medium banana + water every 15 minutes during the 2.3-hour event. Time to start taping bananas to your helmet?

- Tart cherry juice contains numerous antioxidant and anti-inflammatory agents that can reduce pain and inflammation associated with osteoarthritis. When arthritic women (ages 40-70) drank a 10.5-ounce bottle of tart cherry juice or a placebo twice a day for three weeks, some of the inflammatory markers in their blood decreased. Women with the highest amount of inflammation noticed the most benefits. This is just one example of how food is a powerful medicine.

- Pomegranate juice is another rich source of bioactive compounds that reduce muscle soreness. Healthy men who drank Pom Wonderful juice for eight days before muscle-damaging exercise experienced less muscle soreness.

- Nitrates in foods such as spinach (and beets) reduce the oxygen cost of exercise and enhance efficiency. Healthy young men who consumed half a liter of spinach juice for 6 days were able to perform better anaerobically. Maybe this is why Popeye was strong to the finish?

- Dietary nitrates in the form of beet juice (called beetroot juice in the UK) have been shown to improve 2.5 mile (4 km) and 9.5 mile (16 km) time trial performance by almost 3% in racing cyclists. During a longer, 50-mile time trial, cyclists who consumed a half-liter of beet juice 2.5 hours pre-ride rode almost 1% faster. This small improvement was not statistically significant, but to a cyclist, the improvement would likely be meaningful.

- Elite rowers who consumed beet juice for 6 days performed better on an erg test. This was particularly noticeable in the later stages of exercise. Pre-exercise beets or borscht anyone?

- Both beta-alanine and sodium bicarbonate can reduce the negative effects of lactic acid in athletes who do very high intensity exercise. In an intense five-minute cycling test, beta-alanine enhanced performance. When

combined with sodium bicarbonate, the improvements were even better.

- Most research with caffeine is done with pure caffeine supplements. Does coffee offer the same ergogenic effect? Yes. In research with cyclists and triathletes, the time trial results were very similar with pure caffeine (39.4 minutes) and coffee (39.5 minutes). Instant decaffeinated coffee (41.4 minutes) gave the slowest time. The researchers suggest the small improvement was related to caffeine's ability to stimulate the central nervous system. This makes exercise seem easier so the athlete can work harder.

- An extensive review of the literature indicates caffeine does not have a dehydrating effect nor impair heat tolerance. Hence, a 150-lb (68 kg) athlete need not worry about consuming about 200 to 600 mg caffeine (3-9 mg caffeine/kg body weight) when exercising in the heat. That's 1 to 3 large cups of joe.

- While commonly consumed intakes of caffeine do not have a diuretic effect over the course of the 24-hour day, what happens in the short term? In three hours, habitual coffee drinkers who consumed 7 ounces (200 mL) coffee (with 250 mg caffeine) voided 11.3 ounces (316 mL) urine, very similar to the group that consumed plain water and voided 10.4 ounces (290 mL) urine.

- When cyclists were given 1.5 or 3 mg caffeine/lb body weight (3-6 mg/kg) one hour prior to a 24-mile (40-km) time trial, they performed equally well, regardless of the dose. However, the athletes who responded best to pre-exercise caffeine had a specific gene that was missing in the non-responders. That is, when compared according to genotypes, the AA homozygote group was 4.6% faster at 6 mg caffeine/kg as compared to 2.6% improvement in the C allele carriers. Genetic differences influence caffeine's ability to enhance exercise performance.

- Is Red Bull better than coffee? Doubtful. In a cycling time trial, Red Bull enhanced performance similarly to caffeine. Red Bull's added ingredients offered no additional benefits.

- Female cyclists who trained about 10 hours a week had low spine bone density in the osteopenic range—even though they were only 26 years old! Whether you are male or female, if you spend most of your exercise time cycling, think about cross training with weight bearing exercise to improve your bone health.

- When getting your body fat measured with a Bod Pod, be sure to follow the instructions to not eat, drink, or exercise for two hours before the measurement. Athletes who did 30 minutes of treadmill exercise prior to Bod Pod testing were 21.3% body fat pre-exercise and

19.6% post-exercise. That 2% drop was not due to a loss of body fat, but rather to inaccuracy related to having an elevated body-temperature!

