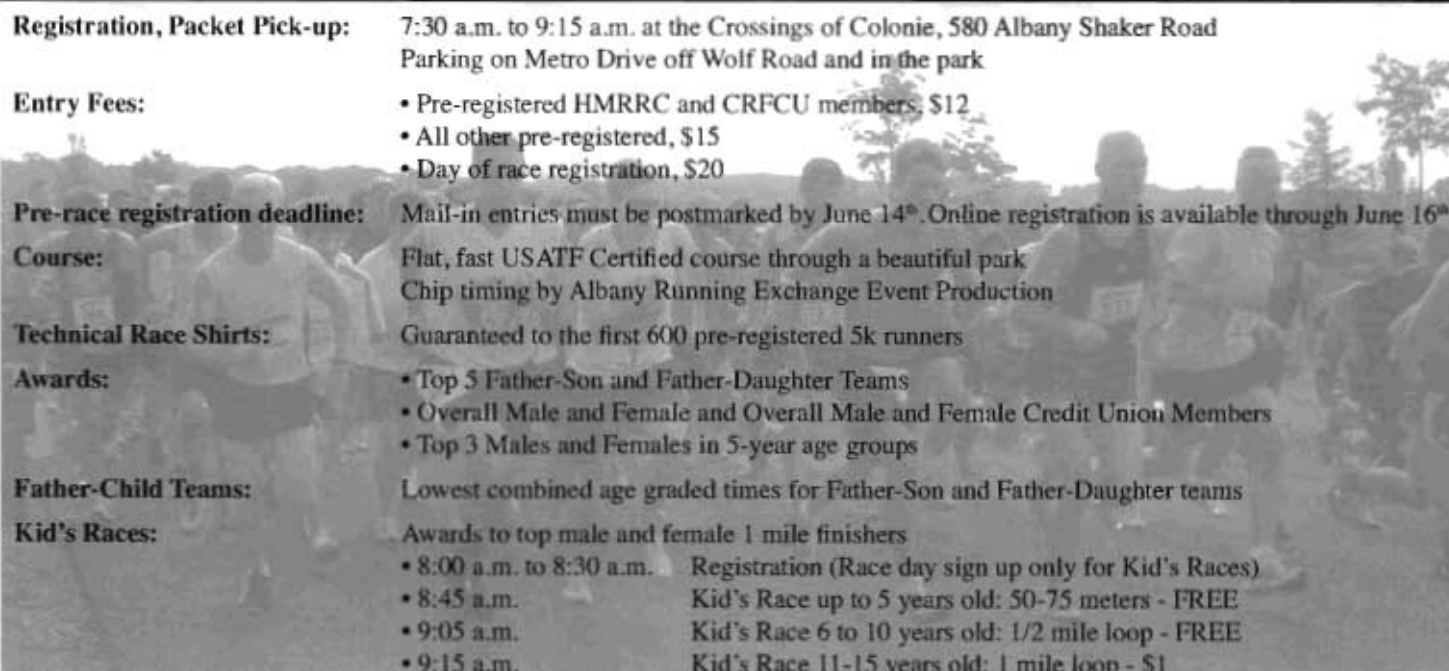
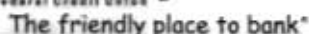


# ***The Pace Setter***

May 2010

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





<b>Registration, Packet Pick-up:</b>	7:30 a.m. to 9:15 a.m. at the Crossings of Colonie, 580 Albany Shaker Road Parking on Metro Drive off Wolf Road and in the park
<b>Entry Fees:</b>	<ul style="list-style-type: none"> <li>• Pre-registered HMRRRC and CRFCU members, \$12</li> <li>• All other pre-registered, \$15</li> <li>• Day of race registration, \$20</li> </ul>
<b>Pre-race registration deadline:</b>	Mail-in entries must be postmarked by June 14 <sup>th</sup> . Online registration is available through June 16 <sup>th</sup>
<b>Course:</b>	Flat, fast USATF Certified course through a beautiful park Chip timing by Albany Running Exchange Event Production
<b>Technical Race Shirts:</b>	Guaranteed to the first 600 pre-registered 5k runners
<b>Awards:</b>	<ul style="list-style-type: none"> <li>• Top 5 Father-Son and Father-Daughter Teams</li> <li>• Overall Male and Female and Overall Male and Female Credit Union Members</li> <li>• Top 3 Males and Females in 5-year age groups</li> </ul>
<b>Father-Child Teams:</b>	Lowest combined age graded times for Father-Son and Father-Daughter teams
<b>Kid's Races:</b>	<p>Awards to top male and female 1 mile finishers</p> <ul style="list-style-type: none"> <li>• 8:00 a.m. to 8:30 a.m. Registration (Race day sign up only for Kid's Races)</li> <li>• 8:45 a.m. Kid's Race up to 5 years old: 50-75 meters - FREE</li> <li>• 9:05 a.m. Kid's Race 6 to 10 years old: 1/2 mile loop - FREE</li> <li>• 9:15 a.m. Kid's Race 11-15 years old: 1 mile loop - \$1</li> </ul>

Online registration available at [www.hawaii.com](http://www.hawaii.com), [www.communityrenewal.com](http://www.communityrenewal.com) and [www.cdc.org](http://www.cdc.org)

Publication of Hudson-Mohawk  
Road Runners Club  
Vol. 31 No. 5

**Editor:**

Kari Gathen (pacesetterarticles@verizon.net)

**Managing Editor:**

Robin Nagengast (pseditor123@gmail.com)

**Assistant Managing Editor:**

Open

**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

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

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Mike Becker

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Jim Tierney & Ken Orner

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Joe Hein

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Bob Kopac

— **Kopac's Komer**

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

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Photos in this issue by Alicia Bidley and Phil Borgese

## 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  
MARK WARNER  
464-5698

Executive Vice President  
JON ROCCO  
862-9279

Vice President for Finance  
CHARLES TERRY  
482-5572

Treasurer  
JOHN KINNICUTT  
265-2876

Secretary  
BARBARA LIGHT  
326-0313

Race Committee Treasurer  
PAM ZENTKO  
372-8275

### HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee  
DIANE FISHER  
hmrrcdiane@gmail.com

Race Committee  
NANCY BRISKIE, 355-3276

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

HMRRRC Web Page  
ED NEILES  
482-9032

Digital Clock & Timer  
BILL MEEHAN  
456-4564

Volunteer Coordinator  
MARCIA ADAMS  
356-2551

**www.hmrrc.com**



*by Mark Warner*

In 2011, the HMRRRC will be celebrating 40 years of offering quality races and running camaraderie. The club puts on nearly thirty races a year ranging from a mile to a marathon. Although the majority of races are run on the roads, there is a good variety of races on the track and on trails. In 2009, race sizes ranged from 26 finishers for the two-person relay to 7700 for the Corporate Challenge. The oldest club races are the HMRRRC Anniversary Race that was first run in 1971, the Distinguished Service Race and the Hour Run both started in 1972.

Let's look at the HMRRRC race schedule season by season. The race schedule has evolved over the years to the point where each season provides a unique perspective on running and racing.

The Winter Series saw record numbers of finishers this year in every event. Many of the Winter Series races have been run for more than 30 years. One of the unique things about the Winter Series is that multiple race distances are run in each event so those who want a relatively short 5K or 4-miler have an opportunity to run as well as those who are looking for a longer distance of 15K to 20 miles, possibly in preparation for a spring marathon. Traditionally two weeks after the last Winter Series event, the Winter Marathon is held. The Winter Marathon has been run for 37 years, many times in cold windy weather that barely seems to faze the hardy runners of the Capital Region. For the past 24 years, the Winter Marathon has had a companion event; the Marathon Relay, which had 37 three person teams this year.

Springtime offers some of the most popular races of the year, starting with the Runnin' o' the Green in March through the Tri-City Valley Cats Home Run 5K in late June. The spring races are traditionally shorter, with the longest being the Distinguished Service 8 miler. The Delmar Dash has grown into one of the most competitive local races and is followed by the Bill Robinson 10K Masters Championship, which draws most of the top over-40 runners in the Capital Region. The CDPHP Corporate Challenge has been held since 1980 and always features one of the most talented fields of any race in the Capital Region. Of course with the HMRRRC being an equal opportunity organization, spring couldn't pass without both a Mother's Day and a Father's Day race.

Summer gives us an opportunity to try a

little wider variety of races on the track and on the trails. July includes the Colonie Mile and three track events making up the Summer Series. The Indian Ladder Trail Run continues to grow in popularity, featuring a longer race of 15K and a shorter one of 3.5 miles; both run on the extremely challenging trails in Thacher State Park. August brings us three 5K races on the trails of Tawasentha Park in Guilderland. These races bring out many of our younger runners preparing for the fall cross country season.

HMRRRC's fall season is highlighted by two events that showcase the club to many out-of-town runners. Hundreds travel to Albany each year to run in the Mohawk Hudson River Marathon, known as one of the fastest marathons in the country. The Stockade-athon 15K has grown into one of the largest and most competitive 15Ks around. Prior to these two events are three distinctly different events. Fall starts with the SEFCU Foundation Labor Day 5K, a very competitive race on a relatively fast course. The Anniversary Run, to be held for the 40th time this year, highlights the club history using the original course at SUNY Albany. Another old favorite is the Voorheesville 7.1 miler run on rolling country roads, which brings you back to the very essence of running. Of course it wouldn't be late fall in Albany without the Turkey Raffle Run helping prepare local runners for one of several turkey trots to be run just a few days later.

