

The Pace Setter

May 2012

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



41st ANNUAL

DISTINGUISHED SERVICE AWARD

8 MILE ROAD RACE

Sunday, June 10, 2012, at 9:00 a.m.

Honoring

★ **ED GILLEN** ★

PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:

CATHY SLIWINSKI ('11)	CHRIS RUSH ('90)
MARCIA & TOM ADAMS ('10)	RICH BROWN ('89)
NANCY BRISKIE ('09)	BERT SOLTYSIAK ('88)
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LORI ANN CHRISTINA ('02)	CHUCK HAUGH ('82)
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JIM BURNES & SHARON BOEHLKE ('97)	DON & LINDA BOURGEOIS ('77)
DON FIALKA ('96)	PAUL ROSENBERG ('76)
CINDY KELLY, JULIE LEEPER ('95)	DON WILKEN ('75)
STEVE BASINAIT, HANK STEADMAN ('94)	BILL SHRADER, SR. ('74)
AL MAIKELS ('93)	BURKE ADAMS ('73)
CHARLES MATLOCK, CARL POOLE ('92)	TOM OSLER ('72)
ED NEILES, JUDY DE CHIRO ('91)	

Starts & Finishes in front of the Physical Education Building at The University at Albany
Registration: 8:00-8:45 a.m. at the rear of the PE Building

**DAY OF RACE
REGISTRATION ONLY!**

ENTRY FEE:

FREE for HMRRRC Members, \$6.00 for Non-Members

AWARDS:

Top Three Overall Male & Female & Age Group Winners (5-year age groups)

*For Info or to Volunteer:
Call Mark & Angela
464-5698 or e-mail:
mwarner1@nycap.rr.com*

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Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Mike McLean,
Robin Nagengast, John Peters

Advertising/Business Directors:

Jeanne and Meg Deguire

Photo Coordinator:

Bill Meehan

Photography Staff:

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

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

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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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Photos in this issue by Bill Meehan, Paul Turner, Chris Strebel

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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JOHN PARISELLA
464-5698

Executive Vice President
JON ROCCO
862-9279

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
PAM ZENTKO
372-8275

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
JONATHAN GOLDEN
hmrrcjon@gmail.com

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Clocks & Van Equipment
TOM ADAMS
366-5266

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



President's Message

by John Parisella

Welcome to the *May Pace Setter*! What a month of April we've had, and we certainly have a great month of running and racing coming up. There was the Club's Delmar Dash 5-mile race (directed by Marcia and Tom Adams) and the Bill Robinson Masters 10k race (directed by HMRRRC Hall of Famer Jim Tierney). And let's not forget the 116th Boston Marathon. There were too many other fine races in our community every weekend in April to mention, but April's races included enough miles to burn off three Easter baskets full of 'Peeps.'

We've all turned our attention to May and that means two things: Mother's Day and the CDPHP Workforce Team Challenge. The Mother's Day 5k race on May 13th is for women only and this year will be run in Schenectady's Central Park. For the first time, it is sponsored by Best Fitness, which has also been conducting a 'couch to 5k' training program in conjunction with the race. Tom and Marcia Adams are directing this race, and it

should be a terrific experience. Please be a part of it and run or volunteer. You won't regret it.

We all started putting our Workforce Team Challenge teams together in March, but the HMRRRC team, lead by Mike Rabideau, the Workforce Challenge's new race director, has been hard at work for months in order to make this classic 3.5-mile race on May 17th better than ever for the more than 9,000 runners and walkers that come and represent more than 450 organizations. The 3.5-mile race, which starts at the NY State Museum and travels up Madison Avenue and courses through Washington Park before sending runners speeding down the finishing hill, is not to be missed! If you're not running, please consider volunteering, or just come out and enjoy the amazing experience of seeing over 9,000 runners and walkers of all ages do what they love. I'll see you there!

Have a great month and enjoy the spring weather. ☐



Submissions for the July Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is June 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 image files or greyscale required (no compression). No files from MS Word or MS Publisher. Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



What's Happening in May

by Al Maikels

The 32nd Annual Mother's Day race leads off the May schedule on Sunday, May 13 at 10 a.m. at Central Park in Schenectady. After a long run in Bethlehem, the race has moved to Schenectady in an effort to increase the race numbers. This race is for women and their children and is used by many women as their "tune up" for the Freihofer's Run.

The other club race in May is the largest and most name-changed race in the Capital District. The CDPHP Workforce Team Challenge will be held on Thursday, May 17 at 6:25 p.m. at the Empire State Plaza. This is also the 32nd running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge, as well as GHI Workforce Team Challenge. The Workforce Team Challenge is a 3 and one-half mile race and is run as a team competition open to employees of local businesses and government agencies. If your place of employment has a team, sign up. If there isn't a team, organize one. If all else fails, get a group of people together, or just your own self and volunteer for the race. The GHI race is the major fundraiser for the HMRRC and with over 9,500 runners expected the event can always

use the help.

Our friends to the north, the Adirondack Runners, are featuring a series of 5k trail runs every Tuesday in May with a 6 p.m. start at Cole's Woods in Glens Falls.

The best race value in the area is the Voorheesville Memorial Day races. There is a 2-mile race on the roads and a 15k that goes off the roads for 2 miles of fun in the Indian Ladder apple orchard. The races begin at 12 noon on Saturday, May 26. The post race festivities include two of the major components of the food pyramid, beer and hot dogs.

The Woodstock 5k and 15k races, held on Memorial Day, Monday, May 28 are also a personal favorite. These are also low-key races, well-organized, friendly people and, note the common theme, a beer truck at the refreshment area. There is always a contingent of HMRRC members at this race, and all seem to have a great time.

Race applications for all of these events should be found in the April or May PaceSetter.

The club business meeting for May will be Wednesday, May 9 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave Extension. ☐



I am one of those Old Geezers who complain about lack of recognition by race directors and that the 75-79 age group, cannot compete with the 70-74 year group. Check race results in the area and you will see that in rare instances it holds true. That's why all races should have 75-79 instead of 70 and up. It does not matter how many types of races you have, we just cannot compete with the younger group. Also, speaking of recognition, why can't we have the awards for the over 70 crowd be given out first? In most of the races I have competed in, by the time they get to the over 70 awards most of the people have left. You know how great it feels when you get an award for winning a race at 78 and have hundreds of people cheering for you, instead of the 25 or 30 runners who are usually left when our awards are given out. People in our age group should be celebrated that we are still racing and competing at our ages. P.S. -- some race directors get right.

- Richard Eckhardt ☐

New HMRRC Members

Kari F. Akin
Francine Alfandary
Veronica Armbruster
Christopher Bannigan
Jennifer Bannigan
Lauren Barnard
Rochelle Beckerman
Philippe Belanger
Courtney E. Bissell
Kristofer Lee Bond
Kristyn Brozowski
Debra Bush
Jack Bush
York Bush
Randall Cannell
Laura Carroll
Michelle Carter
Christine Caruso
Vanessa Cayford
Michael Clark
Jennifer Cole
Joseph Crowe

Nancy Davidson
Patti DeMarle
Colin DeSacia
Deborah Durkee
Alexandra Eddy
Darlene Eddy
Griffith Eddy
Julia Eddy
Chris Gardner
Jennifer Gardner
Molly Gardner
Tyler Gardner
Miranda Gilgore
John Giordano
Ashley Giumarra
Ann Glackin
Michelle Golonka
Janine Gross
Lynne Haley
Kathleen Elizabeth Hess
Michelle Heyward-Cooper
Charles Howard

Griffin Howard
Virginia Howard
Winston Howard
Cole Ippolito
Michael Ippolito
Reid Ippolito
Barbara Jordan
Michael Jordan
Regina Kane
JoDee Kenney
Jessica Kostek
David Krisher
Michael Krisher
Tammy Krisher
Jennifer Larsen
Kim Law
Julia Lesniak
Barbara Lisosky
Lisa Elaine Loeffler
Eileen Mahoney
Valarie Manning
Danielle Maslowsky

Jeanne Masterson
Cheryl McPhillips
Alexandra Mizrahi
Katherine Nadeau
Leia Nardacci
Mody Palaganas
Annie Peters
Alexa Peterson
Derek Peterson
Jordan Peterson
Taylor Peterson
Noel Pezzolesi
Victoria Pezzolla
Miles Plant
Karen Provencher
Catherine Quinn
Derek Quinn-Woods
Nicole Reagan
Sarah Elizabeth Reed
Nancy Roche
Nicole Runyon
Helen Russo

Colleen Dunn Savage
Annmarie Saxby
Akansha Saxena
Caitlin Sheil
James Sherman
Kristen Shoemaker
Ashley Skukalek
Krista Spohr
Robert Spohr
Tami Stewart
Alexandra Street
Bill Street
Jennifer Street
Nicholas Street
Bruce Sutphin
Tonya Sutphin
David Szlamowicz
Michel Thomasson
Michael Tolan
Audrey Vandervoort
Jimmy Vielkind
David Vogelsberg
Hillary Wetzel

34th run for women



Are You Registered? It's not too late, sign up NOW.

There is still time to register for the Capital Region's premier road race on Saturday, June 2, 2012.

Register now and be eligible for our grand prize drawing, an Apple iPad.

So don't miss out. Register now by visiting freihofersrun.com.

Field will be capped at 6,000 runners

The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.