- When getting your body fat measured, take note: Different methods of body fat measurement give different results. In collegiate gymnasts, the body fat results were:

Omron HBF-510W	26.1% fat	(\$55 on amazon.com)
Tanita BF-350	21.7%	(\$899 at Walmart)
Tanita BF-522	21.7%	(\$366 at amazon.com)
DXA	21.06%	(research-based; the "gold standard")
Calipers	19.5%	
Omron HBF-306C	18.4%	(\$30 on amazon.com)

- Trained runners lost twice as much sweat during a one-hour summer race than they had predicted. As a group, they predicted losing about 750 ml sweat in hot, humid conditions but they actually lost about 1,500 ml. Weigh yourself pre/post exercise to learn your sweat rate!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com. □





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5K
Run

3K
Walk

Kid's
Fun Run

ENERGIZING HEALTHY LIVING

CAPITAL DISTRICT YMCA Healthy Community Series

Presented by
BlueShield of Northeastern New York

YMCA, CLIFTON PARK, NY
Tuesday, August 14, 2012
Kids Fun Run - 5:30PM
5K-3K - 6:30PM

The Southern Saratoga YMCA invites you to bring your whole family to this exciting celebration, energizing healthy living in our community. The event will include a 5K run, 3K walk, Kid's Fun Run, Fitness Demos (for adults and kids), and more. **Learn more at CDYMCA.org.**

\$25 5K Run
\$25 3K Walk
FREE Kid's Fun Run (5:30pm) and Activities

Register at any Capital District YMCA Location or
online at www.CDYMCA.org



BlueShield
of Northeastern New York



Meeting Minutes of the HMRRC General Meeting June 13, 2012

Attendance: John Parisella, Chuck Terry, Barb Light, Doug Bowden, Jim Tierney, Cathy Sliwinski, Marcia Adams, Jon Rocco, Ed Gillen, Roxanne Gillen, Diane Fisher, Ken Skinner, Rob Moore, Tom Ryan, Mike Kelly, Wade & Anny Stockman, Aaron Knobloch, Deanna Knobloch, Allison Knobloch

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

1. Reading and approval of May 9, 2012 minutes (B. Light). Motion to approve May minutes made by Rob Moore seconded by Cathy Sliwinski. Motion approved.

2. Reports of Officers

2.1 President (J. Parisella) 'Run 4 Fun' -article in the Schenectady Gazette from Burnt Hills Ballston Lake program that was given a grant by HMRRC. John passed around the article. It was nice to hear about the event and how it helped them put on their event and how our grant money helped them.

Workforce Team Challenge Email from a SEFCU runner-from her perspective we "rocked" the Workforce Challenge race. She thanked us for all we did to put on the large event.

2012 Marathon Training Clinics -information on the training clinics for the marathon training are posted on the website. All the clinics are free and anyone can attend the clinics even if you are not a club member. We have about 125 in the first clinic and 75 signed up for the others.

Volunteer Management Training Session 6-22-12 – a notice about this seminar was emailed to John Parisella. It is a one day session by Catherine Hegeman. It is a program that target leaders who use volunteers for any organization. Fee is \$50 at and it will be held at the Visiting Nurses Association from 9-4PM.

2.2 Executive Vice President (J. Rocco): Finalizing Schrader Scholarship awards. Did present a couple of awards, other awards are scheduled. Ed Gillen asked what has been sent out to promote the scholarships we have given out. Jon Rocco will have an article in the Pacesetter next month about the winners. He noted that we should put an announcement on the Facebook page.

2.3 Executive Vice President – Finance (C. Terry): see attached report. Update on treasurer report-working with Pam on the Pay Pal

account. There was \$3100 in the account so final balance is \$378,000 in the account at the end of the year. Chuck should have enough information to complete the tax return and will give the information to the accountant.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): Distributed Report-see attached report.

3. Reports of Committees

3.1 Membership (D. Fisher): 2792 current membership. We have 32 new members. We are currently 300 over the membership from this time last year.

3.2 Volunteers (M. Adams): Thank you to all the volunteers in the Corporate Challenge. It is an unbelievable event and we thank everyone who participated. Had a very nice insert in the Times Union to thank everyone. Need volunteers for upcoming races. Planning in the month of July to work on write up for pre-registration and will be doing a pre-registration 101 course by end of the year.

3.3 Public Relations (R. Moore): Sent press releases to all papers for upcoming Father's Day and Valley Cat race. Have press releases for the papers about the summer track meet. Thank Greg Rickes for helping Rob at the Friehofer Run For Women race. Collected 7 bags of shirts for the Schenectady Mission. Rob staffed the booth at the Workforce Challenge race. Gave out HMRRC information and would like to thank Newkirk Products for printing the HMRCC brochures.

