

The Pace Setter

June 2009

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



2009 Delmar Dash

The 2009 Invitation for HMRRC Hall of Fame Candidates

The Hall of Fame Committee is looking for recommended candidates in 2009 for the HMRRC Hall of Fame.

Selection Criteria for Induction:

The HMRRC Hall of Fame honors individuals who have earned extraordinary distinction as a member of the HMRRC. A candidate for the Hall of Fame should have been, or continue to be, an active member of the HMRRC. The candidate should be a recognized leader of the local running community in performance and/or service.

The guidelines used to select a candidate include (but are not limited) to the following:

1. historical significance to the HMRRC.
2. performance as a competitive runner in **club** races.
3. noteworthy performance as a competitive runner at the local, regional, national, or international level.
4. service to the club as an elected officer.
5. service to the club as a staff member or writer for *The Pace Setter* over a period of time.
6. service to the club or the larger running community as a race director.
7. service, over an extended period of years, to multiple club functions as a volunteer.
8. service, over an extended period of years, to local running functions.
9. service to the club or larger running community as a mentor, coach, or educator of local runners.
10. service to the larger running community as an officer of local, regional, national, or international running organizations.

If you would like to recommend someone, send the candidate's name and appropriate supporting information to the HOF Committee by July 25, 2009.

HMRRC Hall of Fame Committee
c/o Al Maikels
21 Everett road Ext., Albany, NY 12205

Editor:

Kari Gathen (pacesetterarticles@verizon.net)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Marcia Adams

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Terri Commerford,
Mike McLean

Advertising/Business Directors:

Jim Tierney (869-5597, runnerjmt@aol.com)
Bob Knouse

Photo Coordinator:

Barbara Sorrell

Photography Staff:

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

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

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Al Maikels

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Dr. Russ Ebbetts

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Photos in this issue by Ray Lee and Bill Meehan



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. ©2009 HMRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
MIKE KELLY
439-5822

Executive Vice President
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464-5698

Vice President for Finance
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482-5572

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265-2876

Secretary
BARBARA LIGHT
729-2882

Race Committee Treasurer
PAM ZENTKO
372-8275

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
ED GILLEN
vcat47@aol.com

Race Committee
NANCY BRISKIE, 355-3276
CATHY SLIWINSKI, csliwinski@nycap.rr.com

Public Relations
ROBERT MOORE
377-1836

HMRRRC Web Page
ED NEILES
482-9032

Digital Clock & Timer
BILL MEEHAN
456-4564

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



by Mike Kelly

There are quite a few things to cover this month so I'll get right to it!

First, I'd like to congratulate Nancy Briskie, the 2009 HMRRRC Distinguished Service Award winner. Just prior to this edition of *The Pace Setter* hitting your mailbox, Nancy will be honored at the 38th HMRRRC Distinguished Service Run on Sunday, May 31. I know there are plans for a full article about Nancy's accomplishments and service to the club. So I won't get into too much detail other than to say that Nancy has been a tireless and dedicated part of our club for many years. Without the tenacity and leadership of people like Nancy, our club simply would not function. Thank you Nancy!

One item the club has been working on over the past couple years is its ability to manage our membership, renewals, mailing lists, etc. via an online membership management database. The program presents the club and its members with several terrific benefits including online membership renewals and the opportunity for some HMRRRC races to offer FREE online registration. Hundreds of club members recently used this new system to register for the 2009 Delmar Dash. As more HMRRRC race directors become familiar and comfortable with the program, they will be offering it as a race registration option. I'm happy to report that the Father's Day 5K race (highlighted below) is offering this opportunity for registrants. To sign up, simply go to HMRRRC.com and look under the race schedule for the online registration link. Unlike other online registration formats, there is no additional cost to the runner!

In June, the HMRRRC will put on two races that signal the beginning of summer. On Saturday, June 6th, in conjunction with the Tri City Valley Cats, our club will put on the Valley Cats 5K. Participants take a quick run through some local neighborhoods before finishing at home plate. John Haley and Megan Leitzinger put on a terrific race including a post race feast of traditional baseball fare: hot dogs, popcorn, peanuts, etc. Four free tickets to a future Valley Cats game are also given to each runner. So, if you've ever dreamed of playing professional baseball and scoring the winning run in the World Series, come on out to this race. For

many, including myself, it will be as close as we ever get to the show!

A couple of weeks later, dads are honored in the HMRRRC/Community Resources 5K on Sunday, June 21st. The race takes place at The Crossings of Colonie so the course will be flat and fast. Special awards are presented to the top five father/son and father/daughter teams. Kids' races of three different distances will be offered. Race Director David Newman and his crew will again present a terrific opportunity for families to get together and honor their dads.

Have a great summer of running! ☐





What's Happening in June

by Al Maikels

The Valley Cats Home Run 5K leads off the HMRRRC June schedule. This is a nice race that wends its way around the neighborhoods near HVCC and finishes at Joe Bruno Stadium, with each runner receiving 4 free tickets for a Valley Cats August home game. The race is set for Saturday, June 6 at 9 a.m. at Joe Bruno Stadium.

The other club race in June is also a 5K, the Community Resource Father's Day 5K, set for Sunday, June 21 at 9:30 a.m. at the Crossings of Colonie. The Crossings is a great spot for a race with a flat fast USATF certified course that makes its way through the beautiful park. There are a variety of father/child prize categories, making this race a great event for the whole family.

Looking for more 5K races? There are plenty to be found on the June schedule. Races of note at this distance include the 11th Annual National Bank of Kinderhook OK 5K, set for Saturday, June 6 at 9 a.m. at the Village Square in Kinderhook. This race is a favorite of mine and has a flat, fast course. Another 5K set for that same morning is the Key Bank Run for Pride 5K with a 9 a.m. start at Albany's Washington Park Lakehouse. The Run for Help in memory of Liza Ellen Warner is a 5K set for Sunday, June 7 at 10 a.m. at the Goff Middle School on Gilligan Road in East Greenbush. If you want to try an evening race, the Vale Park 5K Run in Schenectady's Vale Park should fill the bill. The race is set for 6:30 p.m. on Tuesday, June 4.

If you need more than a 5K race there is a

good race on the June schedule this year. The Adirondack Distance Run moves from July to the last Sunday in June this year. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 28 at 7:30 a.m. at the Lake George High School.

June is also the month for the start of the summer track series at Colonie High School. The 42nd season of meets starts on Tuesday, June 16 and run through August. The first race (the mile) starts at 6:15 p.m. and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 10 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings. □



Submissions for the August Issue of *The Pace Setter*

Articles:

Deadline is June 25th. Submit to: Editor, pacesetterarticles@verizon.net

Advertisements:

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

Ads should be sent to:

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

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

2009 BOILERMAKER OFFICIAL RACE ENTRY FORM

1. CHECK THE RACE YOU ARE ENTERING

NO ENTRIES POSTMARKED/FAXED DATED AFTER 6/29/2009

RACE USE ONLY

<input type="checkbox"/> 15K 8:00am - 7/12/2009	<input type="checkbox"/> 5K 7:30am - 7/12/2009	<input type="checkbox"/> 15K Wheelchair 7:45am - 7/12/2009	<input type="checkbox"/> 3 Mile Walk 10:30am - 7/11/2009	
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2. LAST NAME

3. FIRST NAME

M.I.

4. STREET ADDRESS/APARTMENT NUMBER

5. TOWN/CITY

6. STATE/PROVINCE

7. ZIP/POSTAL CODE

8. SEX - M/F

9. AGE - On 7/12/2009

10. SEEDING TIME (Best 15K in 2 years)

 H : M M

11. HOME TELEPHONE NUMBER

12. COUNTRY (If not USA)

13. WORK TELEPHONE NUMBER

14. DATE OF BIRTH

 / /

15. EMAIL ADDRESS (Please print)

16. OWNER CHIP NO**

17. EDUCATION* (Please enter appropriate number)

☐ 1. HIGH SCHOOL ☐ 2. COLLEGE ☐ 3. GRADUATE SCHOOL

18. OCCUPATION* (See codes, lower right)

Listed are specific occupations. Please select the code that is closest to your occupation. If your occupation is not specifically represented, please use OTHER (Number 32).

- | | | |
|-------------------------|--------------------------|-----------------|
| 01. Admin/Management | 12. Financial/Accountant | 23. Marketing |
| 02. Advertising | 13. Firefighter | 24. Medical |
| 03. Arts/Visual | 14. Government | 25. Military |
| 04. Business Owner | 15. Health & Beauty | 26. Real Estate |
| 05. Chief Executive | 16. Homemaker | 27. Religious |
| 06. Computers | 17. Insurance | 28. Retired |
| 07. Const./Architecture | 18. Labor/Warehouse | 29. Sales |
| 08. Consultant | 19. Law Enforcement | 30. Secr./Clerk |
| 09. Education | 20. Legal | 31. Student |
| 10. Engineering/Science | 21. Machinist/Mechanic | 32. Other |
| 11. Film/Radio/TV | 22. Manufacturing | |

19. EARLY REGISTRATION FEES:

Entry postmarked 7/14/08 through 5/31/09
 15K \$30.00 _____
 5K \$15.00 _____
 WALK \$10.00 _____

LATE REGISTRATION FEES:

Entry postmarked 6/01/09 through 6/29/09
 15K \$45.00 _____
 5K \$25.00 _____
 WALK \$15.00 _____

Entry Fee From Above

+2009 Boilermaker training t-shirt (S, M, L, XL, 2X) \$30.00 _____

Pasta Dinner (7/11/2009) \$6.00 X _____

National Distance Running Hall of Fame Donation _____ 1.00 *

TOTAL FEE

NO ENTRIES POSTMARKED/FAXED DATED AFTER 6/29/2009 ACCEPTED.