Corporate Support



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MAYOR

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14th Annual Kinderhook Bank

OK  5k

Saturday — June 9, 2012 — 9:00 AM

2012 USATF Adirondack Grand Prix Road Race

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.
Registration	Web www.OK5krace.org or form below. email: ok5krace@hotmail.com
Entry Fee (5K Race)	\$15.00 before June 1st. \$20 June 1st and after \$13.00 KRC Members before June 1st. \$20 June 1st and after \$12.00 Students on or before June 1st. \$20 June 1st and after
Packet Pickup	Friday, June 8, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 9 – Village Square -7– 8:30 AM. No Race Day registration after 8:30
Awards	Age Groups and 3 Member Teams - 70-74, 75-79 and 80 and greater age groups No Race Day Registrations for Teams.
USATF	Grand Prix for a USATF ADK membership –visit www.usatfadir.org or call 518-273-5552

OK 1 Mile Run Ages: 4 to 12	Sponsored by: FairPoint Communications Time - 8:15 AM – Finishers' Medals for all. Starts in Village Square. Fee: \$2.00 - Medal to winner in each 1 year age group
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.
Food Pantry	Please bring a non-perishable food item to help replenish the local Food Pantry.

RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each team member separately fills out form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (checks payable to: OK 5k)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ KRC Member Circle: Yes / No USATF # (required for USATF ADK Scoring) _____

Email address _____

FOR TEAM MEMBERS ONLY:

Team Type : ☐ All Male ☐ All Female ☐ Mixed (Co-ed) **Team Name** (10 characters or less): _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, 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 Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

"BEEN THERE, DONE THAT"

by Mike Becker

May 1972...Forty Years Ago

• A letter from club co-founder Tom Osler regretfully announced his resignation as club President and newsletter editor due to job relocation. Fellow SUNY math associates Don Wilken, Lindsay Childs, and Fred Tong have offered to carry on Tom's club functions.

• Just seven runners participated in a nine-mile handicap race on the 28th. A note in the newsletter bemoans the poor attendance at this and other recent races and asks if different times or different races would interest more runners.

May 1977...Thirty Five Years Ago

• Thirty-seven runners showed up for races of one, three, and six miles at SUNYA on the seventh. The six-miler is dubbed the "Dan Larson Invitational" and is won by Steve Rabideau with a course record 29:45. Don Wilken won the three-miler in 15:51.

• Local finishers of the Champlain Valley Marathon in Plattsburgh on the 21st include Dan Egly (2:54). Dick Vincent (3:03), and Bill Meehan (3:18). The weather was very hot.

• Carlo Cherubino ran a fast 45:27 to win the Memorial Day 15K in Voorheesville. Casey Reynolds was the top female (of four finishers) with a 70:18.

• A note in the newsletter indicated the NYC Marathon will only accept the first 3,000 entrants. They accept upwards of 45,000 now!

May 1982...Thirty Years Ago

• Sharon Gonsalves directed the Second Annual Mother's Day 3.5-miler in Slingerlands. Inge Stockman repeated her win from the previous year with a faster 21:44. Her mother Anny finished third with a 22:38, so the Stockmans easily won the mother-daughter competition. A photo of the pair is on the cover of the *July Pace Setter*.

• The Freedom Run 10K was held in Troy on the 16th. Vincent Falbo ran a 32:17 to beat Tom Greene and Dan Cantwell. Diane Myers was the top female with a 37:00, nearly two minutes ahead of Inge Stockman.

• A form for The Boilermaker 15K in *The Pace Setter* indicated the entry fee was \$6 (It is \$35 now).

• Short Circuits appeared in *The Pace Setter* for the first time, edited by Don Wilken.

May 1987...Twenty Five Years Ago

• Bill Robinson won the Masters Championship 10K in Guilderland (now named for him), with a 34:15, ten seconds ahead of Pat Glover. Sherry Dixon was the top female with a 46:05. Just nine of the 67 finishers were female.

• Denise Herman won the Mother's Day 3.5-miler in Delmar with a 20:39. The top mother-daughter team was Judy Swasey and Stephanie Brown with a combined 51:35.

• Lynn Jennings was the winner of the Freihofer's Run For Women 10K with a 32:19.

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Denise Herman won the 5K with a 17:26. These were the days when Freihofer's had both a 10K and 5K option, with most elite runners running the 10K.

• Denise Herman continued her winning ways in the Manufacturer's Hanover Corporate Challenge 3.5-miler by winning the female division with a 20:24 for her third consecutive win in the event. David Twarog ran a 17:49 for the overall win.

May 1992...Twenty Years Ago

• Pete Gerardi won the Master's 10K Grand Prix race in Guilderland on the second with a 34:45. The top female was Julie Wilcox with a 44:58.

• Nancy Egerton directed the Mother's Day 3.5-miler in Delmar on the 12th, won by Carolyn Eich with a 20:35, followed by Kathleen Cleary and Denise Herman.

• Tom Dalton won his eighth of eventual 14 Corporate Challenges with a 17:25 over the 3.5-mile course. Kathy Boyle ran a 21:40 for top female honors. Team winners were IBM (male), GE (female), and Albany Med. (co-ed).

• Mark McKenzie won the third Annual Run if you D.A.R.E. 5K in Mechanicville on the 28th with a 15:07. Amy Herold-Russom ran a 17:29 to break Ellen Predmore's female course record. A total of 72 of the 243 finishers broke 20 minutes.

May 1997...Fifteen Years Ago

• The top three finishers in the Freihofer's Run For Women 5K were Elva Dryer (15:29), Lynn Jennings (15:30), and former Saratoga HS standout Cheri Goddard (15:32). Jennings had won the previous four Freihofer's. Of the 2,521 finishers, 180 broke 20 minutes. Total prize money awarded was \$30,700.

• Judy Serth-Guzzo won the Mother's Day 3.5-miler in Delmar on the 11th with a 21:34, 21 seconds ahead of Beth Gottung. Denise Herman was the top masters finisher with a 22:06.

• Amy Herold and Charlene Lyford finished one-two in the Bruegger's Bagel Run 10K in Albany. Herold's time was 35:58. The top male

was Brian Williams with a 36:17. Len Lally and Janet McCullough won the 5K.

• Norbert Berenyi and Judy Guzzo won the Chase Corporate Challenge on the 22nd. GE had the top male and co-ed teams, with RPI taking female team top honors.

May 2002...Ten Years Ago

• Zach Yannone won the Neighborhood Challenge 5K on the fourth with a time of 15:32. Nancy Taormina was the top female with a 20:04. A total of 260 finished the course from Albany Medical Center through Washington Park.

• Familiar names Chris Hartshorn, Nick Conway, and Birger Ohlsson were the top three finishers in the Times Union Run for Literacy on the fifth. Hartshorn's time was a quick 14:41 on the flat, fast course. Lori Hewig led the women with a 17:22, nearly two minutes ahead of the second woman.

• Jamie Rodriguez won the Prospect Mt. 5.67-mile uphill road race on the 11th with a 35:05. Inge Aiken won the female division with a 44:13, good for 17th overall. A total of 250 runners finished.

• Emily Bryans and Tom Dalton were the familiar winners of the GHI Corporate Challenge 3.5-miler on the 23rd.

May 2007...Five Years Ago

• Local runner Chuck Terry ran a 2:28:50 to finish seventh in the Vermont City Marathon on the 27th. Jim Sweeney ran a 2:39:48, good for 21st. Nancy Taormina ran a 3:13:34 for top local female and won her age group.

• Jim Maney ran a 60:29 to win the 32nd Annual Voorheesville Memorial Day 15K on the 26th. The top female was Dana Peterson with a 62:34. Jon Rocco and Penny Tisko were runners-up. Ben Greenberg and Emily Schwan won the 3.2K.

• Alex Grout won the 18th Annual Run if you D.A.R.E. 5K in Mechanicville on the 23rd, with Norris Pearson finishing second. Kari Daley was the top female.

• Jon Rocco and Kayla Scott won the Bob Smith Challenge 5-Miler in East Greenbush on the 20th with times of 31:41 and 38:22, respectively. □

Having trouble logging
onto the HMRRC
website?

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



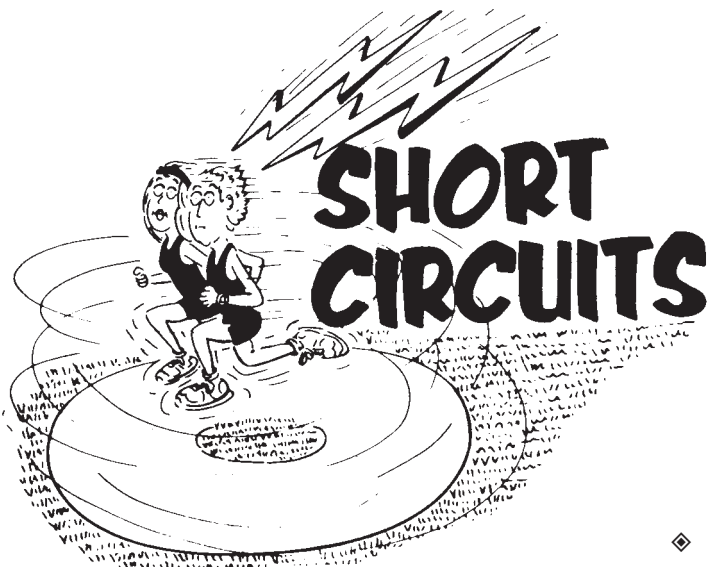
Submit registration form and NON-REFUNDABLE payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303. Make check payable to HMRRC.