3.4 Race Committee (M. Warner): Thank You to Diane Fisher for Directing the Mother's Day Race. Had an excellent turnout with 142 finishers. Thank you to Mike Rabideau on directing the Workforce Team Challenge. He and his committee did an outstanding job in coordinating this event. The Distinguish Service race was held with the second most finishers with 138. Ed Gillen was presented as the 51st winner of the Distinguished Service Award. A new course was used due to the construction on the campus. Thank you to Ed Thomas for his coordination with the SUNY Albany Campus. The first Colonie Track meet was held on June 12th. Mark is still on setting up a meeting on race sponsorships and will be working on a summary of the discussion on dogs and strollers at the races. Mike Kelly attended the meeting and

brought up that he is in need of a food coordinator for the Indian Ladder picnic. Mike as Race Director cannot do both jobs that day. Mike is looking to the club to ask how to proceed to get someone. Person would need to make arrangements to have all the food ordered. You need to estimate runners and then other people who run day of. We have records from previous years. There is a minimum that we need to order. Ed Gillen suggested that we send out an email blast advertising the need for a volunteer. The race is Sunday, August 5th. Volunteers serve the food, Giffy's provides the food. We need volunteers plus a coordinator. Minimum order is for 300 people. John Parisella and Jon Rocco will work together and let Mike know what they find out. Ken Skinner noted that he and Mark Warner will be meeting with CD-PHP to get involved with Just Run Program. Father's Day race has 600 runners. Will be close to budget due to some of the changes made by The Crossings.

3.5 Race Committee Treasurer (J. Golden): see attached report.

3.6 PaceSetter (R. Nagengast / K. Zielinski): No report.

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

3.8 Safety Committee (V. Julia-no): No report.

3.9 Grants Committee (R. Newkirk): No report. John P will check with Ray about grants given out.

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

3.11 Just Run Program (K. Skinner) Had a very successful track meet. Kudos to Marcia and all the work she did. Ken forgot to forward the rosters of the schools to Marcia so they were backed up on awards. 13 schools were at the meet. Albany Prep Charter were not allowed to attend. Had about 400 kids at the meet. Many parents also attended the event. John Parisella noted the great atmosphere and the kids had a great time. Had plenty of food for all participants. Possibly have a vendor for food next year so that parents could purchase food while watching the event. Need to get a better number on parents attending. Thank you to all the USATF officials who helped with the timing.

Unfinished Business: Club Van management for remainder of June, July, and August 2012-Marcia will have a full inventory list prepared

and at the next meeting for what is in the van. Original plan should be implemented. Van is fully equipped and what the recommended supply is noted and that it should go to the next Race Director and then to the next Race Director, etc. Tom Adams has been in charge of it for the last 3 years and we need to start to implement this plan now that the inventory is set. John Parisella said he could keep it for the summer months and then implement the program after the summer. Insurance policy covers anyone who drives the van. Van will be turned over to John Parisella after the Valley Cat 5K.

3.1.1.1. New Business: Election Nominations-Marcia Adams-we have election candidates-President-Jon Rocco, Vice President-Maureen Cox, Treasurer-Sebrina Krouse, Secretary-Barb Light

Hall of Fame Committee – there was confusion on ad for Hall of Fame to be put in Pacesetter. Ed Neiles stepped in and will get ad to Jim Tierney.

Defibrillators-Dr. Michael Daley-Director with Marathon-he would like to have a defibrillator at all the races in the area and wanted to see what we could do to purchase the defibrillators for the club. Cathy Sliwinski has the information. One is heavy duty and is used outside, one is another type of defibrillator for inside use. Cathy did research on Good Samaritan Laws-NYS has the laws but they don't protect the club with gross negligence. We need to think about how we make sure that people are trained, who is going to be trained, where to keep them, maintenance, etc. Suggest we make a sub-committee to look into. Diane Fisher is certified to use one. John Parisella will talk to Vince about it since he is on the Safety Committee and let us know next month. Diane noted that the American Red Cross has training for this equipment.

Workforce Team Challenge Race Organization and Timing Aaron Knobloch –He is Captain of GE Team with 425 runners. Responding about question why the race is not timed. 140 signatures of people who want the race timed. As Captain and volunteer for race he has records of previous years, for each member on his team. Has a hard time to relay information on time for results. He would like to see focus on how to make it easier and eliminate filling out cards and

have results so that more than the top 50 people are listed. Syracuse JP Chase race has gone electronically and maybe there is a way our club could implement that type of timing and scoring. Marcia noted that a decision about timing is made by the Race Director and his committee not the club. This year it was run by a new Race Director. It was a challenge this year due to that and that we had online registration. A discussion on online time reporting is on the agenda for next year. The race committee is trying to come up with system for the timing system. Doug Bowden noted that Aaron should make presentation to the Race Director, Mark Warner and race committee. Aaron asked what the feedback was on the online registration. John Parisella asked that discussion be limited and be presented to the Race Director and his committee which is being planned for middle of the summer. Ed Gillen thanked Aaron for stepping forward and bringing this to our attention. Race Director and committee will be working with the information brought to them and collected to work on changes to make the race better. Ed noted that he has been involved with this club many years and even if we don't move fast with changes, we do move forward with them.