The quality and variety of these races are what makes the HMRRRC unique. Due to the financial successes of the CDPHP Corporate Challenge and Mohawk Hudson River Marathon, the club is able to offer thirteen free races as well as many more benefits to the local running community as highlighted in past columns. Running and racing in the Capital Region has never been better and much of the credit goes to the HMRRRC and the many volunteers who make the races successful. □





# What's Happening in May

by Al Maikels

The HMRRRC has two races on its schedule for May and they are each 3.5 miles long. That is where the similarities end as the races are otherwise quite different. The 30th Annual Mother's Day race leads off on Sunday, May 9 at 10 a.m. at the Hamagrael School in Delmar. This is a low key race that has between 100 to 150 participants. 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 3.5 mile club race in May is the largest and most name changed race in the Capital District. The GHI Workforce Team Challenge will be held on Thursday, May 20 at 6:25 p.m. at the Empire State Plaza. This is also the 30th running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate 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 HMRRRC and with over 7000 runners expected the event can always use the help.

30 years seems to be another common theme for May as the Bob Smith Challenge 5 Mile Run celebrates its 30th running on Sunday, May 16 at the Green Meadow Elementary

School in East Greenbush.

The Capital District YMCA is having a series of 5K race/walk runs and Albany will be the site of the May event. The race will be held in Albany's Washington Park on Saturday, May 1 at 9 a.m. Another May 5k is the Literacy Run, set Sunday, May 2nd at 10 a.m. at the Rensselaer Tech Park. The DA's Run for C.O.P.S. is another fine 5k, this year's race is set for Tuesday, May 11 at 6 p.m. at the Empire State Plaza.

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 29. 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 31 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 HMRRRC 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 Pace Setter.

The club business meeting for May will be Wednesday, May 12 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave Extension. □



## Article Submissions are Encouraged for Upcoming Pace Setter Issues

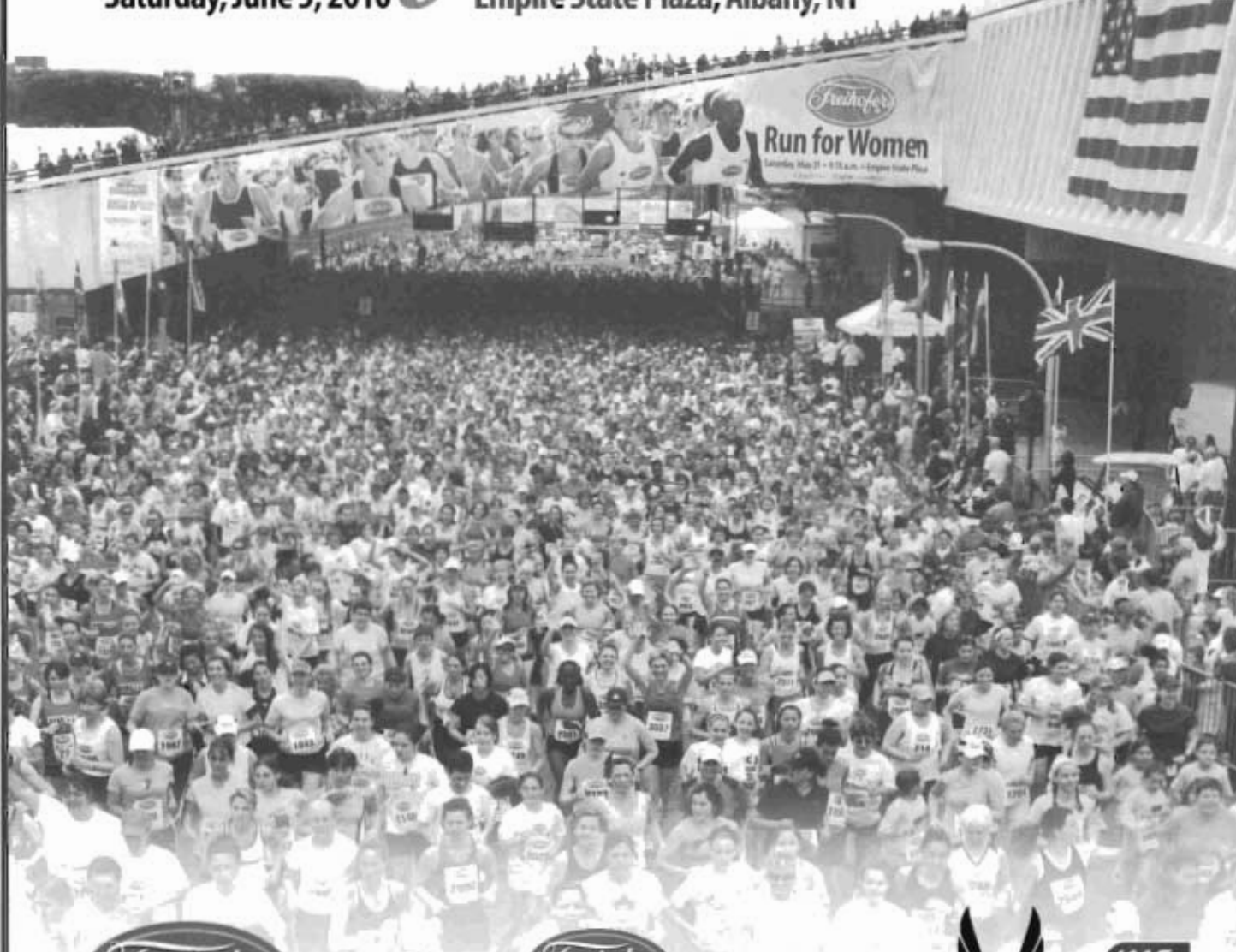
**What:** The article topics can range from HMRRRC races, to out-of-town race coverage, and personal running accounts. Articles should be written in the context of the HMRRRC mission statement, which can be found on the HMRRRC web homepage at [www.hmrrc.com](http://www.hmrrc.com). All members are encouraged to submit articles for publication in upcoming Pace Setter issues.

**Deadline:** The 25th of each month (ex. Submission is received on October 25, the article would be published in the December issue).

**Where:** Submissions can be sent in Word document format and photos in .jpg, .tif, .bmp, or .gif format to: [pacesetterarticles@nycap.rr.com](mailto:pacesetterarticles@nycap.rr.com). Questions about publication can also be directed to the same e-mail address.



**Freihofer's**  
**32<sup>nd</sup> run for women** **5km**  
Saturday, June 5, 2010 Empire State Plaza, Albany, NY



**Freihofer's 22<sup>nd</sup> community walk**

**Freihofer's KIDS' RUN!**



Sign up today at [www.freihofersrun.com](http://www.freihofersrun.com) • NEW TIME 9:30 a.m.





# Key West Half Marathon – a nice respite from winter running

by Steve Conant

My wife and I felt we needed a break from winter in upstate New York and decided to visit the Florida Keys at the end of January. After booking the trip, I learned that the 12th annual Key West Half Marathon was going to be held while we were there, on January 31st, and that the race is ranked as one of the ten great winter half marathons by *Runner's World* magazine. Running in mild weather without leggings, multiple layers, headgear, etc. seemed like a nice change from the Winter Series races, so I decided to enter the race.

We arrived in Key West the day before and drove around to get our bearings and to find Dante's Restaurant, which is where the race would be starting and finishing. Dante's, which



is located in the marina section of old town Key West, also hosted the packet pick-up, an enjoyable pasta dinner and interesting talk by



runner and author Jenny Hadfield the evening before the race, and the post-race party the next day.

The race was scheduled to start at 7:00 in the morning, so before dawn I jogged the mile or so from our hotel to the race. On my way, I was serenaded by roosters throughout the city. Apparently when cockfighting was outlawed around the turn of the previous century the owners simply turned their roosters and chickens loose, and their descendants still roam the streets. Only in Key West!

There were about 750 runners registered for the race, but a number of unfortunate souls got snowed in up north and couldn't make it. Those of us from the north who did make it were warned before the race to be careful and make sure we drank plenty of liquids, because it was 72 degrees with 90% humidity at race time.

The flat, fast race course started off through the streets of old town Key West, passing such landmarks as the Key West Lighthouse, the Hemingway House, and the marker for the southernmost point in the continental US. The course then turned and followed a bike path along the Atlantic Ocean for the next five miles. It would have been perfect timing to see the sun rise over the ocean, but unfortunately it was cloudy so there was no sunrise visible that morning. The clouds turned out to be a blessing, though, as the humidity hit me during that stretch of the race and I felt it the rest of the way.

The course then went across a short bridge to the next island up the chain, Stock Island. On Stock Island the course looped for three miles on bike paths around a golf course and the Florida Keys Community College before going back over the bridge onto Key West. That was followed by four miles on a bike path along the Gulf of Mexico that included a short bridge at mile 12. The two bridges that were crossed during the race contained the only real elevation changes on the course. The last part of the course wove through city streets for a short ways before finishing in front of Dante's.