NAME																																					
		First Name										Last Name																									
ADDRESS:																																					
CITY:												STATE:				ZIP:																					
PHONE:												SEX: F				M				HMRRRC MEMBER \$18						ALL OTHERS \$22											
DATE OF BIRTH:						/						/				AGE (race day):						T-SHIRT SIZE (adult unisex)															
																						Small				Medium				Large				XL			
FATHER CHILD TEAM TEAM MEMBERS																																					

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

Please read and sign: Payment is **NON-REFUNDABLE**.. 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 of 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 personnel 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.

Signed: _____ Parent/Guardian (if under 18)



Jim Fixx



Micah True

The death of ultra runner Micah True (aka Caballo Blanco) shocked the running world much like the sudden death of running guru Jim Fixx in 1984 at the age of 53. True was 57. Both men introduced running to a generation or two and both died alone doing the thing they loved most.



Japanese comedian Hiroshi Neko has made the Olympic Marathon team. But not Japan's. His marathon PR of 2:30:36 would hardly qualify him for the Japanese team or any other except the Cambodian team. Neko had to become a Cambodian citizen to be eligible. Now he can toe the line with the world's best and joke about it.



Neko the Clown – no laughing matter
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In a ground breaking study published in the *Medicine & Science in Sports & Exercise Journal*, Univ. of Colorado researchers found that running barefoot was less physiologically efficient than running with shoes.

"What we found was that there seem to be adaptations that occur during the running stride that can make wearing shoes metabolically less costly," says Jason R. Franz, a doctoral candidate who led the study. Shoes, he says, "provide some degree of cushioning." If you eschew shoes, "something else has to provide the cushioning." That something is your legs. If you are barefoot, the job of absorbing some of the forces generated by the collision of foot and ground shifts to your leg muscles. As a result, the leg muscles contract and work more and require additional energy."



Ouch



Congratulations to ultra runner Jim Sweeney of Albany for his 2nd place finish in the 100-mile Umstead Endurance Run in North Carolina. Jim ran it in 14 hours and 14 minutes in

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

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

warm and humid conditions. □



Ultra Jim



Shalene Flanagan: New American queen of Distance Running – Aiming for London gold

Join us for



Rocking on the River Cruise II

**Saturday, July 21, 2012
on the Capt. JP II**

Enjoy the company of fellow runners and volunteers as HMRRC sets sail aboard the Capt. JP II. Attire is dressy casual and formal presentations will be limited.

The Cruise will depart dockside at 7:30 pm and return at 10:30 pm. Price includes music and a buffet dinner including prime rib and vegetable lasagna.

**Ticket cost is dependent on volunteer participation from
January 1 – June 30:**

\$35 – guests and members with minimal or no volunteer points

\$25 – members who volunteered for at least two races or served on a committee, or did other administrative functions for HMRRC.

Register by July 13 on line: www.hmrrc.com or mail in your reservation to Rocking River Cruise, c/o Marcia Adams; 1009 Tollgate Lane, Schenectady NY 12303. Checks should be payable to HMRRC.

Count me in on the *Rocking on the River II* cruise on July 21!

Name: _____

Address: _____

Telephone #: _____ **Ticket Cost for member:** \$ _____

Guest(s) Names: _____ **Guests (at \$35.00) each:** \$ _____

TOTAL \$\$ ENCLOSED: \$ _____

Last Day to register: July 13. No walk-ups.

Sorry! Registrations are non-refundable and non-transferable.

BEST FITNESS



ONLY

32nd Annual Mother's Day

5K Run/Walk

bRUNch

Sunday, May 13, 2012

9:30 a.m.

Central Park, Schenectady

FOR WOMEN

Men are welcome to volunteer!

A great warm-up for the Freihofer's Run for Women and
CDPHP Workforce Team Challenge

NO DAY OF RACE REGISTRATION

Application Fee: HMRRRC members: \$18 Non-HMRRRC members: \$20 Mail-in Registration Deadline: May 4, 2012
Online Deadline: May 10, 2012 on www.hmrrc.com

**Packet Pick-up, Last Chance Registration (\$25) and Mini-Expo at
Best Fitness, Watt Street, Schenectady May 12, 2012 from 12 – 6 p.m.**

**Technical, short sleeve T-shirts guaranteed to the first 200 registered runners!!
Female sizes only**

AWARDS: 5 Year Age Group Awards from 19 and under thru 70+

**PLEASE NOTE: NO HEADSETS OF ANY KIND ALLOWED - runners need to be able to hear course marshals
FOR RUNNERS' SAFETY: no strollers — no dogs or other pets — no skateboards, bikes etc.**

KIDS' RACES (Youth 12 or under) ♦ ½ mile ♦ Day of Race registration ONLY ♦ Fee: \$2.00

Race will start at 10:15 a.m. at the Duck Pond in Central Park

KIDS DAY OF RACE REGISTRATION: 9 – 10 a.m. in the Pavilion in Central Park

APPLICATION 32nd Annual Mother's Day bRUNch

Submit registration form and non-refundable payment to: HMRRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303

PLEASE PRINT

WOMEN T-SHIRT SIZE:

Small ☐

Medium ☐

Large ☐

X-Large ☐

NAME:

First Name

Last Name

ADDRESS:

CITY:

STATE:

ZIP:

PHONE: (

DATE OF BIRTH:

Month Day Year

AGE AS OF 05/13/12:

HMRRRC Member?

☐

Yes ☐

☐

No

Amount Enclosed: \$_____.

ARE YOU A MOTHER?

Yes ☐

No ☐

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. **I AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT.** I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat or humidity, traffic and the conditions of the road, all such risks are 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 Hudson Mohawk Road Runners Club, the City of Schenectady or Best Fitness, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

NOTRE DAME-BISHOP GIBBONS SCHOOL

2012

VALE PARK 5K Run

Thursday • June 7, 2012 • 6:30 pm

TO BENEFIT THE BOOSTER CLUB OF ND-BG AND VALE PARK • SCHENECTADY, NY

REGISTRATION AND FEES

On or before June 1: \$20 Race Day – 5:30-6:15 pm: \$25

Make checks payable to and mail to: "NDBG Vale Park 5K,"
2600 Albany Street, Schenectady, NY 12304

DIRECTIONS

Vale Park is located in downtown Schenectady off Nott Terrace between State Street and Liberty Street across from Stewart's. Ample parking is available (opposite the Zion Lutheran Church); look for signs.

FACILITIES/TIMING

Restrooms available. No changing/shower facilities. Not wheelchair-accessible. For participant safety, official timing ends at 45 minutes.

AWARDS/PRIZES

Male and female overall; 1st, 2nd, 3rd in each age group (under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over). No duplications.

SHIRTS

Really cool tank top to first 200 entrants.

COURSE

Start in Vale Park. Run through Vale Park and Historic Vale Cemetery. Some off-road gravel and large hill. Splits at miles one and two.

INFORMATION

Notre Dame-Bishop Gibbons School (518) 393-3131,
or e-mail: strichmans@gmail.com

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the Booster Club of



Notre Dame-Bishop Gibbons School
Serving Grades 6 through 12

Special thanks to all our sponsors

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SCIOCCHETTI & REILLY, P.C.

Lange Pharmacy



— — — — — Detach Here – Submit one form for each entry. Please print clearly using blue or black ink. — — — — —

Name _____
last first middle initial

Address _____

City _____ State _____ Zip _____

Home Phone _____

E-mail _____

Sex: ☐ M ☐ F Age on Race Day _____ Shirt Size: (circle one) S M L XL

Mail Entries and Checks to:

NDBG Vale Park 5K Run, 2600 Albany Street, Schenectady, NY 12304

OFFICIAL USE ONLY

Date Rec'd _____ Race # _____ Amt. Pd. ☐ \$20 ☐ \$25 RH

Certification and Full Release from Liability

In consideration of the opportunity to participate in this race, as well as other good and valuable consideration, I hereby unconditionally remise, discharge, and release the sponsoring agents, their members, and any and all persons staffing or associated with this race in and from any and all claims and/or demands that I may have as a result of my participation in this event. I certify that I am in good physical condition and that I shall assume all health risks associated with my running this 5 kilometer race. I realize that there are certain dangers and risks inherent or associated with this race, including but not limited to illness, injury or property loss which might occur to me while participating in, traveling to, or returning from this event. I release the City of Schenectady, Notre Dame-Bishop Gibbons School, race sponsors, the various officers of the foregoing and all race officials from any and all liability in connection with the aforementioned dangers and risks. I agree that this Certification and Full Release from Liability is binding upon myself, my heirs, my executors, and my assigns.

Signature

(Parent/guardian signature for participants under 18)

Date _____

Profile of a Runner

MARGE RAJCZEWSKI

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

I am 71 and a retired elementary school teacher, mother of 4, and grandmother of six. I love to travel, sew, read, decorate and visit my grandkids. I love to swim, bike, run and cross-country ski.

When and how did you get started running?

I started running 33 years ago as a way to lose weight. I discovered that I did pretty well in races and became hooked. Now I run to keep healthy, but also to prove to myself that I'm still alive and kicking.

Do you have a favorite race or races?

Locally I've always enjoyed the Adirondack Distance Festival, Freihofer's Run for Women and the Stockade-athon.

What are your most memorable races?