*Suggested amount. Donations to the National Distance Running Hall of Fame are optional.

U.S. CURRENCY ONLY - Send check made payable to Boilermaker Road Race.

** Only fill this section if you own your own ChampionChip

+Price includes tax; shirts are only available until 5/31/09

20. METHOD OF PAYMENT

MASTERCARD _____ VISA _____ CHECK _____ CASH _____ MONEY ORDER _____

CARD NUMBER

EXPIRATION DATE

☐

Check this box if you **DO NOT** want to receive the **FREE** Observer - Dispatch Race Results Edition.

21. I know that running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all 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/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Boilermaker Road Race its sponsors, their 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 named in this waiver. Entry fee will not be returned due to "acts of God." I consent to the use of my likeness for Boilermaker promotional materials.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 years) _____ DATE _____

22. MAIL TO

Boilermaker Road Race Entry - P.O. Box 512 - Utica, New York 13503-0512 - Phone: 315.797.5838 - Fax: 315.734.9281

www.boilermaker.com

ALL ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

"BEEN THERE, DONE THAT"

by Ed Thomas

June 1974 - Thirty Five Years Ago

It is definitely the "Shrader Era" for the Club. Bill Shrader, Jr. is the HMRRRC President and the Shraders place prominently in all area races. At the Club distance runs on June 2nd, for example, Jim Shrader (newly selected to the All America Track Team) wins the mile run in 4:35, while brother Charlie takes 8th place in 5:11. Later, Jim doubles up as he wins the 3 mile in 15:12, Bill, Jr. takes the 30+ category in 15:58, Bill, Sr., takes the 50+ honors in 21:32 and Cathy Shader is first woman finisher in 21:47.

June 1979 - Thirty Years Ago

Great literature from the pages of the *News-letter*:

"Now in every race, both big and small, some runners are short and some are tall. Something else that we all know, some are fast and some are slow. Trophies and awards go to the fleet and fast but how about the guy that finishes last? He gets little water at the water stops and, at the intersection, where are the cops? So he'll try to cross and somehow survive, hoping to finish and still be alive. He runs for the chute at the finish line and hopes someone's there to record his time. The winners have gone, they've showered and left, so are the trophies as if lost by some theft. Away to the showers where lo and behold, all that is left is water that's cold. Now through all this you might expect a grim face but not him, he's thinking, "Where's the next race?"

June 1984 - Twenty Five Years Ago

The Pace Setter cover features Gage Hotchkiss and Shirley Merkert in the April 1st Triple Handicap Race. At 6'1" tall and 225 lbs (all muscle), Gage receives a good handicap in these races. In this picture he has a full head of steam as he starts downhill in front of the UAlbany gym, with Shirley riding shotgun to protect him. (For those who weren't around in '84, their location in this photo would put them in the center of the RACC basketball arena.)

June 1989 - Twenty Years Ago

The weather on June 3rd is warm (high 80s) and humid for the Freihofer's (Run for Women) Race. The 5K is the TAC and USA National Championship. It turns into a two way battle between Judi St. Hilaire and Patti Sue Plumer. St. Hilaire takes charge midway through the race, breaks contact and wins in a new American record, 15:25:3. This is less than 6 seconds shy of a world best, which she may have gotten, except that she misjudged the finish line.

June 1994 - Fifteen Years Ago

From Short Circuits: "During a recent group run, Mark Warner was asked by a near-sighted companion to identify the lone runner ahead of the pack. Without a second guess Mark de-



clared, "It's Al Maikels. He probably took his usual short cut." As the silhouette of the (yet to be positively ID'd) runner became clear, it turned out to be Jim Tierney. When told of this blunder, Jim, who is 20 years Al's senior, thanked Mark for the compliment. Al, who is 40 pounds Jim's senior, also thanked Mark for the compliment."

June 1999 - Ten Years Ago

Mark and Angela Warner do their usual wonderful job with the Distinguished Service Race, including writing *The Pace Setter* article, a chore which many race directors let someone else handle. This year features a very hot and humid day as well as a course which has to be modified due to construction. Things kick off with President Elaine Humphrey presenting the award to Jim Tierney for all his service to the Club. In the race, Zach Yannone and Carl Urrey tie for first place, with Amy Herold taking the women's overall prize. Among the veterans, Anny Stockman turns in her usual fine performance as do Mike Bartholomew and Jim himself.

June 2004 - Five Years Ago

President Jim Gilmer announces the Bill Shrader Scholarship winners, Caitlin McTague of Niskayuna HS and Nicholas Sarro of Chatham HS. Each writes an essay that appears in *The Pace Setter*. McTague: "Being a runner has been such a rewarding experience. I only hope that I will always be able to enjoy and share my passion for a sport that has come to be such a significant part of me." Sarro: "I run because there is something inside that drives me, the truest form of competition is running. No activity in my life is as meaningful to me." □



Winter was Hard

by Frank Boscoe

The Winter Series sure seemed difficult this year. Curious, I consulted the rich trove of hourly weather data available at weatherunderground.com. Looking back 11 years, the span of race dates posted on the HMRRRC web site, I can confidently report that my intuition was correct: the winter of 2008-09 posed the most diverse environmental challenges since at least 1998-99.

Winter Series #1 was unquestionably the darkest. Just days after one of the most serious ice storms in area history, most race participants had been without power for several days, and many would remain without power for several more. As a course marshal during this race, I kept warm during the times when no runners were in sight by stacking fallen branches and limbs into a huge pile.

Winter Series #2 was officially 5 degrees at the start, making it the third-coldest race in the past 11 years (WS #4 in 2003-04 was -1, and WS #3 that same year was 3 degrees). Factor in the wind chill, though, and this was definitely the coldest. With gusts to 24 mph, the effective temperature was negative 17!

While the snowplows did a spectacular job of clearing the course, Winter Series #3 still qualifies as the snowiest. On eight occasions in the last 11 years, there was measurable snow-fall on race day, but this storm topped them all. Starting around 7 pm the previous evening, over 6 inches had fallen by the start of the race. There have, of course, been plenty of storms bigger than this one, but none happened to land on a WS date.

Winter Series #4 featured a 9 degree start, clear skies, and a modest wind. While these conditions were challenging, this was actually the least remarkable of all of this year's races.

Finally, Winter Series #5, with 40 mph gusts at the start, qualifies as the windiest. Regrettably signing up for the 20 mile race, I promised myself that if I finished, I would never have to do an inner/outer ever again (a promise that was broken two weeks later when I was asked to join a marathon relay team.)

So, if you were among the forty individuals who earned the set of shiny metallic coasters emblazoned with the HMRRRC logo, congratulations! Your Survivor Award was very well deserved. □

Having trouble logging onto the HMRRRC website?

Please contact Ed Gillen at edgillen7@aol.com for assistance.

MACSC 5 K Firecracker Run

SANCTIONED BY T.A.C.

Date: Sunday July 12, 2009 -

Start Time: 10:30 a.m.

Immediately following the Ecumenical Service and Opening Ceremonies

RAIN OR SHINE

CATEGORIES:
12 and under
13-14 years
15-19 years
20-29 years
30-39 years
40-49 years
50-59 years
60-69 years
70+ years
Wheelchair

Entry fees:

•\$20.00

Registration—9:15 - 10:00 a.m. at
Tallmadge Park on the day of the race.

Dress to run.

Lockers and showers
are NOT available.

Awards will be presented at the tent as soon as possible after the race. Awards to the first, second and third place male and female finishers in each race category and first male and first female runner overall. T-shirts given to first 100 runners; beverages at start and finish line. Results will posted in Express, Website & emailed if address is provided.



NEW COURSE: Flat and fast.

Paved, Mile Markers, Water Stations, Start and finishes at the park. Course maps will be displayed on race day and are available earlier upon request.

DIRECTIONS TO THE RACE: Routes 4,32, 67 & 146 all pass through Mechanicville;

From I-87 N take Exit 9 to Clifton Park, take a right off the ramp, go straight through traffic light and continue on Rte. 146 for 6 miles, at the next traffic light take a left, follow into city of Mechanicville. Turn left at the McDonalds onto Park Ave and follow to 3rd Avenue. Turn left onto 3rd Ave at the first stop sign take a right onto Spring Street which leads you to Tallmadge Park.



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Name (Please Print)

Address

Phone

T-shirt Size: M L XL

Sex

Age on race day

email address

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, administrators and assigns waive and release any and all claims for damages I may have against the sponsors, Adirondack Association of TAC, City of Mechanicville, and race officials, their representatives, successors, and assigns, arising out of any and all injuries suffered by me while participating in the Firecracker Run. I attest and verify that I am physically fit and have trained for the competition of the race and my physical condition has been verified by a licensed medical doctor.