About 650 runners completed the race. The race was won by 52-year-old Tom Dever of Terre Haute, Indiana, who finished in 1:17:06. The top female finisher was Jill Johnson, 26, of Ann Arbor, Michigan, who finished 6th overall with a time of 1:23:21. The post-race party at Dante's featured plenty of food and beverages (including eight kegs!), a good band, and lots of awards and raffle prizes. Post-race massages were available, and I treated myself to one. I tried to impress the masseuse by telling him that I had run a race in single digit temperatures just three weeks earlier, but he topped me by telling me about his climb of Mt. Kilimanjaro 3 weeks earlier!

The Key West Southernmost Runners, who hosted the event, did a great job of organizing it. There were plenty of water and Powerade stations along the course, staffed with encouraging, friendly volunteers. Key West is an interesting place to visit, and I enjoyed the race and related activities. Keep the Key West Half Marathon in mind if you're ever looking for a warm weather race some future winter. □

# Y RACE SERIES

We build strong kids, strong families, strong communities.

## 5K RACE SERIES

2010 marks the 5th anniversary of the Capital District YMCA 5K Run/Walk Race Series. Through a dedicated group of volunteers from the running community and staff, we are able to host six 5K events designed to build strong kids, families and communities, by acting as a fundraiser for the *Reach Out For Youth Scholarship Program*.

As part of promoting an active and healthy lifestyle, the CDYMCA race series brings together 100's of runners of all ages and abilities. Visit [www.CDYMCA.org](http://www.CDYMCA.org) for more information and to register for the series or individual races.



## Mark Your Calendar

**May 1, 2010**

Albany YMCAs 5K Run/Walk  
Albany, NY

**July 17, 2010**

Schenectady/Glenville Canal Run/Walk  
Schenectady, NY

**August 17, 2010**

Southern Saratoga 5K Run/Walk  
Clifton Park, NY

**September 11, 2010**

Brenda Deer Memorial 5K  
Guilderland, NY

**October 30, 2010**

Troy Family Monster Madness 5K Run/Walk  
Troy, NY

**November 7, 2010**

Greenbush Area Fall 5K Run/Walk  
East Greenbush, NY

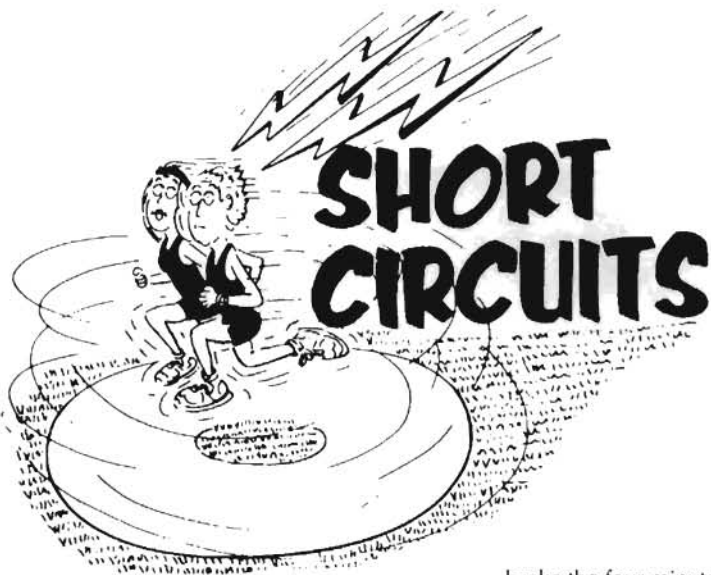


Connect  
Online

[WWW.CDYMCA.ORG](http://WWW.CDYMCA.ORG)







Linda Somers, one of the country's best masters runners, set an American record of 57:09 for the 10-mile distance for the 45-49 age division at the NorCal John Frank Memorial Run in March. Ms. Somers holds multiple national records and continues to raise the bar at every event she enters.



*Somers keeps on winning*

broke the four minute barrier for the first time. So much for the argument that runners of yesteryear were faster than runners of today.

Alberto Arroyo, the Mayor of Central Park, died recently at the age of 94. Mr. Arroyo began running around the Central Park reservoir in 1937. He estimated that over the years he had made over 200,000 trips around the 1.6 mile reservoir path. He was honored in 1985 by the New York State Senate, and former U.S. Senator William Proxmire of Wisconsin called him "one of the founders of the modern fitness movement."



*The Mayor of Central Park*

During the four-year period of 1984 through 1987, twenty Americans broke the 4-minute mile barrier for the first time. During the first two months of this year eighteen Americans

"It seems that everyone now does Saturday or Sunday long runs with a fuel belt around their waists. While ingesting carbs during long runs may make you feel better, it defeats the

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](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

purpose of the run and turns off the exact signals you're trying to turn on." Jason Karp, Ph.D., exercise physiologist.

In March a woman had just finished her noontime run at Point Dume State Beach Park near Malibu and was standing at the edge of a cliff overlooking the Pacific when she was grabbed from behind. She says she and the man struggled for several minutes before she was able to break away. That's when the woman ran and jumped off the cliff. The woman was taken to a hospital with cuts and bruises from the fall.

A pharmaceutical salesman from Georgia was listening to his iPod while jogging on a Hilton Head beach. He was killed when a plane making an emergency landing on the beach hit him from behind. The pilot and a passenger walked away from the crash landing unharmed. □

Who was that masked woman on the cover of the March Pace Setter?



*Could it be Chris Varley?*

# MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, OCTOBER 10, 2010

- Start:** 8:30 a.m. Marathon – Central Park, Schenectady, NY  
8:30 a.m. Half Marathon Presented by the U.S. Marine Corps Reserve – Colonie Town Park, Cohoes, NY
- Finish:** Albany Riverfront Park at Corning Preserve, Albany, NY
- To Register:** Online and mail in applications available at [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com).  
No day-of-race registration. Last year, both races sold out. Register early!
- Host Hotel:** Crowne Plaza, State and Lodge Streets, Albany. Special race room rate of \$100 per night available until room block is filled. Call 1-888-233-9527 for reservations, mention code "BBD"
- Packet Pick Up** Saturday, October 9, 2010 • 10:00 a.m. to 6:00 p.m. • Crowne Plaza, Albany
- And Expo:** **PLEASE NOTE: THIS YEAR THERE WILL BE NO DAY-OF-RACE PACKET PICKUP.**  
The Expo will be a U.S. Marine Corp Reserves Toys for Tots collection site. Bring a new, unwrapped toy to the Expo and help kick off the 2010 Toys for Tots campaign!
- The Course:** The May 2009 Runner's World Magazine named the Marathon as one of the top 10 U.S. "Superfast Marathons", because its flat and fast course has helped many runners meet the Boston Marathon qualifying standards! The Half Marathon merges with the Marathon at its half-way point in Colonie for a scenic run along the Mohawk, then Hudson River. This is your PR course!
- Awards:** **Marathon** - Cash awards (\$500-\$300-\$200) to the top 3 male and female finishers. adidas running gear to the top male and female age-group finishers.  
**Half Marathon** - Commemorative awards to the top 3 male and female finishers and the top 3 male and female age group winners.

*HMRRRC Members:* The marathon is part of the HMRRRC Grand Prix Series.

*USATF Adirondack Members:* The marathon is the USATF Adirondack Association Marathon Championship. Both races are part of the USATF Adirondack Grand Prix Road Race Series. Race registration must include your USATF membership number for Grand Prix scoring. To join USATF, go to [www.usatfadir.org](http://www.usatfadir.org) or call (518) 273-5552.

For more information and to register, see [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com) or [www.hmrrc.com](http://www.hmrrc.com).

Questions? Contact Cathy and Rob Sliwinski at [racedirector@mohawkhudsonmarathon.com](mailto:racedirector@mohawkhudsonmarathon.com).

**FLEET FEET**  
*Sports*



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# On The Run in North Florida

by Greg Rickes



According to Jon Rocco's *Pace Setter* survey, 8.7% of you folks out there say winter is their favorite running season. You can see them, briefly, on UAlbany's perimeter. They appear out of the darkness, stealthy and determined, oblivious to the cold and wind, and then like a mirage they're gone. They're fiercely committed to the Winter Series and lofty goals like April's Boston classic. If you're one of these rugged, highly-focused individuals who can put creature comforts aside, you have my admiration. But not my emulation. I'm more about sunny and warm. So when Florida beckons in mid-February I'm packed and ready.

My destination is Fernandina Beach, on Amelia Island, the Sunshine State's northernmost Atlantic outpost. Compared to more tropical locales Fernandina is Old Florida, with a great small town ambiance, a wide sweep of outdoor activities, and close proximity to cosmopolitan Jacksonville and vibrating Daytona Beach.

The island has a colorful history. It has been ruled under eight different flags, a unique distinction, and has an affinity for sea-faring themes (for those of you with historic curiosity, details of the eight sovereignties are detailed at [www.amelianow.com/summer99-400years.htm](http://www.amelianow.com/summer99-400years.htm)).

It's also prime running/racing season in this part of the world, so the bag is packed and calendar dates circled. Here's the diary for my foray.

Thursday February 4 - Warm-up run on the Jacksonville-Baldwin Rail Trail. Fifteen miles of paved path extending west from Jacksonville. I run a short loop from Camp Milton, a Civil War site. As an added bonus sometimes you

can see a Top Gun style air show as Navy jets practice carrier landings at a nearby airfield.