My marathon days are over now, but I have to admit that completing a marathon was very satisfying. I've done 8 over the course of my running career, but my best was in Montreal in my mid-40s with a finish time of 3:26. Since my body won't let me run those distances anymore, I've done what many old timers do when their legs give out – I've taken up biking and swimming and dabbled in a few triathlons, settling on duathlon since my swimming is abominable. So, now, of course, my most memorable races would have to be the National and World Duathlon competitions. As I get older the competition gets sparse, so I'm finding myself placing in these events. I was Duathlon National Champion 70-74 in 2010, second in World Duathlon 70-74 in Scotland, 2010, and second again in Spain, 2011. Great excuses to travel!

How do you train? Do you have training partners?

I run regularly with the Saratoga Stryders, for companionship and friendship. But I also enjoy running alone, for serenity and peace. I bike in the wonderful rural areas of Saratoga County with my husband, Jack. In the winter, I spin and swim indoors at the Southern Saratoga County YMCA. But when I'm training for national and international competition, I pretty much train alone. I'm very focused on the training workouts which my daughter, Karen Mackin, gives me. I'm very lucky to receive her expertise as a level 1 USAT triathlon coach.

What are your current goals?

I'm not planning any major competitions this year. I plan to add more swimming, do more local running races and triathlons, and work on getting over my water anxiety.

Do you have any future running goals?

Maybe the Duathlon Worlds in Segovia, Spain in 2013. But mostly to just keep running,



Marge Rajczewski
cycling and swimming for as long as I can.

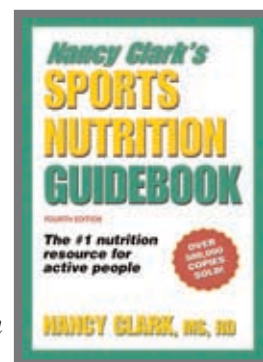
Do you have a philosophy of running?

I'm very inspired by my "elders" - all those 80 year-olds who are still out doing their thing. Our abilities are certainly going to change as we get older. I think the most important thing is to just keep moving. □



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New Faces Produce Swift Times at the Runnin' of the Green (Island)

by Vince Juliano

The Runnin' of the Green (Island) is recognized among top-tier competitors as the first real race of the spring. One could argue that with winter confined to Alaska this year that the 2011 Thanksgiving Day races kicked off the spring season. There would be little argument, though, that the best running talent from our region converged on the small municipality of Green Island on St Patrick's Day, and were greeted with perfect racing conditions. For the first time the race was capped at 750 entrants at the request of the host village. Thankfully, electronic messages got the word out, as most runners registered early before the race filled on February 8th.

Men's race recap – youth to the fore!

As the horn sounded, 650+ runners sprinted from the staging area for the fast first mile loop as the men's lead pack dwindled to 5. Willow Street AC's Chuck Terry and teammate Chris Judd were joined by Fleet Feet Racing's Alex Paley, Utopia's Mike Roda and Hudson Valley CC sophomore Eric Young as they passed the one mile clock in a swift 4:54. Dan Jordy led a trio from a deep Willow Street squad with Lewis and Vona in close pursuit within the chase pack.

At the halfway split, the men's lead pack dropped Roda, as the leaders passed 2 miles at 10:01. Paley would surge late in mile 3, with Young in pursuit as 3-time ROG runner up Terry and Judd fell off the hot pace. Paley would assert control in the final mile, opening up a 10 second lead over Young to claim victory in 20:19 over the less experienced collegiate runner in.

Paley and Young are relatively new faces on the USATF Adirondack competitive circuit. With their personal make-up and racing talent, their rise to the top ranks should come as no surprise.

Charles Woodruff, owner of Fleet Feet Sports Albany, had this to say about the new "Runnin' of the Green" champion:

"Alex came to Fleet Feet about 3 1/2 years ago and I remember asking Alex, please tell me why you would like to work here. His perfect answer was "because I need a job!" He is very well spoken, has special, some would say unique, communication skills, and has a singing voice with a five octave range; and is not afraid to use it!

Alex is an Albany High graduate where he ran a 2:02 for the 800 on the track. He attended the U of Miami where he ran for 4 years, dramatically improving from his freshman to his senior years while majoring in engineering.

After graduation Alex took a year off to heal and strengthen a weak calf muscle, in fact Alex

and a big bag of ice are not generally far apart. Two years ago at the Saratoga National cross country meet I had a chance to see Alex race for the first time. He won that race handily in a quick time and I remember telling my wife Arlene that I knew he was fast, but I really had no idea. His immediate goal is to take his 5K time under 15:00, and then ultimately run a marathon under 2:30. I am quite certain we will see both goals come to pass.

Chuck Terry, captain of the Willow Street AC men's team, also had high praise for Eric Young:

"Having worked with Eric at Hudson Valley Community College as his cross country running coach for the past two years, his performance at the Runnin' of the Green came as no surprise to me. I say this jokingly but he was probably the lightest runner in the field. He just looks like a distance runner and has the work ethic to produce great results in the near future. At Hudson Valley he earned NJCAA All-American honors in cross country and has won two separate invitational meets in his early collegiate running career."

Women's race recap – polar déjà vu?

It was certainly no surprise that Saratoga's Emily McCabe would take it out hard at the start of the ROG, as the new member of the Albany Running Exchange racing team took advantage of a mild snowless winter to participate in quality weekly track workouts at U Albany under the guidance of ARE coach Dick Vincent. Two plus hours north, Mohawk Hudson Marathon champion Sara Facticeau was "hitting all her marks" on long tempo runs in preparation for her goal of running the Boston Marathon, according to her Peru, NY coach Scott Woodward. The two faced off a month prior at the Lake George Polar Cap 4-miler, where controversy skewed the results. Facticeau led McCabe at approximately the 5K mark, when Facticeau went off course, as a volunteer course marshal had failed to arrive in time at a critical intersection. She ran an extra 150 meters, which allowed McCabe, who followed the true course, to cross the finish line first. Local race officials sorted through the confusion prior to the award ceremony, with the two gifted athletes agreeing on only one thing; they would meet again.

After the first mile of the Green, which McCabe passed in a blazing 5:31, only Willow Street's Facticeau remained in contact, as 6-time Green Champion and masters phenom Emily Bryans followed 10 seconds back.

McCabe and Facticeau remained in tandem through half the race, covered in 11:10 (5:35 per mile pace) before Facticeau edged clear prior

to the 3 mile split. A strong final mile for the endurance trained Facticeau led to an impressive 22:39 clocking, a course record by 19 seconds. McCabe would settle for the runner-up spot, missing the old course record by a single second. Willow Street AC women's captain Emily Bryans, who held the old record, would finish 3rd in 23:18, followed by teammate Shelly Binsfield, who ran a personal best 24:06.

World Class AG Performances

Age-graded tables were established in 1989 by the World Association of Veteran Athletes (WAVA) and first used in the Capital District at the 1993 Stockade-athon, which hosted the National Masters 15K championship. The tables were modified in 2006, with minor adjustments since to recognize and incorporate the most recent outstanding performances by athletes age 70+. In recent memory, the last world class age-graded performance run by a local athlete on a local certified course, was probably Tom Dalton's 2004 Stockade-athon victory at age 46, which scored 92.4% (90%+ is considered world class).

At this year's ROG, New York State Senior Runner of the Year Derrick Staley averaged 5:27 per mile at age 53 to place 8th overall and post an AG ranking of 90.6% on a course that was just certified last year. Just missing a world class ranking was Team Utopia's Judy Phelps, who at age 61 averaged 7:04 per mile pace for her AG ranking of 89.5%. The next best AG rankings went to the Willow Street AC women, quintet of Bryans, Anne Benson, Beth Stalker, champion Facticeau and Karen Provencher, who posted high national ranked AG scores ranging from 88% to 84%.

In case you missed it

In 1988 Nancy Nicholson, age 26, placed 4th in the iconic Stockade-athon 15K with an impressive time of 57:59. At the conclusion of the next decade, in her late 30s, she was ranked #1 with the most top 10 finishes by a female athlete at the Adirondack Distance Classic 10 miler. In 2010, at age 48, she ran a 19:53 5K in Syracuse, her best time of the year, to seal the deal on a National Masters Team Championship for the Willow Street AC by a mere 2 seconds. A week prior to this year's Runnin' of the Green, Nicholson reached another milestone with her 50th birthday, and found herself trailing 2011 New York Female senior runner of the year Beth Stalker, 52, as they approached the first mile. Nicholson closed the gap and dueled with Stalker most of the way, trading surges and encouragement in a friendly but serious competition between two exceptional athletes. The final measured surge belonged to Nicholson who eked out a 4 second age-division victory in 25:57 as both runners eclipsed the division record set by Nancy Briskie in 2009.

Each year there are new athletes who arrive on the scene and wow us with remarkable performances, but for this writer there is no accomplishment that ranks higher than consistent excellence over a period of years, or decades, especially when it is done with the quiet class and competitive spirit of an athlete

like Nancy Nicholson, a math teacher at Queensbury High School.