4. Announcements:

5. Adjourn: Motion made by to adjourn meeting made by Marcia Adams seconded Jon Rocco meeting adjourned at 8:50PM. □



**During
the "dog"
days of summer,
don't forget to
VOLUNTEER for the
upcoming fall races!**

Assistance needed:

SEFCU 5K – Sept. 3

Anniversary Run – 9/16

Voorheesville Race – 9/30

**Marathon and Half
Marathon Volunteers!
10/7**

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....



**SUNDAY, SEPTEMBER 30, 2012
CLIFTON COMMONS, CLIFTON PARK, NY**

Northway to Exit 9. West on Rte. 146. Left on Vischer Ferry Rd.
Clifton Commons on left

IN HONOR OF BEN MAYO!



NICK'S DASH-12:00pm 2 MILE WALK-12:45pm ZUMBA Warm-up-12:30pm 5K RUN-1:00pm

PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

Prizes given to top overall male & female finishers and first place in each of the following male & female categories:
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Parking for runners and spectators. No strollers allowed on 5k run. Lunch/refreshments included for participants.

Crazy Hats! Wear your Crazy Hat to walk, run, or just have FUN!

For more info. contact Liz Fox at (631) 645-4801 or email nicksrun@fighttobehealed.org

2 mile Walk and 5K Run Pre-registration: Per person \$20 (\$25 day of race)

(1st 250 pre-registered walkers/5k runners guaranteed dri-fit t-shirt—size upon availability)

Nick's Dash (short dash—6 & under; 1 mile—ages 7—11): \$5 per child

(Nick's Dash participants may only register via mail or day of event)

Prizes for every Nick's Dash Participant!

Registration starts at 10:30am on day of event

Nick's Foundation supports local pediatric cancer patients (501 c 3 organization)

Register online at www.fighttobehealed.org or make check payable to: NFTBHF

Mail to:

Liz Fox

c/o NFTBHF

PO Box 217

Rexford, NY 12148

Fee must accompany application.

\$3.25 processing fee will be charged for each online registrant.



Official use only: Bib # _____

By submitting this form you have read, understood and agreed to this waiver.

WAIVER: In consideration of accepting your 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 might have against Nick's Fight to be Healed Foundation, The Town of Clifton Park, and any officials and promoters of this race. I attest and verify that I am physically fit and have trained for the completion of this walk/run.

Signature _____ Date _____

Parent/Guardian Signature (if runner under 18) _____

Please print

Entrant's Name _____ Age _____ Gender _____ Phone _____

Address _____

Email _____ DOB _____

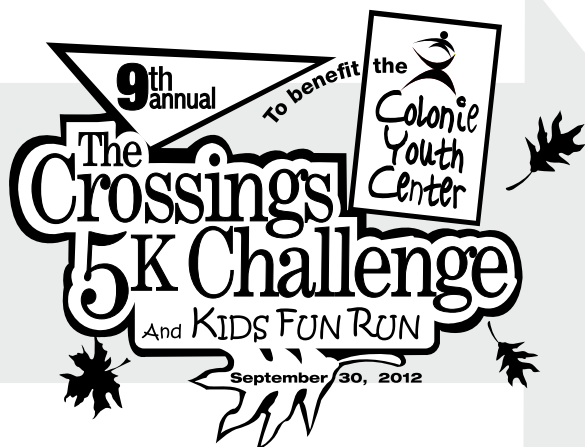
Pre-registration: walk \$20 _____ 5k run \$20 _____ Team Name: _____

Day of event Registration: walk \$25 _____ 5K run \$25 _____ Nick's Dash \$5 _____

TIMES UNION
In Print. Online. All the Time.

Walkers are welcome too!

Register EARLY for the best deal!



5K Challenge Run/Walk

- **FREE** dri-fit long sleeve shirt to first 300 runners/walkers registered. Food and drinks for all entrants.
- 5K run/walk is fairly flat and fast course down Aviation and through the park.
- **Awards-1st, 2nd, and 3rd place overall male & female finishers** And the same for: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over categories.
- **Strollers OK for registered WALKERS only.**
- **Chip timing by ARE Event Productions.**

**Strollers only allowed for registered 5K walkers.

Registration by mail or online at www.active.com

Overall Event Details:

Event starts and finishes at CYC's own Rudy A. Ciccotti Family Recreation Center *30 Aviation Road, Colonie * 867-8920.