Saturday February 6 - Amelia Island Runners "Pirates on the Run 5/10k". One of the signature contests for the local running club, this event mixes some road racing with a cross-country excursion. When I hear "cross-country" the first thing that comes to mind is Tawasentha: roots, rocks, and hills. But this is Florida, and the cross-country segment, which will be 4 miles out of the 10k, explores the Egan Creek Greenway. The Greenway meanders along a scenic creek, and the terrain amounts to a jeep road, double-track width, and manicured. Even a fierce overnight rain does little more than create a few puddles. Tame by our standards.

Race morning temperature is low 50s --- it feels tropical to me but a large local contingent is bundled up. Total entry is just over 500 (302 for the 5k, 202 for the 10k). My pace isn't especially inspiring, but it's nice to be on the move in shorts and a t-shirt. The sun breaks through periodically, but so does the wind. My goal is a negative split, but down the homestretch my effort is flagging. I give up positions when we hit the final pavement; a guy who looks like he could be in my age group passes me with a half-mile to go. The results will show that indeed I missed out on third in M 55/59 by seven seconds.

The post-race ranks among the all-time best, a sumptuous pancake breakfast in the church hall at St. Peter's Episcopal.

Sunday February 7 -- Trail running is less prevalent in Florida than in our Empire State. I'm among the select 100 for the inaugural 5k/10k at the Guana Tolomato Mantanzas

National Estuarine Research Reserve. That's a mouthful, so we'll call it GTM. Getting access to Federal Reserve land is a big deal and every aspect of this race will be under the microscope. After yesterday's 10k I've opted for the shorter distance, as has about one third of the total entry.

GTM reminds me of Schodack Island State Park. The surface is mostly hard-packed, a bit sandy, a few roots and stumps here and there. It's warm enough to break out the ARE singlet, as long as you stay in the sun and out of the wind.

The whole pack sets off together, then those of us going the lesser distance take a shortcut that connects the two main trails. Once we break from larger pack I find myself all alone, no one in sight ahead of me, and only a faint sense that there's someone lurking behind. The course was pretty simple, but I still managed to get disoriented about the last turn. I came to an intersection, forgot whether I wanted the yellow, blue or purple trail and caught a glimpse of the time clock as I glanced back over my right shoulder. In the time it took to retrace my steps the runner who had been behind was now ahead.

The final tally would show that I was a quite unexpected third overall, good enough to take home a nice hat, compliments of the Ancient City Road Runners of St. Augustine. Just to put the finish into context, the first 5k finisher was over 60 years old and several minutes ahead of me. The 10k was the "feature" event and had some great prizes including trail running shoes for the top three of both genders.

Tuesday February 9 -- A jaunt to take in some stock car racing heritage on the sands of Daytona Beach is cut short by rain, but steers me to the Premium Outlet Mall in St. Augustine, where I find a Stride-Rite shoe store. Amidst the aisles of kids footwear there's a section for marketing partner Saucony. An old favorite, the Grid Excursion, turns up in my size (the popular 10.5) for \$19.99. I buy three pair. That should keep me going for a year.

Wednesday February 10 -- Weekly track workout at Fernandina Beach High School with a contingent from the Amelia Island Runners. When they hear the details of my vacation running plan they present me with a t-shirt from their winter Reindeer Run. I'm beginning to think I should have brought another suitcase.

Thursday February 11 -- I wake up to 33 degrees, northwest wind, and wind chill of 27. At least the sun is shining, so I head to the beach. The events for the coming weekend will both be on the sand so I need at least a modest exposure. Beach running gets a bad rap from most of the running experts I've read, but maybe they've never tried North Florida. The beaches are broad and flat, packed hard by tidal action. There's a bit of give in the surface, kind of like the best aspects of trail running. I do make the wise decision to run the outbound leg into the stiff breeze, so there'll be a tailwind to push me back home.

Friday February 12 -- Rain. Perfect condition for some indoor activity. How about a

*Continued on page 13*

The Pace Setter - 11



# Jeff Galloway's Running School

Run Until You're 100 Injury Free!

Sunday, May 16

9am – 2pm

Rudy A. Ciccotti Family Recreation Center

Fee: \$189



## Running School Includes:

- Training Tips
- Nutritional Information
- Inspirational Stories
- One-on-One Question and Answer Session
  - Individual Running Form Evaluations
- Extended Direct Email Access to Jeff Afterward
  - Copy of Jeff's Book
  - Lunch

All ages, speeds and levels of experience welcome!

To register online go to [Jeffgalloway.com](http://Jeffgalloway.com) or ask an employee for more info.

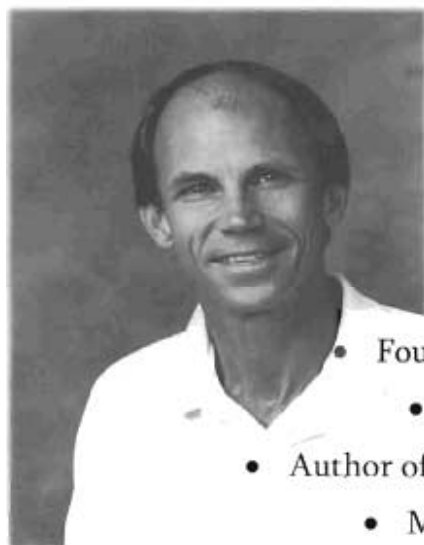
## Meet & Greet; Book Signing

Sunday, May 16

2:30 – 3:30 pm

Fleet Feet Sports

**FLEET FEET**  
*Sports®*



## Jeff's Resume:

- Member of the 1972 Olympic team
- Founder of the Galloway Marathon Training Program
  - Coach to over 200,000 runners and walkers
- Author of best selling running book: *Galloway's Book on Running*
  - Monthly columnist for Runner's World magazine
- Owner of Phidippides Running Stores; one of the first running specialty stores in the US; since 1974

## On The Run In North Florida, *cont.*

couple of brewery tours? There's Budweiser, then Bold City the local microbrew. Not the ideal pre-race training regimen, but I do at least strive for some moderation.

Saturday February 13 -- Today offers a choice of races. I can go south and take my pick from Jacksonville, St. Augustine or Palm Coast. But this is after all my vacation, so why get up early, especially when there's the tantalizing prospect of a 5k on the beach at an accommodating 2 p.m. in St. Simons Island, Georgia. Northward on I-95 it is. The afternoon start time is dictated by low tide, but even so the temperature is a brisk 45 degrees with that persistent northwest wind (this is the weekend that snow fell across Mississippi, Louisiana, South Carolina, Georgia and Florida, an unheard of phenomenon).

Beach racing is pretty elemental. Run down the sand a ways, turn around, and run back. No hills, no turns.

East Beach has an irregular shoreline, so even at low tide there are a couple of spots where the surf and the rocks pinch the course. The options are to pick your way across some rocky dry terrain or keep your pace and get your feet wet. It's only cold for a moment.

For the lack of distinctive features beach racing is harder than it looks and my pace was slower than I would have expected for the 5k distance. Running into the wind for the finish doesn't help.

The Golden Isles Track Club has a great post-race tradition, Happy Hour right on the beach. In spite of the chilling conditions I decide a Michelob Ultra will have restorative powers. For awards there are beautiful beach shells, and I'll take one home with a second place finish. M 55-59 has the event's largest entry at 14 in a total turnout of 168.

Sunday February 14 -- Back to the beach. This time it's Jacksonville's vast expanse. It's much wider than St. Simons so there'll be no need to skirt the surf. The John TenBroeck Winter Beach Run is a signature event, offering five and ten mile distances. Everyone will run north two and half miles, turn around and come back. Us five milers go into the finish chute, while those going the longer distance will continue due south for another two and half miles before their return leg.

Weather conditions are more accommodating, sunny and 60, though some of the locals still call this chilly. There's quite a crowd as over four hundred runners and walkers, including me, are signed up for the 5 mile segment, and another 270 will test themselves for ten miles.

After the massed start the field settles into an elongated line. The beach is open to the public and it's a little odd to run past picnicking families and casual walkers on one side and surfers and fishermen on the other.

Right from the start this feels like an off day for me. I can't seem to get into that fluid motion and rhythm that's the hallmark of a good performance. It isn't too many miles before some old aches and pains that I thought I'd put behind are back with nagging annoyance. I re-



solve to enjoy the atmosphere at the expense of pace. By the time I make it to the finish it's fair to say I'm gimping along. A bit more sun, some light refreshment and it's time to head back to our temporary home, to pack for the journey back to Albany.

When I check the on-line results I'm stunned to find I've still contrived to finish third in M 55-59. The folks from 1st Place Sports and JTC Running very kindly offer to mail my award.