Signature

Date

Signature of parent or guardian if under 18

Date

Profile of a Runner

STACEY MUSCATO

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

I am a 31 year old history teacher who obviously loves running, but also thoroughly enjoys horseback riding, reading, hiking and anything outside (except in the winter).

When and how did you get started running?

I started running in 1997 as a supplement to horseback riding in college. A friend asked me to join her and I said, "Yeah, sure, this'll be fun." Turns out, it was and I've been doing it ever since.

Do you have a favorite race or races?

My favorite race I've done to date is the San Diego Rock n' Roll Marathon, but my favorite local races are the Stockade-athon and the annual Run Against Domestic Violence 5K through Washington Park.

What are your most memorable races?

Thus far, the San Diego Marathon! So many people, so much fun! Also, the Stockade-athon this year, because it was the first real race I had done since my son was born in July.

How do you train? Do you have training partners?

I have a six month old now in my life, so training has taken on a whole new meaning for me. But basically, I try and get in runs on 3-4 days during the work week of 3-5 miles and then at least one long run on the weekends. Of course, on most of the longer runs on the weekend I am accompanied by my running buddy and dear friend Sebrina, who has been my running partner for as long as I have lived in the area, and thank goodness for her. Without her, I would be forced to listen to myself talk and that wouldn't be much fun, and on the cold days I know she is waiting for me so that's motivation to get out there! Thanks for everything and always being there for me over the years Bree!

What are your current goals?

My current goal is the Nashville Marathon in April. Actually, I should say my current goal is training for the Nashville Marathon in April. With a baby in the winter it is definitely hard to get out there!

Do you have any future running goals?

Someday in my fantasy world I'd love to run a race that was at least 30 miles long, but we'll see.

Do you have a philosophy of running?

Running is not just a form of exercise, it is a confidence booster, personal trainer, nutritionist, counselor, friend and lover all wrapped into one.



Any funny stories?

I ran into the side of a moving SUV while out on a run one afternoon. I'd bore you with the details, but the visual is just as funny without them. □

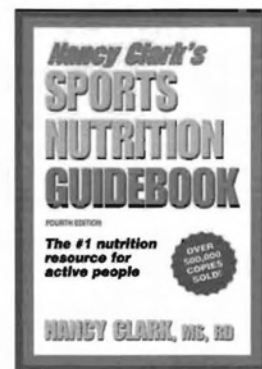


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INAUGURAL
CAMP CHINGACHGOOK CHALLENGE
HALF-MARATHON & 10K RACE
AND FAMILY FUN DAY



SATURDAY, AUGUST 8, 2009

HALF-MARATHON START: 8AM 10K START: 9AM

- Course:** **Half-Marathon** starts at the Lake George Elementary School
Runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook
10k is an out and back course, along Lake George's beautiful east shore
Starting and finishing at Camp Chingachgook
- Transportation:** Free bus transportation will be provided from Camp Chingachgook to the race start before the race, as well as transportation back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 10, 2009, \$40 after July 10 or day of race
10k – \$20 if received by July 10. \$30 after July 10 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 10, 2009
- Awards:** Prizes for Top 3 male and female overall finishers
1st place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to www.AREEP.com
Or, return the bottom portion to: AREEP, PO Box 38195, Albany, NY 12203
For more information: visit AREEP.com, cdymca.org or email info@areep.com



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First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone #: _____

Event: ☐ ½ Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: _____ Date of Birth: ____ / ____ / ____

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 Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

Signature

Date

Parent or Guardian (18 or under)

Nuts & Runners: Love 'em or leave 'em?

Runners commonly have a love-hate relationship with nuts. They love them, but try to stay away from them. "I don't dare keep a jar of almonds in my house. I'd end up eating them all and gaining weight," complained one runner. Although he knows nuts are healthful and good for him, the over-ruling perception is that nuts are "soooooo fattening."

While nuts are indeed a calorie-dense food, the good news is that nut-eaters are not fatter than people who avoid nuts (1). That's because nuts are satiating; that is, they stay with you and keep you feeling "fed." A woman-size handful of nuts (150 to 200 calories) for an afternoon snack often ends up being lower in calories than the 100-calorie pack of crackers that leads to another and yet another 100-calorie pack because you are still hungry. Snacks like crackers, pretzels and rice cakes fail to keep you satiated because they lack fiber, protein, and fat—and that's what nuts have to offer.

A study with overweight teens highlights this point. The students were part of "The Family Lifestyle and Overweight Prevention Program" in Houston, TX (2). The teens were given a healthy after-school snack to help improve the quality of their diet: nuts and peanut butter along with fruits and vegetables (such as apple slices with peanut butter, baby carrots dipped in peanut butter, trail mix with peanuts and dried fruits). These snacks replaced the former popular choices of chips and snack cakes. The kids lost weight and kept it off—and equally important, they liked the snacks. There's no denying a plain apple may seem "boring" and unpopular because it is not substantial enough to satisfy afternoon hunger. But add some peanut butter, and that apple becomes a welcomed treat!

When the afternoon munchies strike, I invite you to "go nuts" (in moderation) and observe the benefits of eating a handful of nuts. You may well discover you are less hungry for a longer period of time. While a few rice cakes may fill you for half an hour, a few nuts might last for 2.5 hours (3).

If you are afraid the "handful" will turn into a "jarful," remember the best way to take the power away from a "trouble food" is to eat it more often. That is, if you end up overeating nuts (or any food, for that matter), you may be thinking "I just blew my diet by eating some cashews, so I might as well eat the whole jar to get rid of them. Then, I can get back on my diet." Or, if you are at a social event and end up eating too many peanuts, you might be thinking "This is my last chance to eat peanuts before I go back on my diet. I'd better eat them all now because I shouldn't eat them ever again."

The solution to over-eating nuts is to change your relationship with them and acknowledge you like nuts: "I enjoy nuts so much, I'm going to eat them more often—at every meal and

snack!" That way, you eliminate your fear of being denied of this favorite food. You won't have to eat the whole jar, because another jar will be waiting in the pantry. While this might sound scary to overeaters, the reality is, after three days of eating nuts at every meal and snack, you likely will be content to cut back to enjoying nuts once or twice a day and no longer will they have any power over you.

Which nuts are best?

OK, so now that I have convinced you to include nuts in your sports snacks (and meals), you might be wondering "What is the best kind of nut to eat?" That is like asking, "What is the best fruit to choose?" The answer is, each type of nut offers its own special health benefits. Almonds have a little more fiber than cashews; walnuts have a little more polyunsaturated fat than hazelnuts; peanuts have a little more vitamin E than walnuts—but no one nut is distinctly superior to another one. So, rather than get caught up in trying to choose the "best" nut, simply buy a variety of nuts for a variety of nutrients, flavors, and health-protective attributes. Enjoy—

- slivered almonds on your morning cereal
- a peanut butter and banana sandwich at lunch (Now doesn't that sound more substantial than yet another turkey sandwich? Don't panic about the calories! Rather, notice how peanut butter will keep you feeling fed, so you don't end up eating abundant calories of sweets later in the afternoon.)
- trail mix with cashews and dried fruit in the afternoon
- walnuts in your dinner salad.

What's so healthy about nuts for athletes?

Nuts offer far more than just calories. They are filled with hard-to-get nutrients that can easily get processed out of refined foods. By the end of the day, nut eaters tend to have a diet with overall higher nutrient quality (4). Nuts offer magnesium, niacin, vitamin E, copper, and manganese, as well as other phytochemicals that are health protective, like resveratrol (reduces heart disease). All this means that nuts have a powerful impact on your health.

Nuts protect against the diseases of aging. That is, people who eat nuts or peanut butter five or more times a week reduce their risk of heart disease and diabetes by more than 20% (1). That's impressive! Incorporating some nuts along with your pretzel- or rice cake snack offers both health and weight-management advantages.

If you are enjoying nuts as a recovery food after a hard run, be sure to eat some carbs along with the nuts. While the protein and (healthful) fat in nuts abate hunger and help build mus-

Calories in Nuts

An ounce of nuts – a woman-size handful or ¼ cup – offers about 150 to 200 calories. Here's how nuts compare:

Nut	# per ounce (approx)	Calories/ oz.	Calories/ nut (approx)
Almonds	28	170	6
Cashews	23	160	7
Macadamia	27	200	8
Peanuts	30	160	5
Pecans	15	200	13
Walnuts	14	185	13

cles, only carbs (re)fuel your muscles. Some carb-protein nut combinations include: peanut butter + banana; nuts + dried fruit; almonds + (packet of instant) oatmeal.

Nuts offer only a little protein—for example, about 8 grams in two tablespoons peanut butter (the amount in a typical sandwich). This is not much, considering the daily protein needs of most active women are 60 to 90 grams, and active men may need 80 to 120 grams. Hence, vegetarian runners need to really eat a lot of nuts and peanut butter if this is their main source of protein!

Easier yet, boost your protein intake by adding this childhood memory back into your daily sports diet: a glass of milk along with the peanut butter sandwich! In general, enjoy nuts, in moderate portions, as an integral part of your meals and snacks.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, *Food Guides for New Runners*, and *Food Guide for Marathoners* are available via www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

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Indian Ladder Trail Runs-2009

15K and 3.5 Mile Trail Races

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 2, 2009

Start Times

9:00 am – 15K

11:00 am – 3.5 mile

Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

**FREE!! ONLINE RACE
REGISTRATION
AVAILABLE AT
WWW.HMRRC.COM**

Questions? Email mjkhome@verizon.net

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill – Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157– Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 22]: \$17 – Member; \$20 – Nonmember/Guest
July 23 to Day-of-Race: \$20 – All

What you get ...