Ample parking at the Ciccotti Center.

Registration open 8:00 – 9:30am
5K Challenge Race/Walk 10:00am
Kids Fun Run..... Est. 10:45am

Proceeds benefit CYC's community programs. For more about CYC visit colonieyouthcenter.org. Sponsorships Available from \$100.00 and up, please call 518.438.9596 or email: Bbloodram@colonieyouthcenter.org

Kids Fun Run

- All kids though age 12 get a medal and post-run pizza party.
- One mile or 1/4 mile distance.
- FREE to enter; must be registered.
- Youth shirts available while they last for a \$10.00 donation to the Colonie Youth Center (CYC)

REGISTER ONLINE at Active.com or Mail entry form to: Colonie Youth Center, 21 Aviation Road, Colonie NY 12205

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

Crossings 5K Challenge Participants

- ☐ 5K Challenge Runner
 - ☐ 5K Challenge Walker
 - ☐ \$20.⁰⁰ register early online or by mail by 9/25
 - ☐ \$25.⁰⁰ 9/26 through race day; paper registration only
- Free shirt to first 300 registered runners/walkers
(Circle preferred size) S M L XL XXL

Kids Fun Run Participants

- ☐ Check here for FREE Kids Fun Run through age 12.
- *Youth long sleeve tees available for a \$10.⁰⁰ donation.
- Circle Size (if applicable): YS YM YL ☐ Payment Enclosed
- Check Distance: ☐ Mile ☐ 1/4 Mile

How did you here about the event? _____

First Name _____ Last Name _____ Business (if applicable) _____
Street Address _____ City _____ State _____ Zip _____
E-mail _____ Phone _____ Date of Birth _____ Age (on 9/30/12) _____ Male _____ Female _____

☐ Credit Card (Please Circle: Visa Master Card American Express) Discover

Name on Card _____

Card Number _____

Expires _____ Signature _____

☐ Check Enclosed
Please make check payable to
Colonie Youth Center

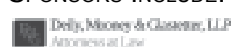
READ BEFORE SIGNING

In consideration of my entry to this race/event, I hereby release and waive any and all claims for injuries/damages against the Colonie Youth Center, and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race/event. 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 the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record for this event for any purpose.

Signature _____ Date _____ Emergency Phone Number (s) _____

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

SPONSORS INCLUDE:



Grand Prix Update

Race #5 Distinguished Service Race, 8 Miles June 10, 2012

Men

Male Open

12 Richard Messineo
10 Paul Cox
8 Kevin Messineo
7 Jonathon Lazzara
6 Brendon VanVlack
5 Mohammad Qneibi

Male 30-39

12 Joe Hayter
10 Aaron Knobloch
8 Clay Lodovice
7 Andrew Rickert
6 David Tromp
5 Richard Hamlin
4 Dennis VanVlack

Male 40-49

12 Jon Rocco
10 Tom Kracker
8 Brian DeBraccio
7 Christian Lietzau
6 Russel Lauer
5 Ken Tarullo
4 John Williams-Searl

Male 50-59

12 Ken Evans
10 Richard Clark
8 Bryan Coyne
7 Tom Tift
6 Robert Somerville
5 Martin Patrick
4 Joe Benoit

Male 60-69

12 Paul Forbes
10 Carl Matuszek
8 Paul Bennett
7 Norman Dovberg
6 John Stockwell
5 Joe Yavonditte
4 Tom Kollar

Male 70+

12 Ed Bown
10 Wade Stockman
8 Ray Lee

Women

Female Open

12 Kristina Gracey
10 Taryn Reese
8 Erin Rightmyer
7 Shylah Weber
6 Kelcey Heenan
5 Alison Kerr

Female 30-39

12 Crystal Perno
10 Gretchen Oliver
8 Sally Drake
7 Diana Tobin-Knobloch
6 Leah Jachym
5 Stephanie Wille
4 Stacey Kelley

Female 40-49

12 Emily Bryans
10 Stacia Smith
8 Roxanne Gillen
7 Mary Ibbetson
6 Barbara Light
5 Miriam Hardin
4 Kathy VanValen

Female 50-59

12 Nancy Briskie
10 Susan Burns
8 Jenny Lee
7 Joan Celentano
6 Kathleen Goldberg
5 Karen Dott
4 Valerie Pezzula

Female 60-69

12 Judy Phelps
10 Susan Wong
8 Martha Degrazia
7 Katherine Ambrosio
6 Jufy Lynch
5 Mary Wilsey

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner Age	G	
12 Paul Forbes	61	M
10 Susan Wong	64	F
8 Judy Phelps	61	F
7 Nancy Briskie	54	F
6 Carl Matuszek	60	M
5 Paul Bennett	61	M
4 Anny Stockman	80	F