The days, as they have a habit of doing, have flown by. Now it's time to get back to the old routine. The calendar says that spring in the great northeast will be here eventually, and as an act of faith I mail in my entry for Runnin' of the Green. But there's so much more to do in Fernandina -- exploring Fort Clinch, biking the full length of the beach, kayaking at Little Talbot Island, plus more races offering tantalizing promise. It's sounding like a return engagement may be in order, and that's a warming prospect. □

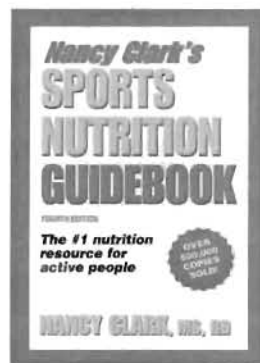


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## Profile of a Runner

# MICHAEL WASHCO

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

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

### When and how did you get started running?

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

### Do you have a favorite race or races?

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

### What are your most memorable races?

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



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

### How do you train? Do you have training partners?

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

### What are your current goals?

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

### Do you have any future running goals?

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

### Do you have a philosophy of running?

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

### Any funny stories?

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





# RUN WITH THE TROJANS

## 5K RUN/WALK

## 800M KIDS □ RACE

SATURDAY, JUNE 5<sup>TH</sup>, 2010

### Location:

Questar III on Colleen Rd in Troy, NY  
(Approximately 1.7 miles from HVCC)

### Check-In and Race Packet Pick-up:

Day of race 8:00am to 9:15am

### Mail entry to:

Run with the Trojans  
PO Box 113  
Wynantskill, NY 12198

### Awards:

#### 5k Run:

Pint glasses will be given to the top 3 male and female runners in the 5k Run, as well as the top three in the following age groups:  
18 and under, 19-29, 30-39, 40-49, 50+

#### Kids □ Fun Run:

Ribbons to all participants

This is a USATF sanctioned race

There will be water and fruit at the finish line along with a water stop on Sterling Avenue. After the awards ceremony, there will be a picnic at Inferno Pizzeria for all of the volunteers, race participants, family and friends.

### Race Time:

Fun Run - 9:00 am  
5k Run/Walk - 9:30 am

### Entry Fee:

(non-refundable, please make check payable to:  
Run with the Trojans)

### Early Registration:

(postmarked before 5/28/10 or online by 6/4/10)  
5k Run/Walk - \$15  
Fun Run - \$5

### Regular Registration:

(including day of race)  
5k Run/Walk - \$20  
Fun Run - \$7

### Shirts:

Run with the Trojans t-shirts will be guaranteed to all runners in the 5k Run/Walk whose registrations are received by 5/1/10. T-shirts are not offered for the Kids □ Fun Run.

 **Brad Lewis**  
Lawn Care & Masonry Repair  
www.bradlewislawncare.com | 518.312.9104

[www.bradlewislawncare.com/runwiththetrojans](http://www.bradlewislawncare.com/runwiththetrojans)  
has directions, a course map, online registration and additional information.

Contact Brad Lewis at (518) 477-4296 or  
[runwiththetrojans@gmail.com](mailto:runwiththetrojans@gmail.com) with questions.

Return the entry form below along with payment to the above address:

Name \_\_\_\_\_ Phone Number (\_\_\_\_\_) \_\_\_\_\_ Gender: Male | Female  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age on 6/5/10 \_\_\_\_\_  
Email \_\_\_\_\_ Race: 5k Run/Walk | 800m Fun Run

In consideration of the Troy Trailblazers, the Run with the Trojans, the City of Troy, Country Gardens Apartments, Inferno, and the Emerald Greens Community accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, my executors, and administrators, waive and release all right and claims for damages that might have been suffered by me while competing in or traveling to or from this race on June 5, 2010. I attest and verify that I am physically fit and sufficiently trained for the competition of this race.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

# Know all of the area trails by heart?

*Try orienteering!*



Orienteering is a sport where a map and compass are used to navigate a course through diverse terrain. Very often the best route is *not* on a road or trail. Because of the need to stay focused on your location, the optimal running speed is several minutes per mile *slower* than 5k race pace! And with flexible start times from 10 am to noon, you even get to sleep in. A perfect counterpoint to your spring speed work.



## Upcoming Events

**May 15 – Colonie Town Park.**  
FREE to all HMRRC members with instruction provided for first-timers – just bring this ad!

**Jun 5 – Schenectady Museum Nature Preserve.** (a.k.a. Lock 7 Park, Niskayuna)

**Jun 19 – Camp Pinnacle** (adjacent to Thacher Park)

*All spring meets start from 10am-noon.*

And coming this fall...

**Oct 16-17 – National Championship Meet, Moreau Lake State Park**

For more information, visit  
[empo.us.orienteeering.org](http://empo.us.orienteeering.org)

# "BEEN THERE, DONE THAT"

by Mike Becker

## May 1975...Thirty Five Years Ago

- The only race on the club schedule is a 6-mile handicap run at SUNYA on the 11th. Twelve men (no women) finish the race with Bill Robinson running the fastest scratch time with a 34:08. Robinson also has the largest handicap (10 minutes) and finishes fifth in the handicap.

- Gage Hotchkiss is profiled. He began running to reduce his high blood pressure and his weight. He doesn't do any speed work because he doesn't like to suffer. He averages about 60 miles per week and considers his 2:58:58 in the 1974 Boston Marathon his best race ever.

## May 1980...Thirty Years Ago

- Eleven local runners complete the Ottawa (Canada) Marathon on the 11th. A total of 4500 runners start the race with a Canadian winning in 2:23. Nine of the eleven local finishers run in under 3:20, with seven of them establishing PRs, led by Len Grubbs with a 2:51. The race is said to have had superb organization with 1200 volunteers and sponge stations between water stops. Presumably a sponge station is where you can pick up a cold, saturated sponge and douse yourself with it. Sounds like a good idea!

- The 2nd Blue Cross & Blue Shield Classic is held on the 15th in Slingerlands. Races of 3.5 miles and 15K are held. A copy of the July *Pace Setter* was sent to all 657 participants of the two races, with the hope that some non-members would join the club. The "local train" apparently rescheduled its usual Sunday morning "run" to avoid inconveniencing runners at a crossing.

- The Troy Heritage Trail Marathon is held on the 18th with 121 runners finishing. Dennis Northrup wins with a 2:38:55, 34 seconds ahead of Marty Kittell. A total of 17 runners break three hours, and 66 break 3:20.

## May 1985...Twenty Five Years Ago

- The Freihofer's Run for Women is held on the 18th. The 10K is a TAC (The Athletic Congress) National Championship race, and the 5K is a non-championship race. Amazingly, the 10K has two runners finishing in a dead heat. Defending champion Betty Jo Springs and Francie Larrieu-Smith both finish in 32:14. Judi St. Hilaire and Lynn Jennings are also in the strong field. A total of 15 women finish in under 34 minutes. Top local finishers in the 10K are Chris Bergeron and Ellen Weglarz-Mindel. Patty Nelson wins the 5K with a 17:39, and Denise Herman was 2nd with a 17:53.

- The Manufacturer's Hanover Corporate Challenge is held on the 23rd. Tom Dalton wins his 4th of eventually 14 Corporate Challenges with a 16:59, and Denise Herman is top female in 20:33. The following are the top



teams: GE (men), Saratoga Springs City Schools (women), and SUNYA (co-ed). Ray Newkirk repeats as top CEO with a 20:16.

## May 1990...Twenty Years Ago

- An article by Mike McCarthy describes a visit from Abdi Bile, the top-ranked 1500 meter runner in the world at the time. The native Somalian is in the area to receive treatment from a local sports massage specialist for an injury. McCarthy coordinates several training sessions for Bile including a loop around the state campus and the SUNY campus and a nine-mile run on the Corning Preserve bike path. He also does a run with the SUNY men's cross country team and posed for photos and signed autographs. Bile's career was plagued by injuries, but he did manage to place sixth in the 1996 Olympics in the 1500 and has a 3:49:40 personal best in the mile.

- Jack Berkery is profiled. He is a fanatical gardener, producing enough vegetables to feed three families. He grows special chili peppers and is known far and wide for his chili con carne. An employee of GE, he also writes and distributes a newsletter to GE runners all over the company, going out to 800 employees throughout the world. He has written several dozen articles for *The Pace Setter* over the years on a wide range of subjects. He describes his best performance as running a mile a week after suffering a stroke.

## May 1995...Fifteen Years Ago

- The 15th annual 3.5-mile Mother's Day race is held on the 14th. Linda Kimmey tops the field of 133 runners with a 21:28, her 2nd win in this race. Maureen Kuhn and Denise Herman finished in second and third. The top mother-daughter team is Denise and Amber Galarneau. Kathy Carrigan is the only runner to have participated in all 15 Mother's Day races.

- The Chemical Bank Corporate Challenge is held on the 18th on a new course, and draws a record crowd of 2750 runners and 260 teams. Norbert Berenyi runs a 16:17 to set an event record that still stands today. Linda Kimmey wins for a third consecutive year with a 20:41. GE has the top male and co-ed teams, and Albany Medical Center has the top female team. The National Guard has the largest team with 99 participants.

## May 2000...Ten Years Ago

- The Neighborhood Challenge 5K is held on the 6th, starting and ending near Albany Medical Center and going through Washington Park. Zach Yannone runs a 16:09 and beats Vincent O'Brien by 16 seconds. Vikki McKane is top female with a 19:49. Age group winners include Brina Seguire, Nancy Taormina, Mike Caccuitto, Jim Tierney, Joan Corrigan, and Ken Orner.