A Race Director Departs

"All things must pass" said Beatle great George Harrison. And so, at the conclusion of the race, Director Ed Gillen stepped down and plans for the next stage of his life in the state of Florida. Thanks are in order for Gillen and his HMRRRC volunteer staff for another memorable edition of the Runnin' of the Green. Along the way, Gillen made the choices to hire AREEP, a state of the art race management operation, re-certified the ROG course, and hosted the USATF Adirondack 4-mile championship while also capping the field. His stewardship made it possible for us to witness these remarkable performances on St Patrick's Day. □

Profile of a Runner **Lori Stevens**

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

I am a 45-year-old mother of 3 boys – Jamie, 17, a junior in high school, Tommie, 22, majoring in secondary education/biology at SUNY New Paltz and Michael, 25, a sergeant/sniper in the USMC. I have been married to my husband Mike for almost 27 years. I am an RN case manager for United Healthcare, the Empire Plan, full-time. I have been an ACE certified personal trainer for seven years now and am the owner/trainer of Get Fit, Feel Good personal training studio in Greenport, NY. I have been selling Avon for 25 years come March, 2012. I love to run, bike, read, snowshoe and cross country ski. My favorite food is dark chocolate.

When and how did you get started running?

I have been running for about 5 years on and off. After an almost 2 year battle with bi-



Lori Stevens

lateral stress fractures, I became serious about running this past year, completing approximately 20 races in 2011 and placing in several of them.

Do you have a favorite race or races?

My favorite races are the Sean French 5K Run in Chatham, NY and the Freihofer's Run for Women. I am also partial to the HMRRRC Winter Series.

What are your most memorable races?

My most memorable races are the 2011 Freihofer's (I had never raced with so many other runners), the Komen Race for the Cure (the most inspiring race ever) and the Ghostly Gallop 2011, where I was the third woman overall and 1st in my age group, good enough for a trophy and a medal.

How do you train? Do you have training partners?

I usually run twice a week for training and try to run in a race (or two) every weekend. I run alone so I can run at my own pace and have time alone to enjoy nature and solitude.

What are your current goals?

My goal is to run the Marine Corps Historic Half in Fredericksburg, VA in May, 2012.

Do you have any future running goals?

To complete more half marathons after my first in May.

Do you have a philosophy of running?

You're not finished until you're finished and I like to think of running as "running for my life." And to anyone who thinks they can't run, ANYONE can run. I was never a runner and my times just keep getting better. If I can do it, anyone can do it. And if you want support, join a runner's club. The members are so supportive and nonjudgmental.

Any funny stories?

Not yet, but I'm sure there will be many, knowing my luck. □



Delmar Dash April 15

Contact Tom or Marcia Adams

Masters Race April 28

Contact Jim Tierney

Mother's Day May 13

NEW LOCATION Central Park in Schenectady

Contact Diane Fisher or
Marcia Adams

CDPHP Workforce Team Challenge – May 17

Contact Cathy Sliwinsky

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....*

Grand Prix Update

Race #3 Runnin' of the Green (Island) 4 Miles March 17, 2012

Men

Male Open

- 12 Alex Paley
- 10 Eric Young
- 8 Chuck Terry
- 7 Brad Lewis
- 6 Daniel Jordy
- 5 Dave Vona
- 4 Ryan Egan

Male 30-39

- 12 Chris Judd
- 10 Michael Roda
- 8 Eamon Dempsey
- 7 Anthony Giuliano
- 6 Bob Irwin
- 5 David Tromp
- 4 David Newman

Male 40-49

- 12 Jon Rocco
- 10 Kevin Creagan
- 8 Thomas Kracker
- 7 Timothy Egan, Sr.
- 6 John Stadtlander
- 5 Tim Hoff
- 4 Ed Hampston

Male 50-59

- 12 Derrick Staley
- 10 William Venner
- 8 Tom Dalton
- 7 Bill Martin
- 6 Rob Picotte
- 5 Robert Colborn
- 4 John Couch

Male 60-69

- 12 Carl Matuszek
- 10 Paul Bennett
- 8 Tom McGuire
- 7 Pat Glover
- 6 Frank Broderick
- 5 Tom Adams
- 4 John Stockwell

Male 70+

- 12 Chris Rush
- 10 Wade Stockman
- 8 James McGuinness
- 7 Joseph Richardson
- 6 Charles Bishop
- 5 Ray Lee
- 4 Raymond Bremm

Women

Female Open

- 12 Kristina Gracey
- 10 Brina Seguire

- 8 Meghan Davey
- 7 Lisa D'Aneillo
- 6 Katie Jones
- 5 Amy Becker
- 4 Erin Rightmyer

Female 30-39

- 12 Shelly Binsfeld
- 10 Crystal Perno
- 8 Renee Toland
- 7 Gretchen Oliver
- 6 Erin Corcoran
- 5 Sabrina Krouse
- 4 Kari Deer

Female 40-49

- 12 Emily Bryans
- 10 Anne Benson
- 8 Karen Dolge
- 7 Judy Guzzo
- 6 Chris Varley
- 5 Kimberly Miseno-Bowles
- 4 Regina McGarvey

Female 50-59

- 12 Nancy Nicholson
- 10 Beth Stalker
- 8 Karen Provencher
- 7 Nancy Taormina
- 6 Maryanne McNamara
- 5 Cathy Sliwinski
- 4 Kim Sack

Female 60-69

- 12 Judy Phelps
- 10 Susan Wong
- 8 Erika Oesterle
- 7 Katherine Ambrosio
- 6 Sue Nealon
- 5 Jacqueline Tremont
- 4 Linda Keeley

Female 70+

- 12 Marge Rajczewski
- 10 Anny Stockman
- 8 Eiko Bogue

Age Graded

Runner Age

- | | G | M | F |
|--------------------|----|---|---|
| 12 Derrick Staley | 53 | M | |
| 10 Judy Phelps | 61 | F | |
| 8 Emily Bryans | 44 | F | |
| 7 Anne Benson | 47 | F | |
| 6 Beth Stalker | 52 | F | |
| 5 Marge Rajczewski | 71 | F | |
| 4 Karen Provencher | 57 | F | |

Total After 3 Races

Men

Male Open

- 22 Tom O'Grady
- 20 Justin Wood

- 16 Eric Young
- 15 Chuck Terry
- 12 Alex Paley
- 11 Andrew McCarthy
- 11 Dave Vona
- 10 Josh Merlis
- 10 Ryan Walter
- 9 Paul Cox
- 7 Brad Lewis
- 6 Daniel Jordy
- 5 Dan Jordy
- 4 Ryan Egan
- 4 Andrew Gravelle
- 4 Kevin Treadway

Male 30-39

- 20 Bob Irwin
- 20 Aaron Knobloch
- 12 Joe Hayter
- 12 Chris Judd
- 12 Dennis VanVlack
- 10 Bill Davis
- 10 Michael Roda
- 8 Eamon Dempsey
- 8 Joey Sullivan
- 7 Jon Catlett
- 7 Anthony Giuliano
- 6 Andrew Rickert
- 6 Aaron Robertson
- 5 Clay Lodovice
- 5 David Tromp
- 4 Jonathon Golden
- 4 David Newman
- 4 Matthew Purdy

Male 40-49

- 36 Jon Rocco
- 22 Ed Hampston
- 12 Tim Hoff
- 10 Kevin Creagan
- 10 Christian Lietzau
- 10 Ken Tarullo
- 8 Thomas Kracker
- 8 Craig Tynan
- 7 Douglas Campbell
- 7 Timothy Egan, Sr.
- 6 Brian DeBraccio
- 6 John Stadtlander
- 5 Joe McDonald
- 5 Neil Sergott
- 4 Steve Cummings

Male 50-59

- 24 Derrick Staley
- 16 Ed Gravelle
- 12 Dan Cantwell
- 12 John Noonan
- 10 Richard Clark
- 10 Kevin Dollard
- 10 Ken Evans
- 10 Bill Martin
- 10 William Venner
- 9 Robert Wither
- 8 Tom Dalton
- 7 John Beard
- 6 John Couch

- 6 Rob Picotte
- 5 Robert Colborn
- 5 Steve Vnuk
- 4 Steve Conant

Male 60-69

- 24 Paul Forbes
- 18 Juergen Reher
- 17 Paul Bennett
- 14 Tom McGuire
- 14 John Stockwell
- 13 Norman Dovberg
- 12 Carl Matuszek
- 10 Tom Adams
- 10 Ken Klapp
- 8 Tom McGuire
- 7 Bob Ellison
- 7 Pat Glover
- 6 Frank Broderick
- 5 Jim Thomas
- 4 George Jackson

Male 70+

- 28 Wade Stockman
- 24 Ed Bown
- 12 Chris Rush
- 10 Jim Moore
- 8 James McGuinness
- 7 Joseph Richardson
- 6 Charles Bishop
- 5 Ray Lee
- 4 Raymond Bremm

Women

Female Open

- 24 Kristina Gracey
- 18 Meghan Davey
- 17 Roxanne Wegman
- 16 Karen Bertasso
- 14 Lisa D'Aneillo
- 12 Jody Robertson
- 10 Brina Seguire
- 8 Kelly Virkler
- 6 Katie Jones
- 6 Kristen Quaresimo
- 6 Leah Schaffer
- 5 Amy Becker
- 5 Michelle Davis
- 4 Allison Kerr
- 4 Taryn Reese
- 4 Erin Rightmyer

Female 30-39

- 29 Crystal Perno
- 27 Gretchen Oliver
- 22 Shelly Binsfeld
- 16 Sally Drake
- 8 Jessica Chapman
- 8 Sonya Pasquini
- 8 Renee Toland
- 7 Christine Ardito
- 6 Erin Corcoran
- 5 Sabrina Krouse
- 5 Sara Madden
- 5 Laura Zima