Race entry; Shirts to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; ½ BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course

15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional

3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills–recommended for HS/College XC runners & novice trail runners of all ages

Sponsors

FLEET FEET
Sports



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only)

featuring the 14th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check payable to **HMRRC** to: **HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303**

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street, P.O. Box)			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB m m dd yyyy	Age on 8/2/2009	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 22 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
July 23 to Day of Race <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian ,must sign for applicant under 18]				

Muscle Contraction

Muscle contraction is one of those things you never think about, you just do it. But if you were to pay close attention, you are contracting muscles all the time. The simple fact that you can read this page is due to the contraction of the small muscles that control the movement of your eyes that allow you to scan the page while at the same time focus your eyes.

Posture, circulation, ambulation, digestion, even relaxation are all the result of some form of muscle contraction. In sport, muscle contraction is the thing that makes for a competitive effort. The ability to run fast, jump high, or throw far are all the result of muscle contractions.

All of this is pretty basic and probably common knowledge, but what most people don't know or don't appreciate is that there are actually several types of muscle contractions that should be addressed in a comprehensive training program. This more well rounded development will allow one to practice and compete more safely.

There are at least four types of commonly recognized muscle contractions that a muscle is capable of performing: concentric, eccentric, isometric and isokinetic. Individually we'll take a look at each type of contraction, discuss its application and ways which the contraction can be trained.

Were you to ask someone to describe a muscle contraction, a very common description would be the example of the dumbbell curl. As the weight is lifted from the legs to the chest, the biceps muscle makes a concentric or shortening contraction. (Figure 1)

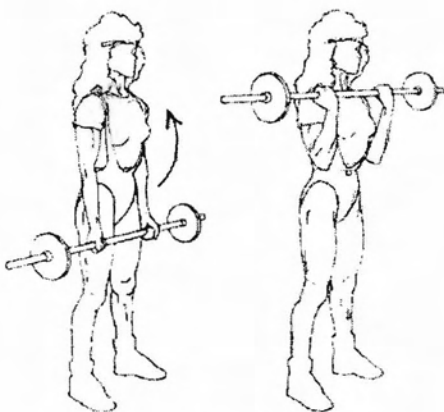


Figure 1

Concentric contractions are how we generate power, accelerate our bodies or objects and oddly, the weakest contraction. Weakest? While you wouldn't ordinarily think that, comparisons with the other types of contractions with regards to the number of muscle fibers involved revealed that concentric contractions ran last to all the rest.

The next type of muscle contraction, which actually initiates no action, is an isometric contraction. Isometric training has fallen out of favor over the last 30 years. As our society made a transition towards developing "aerobic qualities", strength work and in particular isometric training fell from favor. Why did this happen? Isometric training does not significantly develop the cardio-vascular system. Since that was the major emphasis championed by people like Kenneth Cooper and his numerous best-sellers, isometric training came to be seen as having little value, or even as dangerous.

But isometric work is critical from the standpoint of the strength and functional integrity of the tendons, ligaments and joint capsules. Collectively, these soft tissues are referred to as the "holding elements" of a joint. Tendons and ligaments become stronger with stress, and the stress that makes them stronger is an isometric contraction.

The difficulty many people have with isometric contractions is there is no apparent movement. How is there a contraction if there is no movement? Note the word apparent. When we initiate a biceps curl, there are receptors that register how much force is necessary for us to move the weight. These receptors register this information in a split second by performing an isometric contraction. Once the body "understands" how much force is necessary to curl the weight, a concentric contraction begins and the weight is lifted.

The isometric contraction serves two purposes. First, it stabilizes the joint so that secondly, the concentric contraction is more efficient. Without this isometric contraction any lifting action would jerk-start the muscle movement, potentially creating microtears (or even tendon rupture) to the holding elements. An unchecked "springing" action of the weight to the chest, in a biceps curl, would also create maximum joint flexion at the elbow, potentially damaging that joint.

The bottom line is that isometric contractions are strong and necessary, and can be used very efficiently to rehabilitate injured joint capsules. Athletes who commonly suffer from tendon-type injuries could probably benefit from some additional isometric work.

Once the barbell has been curled up it must be lowered to the start position. The lowering of the barbell is an eccentric contraction or lengthening contraction. At first look a lengthening contraction seems to be a contradiction of terms. Generally something that contracts shortens, but eccentric contractions maintain muscle tension while the weight is returned to the start position. (Figure 2)

Eccentric contractions are decelerating contractions and are the strongest of all contractions and use the most energy. Body builders and power lifters commonly emphasize this

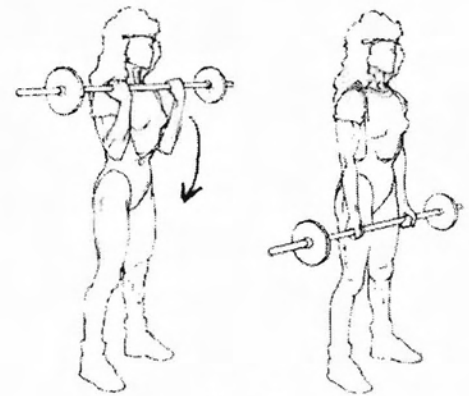


Figure 2

type of lifting and call it "negatives" or negative work. The thought is with eccentric work that strength in this movement will contribute to or allow for greater strength or force application with the other contractions that make up the movements of a joint.

Interestingly, most muscle injuries occur during the eccentric phase of muscle contraction. In a full-out sprint, the legs, particularly the hamstring muscles, have to move the thigh from 0 mph to 50+ mph and back to 0 mph four to five times per second. If there is the slightest imbalance or in coordination between the quad and hamstring, symmetrical technique can quickly unravel, leading to a hamstring strain or pull during the eccentric phase.

Isokinetic training is easily the least used because it needs a special machine for each muscle to be strengthened. That can get expensive, even for an exclusive gym. The machine needs to register and control speed and force. The faster the movement is performed, the greater the force produced and the greater the resistance of the machine.

Isokinetic training can be an effective late rehabilitation modality to signal a readiness to return to play. Used too soon, it can damage the ligaments, muscles and tendons and necessitate a return to square one, or in some instances prematurely end a career.

The sequence of muscle contraction is that of isometric-concentric-eccentric as a muscle cycles through the actions necessary to produce movement or force. A training goal, that few seem to pay much attention to, is that there should be a seamless transition from one phase to the next.

In truth, one's ability to seamlessly flow from one contraction to the next is coordination in its purest sense. While the incidence of injury is very low with our biceps curl example, the contraction series of the quads and hamstrings at top end speed of 4-5 strides per second for 10 seconds or more is problematic. Loss of this coordination is akin to the childhood days of running down a small hill with reckless

reckless abandon. While the coordination lasts, there is a thrill of movement and speed. When the coordination is lost, soon followed by the inevitable fall, the thrill is gone.

While muscle contraction will remain one of those invisible mysteries, for many the understanding of what is happening and the appreciation for the role of each contraction helps in the design of preventive exercise programs. Implementation of different exercise programs can provide a fundamental preventive foundation from which performance-based efforts can blossom.

Dr. Russ Ebbets is editor of *Track Coach Magazine*, the technical journal of USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2.00 S&H from PO Box 229, Union Springs, NY 13160. He can be reached at spoinedoctor229@hotmail.com. □



You and your family are cordially invited to the HMRRC 2009 SUMMER PICNIC

Held in Conjunction with



When: Sunday, August 2, 2009 11:30 a.m. (lunch served until 1 p.m.)

Where: Hailes Cave Picnic Area, John Boyd Thatcher State Park, Voorheesville, NY

*Menu: 1/2 Chicken, baked potato, cole slaw, rolls, dessert and beverage OR
Hot Dog, Hamburger or Veggie Burger, chips, dessert and beverage*

Cost: \$8 Adults..... \$4 kids under 10 (hot dog or hamburger meal only)

Picnic lunch can be ordered below or online at www.hmrrc.com.

Name _____

Address _____ City _____ State _____

Zip Code _____ Email _____ Telephone _____

Chicken Dinner	How Many? _____	X \$8 = _____
Veggie Burger	How Many? _____	X \$8 = _____
Hamburger	How Many? Adult _____	X \$8 = _____
	Children under 10 _____	X \$4 = _____
Hot Dog	How Many? Adult _____	X \$8 = _____
	Children under 10 _____	X \$4 = _____
		Total Enclosed: _____

Make check payable to: HMRRC

Mail order to: Summer Picnic, c/o HMRRC, PO Box 12304, Albany, NY 12212

Orders must be received by July 29, 2009.

Tickets can be picked up at race registration table on August 2, 2009.

Questions? Contact Cathy Sliwinski at casliwin@gmail.com



HMRRC and Community Resource Federal Credit Union presents
Community Resource Father's Day 5k Run
Sunday June 21, 2009 | 9:30 AM Race Time | The Crossings of Colonie

Registration, Packet Pick-up: 7:30 Am – 9:15AM at the Crossing of Colonie, 580 Albany Shaker Rd.
Parking on Metro Dr. off Wolf Rd. and in the park.