- The 20th annual 3.5-mile Mother's Day Race is held on the 14th in Delmar. One hundred fourteen complete the female-only race with Emily Bryans taking top honors with a 20:05, 79 seconds faster than Amy Herold. Denise Herman is top master with a 22:35 (4th overall).

- The Chase Corporate Challenge is held on the 25th. Teams from General Electric win both the men's and women's competition. The top co-ed team is from Saratoga Teachers. Peter Flynn is the overall individual winner with a 17:27, and Emily Bryans is fastest female with a 20:02.

## May 2005...Five Years Ago

- Nick Conway and Jamie Rodriguez finish 2nd and 5th in the highly competitive Kingston Classic 10K on the 1st. Also in the top 50 with excellent times are locals Bob Irwin, Ben Greenberg, Ken Plowman, Adam Rice, Jim Armenia, and Jon Rocco. Emily Bryans is top local female and 4th overall female and picks up a \$275 prize.

- The Voorheesville Memorial Day 15K is held on the 28th. A total of 69 runners finish, with Andrew Campbell taking top honors among the five men finishing under an hour with a time of 56:55. Colleen Brackett is top female with a 73:47.

- The Distance Running Hall of Fame Half Marathon is held on the 22nd in Utica. The top local finisher is Jon Rocco (4th overall) with a 1:21:13. The top local female (23rd overall and 2nd female) is Kari Gathen with a 1:29:54.

- Roxanne Wegman wins the 20th annual 3.5-mile Mother's Day Race in Delmar with a time of 21:06, 47 seconds faster than Judy Guzzo. Age group winners include Kari Gathen, Nancy Nicholson, Judy Phelps, and Joan Corrigan. Samantha and Lauren Roecker are the top mother-daughter team with a combined 50:25. □



# Volunteering at the Winter Marathon Provides a Rewarding Experience

by Mary E. Franchini

Volunteering at the HMRRRC Winter Marathon was a more rewarding experience than I thought it could be! The weather is always a factor among many variables that runners have to contend with. The Northeast brought 13 mph winds to the challenge of the 26.2 mile distance. The earlier leaders look like running machines; a fabulous sight to view. As the wind relentlessly whipped throughout the course, I believed the finishing times were going to be slow but they were quite impressive. Several runners thanked me for being there as I cheered each and every one of them; and I felt honored to wave the bright orange flag near the Patroon Creek "post" to slow vehicles down for the runners' safety. I laughed out loud as a runner asked "Can you turn the wind down a bit!" As a volunteer, I was happy to help out the club that keeps me running in the winter months and provided me with my first marathon! Also, I was preparing for a marathon the following week, and the advantage of volunteering truly improved my motivation and mental attitude.

The Boston Qualifier brought out 90 finishers from Quebec to Albany. The winner; Sebastien Roulier, posted a 6:08 pace with a 2:40 finish. Thomas O'Grady was second in 2:44:58 and Joseph Hayter was third in 2:50:14. The top Master's men secured the next three finishing spots with Rowland Brucken in 3:00:53; Eric Maki in 3:02:11 and Bill Knott in 3:02:24. The women's first place was Samantha Garnet on Monroe, NY in 3:14:49 and was followed closely by Jessica Kennedy in 3:15:48 with Helen Dole rounding out the top three in 3:19:37. The Master's women were led by Nancy Briskie in an outstanding 3:22:31, which also placed her fourth overall for women. The 2nd and 3rd place Master's women finishers were Eva Basehart in 3:44:29 and Cheryl Abert in 3:44:35.

The winter marathon is also home to the winter relay where 59 teams of three runners either all the same gender or co-ed competed at the marathon distance. The first place team, team McDonald comprised of three males, McDonald/Kearney/Kariolis, finished first in 2:23:32. Team Wegman, consisting of Andy Allstadt/Roxanne Wegman/ and Justin Bishop, was the first 2 males, 1 female team in finishing in 2:41:19, but an error on the course resulted in the team actually running 27.36 miles. Team Golbits, Gabrielli/Globits/Leuchanka, 2 males and 1 female, took third in 2:47:14. The first all female team, Team O'Connor, Straw/O'Connor/Catella, finished in 3:14:17.

I was recently told about a home town girl women named Stephanie Arango who place



with a great 27th place finish in 3:35. Her race was unique as it was part of her quest in finishing the 50 marathons in 50 states challenge. Stephanie Arango <http://50marathonchallenge.blogspot.com/> is trying to run 50 marathons in 50 states and to become the youngest female to do so. In order to do so, she has to complete the challenge before the age of 28. She is now 24 and as of today January 16, 2010 she has run 23 states. She is planning another 21 this year. This task she thought of back in March of 2009 when she ran her 4th marathon, so in the year of 2009 she ran 19 marathons. She became a member of the Hudson Mohawk Road Runners Club back then and continues to be a member. Both her and her mom are member of ARE and are the first mother/daughter Marathon Maniac Team members and the first Mother/daughter team in the 50 State Marathon Member Club. Stephanie started running 5k races at Green Meadow School in East Greenbush, NY. She ran her first 5k (the Freihofer's Run for Women) in 3rd grade. She will be coming home to Albany to run her New York State marathon with the HMRRRC Marathon on Feb 21st. Stephanie is listed as an influential runner at [www.runreviews.com/](http://www.runreviews.com/) most-influential-runners/.

There are always great stories associated with marathons. I have been inspired and plan on running for as long as I can. I hope to volunteer more often if I am not signed up for a HMRRRC event. Unfortunately, I was unable to interview anyone but hopefully I will have the later volunteer shift!

I recently came across a quote that explains my philosophy of why I run and have a great respect for the running athlete-from the winner to the last finisher. The long runs, the intervals, the weight lifting and the daily smart choice diet all display a reward when the runner crosses the finish line. The quote was written by Hunter S. Thomas.

"Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming 'Wow! What a Ride!'" □

## Save The Date!



ChiRunning® combines the inner focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that takes the pounding, pain, and potential damage out of the sport of running. The ChiRunning program increases mental clarity and focus; enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being.

Whether you're an injured runner, a beginner runner, a marathon runner, a triathlete, or someone who runs to stay fit, ChiRunning has helped thousands improve their technique, reduce injury and achieve personal goals. ChiRunning helps reduce and eliminate: shin splints, IT band syndrome, hamstring injury, plantar fasciitis, hip problems and the most famous running injury of all: knee injury.

Join us for a ChiRunning workshop on Saturday, May 22nd from 9:00 a.m. to 11:00 a.m. at The Crossings. Please contact Barbara Light at [blight@rfpeck.com](mailto:blight@rfpeck.com) or call 326-0313 to sign up for this workshop or for more information. This event is sponsored by the HMRRRC. □

## Spring Running Clinic

To encourage participation in the OK 5k and promote the sport of running, the Kinderhook Runners Club (KRC) is offering its second annual free nine week "Spring Running Clinic" on Wednesday nights at 6PM at the Ichabod Crane Track. It started April 14 and will continue until June 9. Separate clinics are being held for adults, and for children ages 5-13. The goal of the adult clinic is to assist people at various running levels reach their goals, including those that have never run before, used to run, or want to achieve a personal record (PR), and the children's clinic will get them ready for the OK1 Mile Kids Race. Runners in the KRC are on hand to work with and train alongside clinic participants. The training includes stretching, run/walk intervals, and speed drills, as appropriate for each individual. This is no pre-registration for the free clinic. To attend, simply show up at the Ichabod Crane Track. The Kinderhook Runners Club (KRC) website is [www.KinderhookRunnersClub.com](http://www.KinderhookRunnersClub.com).

The OK 5k, and the Kinderhook Runners Club (KRC) are separate organizations that often work together on local running events. Both organizations are proudly sponsored by Kinderhook Bank.

# Runnin' of the Green (Island)

by Ed Gillen, Race Director

The Runnin' of the Green Island (ROG(I)) is known amongst area runners as the kick off to the spring racing season. Ironically, it's the only race on the HMRRRC calendar with a 'snow' date. This year, like last, the weather fully cooperated, with clear and sunny skies, making it feel warm enough for some runners to wear shorts and short sleeves. I've always noted in the past that this race is 'the' race where everyone proudly wears their running groups' colors (and at least Willow Street's are green!). One of the main reasons for this is that USA Track and Field Adirondack Association (USATF) organizes a team competition that brings together some of the best runners in the area. This year, teams representing running clubs such as Albany Running Exchange, Kinderhook, Saratoga Stryders, Willow Street and Team Utopia were on hand to join a historic crowd of over 600 runners at the 11th annual ROG(I), March 6, 2010.

The race is presented by Hudson Mohawk Road Runners' Club (HMRRRC), USATF AA, and the Village of Green Island. The start of the race is near the American Legion Hall Post 927, the most gracious host site of pre- and day of-registration, bib and t-shirt pick up and post race activities. The folks at the hall bend over backwards to accommodate the throng of runners who take over their building once a year. They pitched right in setting up signs, moving tables and chairs, letting us borrow ladders, etc. — all with smiles on their faces. You could not ask for a nicer bunch of folks to help at a race.