- 4 Kari Deer
- 4 Kim Morrison
- 4 Deanne Webster

Female 40-49

- 24 Emily Bryans
- 24 Chris Varley
- 22 Anne Benson
- 17 Judy Guzzo
- 13 Stacia Smith
- 11 Regina McGarvey
- 11 Kimberly Miseno-Bowles
- 8 Karen Dolge
- 7 Marcy Beard
- 7 Connie Smith
- 6 Heather Machabee
- 5 Megan Leitzinger
- 4 Penny Tisko

Female 50-59

- 17 Nancy Taormina
- 15 Susan Burns
- 14 Joan Celentano
- 14 Jenny Lee
- 12 Maureen Fitzgerald
- 12 Peggy McKeown
- 12 Nancy Nicholson
- 11 Maryanne McNamara
- 10 Joan Brown
- 10 Beth Stalker
- 8 Karen Provencher
- 7 Sharon Desrochers
- 6 Joyce Reynolds
- 5 Cathy Sliwinski
- 4 Kathleen Goldberg
- 4 Aileen Muller
- 4 Daine Peverly
- 4 Kim Sack

Female 60-69

- 30 Susan Wong
- 21 Katherine Ambrosio
- 12 Martha Degrazia
- 24 Judy Phelps
- 16 Erika Oesterle
- 7 Ginny Pezzula
- 6 Sue Nealon
- 5 Jacqueline Tremont
- 4 Linda Keeley

Female 70+

- 22 Anny Stockman
- 12 Marge Rajczewski
- 8 Eiko Bogue

Age Graded

Runner Age	G	M
24 Derrick Staley	53	M
19 Susan Wong	64	F
14 Emily Bryans	44	F
14 Paul Forbes	61/62	M
14 Judy Phelps	60/61	F
10 John Noonan	52	M
10 Tom O'Grady	26	M
10 Jodie Robertson	27	F
8 Kevin Dollard	56	M
8 Justin Wood	28	M
7 Anne Benson	47	F
6 Beth Stalker	52	F
5 Marge Rajczewski	71	F
4 Joe Hayter	31	M
4 Karen Provencher	57	F

18 – The Pace Setter

2012 Runnin' of the Green (Island)

by Ed Gillen

The Runnin' of the Green (Island) is known amongst area runners as the kickoff to the Capital District spring racing season. It's a big race in a small village and it keeps getting bigger every year. For the 2012 edition, the Village of Green Island, citing safety reasons, decided to cap the registration at 750 runners. The race was announced on New Year's Day and sold out 38 days later.

The race is presented by Hudson Mohawk Road Runners' Club (HMRRRC), USATF Adirondack Association, and the Village of Green Island. The start and finish of the race begins near the American Legion Post 927 – our most gracious host site again. Later that evening, Post 927 put on a delicious St. Patrick's Day dinner. Did I mention the Runnin' of the Green was on St. Patrick's Day? O', it may not have been the largest parade in the Capital District but it sure was the fastest! ROTG is typically the second Saturday in March but for 2012, the race was moved so that it could be a truly 'green' event.

As with all races, ROTG could not have happened without a large corps of volunteers and coordinators. Registration coordinators Debbie Beach and Marcia Adams oversaw packet pick-up and led a crew distributing neon green, gender specific shirts. Randy Goldberg did an excellent job again setting up and marking the course, and his wife Kathy checked in and placed over 50 volunteers in their assigned duties. Laura Farley led a determined band of water stop volunteers in the early morning cold, while Maureen Cox and her assistants prepared the post-race refreshments. Karen Smith of the Troy Amateur Radio Association had her network of emergency communication personnel spread out in the event a runner needed assistance, and Roxanne Gillen, with registration assistance from Nicole Sobolosky, headed up the three kids' races.

The race brings out most of the local running groups and teams, decked out in their traditional colors, vying for Capital District bragging rights. This year, Team Utopia sported a shamrock on their singlets, getting into the spirit of the holiday. The "Runnin'" is known as a flat and fast course, and this day, with ideal weather, did not disappoint. The race was won by Alex Paley of Albany, with a time of 20:18, followed by Eric Young (20:29) and Chuck Terry (20:36). On the female side, Sara Facticeau, of Peru, NY, finished in 22:38, breaking the course record by 20 seconds. Sara was followed by Emily McCabe (22:58), who tied the previous course record, which was set by the third place finisher Emily Bryans (23:15) in 2001 and tied by her again an amazing ten years later in 2011. Emily Bryans has won ROTG six times.

Three other course records were broken. Setting the pace was the 50 and over crowd.

In the 50-54 male age group, and by nine seconds, Derrick Staley of Ballston Lake (21:47) broke the course record formerly held by Tom Dalton. In the 50-54 female age group, Nancy Nicholson broke Nancy Briskie's course record by 22 seconds, rocking the 4-mile course in 25:56. In the 60-64 female age group, Judy Phelps (28:12) broke the course record previously held by Judy Harrington by 31 seconds. Thirty-four runners were under a 6-minute pace and 128 under a 7-minute pace. No matter how fast, and in the spirit of St. Patrick's Day, a shamrock ROTG car magnet, commemorating the Runnin' of the Green Island, was handed out to each finisher.

Next year, David and Letticia Ruderman will be the new ROTG race directors as Roxanne and I are moving to Florida. Thanks to all who've come out to support the race and best wishes to Dave and Letticia with the 14th Runnin' of the Green (Island) in 2013! □





A black and white photograph of a baseball. The baseball is positioned diagonally, showing its characteristic stitching. In the upper left corner of the image, the letters 'JK' are printed in a large, bold, sans-serif font, partially overlapping the top of the baseball.



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The Pace Setter – 19

2012 Annual HMRRC Awards Banquet

by Debbie Beach

One day I was in Price Chopper and saw my neighbor with her children at the end of the aisle. I waved and the children waved back but I could tell Rebecca did not recognize me from a distance. She then talked to the children, looked up with a smile and waved back. When we finally met in the middle of the aisle Rebecca stated, to the amusement of her children and everyone around us, "Debbie, I did not recognize you with your clothes on!" To which I promptly replied, "Rebecca, are you insinuating I run around the neighborhood naked?" Rebecca desperately tried to add clarification to what she had said, with no success!

It has been said that at the Annual HMRRC Awards Banquet we have difficulty recognizing each other with our "clothes on!" There must be some truth in this statement, as a fellow runner and their spouse, who shall remain nameless, were late coming to the banquet one year. Knowing this individual as I do, this was rather worrisome and out of character. They finally arrived and Arleen Reyell went over to give them their raffle tickets. She came back laughing and told me they had not been late getting to The Desmond. They arrived on time but spent about an hour socializing at a wedding reception before realizing they were at the wrong event!

The banquet is the one event where runners can get together without worrying about where the start line is, if they brought the right sneakers or how long the line to the port-a-johns is. We come together every year to recognize those club members who have distinguished themselves as runners and volunteers. Suffice it to say, HMRRC would not exist without either.

In 2004 it was decided to move the banquet to The Desmond, where it has been held every year since, and this year's attendance appears to be the second highest at 138. The night festivities were enjoyable and went smoothly, thanks to not only The Desmond staff but to our Master of Ceremonies, Al Maikels, and The Running DJ, Brian DeBraccio. I would also like to thank Bill Meehan for putting together the photo and DVD display and for videoing the awards ceremony. Finally thanks go to Christine Strebel and Ray Lee for photographing the night's festivities; these photos are posted on the club website.

The highlight of the awards ceremony was the induction of Pete Newkirk into the HMRRC Hall of Fame, with Cathy Sliwinski presenting the award. Along with Cathy and many others I am a coordinator on the Workforce Team Challenge (WTC) committee and was privileged to work with Pete during his 2005-2011 tenure as race director. It is impossible to sum up who Pete is as a person and fellow runner in such a small space, but here are some excerpts from Cathy's speech which will give you an idea:

"Pete is so very deserving of the Hall of Fame honor. In fact, he epitomizes what the Hall of Fame is all about. He is an individual 20 – The Pace Setter

who has earned extraordinary distinction by his service to HMRRC over many years and by his personal and financial support for initiatives enjoyed by the larger running community.... Pete's effective leadership style and dedication to the job and his staff guaranteed the success of the WTC, and is – in my opinion -- a model for the success of any race....A veteran of 17 marathons, Pete has a PR of 3:17. His 10k PR is under 40 minutes. He continues to run in local and club running events and remains competitive in his age group."

Frank Myers was also to be inducted into the Hall of Fame; however, the team he coaches had been invited to the prestigious Millrose Games and he was unable to attend. Although Bob Oates provided a presentation about Frank, his official induction will occur during the summer. For those of you who enjoy running the Dynamic Duo every summer, you have Frank Myers to thank. As in the case of Pete, it is impossible to sum up Frank's contribution to the running community, which goes far beyond the Dynamic Duo, not to mention his personal running accomplishments. The following is from an article written by Paul Rosenberg and Vince Juliano for the January *Pace Setter*:

"Frank Myers has spent a lifetime promoting the sport of running as a coach, mentor, and event organizer – often in close association with the HMRRC. In fact, the HMRRC and local running community owe a great deal of its thriving existence to Frank."

Another annual award event is the Grand Prix, whose winners are determined by points. These points are awarded based on a runner's performance during a variety of HMRRC events over the course of the year. The events include the Colonie Mile, SEFCU 5K, Runnin' of the Green, Stockade-athon and Mohawk Hudson River Marathon, among others. This year a new category was added called the 40th Anniversary Races Grand Prix Series. The winners were Tom O'Grady and Kristina Gracey, with Judy Phelps winning the age-graded category.