Entry Fees:

- Pre-registered HMRRC and CRFCU members, \$10.00
- All other pre-registered, \$12.00
- Day of race registration, \$15.00
- Pre-race registration deadline: June 17th.

Course: Flat fast USATF Certified course through a beautiful park.
Chip timing by Albany Running Exchange Event Production

Race Shirts: Guaranteed to the first 300 pre-registered 5k runners

Awards:

- Top 5 Father Son and Father Daughter Teams
- Overall Male & Female and Overall Male & Female Credit Union Members
- Top 3 Males and Females in 5-year age groups

Father/Child Teams: Lowest combined age graded times for Father-Son and Father-Daughter teams.

Kid's Races:

- Begin at 8:45 near the playground with prizes to all participants
- Peewee (50m) run recommend for children up to age 5
- Half Mile run recommend for children up to age 10
- 1 Mile race (\$1 entry fee) with awards to top male and female finishers in age groups: under 10, 10-12, and 13-15.
- Children's Races Day of Entry Only

Last Name: _____ First Name: _____

Address: _____ Email: _____

Shirt Size: S M L XL Age on Race Day: _____ Birthday: _____ Sex: M F

☐ CRFCU member ☐ HMRRC member

☐ Yes, I would like to make a contribution to this year's charity of choice, Capital District Community Gardens! \$ _____
(visit www.cdgc.org for more information)

☐ Father Child Team Team Members: _____

(Enter the name of the father and each child. Applications are needed for each participant and team applications must be submitted together)

I know that running a road 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, the town of Colonie, 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. In addition I agree to pay \$15 for an unreturned timing chip.

Signature: _____ Parent/Guardian (if under 18): _____

Make checks payable to: **HMRRC** Mail to: **Father's Day 5k, PO Box 12304, Albany, NY 12212**
Online registration available at www.hmrrc.com, www.communityresource.coop and www.cdgc.org
Prize raffle to benefit Capital District Community Gardens





The 21st Delmar Dash has a Record Number of Finishers

by Julie Nabozny

The 21st annual Delmar Dash on April 5 did not fail to produce an outstanding and large field of runners. In all, 634 runners kicked off the start of their spring racing seasons, setting the record for the largest Delmar Dash in event history.

While spring had officially begun, the weather certainly was not very spring-like for the runners. Race day reminded me that spring in the Northeast does not actually begin in March. Some runners came looking ready for another Winter Series race, clad in tights, headbands, and gloves, while others came with bare arms and legs, wearing only shorts and t-shirts. I soon realized I came quite underdressed and tried to locate another layer to wear. Though the clouds overhead threatened to make matters worse, they only produced a few raindrops before the race.

Once the race began, all the worries about the weather disappeared as the runners got into their paces on a course which weaves in and out of Delmar's neighborhoods. The course provided the runners with protection from those constant and gusty March winds.

The gloomy weather did not stop anyone from enjoying themselves. DJ Brian DeBraccio once again provided music at the start and finish of the race that livened up the day. A young trombone player along the course brought a much-needed smile to my face. The gymnasium was full of chatter and laughter before and after the race and some runners took ad-

vantage of the massages provided post-race. Various informational tables were set up in the lobby allowing the runners to find out about community groups while sipping warm soup or eating fresh bagels.

Pat Cullen continued his red-hot 2009 racing season by taking the overall honors. He completed the course in a swift 25:27, just 7 seconds ahead of Chuck Terry. Rounding out the top three was Justin Bishop, finishing in a time of 26:02. On the women's side, Emily Bryans dominated the field, running the course in 30:24, almost two minutes ahead of Ashley Carr, who finished in 32:21. This was Emily's fourth time winning the Delmar Dash and the first female participant to capture four crowns. Crystal Cammarano finished third on the women's side with a time of 32:46. Susan Wong, from nearby Glenmont, was impressive by being the top age-graded runner with a score of 85.9%.

John Noonan and Jim Maney paced a competitive field in the master's division, finishing 10th and 11th overall. The two battled it out throughout the race, with John coming out on top in the final stretch.

A special thanks to Marcia and Tom Adams who once again did a wonderful job directing the race. They provided their wonderful homemade soup and plenty of boxes of Girl Scout cookies as a special treat. Thanks to all the volunteers who helped the race run very smoothly. □



Delmar Dash - April 5, 2009



Senior Masters Race

NO KIDS ALLOWED!

5K • 10K • OR • 5K WALK
The Crossings, Colonie, NY
August 9, 2009 9AM

\$15 Pre-Registration Fee due by 7/27/09
(Late and day of registration \$20)

FIRST 100 registered receive UNIQUE
handmade (in America) Gift!
(You WILL want this one!)

Awards for each age group!
Snacks & Music after the race.

Wanted: KIDS ONLY Volunteers! (ages 2 - 59 accepted)
Race info & online registration, visit www.AREEP.com

A.R.E. EVENT



60 YEARS YOUNG AND UP



Race Director: **Chuck Batcher**
 (Founder of "LifeStyle Changes:
 ONE Step at a Time!")

Race Sponsors:

Albany Running Exchange (ARE)
 Colonie Senior Service Center Inc.
 Rueckert Advertising
 Greg Rickes - Wine Maker
 LifeStyle Changes:
 ONE step at a time!
 Grailight Services

Over the hill and enjoying the view!

N.K.A. Race registration: please print clearly and complete registration in full.

First Name:	Last Name:	Pick ONE: <input type="checkbox"/> 5K or <input type="checkbox"/> 10K or <input type="checkbox"/> 5K Walk
Street:	City:	State: Zip:
E-MAIL ADDRESS:		
Contact phone #	Birthday:	Age day of Race:
Gender: <input type="checkbox"/> Female or <input type="checkbox"/> Male	Pre-Registration: <input type="checkbox"/> YES (\$15 Fee)	(Age as of 8/9/09 must be 60 or older)
<input type="checkbox"/> I want to volunteer: contact me!	or <input type="checkbox"/> NO (\$20 Fee)	
<p>Waiver: I hereby release "No Kids Allowed": all its sponsors, volunteers, municipal agencies whose property and/or personnel are used for this event AND for any injuries or damages I may suffer as a result of participating in this event. I declare that I am physically fit to participate in the race I have entered. In addition, I permit the use of my photo in newspapers, brochures or other promotional material without compensation. I have read this entry form and certify my compliance and understanding of its terms by my signature here-in.</p>		
Signature:		Date:

Make checks payable and send to: Grailight Services • 1237 Thompson Lake Rd. • East Berne, NY 12059
Call 518-225-5494 for more information.

Running USA 2009 Conference

Dates: February 8-10, 2009
Attendees: John Kinnicutt and Josh Merlis

Overview

There was a three-day conference with 400 attendees from events and companies throughout the country. Attendees were predominantly involved with particular races (race directors), although there was a good mix of those also involved with running organizations, as well as vendors marketing products geared toward clubs as well as races.

Nearly two dozen lectures, sessions, and panels were offered during the conference. There was also a continuously running expo with the vendors displaying their products. Lastly, runs were held each morning that provided further opportunity to network with other attendees as well as continue the impromptu dialog that often arose at meals and in between sessions.

Lessons from the Conference

The theme of the conference was "20 in 10" meaning a goal of 20 million event participants in 10 years. To that end, many of the sessions focused on how to increase general event participation and to bring our sport more to the forefront. While there was some talk about the status of elite running in America, it was not the focus.

Session: Growing the Movement with Inspiration

It is important to create an emotional attachment with the community. Residents of the neighborhoods our races run through should be enthused and thankful that we are bringing this to them, not resentful and isolated from the event. Reach out to them and encourage their participation.

- Performance + reputation + trust = respect, and respect is the foundation of a lasting successful existence.
- Pursue innovation
- Commit to total commitment
- Deliver a unique experience
- Think about what the world needs, feels, and wants
- Never pull back on service
- Brainstorm; think of the worst possible idea; explore your own creativity
- Create list vs. to-do list

Session: World Marathon Majors

The directors of the Chicago, Boston, and NYC marathons formed a panel to discuss the World Marathon Majors, which is a championship series awarding \$500,000 to the top man and woman. An important point that we walked away with from this session was that all races are interrelated and ultimately need to work together to bring our sport further into the limelight.

Session: Networking, We're All in This

Together

Dave McGillivray, the Boston Marathon race director, led this session. He playfully opened up by asking how many of us (about 150 attended this session) went to school to do what we are doing (direct races, organize running clubs, etc.) Amusingly, no one raised a hand. He then asked if any of the race directors feel in competition with other race directors. Again, no one raised a hand. Before breaking us out to meet each other and discuss our events, he echoed the sentiment that we all have learned from mentors and that race directing is not a college major. This led to an hour session of 2 minute intervals with different attendees, to find out who they are, what they do, etc. It was very enjoyable and entertaining.

SESSION: Successful Sponsorship Relations

As an entry point, look for an "in"; a decision maker who runs or has a child that runs. Ultimately, personal connections are the most effective way to get help and additional resources.

- Be open to long-term commitments
- Look to latch on to an existing promotion

Session: What Makes the Pig Fly – Case Study

This lecture was led by the organizers of the Flying Pig marathon, namely a retailer, race director, and Asics, and discussed how they have created and branded their event. It reiterated the point that community support must be fostered and that running needs to be taken to those who don't run, and the goal isn't always to make them run! More importantly, the communal aspect of creating an event is something that everyone can enjoy being part of and must be done for a successful large-scale event.