Prior to race day, over 500 had pre-registered which already broke last year's total attendance record of 490. With the weather calling for sunshine and warmer temperatures, the 'day of' registration crew of Debbie Beach, Ginny Mosher and Ginny Pezzula braced for the expected onslaught. Marcia Adams, Barb Light and Lisa Ciancetta readied for the pre-registration crowd backed by t-shirt distribution crew of Denise Gonder Terzian and Alison Rhodes-Davey. This year, a green technical shirt was given to all pre-registered runners. Randy and Kathy Goldberg were also ready to register the kids for the 200m, 400m and 1 mile races. Extra food was ordered by refreshment coordinator Roxanne Wunsch and readied by team member Maureen Cox. Water stop coordinator Chuck Batcher had his team of Shane Batcher, Stacey Kelly and Laura Farley at their station pouring water on what was going to be a warm morning. Rob Moore, Matthew Brom, Clark and Robin Seguinne donned their vests and grabbed their flags to park hundreds of cars. Meanwhile, and as usual, Tom Adams was everywhere doing everything.

As you can read, these races can't happen without volunteers. In a small village, expecting a huge crowd, this is truer than ever. The Village of Green Island supports this race in more ways than is seen. Pre-race meetings

with village officials months before the race start the process and as the race gets closer, the details are ironed out. On race morning, everything was in place and any last minute changes requested of them were met with courtesy and professionalism. In addition to village officials, and probably unknown to runners in the race, members of the Troy Amateur Radio Club were spread throughout the course to provide a communication network with emergency personnel in the event a runner needed assistance.

One of the biggest corps of volunteers (18) is the course marshals. Ken Skinner, ROG(I) race director for the past 8 years, was gracious enough to take on the role of course director for 2010. Thank you Ken! Ken was ably assisted by Darryl Decker. Ken, Randy Goldberg and I marked the course on Friday afternoon, setting up directional signs as we went. If you ran the race, you know that there were plenty of directional arrows and an ample supply of course marshals directing you safely around the many street turns between mile 1 and mile 2. Thanks to all the course marshals!

Now for the race to start and finish, we needed a start and finish line set up. Thanks go to USATF, especially George Regan and Pat Glover, and their numerous helpers — many who just showed up to cheer family on and pitched in (thanks Andy, Rob and John!). Ray Newkirk, finish line coordinator, and his crew utilized the new HMRRRC equipment to set up two chutes for the runners to finish. This is a tough finish line to set up since the race comes through the finish line area soon after mile 1. The crew needs to wait for the majority of the runners to come through before hurrying to set up as the elite runners rapidly approach the finish.

Yes, there was a race and quite a race it was. Runnin' is known as a flat and fast course and this day did not disappoint. Five course records were broken. Overall male winner was Andy Allstadt with a time of 19:52. It was Andy's second straight ROG(I) win. Right behind Andy was runner up Chuck Terry with a time of 19:54 followed closely in third place by Aaron Robertson in 20:01. On the female side, Lori Kingsley won her second straight ROG(I) with a time of 23:14. Lori was fresh off her win in the masters national half marathon championship. In second place was Eileen Combs, 23:38, followed by recently inducted HMRRRC Hall of Fame member Emily Bryans in 23:44. The five new course records included: male, under 15, Jason Lange in 22:48; female, 45-49, Anne Benson, 25:02; female, 50-54, Nancy Briskie, 26:18; female, 60-64, Judy Harrigan, 28:42; and male, 60-64, Bob Giambalvo, 24:08. Thanks also goes to Ed Neiles and his crew (Debbie Beach, Dave Williams, Fred Perotta) for doing an outstanding job timing the race.

The kids' races followed the 4-miler. These

are always fun to watch and to cheer on the next generation of runners. I actually overheard a 4-miler finisher state how she remembered the excitement of competing in her first kids' race. I loved that the village police provided an escort for the kids' mile. Thanks Randy and Kathy for doing a great job.

Plans are already underway for next year. I hope to see you back for the 12th Runnin' of the Green (Island) in 2011! ☐



## 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](http://www.hmrrc.com)**




# Home Run 5k



**4 FREE TICKETS**  
to each runner for any  
ValleyCats' Regular Season  
August Home game!



**Saturday, June 26, 2010 | 9:00 AM Race Time | Joe Bruno Stadium**

<b>Registration, Packet Pick-up:</b>	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
<b>Entry Fees:</b>	Pre-registered HMRRRC members <b>\$12.00</b>	All other pre-registered <b>\$15.00</b>	Day of race registration <b>\$20.00</b>	Pre-race registration deadline <b>June 21, 2010</b>
<b>Course:</b>	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
<b>Running Shirts:</b>	First 200 pre-registered runners			
<b>Refreshments:</b>	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
<b>Awards:</b>	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at <b>10:30 AM</b>	No Duplicates	
<b>Kids:</b>	A 1/4 mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at <a href="http://www.tvvalleycats.com">www.tvvalleycats.com</a> .			

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Running Shirt Size: S M L XL Age on Race Day: \_\_\_\_\_ Birthday: \_\_\_\_\_ Sex: M F

HMRRRC member: Yes No

**Please read and sign:** In consideration of HMRRRC 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 might have against the race organizers and sponsors, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 26, 2010. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

**Make checks payable to:** HMRRRC **Mail to:** Valley Cats Home Run 5k, PO Box 12304, Albany, NY 12212  
Applications available online at [www.hmrrc.com](http://www.hmrrc.com).



# Runnin' of the Green – A Spring Renewal

by Vince Juliano



The "Runnin' of the Green" 4-mile Road Race is synonymous with spring, a renewal of sorts, and for each participant a chance to begin again.

A record 585 runners toured a slightly altered course through the smallest municipality in New York State, under sunny skies with little or no wind. This year's edition, the eleventh, offered a fresh start of a new decade, with a new race director. Long term race director Ken Skinner deserves recognition for his years of hard work developing the race and also for a successful transition to the competent Ed Gillen, whose leadership skills will guide the race going forward.

Spectators near the finish line noticed the new club van with a freshly painted logo as it housed the scoring team led by Ed Neiles.

The atmosphere is always upbeat at the "Green" as runners are keenly aware that spring is fast approaching regardless of the actual weather on race day. Many runners were anxious to test their level of fitness, try out new racing flats, and to reunite with friends and teammates. For many, tempo training at the Winter Series, and increased mileage in preparation for the Boston Marathon led to rewarding fast times and impressive results. For others, the "Green" was simply the start of a new season and the opportunity to race for the first time in many months. Here is a partial list of noteworthy performances in both categories.

A quick glance at the 2010 Boston Marathon entry list for the Capital District revealed the same names of many of the impressive "Green" performances on this first Saturday in March. Martha Degrazia, Nancy Briskie, and Karen Dolge all won their respective age divisions at the "Green" and, in addition to the top 2 overall female finishers Lori Kingsley and Eileen Combs, are well into their Boston Marathon training schedules. Briskie shattered her own age-group course record by nearly a minute while running a 6:35 per mile pace at

age 52. Dolge ran a personal best by nearly a minute with a 24:15, placing 5th woman overall as she approaches her final Boston Marathon as an open runner before entering the masters ranks this fall. Eileen Combs, a former "Green" champion, ran only nine seconds off her winning time in 2007 for a swift 5:54 per mile pace. Kingsley successfully defended her "Green" title from last year with a sparkling 23:14 final time, the second fastest women's time in race history. Kingsley, who graces the cover of the April issue of *USA Master's News*, will be returning to Boston in an attempt to lower her impressive 2:54 marathon time from last year. While the men's list of Boston Marathon entrants is not as deep, Ken Klapp and HMRRRC VP Jon Rocco deserve recognition for strong races that placed them in the top 3 in their respective age-groups as they approach the Boston Marathon with added confidence.

In the impressive debut category for run-

ners who used the "Green" to serve notice of early season race fitness, one should take note of the following race performances:

Jim Moore, who recently reached age 70, edged division mainstay Bob Husted by a mere 3 seconds while running 8:14 per mile pace. Bob Giambalvo, age 60, who was sidelined for several years before modern hip surgery allowed him to resume competitive running, established a new Veterans Division record. His 24:06 bested HMRRRC Hall of Fame member Pat Glover's old record by eight seconds. Judy Harrington's debut at the "Green" was an eye-opening 7:10 per mile jaunt, besting Susan Wong's 60-64 record in a very strong divisional contest. Wong and Harrington would place second and third in the age-graded division (88%) behind female champion Kingsley. Two iconic runners from upstate New York, Tom Dalton and Dale Keenan, kicked off their competitive seasons by winning their age divisions with solid efforts. Five-time "Green" champion and course record holder Emily Bryans was all smiles in her first competition this year, as her 2010 debut placed her a strong third overall, 23:44 in the female division, with no ill effects from a stress fracture injury to her foot last fall.

In the "Deja-Vu" department, congratulations is due to Andy Allstadt and Chuck Terry who ran one-two for the second consecutive year, outdistancing a strong field that included USATF Niagara standout Aaron Robertson, local heavy Justin Bishop and USATF New England talent Tyler Andrews and David Carlin.

The Running of the Green served as the USATF 4-mile championship for the Adirondack Association and runners could earn dual grand prix points toward end of year honors for both the HMRRRC and USATF Grand Prix series.