Race #6 Colonie Mile. July 3, 2012

Men

Male Open

12 James Faraci

Male 30-39

12 Chuck Terry
10 Michael Roda
8 Matthew Nark
7 David Tromp

6 Chris Nowak
5 Kevin Shaughenssey
4 Michael Clark

Male 40-49

12 Dennis VanVlack
10 Ken Tarullo
8 John Williams-Searl
7 Dan Korff
6 Jon Rocco
5 Bill Grimaldi
4 Sunil Kumta

Male 50-59

12 Rick Munson
10 Robert Somerville
8 Jim Giglio
7 Keith Haugen

Male 60-69

12 Paul Bennett
10 Paul Forbes
8 Ken Klapp
7 Norman Dovberg
6 Frank Myers
5 Jim Fiore
4 Charles Terry

Male 70+

12 Jim Moore

Women

Female Open

12 Meghan Davey
10 Alicia Bousa
8 Shylah Weber
7 Kelcey Heenan
6 Joselin Schmitz-Morfe
5 Kylar Foley
4 Michelle Carter

Female 30-39

12 Gretchen Oliver
10 Stacey Kelley
8 Shannon Judisky

Female 40-49

12 Barbara Light

Female 50-59

12 Susan Burns
10 Cathy Sliwinski
8 Jenny Lee
7 Karen Dott
6 Donna Charlebois
5 Harriet Jaffe
4 Lois Green

Female 60-69

12 Judy Phelps
10 Susan Wong
8 Jufy Lynch
7 Mary Wilsey

Age Graded

Runner Age	G	
12 Judy Phelps	60/61	F
10 Chuck Terry	30	M
8 Susan Wong	64	F
7 Paul Bennett	61	M
6 Paul Forbes	61	M
5 Ken Klapp	62	M
4 Michadel Roda	36	M

Total After 6 Races

Men

Male Open

22 Tom O'Grady
20 Justin Wood
19 Paul Cox
16 Eric Young
15 Chuck Terry
12 James Faraci
12 Richard Messineo
12 Alex Paley
11 Andrew McCarthy
11 Dave Vona
10 Josh Merlis
10 Ryan Walter
8 Kevin Messineo
7 Jonathon Lazzara
7 Brad Lewis
6 Daniel Jordy
6 Brendon VanVlack
5 Mohammad Qneibi
5 Dan Jordy
4 Ryan Egan
4 Andrew Gravelle
4 Kevin Treadway

Male 30-39

30 Aaron Knobloch
24 Joe Hayter
20 Bob Irwin
20 Michael Roda
18 David Tromp
16 Dennis VanVlack
13 Clay Lodovice
13 Andrew Rickert
12 Chris Judd
12 Chuck Terry
11 Matthew Nark
10 Bill Davis
8 Eamon Dempsey
8 Richard Hamlin
8 Joey Sullivan
7 Jon Catlett
7 Anthony Giuliano
6 Chris Nowak
6 Aaron Robertson
6 Todd Smith
5 Jonathon Golden
5 Kevin Shaughenssey
4 Michael Clark
4 David Newman
4 Matthew Purdy

Male 40-49

66 Jon Rocco
 29 Ed Hampston
 27 Christian Lietzau
 25 Ken Tarullo
 22 Brian DeBraccio
 18 Thomas Kracker
 13 John Williams-Searl
 12 Tim Hoff
 12 Dennis VanVlack
 10 Kevin Creagan
 10 Neil Sergott
 8 Craig Tynan
 7 Douglas Campbell
 7 Timothy Egan, Sr.
 7 Dan Korff
 6 Russel Lauer
 6 Ed Menis
 6 John Stadtlander
 5 Bill Grimaldi
 5 Joe McDonald
 4 Steve Cummings
 4 Sunil Kumta
 4 Samuel Mercado, Jr.

Male 50-59

36 Derrick Staley
 30 Ken Evans
 25 Richard Clark
 22 John Noonan
 17 Robert Somerville
 16 Ed Gravelle
 16 Robert Wither
 12 Dan Cantwell
 12 Rick Munson
 10 Kevin Dollard
 10 Bill Martin
 10 William Venner
 8 Bryan Coyne
 8 Tom Dalton
 8 Jim Giglio
 8 Tom Tift
 7 John Beard
 7 Steve Conant
 7 Keith Haugen
 6 John Couch
 6 John Parisella
 6 Rob Picotte
 5 Robert Colborn
 5 Dan Nugent
 5 Martin Patrick
 5 Steve Vnuk
 4 Joe Benoit
 4 Michael Bromm