Session: Understanding Generation Me

The overwhelming theme of this session was the generation gap between many of those organizing events and "Generation Me", namely those who grew up with computers and don't know what life was like before CDs and cell phones. This generation demands an infusion of technology and is 'always connected' via Facebook, Twitter, and in other online ways. Events need to respond by finding an online presence to attract this group.

Session: Race Director: Give and Take

This was an opportunity for race directors to discuss their own experiences and ask others for advice. Topics included what to do when a fire breaks out on a course, how many portable toilets are needed (1 for every 100 participants at a minimum), and managing registration (transfers, day-of, changes). We had the pleasure of sitting next to Dave McGillivray, during which time John had some fun exchanges with Dave, and Josh had to politely ask Dave to lift his chair because Josh's laptop

case strap was trapped under it.

Additional Notes

Many of the attendees formed a true who's-who in the American racing management scene. The directors from countless 20,000+ participant events were present, as well as CEOs of major companies including MapMyRun and MarathonGuide. TrainingPeaks was also on hand, with training designed for running clubs to offer.

On the final day, of 50+ tables in the banquet room, we sat with Doug Logan, the CEO of USATF and the keynote speaker. To be present in the conversation that ensued at the table, which also included Glenn Latimer, the LDR chair of USATF (who proudly showed us a picture of himself with Haile Gebreselassie when he ran 2:03:59), was priceless. Josh also participated in a live auction and won a training trip with the US Olympic Team that he will be attending in October.

Above all else, we are thankful for having had the opportunity to attend this conference and look forward to implementing many of these ideas on both a club and event basis. If anyone has any further questions, feel free to contact us. ☐



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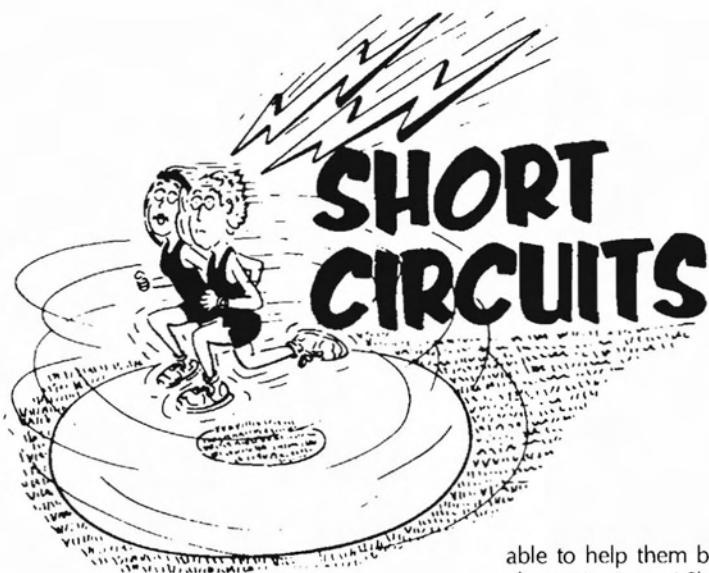
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- Complete gait analysis by a highly trained, dedicated staff
- A one-stop source for running, walking and fitness information
- A strong commitment to the success of our customers and our community
- A warm, welcoming environment for customers of every age and ability



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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.

On April 3rd, a new course record was set at the 14th Annual Raider Classic 5K. Justin Bishop ran the wet and rainy course in 15:53. Bishop shattered the previous record, formerly held by Anthony Giuliano, by 23 seconds. Giuliano finished 2nd, behind Bishop, in 16:39.



Bishop trumps Giuliano, sets new record

able to help them beat their 6 hour goal by about 10 minutes! She was interviewed for the May 12 season finale on NBC.



Laura (#1034) leads the losers (in black)

When the results were posted right after the Masters 10K Championship in Gunderland ended, one particular result stood out. Charlie Matlock, 64, was shown finishing 28th in a time of 46:30. There were two problems with the posted result. First, Charlie Matlock hasn't run anything near that time in 25 years. He would struggle to break one hour ten minutes. Second, Charlie Matlock wasn't at the race that day. He wasn't even in New York State. The published results omitted the Matlock PR.



Matlock's PR taken down!

Human Services, Office of Disease Prevention and Health Promotion She will be the Senior Clinical Advisor for ODPHP as a Luther Terry Fellow, an opportunity offered to only one physician in the nation every two years. And the photo that was released. It showed her standing with Illinois Senior Senator Dick Durbin. A third person in the picture is unidentified.



Sara meets Senator Durbin



Recently Lukas Verzbicas from New Lenox, Illinois set a national indoor high school freshman class record with nation-leading 8:29.15 for 3,000 meters, but that turned out to be just a hint of what was to come. In April, he clocked 8:31.0 for 3,000—on his way to a stunning time of 14:18.42 for 5,000 meters to set a new national high school record, breaking the old mark of 14:29.80 set by Brad Hudson in 1984. □



And he is only 15

Area runner Laura Skladzinski had a fantastic run at the Country Music Marathon in Nashville. She got to serve as a pacer for two of the Biggest Loser contestants (no, not Larry Peleggi or Al "I lost 50 pounds in London last week" Maikels, but Dane and Blaine from the Black Team.) It was so much fun, and she was

University at Albany recently released a photo of HMRRRC member Sara Brenner. The release was part of an announcement that she in the New York State Preventive Medicine Residency Program at UAlbany's School of Public Health. After completing the program, Brenner will move to Washington, D.C., where she has accepted a federal health policy position in the U.S. Department of Health and

Masters 10K Ceremony

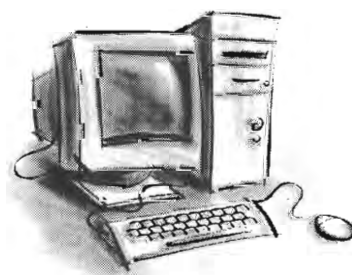


New HMRRC Members

Alicia Barber
 Doug Billingham III
 Tom and Shelly Binsfeld
 Allison Bradley
 Valerie Camper
 Johanna Comanzo
 Sean Dolton and Family
 Kimberly Ford
 Linda Gallagher
 William Getman
 Holly Klein
 Jill Koziol and Family
 Dan Krehnbrink
 Erin McMahon
 Tom Michalek
 Steve Murfitt
 Ellen Posson
 David Simon
 Derrick Sumereau

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**

Meeting Minutes of the HMRRC General Meeting - April 8, 2009

Attendance:

Call to Order (M. Kelly): 7:30 p.m.

Reading and approval of minutes (B. Light): Motion to approve March 19th minutes made by Chuck Terry, seconded by Marcia Adams. Motion approved.

Reports of Officers

2.1 President (M. Kelly):

- Reminder of date change of the May meeting to Wednesday, May 6.

- Hiring of Accountant - Chuck Terry and Mike Kelly had their first meeting with Alex Cruden and they discussed some initial recommendations. Mike and Chuck will try and meet with other officers in the next couple of weeks to set up new procedures internally on how to keep track of monies across the club to try and streamline and make more efficient.

- Free Schwag from Ragnar Relay - Woodstock to NY - 175 mile; 12 person relay; May 15-16; www.ragnar.com for more information.

- HMRRC Tent at GHI - Ed Gillen will be in charge of the tent and he needs anybody who is able to volunteer and help out to please contact him.

Congratulations go out to Marcia and Tom Adams on a successful and record breaking Delmar Dash race on April 5th.

2.2 Executive Vice President (M. Warner): We have received 33 Schrader scholarship applications this year which is up from 7 from last year. The Scholarship committee will meet on the 19th to go over the applicants and will make a final decision.

2.3 Executive Vice President - Finance (C. Terry): Met with Alex Cruden. Mr. Cruden will start with filing the 2008 annual tax return Form 990. He has sent Chuck a list of information he needs. For 2009 he will continue to do the Form 990 but will have to do a review of the financial statement. He made some recommendations to institute and we will try to follow some of them. With the race report records we will try to develop a system in which all information is in one central location at the end of the year so it can be transmitted easily to the accountant.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): E-mailed the financial report with the disclaimer of problems consolidating finances with everything coming into the account through Pay Pal. He is trying to figure out which account items are for. In the statements he has large amounts in general categories until he figures out where they are to go. He will have to look further into the use of Pay Pal.

Reports of Committees

Membership (E. Gillen): 36 new members have joined since the last meeting: 17 joining from Delmar Dash, and 69 renewals. 140 May membership notices sent out, still averaging a little over 50% renewals. He hopes to identify on application forms of GHI how many join HMRRC from GHI.

Volunteers (M. Adams): A huge thank you to all volunteers at the Delmar Dash. We need volunteers for the Masters race on April 25; if anyone is available, please contact Marcia Adams.

Public Relations (R. Moore): Adirondack Sport and Fitness expo April 4th & 5th. Thank you to all who volunteered and helped out. There was a good turnout.