As I stated before, without volunteers HMRRC would not exist, and because of their contributions the races continue to evolve into bigger and better events, which have been recognized nationally. Every year during the banquet the club President, this year John Parisella, recognizes individuals for their contributions to HMRRC. Bill Meehan and Jack Berkery were given awards in appreciation for the countless photos they have taken over the years. Bill in turn thanked the people he can count on to attend the races and other events to take photos. Some of those photos were displayed that night, and he asked those present to take them home so he would not have to, making his wife eternally grateful! John also presented Jon Rocco an award for his many contributions including the idea for the 40th Anniversary Races Grand Prix.

The Race Committee Chairperson, Mark



Warner, presented awards to those who have contributed their time and talents to HMRRC races. Among those recognized by Mark were:

Charles Bishop, who is a course coordinator for the Mohawk Hudson River Marathon and a volunteer at countless other races.

Doug Bowden was recognized as the race director of the Doug Bowden Winter Series #1 and the Summer Track Series Hour Run. For years, Doug has also been the water stop coordinator for the Workforce Team Challenge and course coordinator for the Mohawk Hudson River Marathon.

Behind the scenes man Rob Briskie is one of those individuals who does far more than anyone knows, including working as refreshment coordinator with his wife, Nancy, at the Workforce Team Challenge. And that Elvis impersonator at the finish of the marathon last year – thank you, Rob!

Liz Milo is another one of those "unsung heroes" of HMRRC, being a long time volunteer at many races including timing at mile 5 of the Stockade-athon. I heard the rumor that she has or is giving up this position, and I said we would have to place a life-sized cardboard cutout of Liz there or mile 5 will never be the same.

Bob Oates is the former director of the Tawasentha Summer Cross Country Series and continues to assist the races by designing and marking the courses and making sure no one drowns crossing the stream.

There are many runners who can now proudly call themselves "marathoners" and have Jim Thomas to thank for coaching the marathon training groups.

Another individual who contributes to all the photos seen in *The Pace Setter* and on the website is Ray Lee, and personally he is one of the volunteers I can always count on to help.

My mantra has always been "I will never be a race director" and I have stuck to it. You might say registration has become my specialty, along with putting my type "A" personality to use in other ways. I thank Mark for recognizing my ability to avoid being a race director.

Congratulations to all those honored that night, especially Pete and Frank. If you have never joined us at the banquet please consider coming next year for some really good food with good friends! □

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2012 TRAINING CLINICS

Attention all runners! Training for the Mohawk Hudson River Marathon or Half Marathon or another fall race? HMRRC, in conjunction with the Mohawk Hudson River Marathon and Half Marathon Training Program, invite all runners in the area to our FREE training clinics that will provide information, education and inspiration. Space is limited and registration is required. Register at www.mohawkhudsonmarathon.com or www.hmrrc.com.

CLINIC #1

Monday, July 16, 2012

7 p.m.

“Food, Weight & Runners: Finding the Right Balance”

Speaker: Nancy Clark, MS RD CSSD

Location: NYS Nurses Association Conference Center

11 Cornell Road

Latham, NY 12110

HMRRC is proud to have Nancy Clark, nationally-known registered dietitian, board certified specialist in sports dietetics, weight coach, and author as speaker for Clinic # 1. Nancy is the author of *Nancy Clark's Sport Nutrition Guidebook*, which has sold over 500,000 copies, and monthly nutrition column *The Athlete's Kitchen*, which appears in HMRRC's *The Pacesetter* and in over 150 sports and health publications and websites. Nancy specializes in nutrition for exercise, performance and weight management. Her clients have ranged from fitness enthusiasts to Olympians and to members of the Red Sox, Bruins and Celtics. Her nutrition advice and photo have even been featured on a Wheaties box!

CLINIC #2

Wednesday, August 15, 2012

7 p.m.

“Running Forever – Injury Free”

Speaker: Todd Shatynski, MD

Location: The Crossings of Colonie Meeting Room

580 Albany Shaker Road

Loudonville, NY 12211

Dr. Todd Shatynski is a sports medicine physician at Capital Regional Orthopaedics and is a Medical Director of the Mohawk Hudson River Marathon and Half Marathon. He has been a runner his entire life, having completed 8 marathons with a PR of 2:39. He is now also a triathlete with three Ironmans and over 50 triathlons under his belt.

CLINIC #3

Details on our September clinic will be announced at a later date.

Registrants are asked to bring a non-perishable food item, which will be donated to the Regional Food Bank of Northeastern New York.

Questions? Contact racedirector@mohawkhudsonmarathon.com.

23rd Annual
RUN IF YOU *D.A.R.E.*
5K Road Race and 1 Mile Fun Walk
Wednesday, May 23, 2012 – 6:30 p.m.
“Drug Abuse Resistance Education”

CORPORATE SPONSORS:

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Legends Barbershop, Kearney's Service Center, Garone's Concrete Pumping,
Mechanicville Teacher's Association, Mechanicville-Stillwater Elks Lodge

Location: 40 North Central Avenue, Mechanicville

Entry Fee: T-Shirt to first 300 entrants and refreshments.
\$20 per participant
Make check payable to: “Run If You D.A.R.E.”.
Entries Must be Received by Tuesday May 22, 2012.

Race Packet
PickUp: Tuesday, May 22; Wednesday, May 23 from 9a.m. to 5:30p.m. at
The Connors Agency, 40 Central Avenue, Mechanicville, N.Y. 12118

Course: Flat, residential area, paved, mile markers, water stations, TAC Sanctioned.
Course map included with Race Packet.

Categories: 11 and under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus Open
and (Road Race Only) Wheelchair. *DARE* OFFICER

Awards: Trophies to first M/F finishers of road race, and to first M/F of each category.
Silver Medals to second place M/F of each category.
Bronze medals to third place M/F of each category.

Group
Challenge: Open to members of any group, business, corporation, or organization with the
most participants in the walk/run.
Plaques for 1st, 2nd, and 3rd place.

Course Records: Mark McKenzie 14:57:68 Amy Herold-Russom 16:35:43

Ceremony: Awards ceremony at the finish line immediately following the race.

SEND ENTRIES TO: The Connors Agency, P.O. Box 71, 40 No. Central Avenue, Mechanicville NY 12118.

OFFICIAL ENTRY BLANK

Name: _____ Group: _____

Address: _____ Sex: (M) (F) Age on Race Day _____

_____ Email Address: _____

_____ Phone: _____

Circle for T-Shirt size: (Adult) SM MED LG XL Circle as applies: RUNNER WALKER

I waive any rights and claims for damages I may have or may incur against “RUN IF YOU D.A.R.E.”,
City of Mechanicville, and any of the sponsors or volunteers.

Signed: _____ Guardian Signature: _____ (if Under 18)

Chocolate and Your Sports Diet

Chocolate—Is it a bad food for runners, an addictive drug, and the instigator of dietary disasters? Or is it a health food, dieter's weight loss aid, and effective recovery food for tired, hungry athletes?

I vote for the latter! Personally and professionally, I like to think of chocolate (in moderation, of course) as one of life's pleasures. Here is some research that might be of interest to active people who love chocolate.

Chocolate Cake—for Breakfast?

Chocolate cake for breakfast enhances weight loss. Really? Yes, according to researcher Prof. Daniela Jacobowicz (1). The subjects were 193 obese, non-diabetic adults who ate either a 300-calorie low carbohydrate breakfast or a 600-calorie breakfast that included protein plus chocolate cake (or another sweet dessert). Both groups were instructed to eat the same amount of total calories: 1,400 for the women and 1,600 for the men. In the first 16 weeks, both groups lost an average of 33 pounds per person. But in the second half of the study, the no-cake group had poor compliance and regained an average of 22 pounds per person while the cake-eaters continued to lose another 15 pounds each. By 32-weeks, the cake eaters had lost about 40 pounds more than their peers.

Prof. Jacobowicz noticed that those who had cake for breakfast had fewer cravings for carbohydrates and sweets later in the day. By frontloading their calories, they were less hungry and less likely to stray from their food plans. They had curbed their cravings for sweets and treats, in comparison to the group that ate the smaller breakfast.

So what does this research mean for you, a hungry runner?

1) Eat a satisfying breakfast that leaves you content. Do not stop eating breakfast just because you think you should.

2) If you want a treat, such as chocolate cake, enjoy it earlier in the day, as opposed to indulging at 9:00 p.m. when you are tired, too hungry, and lack the mental energy needed to stop yourself from overeating. Think of it as having dessert after breakfast instead of after dinner.

3) Even on a weight reduction diet, you should eat what you truly want to eat, without deprivation of your favorite foods. Otherwise, you'll end up doing "last chance" eating. (You know, "I just blew my diet by eating cake, so I might as well keep eating it because this is my last chance before my diet starts again...")

Note: Even runners with diabetes can substitute chocolate cake for grains at a meal without creating blood glucose problems. Just eat the cake instead of—not in addition to—the grains! (2)

Dark Chocolate—a "Health Food"?

It's not a secret: a candy bar contains

primarily nutrient-poor calories from sugar and fat. For example, a Hershey's Bar (43 g) contains 210 calories—of which 46% are from sugar, 55% from fat. Hence, you want to enjoy milk chocolate in moderation, not in binges....