Male 60-69

58 Paul Forbes
 37 Paul Bennett
 31 Norman Dovberg
 24 Juergen Reher
 22 Carl Matuszek
 22 Tom McGuire
 22 John Stockwell
 18 Ken Klapp
 14 Pat Glover
 13 Tom Adams
 11 Frank Broderick
 10 Peter Gerardi
 8 Bob Ellison
 8 Tom McGuire
 7 Joe Yavonditte
 28 – The Pace Setter

6 Frank Myers
 5 Jim Fiore
 5 Ed Litts
 5 Tom Kollar
 5 Jim Thomas
 4 George Jackson
 4 Charles Terry

Male 70+

48 Ed Bown
 45 Wade Stockman
 32 Jim Moore
 19 Ray Lee
 16 James McGuiness
 12 Chris Rush
 7 Joseph Richardson
 6 Charles Bishop
 4 Raymond Bremm

Women**Female Open**

36 Kristina Gracey
 30 Meghan Davey
 17 Shylah Weber
 17 Roxanne Wegman
 16 Karen Bertasso
 14 Lisa D'Aneillo
 14 Taryn Reese
 13 Kelcey Heenan
 12 Erin Rightmyer
 12 Jody Robertson
 10 Alicia Bousa
 10 Brina Seguine
 9 Alison Kerr
 8 Kelly Virkler
 6 Katie Jones
 6 Kristen Quaresimo
 6 Leah Schaffer
 6 Joselin Schmitz-Morfe
 5 Amy Becker
 5 Michelle Davis
 5 Kylar Foley
 4 Michelle Carter

Female 30-39

49 Gretchen Oliver
 41 Crystal Perno
 24 Sally Drake
 22 Shelly Binsfeld
 14 Stacey Kelley
 8 Jessica Chapman
 8 Shannon Judisky
 8 Sonya Pasquini
 8 Renee Toland
 7 Christine Ardito
 7 Diana Tobin-Knobloch
 6 Erin Corcoran
 6 Leah Jachym
 6 Deanne Webster
 6 Stephanie Wille
 5 Sabrina Krouse
 5 Sara Madden
 5 Laura Zima
 4 Kari Deer
 4 Kim Morrison

Female 40-49

36 Emily Bryans
 34 Anne Benson
 34 Chris Varley
 23 Stacia Smith
 19 Barbara Light
 18 Kimberly Miseno-Bowles
 17 Judy Guzzo
 17 Regina McGarvey
 13 Megan Leitzinger
 12 Connie Smith
 10 Mary Ibbetson
 8 Karen Dolge
 8 Roxanne Gillen
 7 Marcy Beard
 6 Heather Machabee
 5 Miriam Hardin
 4 Martha Gohlke
 4 Penny Tisko
 4 Kathy VanValen

Female 50-59

43 Susan Burns
 30 Jenny Lee
 26 Joan Celentano
 22 Nancy Nicholson
 22 Beth Stalker
 17 Nancy Taormina
 16 Karen Provencher
 15 Cathy Sliwinski
 12 Nancy Briskie
 12 Karen Dott
 12 Maureen Fitzgerald
 12 Peggy McKeown
 11 Maryanne McNamara
 10 Joan Brown
 10 Kathleen Goldberg
 9 Karen Gerstenberger
 7 Sharon Desrochers
 6 Donna Charlebois
 6 Lois Green
 6 Joyce Reynolds
 5 Harriet Jaffe
 4 Sharon Fellner
 4 Jill Mehan
 4 Aileen Muller
 4 Daine Peverly
 4 Valerie Pezzula
 4 Kim Sack

Female 60-69

62 Susan Wong
 48 Judy Phelps
 36 Katherine Ambrosio
 22 Mary Wilsey
 20 Martha Degrazia
 16 Erika Oesterle
 14 Jufy Lynch
 7 Ginny Pezzula
 6 Sue Nealon
 5 Jacqueline Tremont
 4 Linda Keeley

Female 70+

42 Anny Stockman
 28 Eiko Bogue
 12 Coral Crossman
 12 Marge Rajczewski

Age Graded

Runner Age	G	
42 Susan Wong	64	F
36 Derrick Staley	53	M
35 Paul Forbes	61	M
34 Judy Phelps	60/61	F
16 John Noonan	52	M
16 Beth Stalker	52	F
14 Anne Benson	47	F
14 Emily Bryans	44	F
12 Paul Bennett	61	M
12 Karen Provencher	57	F
10 Tom O'Grady	26	M
10 Jodie Robertson	27	F
10 Chuck Terry	30	M
8 Kevin Dollard	56	M
8 Justin Wood	28	M
7 Nancy Briskie	54	F
7 Nancy Nicholson	50	F
6 Christian Lietzau	48/49	M
6 Carl Matuszek	60	M
5 Ken Klapp	62	M
5 Marge Rajczewski	71	F
4 Joe Hayter	31	M
4 Jon Rocco	45	M
4 Michadel Roda	36	M
4 Anny Stockman	80	F