Race Committee (N. Briskie): Ed has a new online application for the Father's Day race on the website and is working on getting one ready for the Mother's Day race. At the next race director meeting they will discuss the Wild Apricot system and see how many race directors will use it for online applications. Ed will gladly teach someone how to set up and run the system for the online applications. Josh Merlis and John Kinnicutt will go over what they learned at the running conference they attended. The Delmar Dash, held on April 5th had 633 record finishers. The next race is the Bill Robinson Masters Race on April 25th. Contact Jim Tierney for more information.

Race Committee Treasurer (P. Zentko): See attached reports. There are outstanding reports from Winter Series #5 and the Stockade-athon. Mike emailed Vince.

Pace Setter (R. Nagengast/M. Adams): No report.

Conflicts Committee (C. Terry): No report.

Safety (V. Juliano): No report.

Unfinished Business: Rob questioned if he could sell the new HMRRC bags. Discussion continued and a decision was reached not to charge for the bags. The booth at Freihofer's Race: Cathy contracted \$300 for the booth and asked for extra space for the shoe collection. Cathy will submit the form for the booth. Cathy will put up a request on the website for volunteers needed for the Freihofer expo. She will need volunteers for Friday 11 a.m. - 8 p.m., Saturday 11 a.m. - 3 p.m. The Expo runs May 29-30, 2009.

New Business: Lee Pollock & Mike are working on insurance issues with USATF. Their intent is to provide the club and race directors a policy that is easy to understand as to what is covered and not covered. All races insured by USATF have liability coverage for the race. You have to be USATF member and sign a waiver to have accidental coverage. There is no accident coverage if you are not a USATF member and membership for the HMRRC is currently not in the works. Josh will get information from RRC on the insurance they have for Lee to look at.

5.1 Selection of 2009 Distinguished Service Award Winner(s) - The election for Distinguished Service Award was held, with nominees Nancy Briskie and Tom and Marcia Adams. 2009 Distinguished Service Award awarded to Nancy Briskie. The Distinguished Service Race will be held Sunday, May 31st at SUNY.

5.2 Report from John Kinnicutt and Josh Merlis on the HMRRC sponsored trip to the San Diego running conference. This was a three day conference with industry professionals - race directors from the biggest races in the world, along with timing and production companies. The main objective is to keep races fun and be up on latest technology, encourage residents in neighborhoods that your race runs through to get involved and develop the sport and everyone benefits.

5.3 HMRRC Adopt a Road/Trail Clean up Day- A chance to offer members to come out and clean up for half a day at a particular location. Mike will try to develop a plan and bring it up at next meeting. There will be a clean up day at Thacher Park on Saturday April 25th.

5.4 Club Policy on member

discounts through vendors - Mike asked past presidents about a member benefit page, sponsors who offer discounts for members, similar to the Capital District YMCA offering members a reduced fee for joining. Mike Kelly will look into products that may be a benefit to runners to see what can be started. He will put information on the website. If anyone has suggestions, let Mike know.

Announcements: May refreshments - Marcia and Tom.

Sunday April 19th Dodge the Deer race.

Adjourn: Motion made by Marcia Adams to adjourn. Seconded by Ray Lee. Meeting adjourned at 8:50 p.m.

Respectfully Submitted,
Barb Light, Secretary □



2009 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. With the exception of the Colonie Mile, all other track events will be held at Guilderland High School, on three consecutive Wednesday evenings, starting at 6:15 p.m. as shown below.

The address of Guilderland High School is 8 School Street in Guilderland Center. The easiest way to reach the school is from US Route 20 in Guilderland. Turn onto Route 146 West and travel 3-4 miles to School St. Turn left onto School St. The school is on your left shortly after you turn.

Race #1: COLONIE MILE

6:15 p.m., Tuesday, July 7

Location: South Colonie H.S. track off Sand Creek Rd., behind Colonie Shopping Center

Fee: FREE

Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRC club members.**

Race #2: TWO PERSON RELAY

6:15 p.m., Wednesday, July 15

Location: Guilderland H.S. track

Fee: Free for members, \$5 non-members

Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.

Race #3: HOUR RUN

6:15 p.m., Wednesday, July 22

Location: Guilderland H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run on the track for one hour. Participants running the furthest are the winners.

Race #4: PENTATHLON

6:15 p.m., Wednesday, July 29

Location: Guilderland H.S. track

Fee: Free for members, \$5 non-members

Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

Summer Series Contact: Ken Skinner, 489-5311

E-mail: kennyskin@earthlink.net



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

If ordering only this item, postage is \$.42

All prices include sales tax

TOTAL DUE: _____

Postage \$5.05

(If you want insurance, add \$1.70 for items up to \$50, \$2.15 for \$50-\$100)

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Is it your New Year's Resolution to volunteer at a HMRRC race?

Anyone can qualify to be a volunteer.

We welcome everyone — so if you are planning to be at a race but not run, why not lend a hand?

We pay with smiles and thank yous and the occasional T-shirt!

Either call me (356-2551) or email me (madams01@nycap.rr.com) or send me the following:

Name:

Address:

Tele. #:

Email:

Job Interested in (check all that apply):

- ☐ Course marshal
 - ☐ Refreshments
 - ☐ Registration
 - ☐ Finish line/results
 - ☐ Race Director — asst. and training
 - ☐ Any of the above
- Physical limitations (if any):

Mail to: Marcia Adams; HMRRC
Volunteer Coordinator; 1009 Tollgate
Lane; Schenectady NY 12303

Grand Prix Update

Race #4 Delmar Dash

5 Miles

April 5, 2009

Men

Male Open

12 Pat Cullen
10 Chuck Terry
8 Justin Bishop
7 Anthony Giuliano
6 Tom O'Grady
5 Greg Stevens
4 Matthew Fryer

Male 30-39

12 Aaron Knobloch
10 Brian Northan
8 Mike Kelly
7 Chad Davey
6 Jonathon Bright
5 David Tromp
4 Jim David

Women

Female Open

12 Crystal Cammarano
10 Kate Thomas
8 Diana Rodriguez Tobon
7 Colleen Hayden
6 Julie Nabozny
5 Chelsea Maguire
4 Kelly Virkler

Female 30-39

12 Katie Hodge
10 Lori Weaver
8 Gretchen Oliver
7 Kimberly Miseno-Bowles
6 Estelle Burns
5 Jess Hageman
4 Sally Drake

Age Graded

	Runner	Age	G
1	12 Pat Cullen	23	M
2	10 Chuck Terry	26	M
3	8 Justin Bishop	28	M
4	7 Anthony Giuliano	29	M
5	6 Thomas O'Grady	23	M
6	5 Aaron Knobloch	32	M
7	4 Mike Kelly	38	M
8	3 Crystal Cammarano		
27	F		
9	2 Jonathon Bright	38	M
10	1 Brian Northan	34	M

Race #5 Bill Robinson Masters Championship 10K

April 25, 2009

Male 40-49

12 Bill Venner
10 Ahmed Elasser
8 Richard Cummings
7 Tom Kracker
6 Edward Hampston
5 Russ Hoyer
4 Robert Wither

Male 50-59

12 Dale Keenan
10 Mark Warner
8 Rob Colborn
7 Richard Clark
6 John Haley
5 James Jacobs
4 Bill Herkenham

Male 60-69

12 John Pelton
10 Ernie Paquin
8 James Thomas
7 Tom Kollar
6 Frank Klose
5 David Hayes
4 Christopher Smith

Male 70+

12 Wade Stockman
10 Bob Husted
8 Ed Docette
7 Denis Burns
6 Joe Kelly
5 Joe Corrigan
4 Ed Thomas

Women

Female 40-49

12 Mary Buck
10 Beth Stalker
8 Chris Varley
7 Mary McNair
6 Kari Gathen
5 Nancy Taormina
4 Tracy Perry

Female 50-59

12 Nancy Briskie
10 Judy Phelps
8 Martha DeGrazia
7 Cathy Sliwinski
6 Joan Celentano
5 Kathrine Ambrosio
4 Karen Gerstenberger

Female 60-69

12 Susan Wong
10 Ginny Pezzulo

8 Coral Crossman
7 Sibyl Jacobson

Female 70-79

12 Anny Stockman

Total After 5 Races

Male Open

32 Pat Cullen
30 Chuck Terry
28 Tom O'Grady
22 Justin Bishop
17 Jim Sweeney
15 Joe Hayter
13 Tim Caramore
12 Andy Allstadt
12 Anthony Giuliano
9 Eamon Dempsey
8 Josh Merlis
7 Dave Vona
5 Andrew McCarthy
5 Greg Stevens
4 Matthew Fryer

Male 30-39

37 Brian Northan
36 Aaron Knobloch
28 Jonathon Bright
27 David Tromp
15 Mike Kelly
12 Joe Benny
12 Jim David
12 Bob Irwin
8 Todd Smith
7 Chad Davey
7 Sean Madden
6 Dan Murphy
5 Corbin Gosier
4 Robert Norman
4 Patrik Sorsby

Male 40-49

44 Ahmed Elasser
18 Jon Rocco
17 Russ Hoyer
15 Steve Becker
15 Richard Cummings
14 Edward Hampston
13 Tom Kracker
12 John Noonan
12 Bill Venner
10 Dan Cantwell
8 Tim Hoff
7 Brian DeBraccio
7 Norris Pearson
6 Mike Biehl
5 Rob Paley
4 Paul Bohl
4 Chris Chartrand
4 Norris Pearson
4 Robert Wither