However, less-processed dark chocolate can be considered a healthier choice. Chocolate is made from cocoa, a plant that is a rich source of health-protective phytochemicals (just like you'd get from fruits, vegetables, and whole grains). Two tablespoons of natural cocoa power (the kind used in baking) offers the antioxidant power of 3/4 cup of blueberries or 1.5 glasses of red wine. Unfortunately, dark chocolate has a slightly bitter taste and most people prefer the sweeter milk chocolate, a poorer source of phytochemicals. (We need to raise our children on dark chocolate, so they will learn to prefer it!)

Dark chocolate also contains flavonoids, health-protective compounds found in many plant foods including tea, apples, and onions. Epidemiological surveys of large groups of people indicate those who regularly enjoy chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. For example, in the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47% (3). Maybe a daily (preferably dark) chocolate fix can be a good idea?

Chocolate Milk—for Recovery?

If you've just had a killer workout and want to rapidly refuel and repair your muscles, boost your blood sugar, and replace sweat losses—as well as reward yourself with a tasty treat—reach for some low fat chocolate milk! Research indicates refueling with chocolate (or any flavored) milk enhances recovery of both fluids and muscles better than the standard carb-only, sugar-based sports drink (4).

Anyone responsible for stocking the recovery food table for tired, thirsty runners who want to rapidly refuel after a hard workout will tell you chocolate milk is an all-time favorite. Weight-conscious female runners, in particular, let themselves enjoy this treat "guilt-free" and meanwhile boost their intake of nutrient commonly missing in their diet, such as high quality protein, riboflavin, calcium, and vitamin D. What a positive change from their embattled relationship with chocolate! This is good.

But shouldn't we be staying away from sugary foods? The World Health Organization recommends a limit of 10% of calories from refined sugar per day; that's about 200 to 300 sugar-calories for most athletes. Getting sugar from chocolate milk is nutritionally preferable than from sports drinks. Milk's high quality



protein, calcium, vitamin D, riboflavin and a host of other important nutrients is far better than sugar water with a dash of salt!

For those of you who happen to read the *Boston Globe* (3/13/12), you might have caught my answer to a health writer's criticism of USA Swimming for choosing chocolate milk as a sponsor. My response: "Kudos to USA Swimming for choosing to be sponsored by a whole food as opposed to an engineered sports food. To have role-model athletes touting low fat chocolate milk is preferable to the alternative of them touting sports drinks. I only wish more "real food" companies would do the research needed to counter the influential engineered sports food industry."

The bottom line

By no means is chocolate the key to a healthy sports diet, nor is eating lots of dark chocolate preferable to snacking on apples and bananas. We all need to eat chocolate in moderation so it does not crowd out other nutrient dense foods. But chocolate can be balanced into an overall wholesome sports diet and add pleasure to the day – even if you are dieting to lose weight. For chocolate lovers, deprivation of chocolate may create more problems than it solves.

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 and marathoners offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com.

References

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37th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACES

PLUS

Children's Races - Fun Walk

MEMORIAL DAY CELEBRATION SATURDAY, MAY 26, 2012

Schedule:
10 A.M. Memorial Day Parade
11 A.M. Children's Races
12:00 P.M. 15 KM (9.3 mile) Race
12:10 P.M. 3.2 KM (2 mile) Race & Fun Walk

15 KM Course: Accurately measured; mostly flat; 2 miles of race in an apple orchard; loop course; starts at the Voorheesville American Legion.

Registration: 9:30 A.M. – 11:00 A.M. Voorheesville Ambulance Area.
Dressing facilities not available.

Awards: 15 & 3.2 KM Races - Trophy for 1st 3 places in each division
1st 125 finishers in each race receive a souvenir
Children's races (50 - 100 yards according to age & sex) - no entry fees.

Entry Fee: For 15KM & 3.2KM: \$5.00 by mail before May 19; \$6.00 on race day.
Send Entries to: Herbert W. Reilly, Jr.
22 Voorheesville Avenue
Voorheesville, NY 12186

Refreshments for all distance runners at the Voorheesville American Legion

Official Entry Form

Name: _____ Age (as of 5/26/12): _____ Phone: _____

Address: _____ City: _____ Zip Code: _____

15 KM Race : Men's Divisions : ☐ Open(18-29) ☐ High School ☐ Sub Master(30-39)
☐ Masters(40-49) ☐ Seniors(50-59) ☐ 60 and over

Women's Divisions : ☐ Under 35 ☐ 35 to 49 ☐ 50 and over

3.2 KM Race: Boy's Divisions: ☐ Grade 1-5 ☐ Grades 6 - 8 ☐ Grades 9-12
Men's Divisions: ☐ 18-29 ☐ 30-39 ☐ 40 & Over
Girl's Divisions: ☐ Grade 1 - 5 ☐ Grades 6 - 8 ☐ Grades 9-12
Women's Divisions: ☐ 18-29 ☐ 30-39 ☐ 40 & Over

In consideration of acceptance by the sponsors of my application to participate in the Voorheesville 15 KM race or the 3.2 KM 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.

Date: _____ Signature: _____ Parent's Signature: _____
(If entrant is under 18 years of age)

Walgreens Run for Pride 5K Run and Rainbow FunRun

SATURDAY JUNE 9, 2012



Join us for the 4th Annual "Run for Pride" 5K and
Rainbow Fun Run during Capital Pride 2012!
Show your Pride while supporting the Pride Center of the Capital Region!!

Sponsored by Walgreens and the City of Albany, as part of Capital Pride 2012.
Capital Pride 2012 is produced by the Pride Center of the Capital Region

Race Information:

Saturday June 9, 2012

8am Registration, 9am 5K Race (3.1 miles), 10:00am Rainbow Fun Run 1K (.6 miles)

Start and Finish site: Washington Park Lakehouse, Albany

Course Description: Within Washington Park

Awards: Top 3 Male and Female Overall, Top 3 in each age group, and Top Team!

The "Best Use of Rainbow" Award for Fun Run participants, along with other prizes

Awards Ceremony: following the Rainbow Fun Run at the Lakehouse

Registration Information: PLEASE COMPLETE ONE REGISTRATION PER PERSON BY MAY 28, 2012

The registration is available at Active.com (Fees Apply) or complete the information below and mail to the
Pride Center at the address at the bottom of the form. **REGISTRATION DUE MONDAY MAY 28 2012 AT 5PM**

Name: _____

Address: _____ City/Zip _____

Telephone: _____ Email: _____

Age on race day: _____ Sex: _____

T-shirt Size: All pre-registered participants by May 28, 2012, will receive a t-shirt:

S M L XL XXL

Registration Fee: (non-refundable) DUE MONDAY MAY 28 AT 5PM

___ \$15 ___ \$20 day of race

___ Check enclosed: please make payable to: Pride Center of the Capital Region

___ M/C-Visa Card Number _____ Expiration: _____

Signature _____

WAIVER AND RELEASE STATEMENT: Please read and sign

In consideration of this entry, being accepted, I hereby for myself, heirs, executors and administrators waive and release any
claims that I may have against the Capital District Gay & Lesbian Community Council or any of the sponsors involved in the
Run for Pride and Rainbow Fun Run. I certify that I am physically able to participate in this event.

Signature: _____

Date: _____

Signature of Parent/Guardian (if under 18) _____

Walgreens
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pridecenter
OF THE CAPITAL REGION

Please send completed and signed form to:
Pride Center of the Capital Region
332 Hudson Ave Albany, NY 12210
Questions? Call the Pride Center at
518.462.6138 / Fax: 518.462.2101

Event Schedule

Date	Time	Event	Location	Contact	Email
5/12	9:00 AM	Moving Towards a Cure® 5K Run/Walk	Delaware Park	Tracy Hunter	online@milesforhope.org
5/13	10:00 AM	32nd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrrcdiane@gmail.com
5/17	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mike Rabideau	osgoodpond@yahoo.com
5/19	8:00 AM	Make it a Great Day Half Marathon and 5K	Tamarac School. 3992 Rte 2	Heidi	heidib@thedragonflyadventure.com
5/20	9:00 AM	Cohoes Founders Day 15k & Mastodon 5K	Craner Park	Lisa P. Osorio	lisatompkins@hotmail.com
5/28	9:00 AM	Woodstock Races - 15K & 5K	Woodstock	Rich Gromek	gromekr@aol.com
6/2	10:00 AM	Charlton 5K	Town of Charlton - Village Center	Bill Herkenham	bherk@nycap.rr.com
6/9	8:00 AM	The Valerie Fund Walk & JAG Physical Therapy 5K Run	Verona Park	Ariana Dispalatro	arianna@thevaleriefund.org
6/10	9:00 AM	41st Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/12	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/16	8:30 AM	Whipple City 5K Run/Walk	10 Gray Avenue Greenwich	Barbara Hamel	whipplecity5k@yahoo.com
6/17	9:30 AM	HMRRC Father's Day 5K Run	The Crossings Colonie	Roxanne Bilodeau Gillen	rmonahan63@yahoo.com
6/19	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/23	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/24	7:30 AM	Adirondack Distance Run	Lake George	Marcy Dreimiller	madone1@roadrunner.com
6/26	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/3	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/4	9:00 AM	Firecracker 4 -- 4M Road Race	Saratoga Springs City Center	Bob Vanderminden	bobjr@telescopecasual.com
7/10	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/12	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/17	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/19	6:15 PM	40th HMRRC Hour Run	Colonie HS Track	Doug Bowden	bowden@nycap.rr.com
7/24	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/26	6:15 PM	37th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/31	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com

Hudson Mohawk Road Runners Club

P.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!*