Kinderhook Runners Club
4TH ANNUAL
RED APPLE
TRAIL RUN ^{5k}_{10k}

Saturday, September 22, 2012

**RUNNING HATS
FOR FIRST
150 REGISTRANTS!**

Samascott Orchards
5 Sunset Avenue, Kinderhook

**RAFFLE
PRIZES!**

Name _____

Address _____

City _____ State/ZIP _____

Email _____

Gender ☐ male ☐ female Age at day of race _____

I'm registering for the ☐ 5K ☐ 10K

REGISTRATION

Early-bird by Sept 15: \$17 (\$12 for KRC members)

After September 15: \$20 (\$15 for KRC members)

Amount enclosed _____ ☐ I'm a KRC member!

Signature (parent/guardian if under 18yo) _____

Mail: Send check (payable to Kinderhook Runners Club) to P.O. Box 241 Kinderhook, NY 12106
Or register online at www.active.com

In consideration to this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claim that I may have against the Kinderhook Runners Club, Inc., Samascott Orchards LLC, Macintosh Farm LLC, Mutsu LLC, Red Apple Realty and any other sponsors or volunteers involved in the Red Apple Trail Run 5K/10K. I certify that I am physically able to participate in this event and understand that trail running is a potentially hazardous activity. I certify that I am at least 18 years of age and that this form has been signed by my parent or legal guardian if under such age.



KRC is proud to be sponsored
by Kinderhook Bank



Saturday, September 22, 2012

Benefiting:

Schoharie County

Community Action Program



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

Event Schedule

Date	Time	Event	Location	Contact	Email
8/12	9:00 AM	Run for the Roses 5K	Grafton Lakes State Park	Cindy Pulito	lorien@fairpoint.net
8/13	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
8/14	6:30 PM	Southern Saratoga YMCA 5K Run, 3K Walk, Kids' Fun Run	Clifton Park	Chris Belden	cbelden@cdymca.org
8/17	6:00 PM	C.Y.C. Boiling Pot 5K	Erie Blvd, Canajoharie	Vicki Everleth	cycinc@frontiernet.net
8/18	9:30 AM	Landis Arboretum 5K Forest Run	Esperance	David Roy	info@landisarboretum.org
8/18	8:30 AM	Castleton Schodack Kiwanis Clove Run	Castleton Elementary School	Christopher Chartrand	cjchartree@gmail.com
8/20	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
8/20	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
8/25	10:00 AM	4th Annual Run for the Future 5k	Stillwater United Church	Rick Morgan	Sunitedchurch@nycap.rr.com
8/25	9:00 AM	15th annual Altamont 5K Run/Walk	Benjamin Crupe Bozenkill Pk	Phil Carducci	altamont5k@nycap.rr.com
8/27	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
9/2	9:30 AM	Capital District Scottish Games 5K	Altamont Fairgrounds	Rebecca Schenck	rsfschenck@yahoo.com
9/3	9:00 AM	24th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
9/8	8:30 AM	Malta Business & Professional Assoc 5k	HVCC TEC SMART	Paul Loomis	maltabpa@gmail.com
9/8	8:30 AM	Brenda Deer 5k Run 3k Walk and Kids Fun Run	Guilderland YMCA	Tys Bailey-Yavonditte	tbaileyavonditte@cdymca.org
9/9	7:30 AM	Moreau Lake 15K Trail Run	Moreau Lake State Park	Chris Bowcutt	events@greenleafracing.com
9/9	8:30 AM	The Dunkin' Run 2012--5K, 10K, Kids Fun Run	Albany Jewish Community Center	Tom Wachunas	tomw@saajcc.org
9/15	10:00 AM	4th Annual Capital Region Special Surgery Race for Hope 5K	1220 New Scotland Road, Slingerlands	SarahNicole Mahoney	smahoney@capitalregionspecialsurgery.com
9/16	9:30 AM	Doug Ellett Memorial 5k Run/Walk for Melanoma Awareness	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/16	9:00 AM	41st HMRRRC Anniversary Races 2.95 & 5.9 Mile [5.6 GP]	UAlbany -- Day of race signup only!	Pat Glover	pjglove@aol.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.

U.S. Postage

PAID

Albany, NY

Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) _____
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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