Male 50-59

28 Lee Pollock
24 Mark Warner
22 Rob Colborn
22 Peter Cure
19 Dale Keenan
12 Tom Dalton
12 Kevin Dollard
12 Derrick Staley
11 Ken Klemp
11 Brian Teague
10 Bill Herkenham
7 Richard Clark
7 Paul Forbes
6 John Haley
5 James Jacobs
4 Rob Picotte

Male 60-69

30 Tom Adams
25 John Stockwell
24 Tom Yannone
20 Bob Ellison
20 Ernie Paquin
19 Tom Kollar
12 John Pelton
10 David Hayes
9 Frank Klose
8 Jesse Dinkin
8 James Thomas
7 Jim Moore
6 Peter Newkirk
5 Tom Benoit
5 Peter Thomas
4 Jack Berkery
4 Christopher Smith
4 Chuck Trimarchi

Male 70+

44 Bob Husted
44 Wade Stockman
18 Joe Corrigan
15 Ed Docette
14 Joe Kelly
7 Denis Burns
6 Charles Bishop
6 Ed Thomas
4 Jim Tierney

Female Open

28 Christina Ardito
27 Crystal Cammarano
24 Diane Matthews
23 Colleen Hayden
19 Diana Rodriguez Tobon
17 Martha Snyder
12 Kelly Virkler
11 Erin Rightmyer
10 Carolyn Herkenham
10 Julie Nabozny
10 Kate Thomas
8 Casey Doak
8 Kathryn Jones
5 Chelsea Maguire
4 Rachel Clattenburg

4 Kerry Gebhardt
4 Irene Somerville

Female 30-39

32 Lori Weaver
25 Kimberly Miseno-Bowles
22 Jessica Mitchel
21 Estelle Burns
19 Sally Drake
19 Jess Hageman
12 Karen Dolge.
12 Laura Gerson
12 Katie Hodge
11 Pamale DelSignore
8 Gretchen Oliver
5 Suzy Bright
5 Ashley Peacock
4 Jamie Masson
4 Regina McGarvey
4 Amy Ohl

Female 40-49

32 Anne Benson
26 Beth Stalker
24 Emily Bryans
18 Chris Varley
16 Kari Gathen
12 Lizette Arroyo
12 Mary Buck
12 Megan Leitzinger
9 Tracy Perry
8 Diane Hanson
8 Denise Iannizzitto
7 Cheryl DeBraccio
7 Mary McNair
7 Nancy Nicholson
5 Nancy Taormina
4 Julie Burke
4 Mary Fenton

Female 50-59

39 Martha DeGrazia
27 Cathy Sliwinski
23 Susan Burns
22 Judy Phelps
21 Kathrine Ambrosio
18 Joan Celentano
12 Nancy Briskie
9 Cynthia Southard
8 Elizabeth Herkenham
8 Judy Lynch
6 Erika Oesterle
6 Barbara Sorrell
4 Karen Dott
4 Karen Gerstenberger

Female 60-69

48 Susan Wong
40 Ginny Pezzulo
15 Sibyl Jacobson

8 Coral Crossman
7 Liz Milo
6 Noreen Buff

Female 70-79

48 Anny Stockman
20 Eiko Bogue

Age Graded

	Runner	Age	G
1	12 Dale Keenan	58	M
2	10 William Venner	49	M
3	8 Anny Stockman	76	F
4	7 Ahmed Elasser	46	M
5	6 Judy Phelps	58	F
6	5 John Pelton	69	M
7	4 Martha DeGrazia	58	F
8	3 Rob Colborn	54	M
9	2 Nancy Briskie	51	F
10	1 Beth Stalker	49	F

Age Graded Total After 5 Races

	Runner	Age	G
37	Anny Stockman	76	F
26	Susan Wong	61	F
19	Pat Cullen	22/23	M
19	Chuck Terry	26	M
17	Dale Keenan	58	M
16	Judy Phelps	58	F
14	Martha DeGrazia	57	F
13	Tom O'Grady	23	M
12	Justin Bishop	27/28	M
12	Tom Dalton	50	M
12	Ahmed Elasser	46	M
12	Derrick Staley	50	M
10	William Venner	49	M
8	Kevin Dollard	53	M
7	Anthony Giuliano	29	M
6	Andy Allstadt	26	M
6	Lee Pollock	56	M
5	Rob Colborn	54	M
5	Aaron Knobloch	32	M
5	John Pelton	69	M
4	Mike Kelly	38	M
4	Ginny Pezzulo	63	F
3	Anne Benson	43	F
3	Crystal Cammarano	27	F
3	John Noonan	49	M
2	Steve Becker	42	M
2	Jonathon Bright	38	M
2	Nancy Briskie	51	F
2	Lee Pollock	56	M
2	Beth Stalker	49	F
1	Peter Cure	50	M
1	Brian Northan	34	M





Trail Running Camp

Dippikill Wilderness Retreat, Adirondacks, NY

Join us in July 2009 for our second annual weekend retreat for runners. Trail running is just the beginning of this experience that you will not soon forget.

Gourmet meals, yoga, strength workouts, kayaking, and the beautiful Adirondacks await you! There is plenty to do for everyone—even if you have a non-running spouse, they will be more than comfortable and encouraged by this adult-only camp.

There are many different cabins on the property giving campers the opportunity to choose both luxurious and primitive accommodations depending upon their taste. Rates begin at \$250 for this all-inclusive camp, including 4 days/3 nights, a technical shirt, meals, lectures, exercise sessions, full access to the pond, and more!

If you're looking for a highly organized and motivational pick-me-up, this is it.

Whether you want to getaway with friends or make some new ones, join us!

For more information and to sign-up, visit www.AREEP.com



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info@areep.com
518.320.8648

Thursday, July 16 to Sunday, July 19, 2009

Exclusively for adults.

Local Event Schedule

(Club Events in blue type)

Date	Time	Event	Location	Contact(s)	Email
6/5	6:00 PM	Onteora Mile	Onteora High School Rt28 Boiceville	Sue Hoger	shoger@rcal.org
6/6	9:00 AM	Valley Cats Home Run 5K	HVCC Campus Joe Bruno Stadium	John Haley Megan Leitzinger	j.haley36@yahoo.com
6/6	10:00 AM	Charlton 5k	Charlton	Bill Herkenham	bherk@nycap.rr.com
6/6	10:00 AM	Run for PRIDE 5k and Rainbow Fun Run	Washington Park Lakehouse	Melinda Person	melindaperson@hotmail.com
6/6	9:00 AM	Kinderhook 0K 5k	Kinderhook Village Square	Ed Hamilton	ok5krace@hotmail.com
6/6	10:00 AM	JoAnn & Nancy Memorial 5K Run for Ovarian Cancer	Pinhead Susan's Downtown Schenectady	Billy McDonald	billymac3434@yahoo.com
6/13	8:00 AM	Ryley's Run 5k	University at Albany	Donna Sullivan	donna@rescuecentral.info
6/13	9:00 AM	Run with the Trojans 2 and 4 mile Road Race	Colleen Road Troy	Brad Lewis	brad110286@hotmail.com
6/13	6:30 PM	Rotary Ramble 10K & 2 Mile	Fort Plain	John Geesler	kgeese@telenet.net
6/16	6:00 PM	Colonie Summer Track	Colonie High School	Frank & Don Myers	FLYINGBB45@aol.com
6/21	8 & 9 AM	Summer Sizzle 5M	Mohawk Valley Community College	Paula May	pmay@newyorkmills.org
6/21	9:00 AM	Community Resource Father's Day 5K Run	The Crossings Colonie	David Newman	newman.david@gmail.com
6/21	10:00 AM	26th Annual Mule Haul 8K Race	Schoharie Crossing State Historic Site	Jim Moore	cordsrn@hotmail.com
6/21	9:30 AM	Richmond Reach the Beach 5K Race	Boy's Club Road	Rebecca Marzotto	Marzotto@rnetworx.com
6/23	6:00 PM	Colonie Summer Track	Colonie High School	Frank & Don Myers	FLYINGBB45@aol.com
6/28	7:30 AM	Adirondack Distance Run	Lake George	Marcy Dreimiller	madone1@roadrunner.com
6/30	6:00 PM	Colonie Summer Track	Colonie High School	Frank & Don Myers	FLYINGBB45@aol.com
7/4	8:30 AM	Firecracker 4 Mile	Saratoga Springs	Mary Vanderminden	maryd@telescopecasual.com
7/7	6:15 PM	The Colonie Mile [GP]	Colonie HS Track	Ken Skinner	kennyskin@earthlink.net
7/12	8:00 AM	Utica Boilermaker 15K	Utica	Jim Stasaitis	jstasaitis@boilermaker.com
7/14	6:00 PM	Colonie Summer Track	Colonie High School	Don Myers	FLYINGBB45@aol.com
7/15	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Guilderland HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/21	6:00 PM	Colonie Summer Track	Colonie High School	Don Myers	FLYINGBB45@aol.com
7/22	6:15 PM	36th HMRRC Hour Run	Guilderland HS Track	Doug Bowden	bowden@nycap.rr.com
7/25	9:30 AM	PA Summer Biathlon (Run -Shoot) 4km +5km	Whitetail Preserve	Frank Gaval	barb123@ptd.net

Hudson Mohawk Road Runners ClubP.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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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!*