The exceptional volunteer crew for the "Green" is an essential ingredient to the event's long term success. Ed Gillen deserves accolades for assembling an experienced group of race officials from HMRRRC and USATF, a collaboration that has served the eastern New York running community so well for a long list of championship events, starting each year with the Runnin' of the Green. □





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Certified by USA Track & Field - USATF

**5K RUN & WALK**

**FUN RUN FOR THE KIDS - 8:45 AM *Free***

**Saturday, June 12, 2010 9:15 AM**

**The Crossings of Colonie 580 Albany Shaker Road**

\$20 Early Registration

\$25 After June 10 up to Race Day

T-Shirt First 250 Paid Registration

Chip Timed by ARE

Trophies: Top Overall Male & Female

Awards: 1st Place Male & Female each Age Group

Age Groups: 19 & Under, 20-29, 30-39, 40-49,  
50-59, 60-69, 70+

Mail Form To: NYNGFRC, Inc.

595 New Loudon Rd., #170

Latham, NY 12110



**Online Registration**

**[www.AREEP.com](http://www.AREEP.com)**

Replacement Fee of \$25 for any Chip not Returned

Check payable to: NYNGFRC, Inc.

YOUR NAME (Please print clearly)

T-SHIRT SIZE (circle one) S M L XL XXL

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

AGE (day of race)

DATE OF BIRTH

SEX (circle one)

M

F

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, successors, and administrators waive any and all rights and claims for damages I may have against The New York National Guard Family Readiness Council Inc., race committee members, race officials and any and all sponsors and the directors, officers, employees and agents of such parties, their representative, successors, and assigns even though those liabilities may arise from negligence or carelessness on the part of persons name in this waiver. I acknowledge and accept all the risks inherent in participating in a Road Race. Further, I hereby grant full permission to any of the foregoing to use any photo, videotape, or any record of this event for any legitimate purpose.

SIGNATURE

DATE

PARENT'S SIGNATURE (Required for minor under the age of 18 years)

# **SUMMER TRACK**

**Colonie Recreation Dept.'s**

## **TUESDAY NIGHT SUMMER TRACK PROGRAM**

—42nd Season—

**JUNE 15, 22, 29**

**JULY 6, 13, 20, 27**

**AUGUST 3 (Ribbon Night), 10**

**• FREE OF CHARGE •**

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

### **- ORDER OF EVENTS -**

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS

For further information, contact Frank Myers at 869-9333

**\*\* A Reminder - The Dynamic Duo is August 7th \*\***



39th ANNUAL

# DISTINGUISHED SERVICE AWARD

**8 MILE ROAD RACE**

**Sunday, June 13, 2010, at 9:00 a.m.**

Honoring

★ **MARCIA & TOM ADAMS** ★

## PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:

NANCY BRISKIE ('09)	RICH BROWN ('89)
JIM GILMER ('08)	BERT SOLTYSIAK ('88)
DEBBIE BEACH ('07)	KATHY CARRIGAN ('87)
VINCE JULIANO ('06)	JOE HEIN ('86)
EMILY HUMPHREY ('05)	DIANE BARONE, BILL MEEHAN, CARTER
PETE NEWKIRK ('04)	ANDERSSON-WINTLE ('85)
ED THOMAS ('03)	RAY NEWKIRK ('84)
LORI ANN CHRISTINA ('02)	TOM MILLER, PAUL MURRAY ('83)
ART TETRAULT ('01)	CHUCK HAUGH ('82)
KEN SKINNER ('00)	MICHAEL LANCOR ('81)
JIM TIERNEY ('99)	DAVID KELLEY ('80)
DOUG BOWDEN ('98)	CONNIE FILM ('79)
JIM BURNES & SHARON BOEHLKE ('97)	JOHN ARONSON ('78)
DON FIALKA ('96)	DON & LINDA BOURGEOIS ('77)
CINDY KELLY, JULIE LEEPER ('95)	PAUL ROSENBERG ('76)
STEVE BASINAIT, HANK STEADMAN ('94)	DON WILKEN ('75)
AL MAIKELS ('93)	BILL SHRADER, SR. ('74)
CHARLES MATLOCK, CARL POOLE ('92)	BURKE ADAMS ('73)
ED NEILES, JUDY DE CHIRO ('91)	TOM OSLER ('72)
CHRIS RUSH ('90)	

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:  
mwarnert@nycap.rr.com*

# Tailoring Training to Compensate for Injury and AGE!

by Anonymous

## I. IN THE BEGINNING:

In the early 1980's I attended the expo before a Chopperthon (30K Schenectady to Albany) where the great running doctor George Sheehan said, "you can run a marathon running nothing more than 10K's for training." Back then, and pretty much today, the belief was one needed multiple 20 +/- mile training runs and eight or more 40 + mile weeks minimum to run a marathon.

In my early forties using the latter method I trained for marathons for three years, choosing a marathon, getting injured, choosing another, getting injured, until everything clicked and I got to my first marathon, the 1985 Montreal Marathon, injury free. At age 45 I qualified for Boston with a 3:03 (3:10 was the Boston cut-off back then).

During my early career I learned to use cross training (speed walking, hiking and exercycling) to get through injuries on my way to my planned marathons. I got to Boston twenty consecutive years (1987-2006), many times using alternate methods of training!

## II. ADVANCE 10 YEARS:

In 1993 (age 51) I started to cut long runs to around 18 miles but also started combining consecutive days' mileages to equal a marathon or more. Usually Sundays (start of my week) I would run a 15-18 miler followed Monday with a mileage, which combined with Sunday's mileage, would be 26 or more miles. Ex. Sun (15) Mon (11+), Sun (18) Mon (8+), etc., etc.. I repeated this once more later in the week with another run or two between and a day or two off. Although I cut my high mileage days I maintained good weekly mileage, usually averaging over 50 miles. This change

meant more medium distance and fewer long and short runs.

Mid-year '93 I started climbing the Adirondack High Peaks. I believe this complemented my training and in 1994 at age 52 I had a marathon PR in Burlington (Vermont City Marathon)...a 2:59!

## III. FAST FORWARD 10 YEARS

As I hit my 60s, my pre-marathon mileage declined. In my 40th marathon in January 2007, The Mississippi Marathon on the Natchez Trace (very flat) I ignored a sore Achilles at mile seven and at mile 23 it blew! A lateral tear and sheath fraying had me walking straight legged and on the inside of my foot to avoid a DNF. This injury took one and a half years of doctor's appointments, a cast and physical therapy to overcome.

After almost three years and more training modifications on December 12, 2009 -- I was back! In the 14 weeks prior to 12/12 I did 522 miles, much of that walking. My long training days consisted of a 22-mile hike on the Northville Placid trail on October 12th, a 14.6 mile run December 2nd and a 14 mile hike on Tongue Mountain trail on December 7th. The Dec 2nd run was my decision maker to commit to my first marathon since my Achilles tear. At age 68, I ran the Thunder Road Marathon in Charlotte, NC in 3:47, good for an age-group (60-69) second place.

The point I'm trying to convey is -- over the decades of one's life one can tailor his/her training to what his/her body can withstand. This has been my key to getting to the starting line (and finish line) of many marathons.

Perhaps Dr. Sheehan was right! □



## VOLUNTEERS NEEDED AT UPCOMING RACES!

Mother's Day – May 9

CDPHP Workforce Team Challenge – May 20

Distinguished Service – June 13

Father's Day5K–June 20

Tri-Valley Cats – June 26

ALSO SEEKING INDIVIDUALS WHO WANT MORE INVOLVEMENT IN THE CLUB FOR COMMITTEE POSITIONS AND OTHER DUTIES

IF INTERESTED, CONTACT MARCIA ADAMS, VOLUNTEER COORDINATOR at 356-2551 or [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)

OR SIGN UP ON LINE: [www.hmrrc.com](http://www.hmrrc.com)

*It's not just about running....*



**SATURDAY  
JUNE 12  
2010**

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**KeyBank  
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Pride  
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Fun Run**

Join us for the second annual "Run/Walk for Pride" 5K and Rainbow Fun Run during Capital Pride 2010!  
Show your Pride while supporting the Capital District Gay & Lesbian Community Council!

Sponsored by KeyBank and the City of Albany, as part of Capital Pride 2010  
Capital Pride 2010 is produced by the Capital District Gay & Lesbian Community Council

## **Race Information**

**Saturday, June 12, 2010**

**8am** Registration, **9am** 5K Race (3.1 miles), **10am** 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, not including winners:  
0-20, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

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**

Registration is available at Active.com (fees apply) or complete the information below and mail to  
CDGLCC at the address at the bottom of this form. REGISTRATION DUE MONDAY, MAY 31, 2010 at 5pm

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Sex: \_\_\_\_\_

T-shirt Size: All pre-registered participants will receive a t-shirt:    S    M    L    XL    XXL

Registration Fee: (non-refundable) DUE MONDAY, MAY 31 AT 5PM

\_\_\_ \$15    \_\_\_ \$20 day of race

\_\_\_ Check enclosed: please make payable to: Capital District Gay & Lesbian Community Council

\_\_\_ 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): \_\_\_\_\_

Please send completed and signed form to:

**Capital District Gay & Lesbian Community Council, 332 Hudson Ave., Albany, NY 12201**

Questions? Call the CDGLCC at 518.462.6138 / Fax: 518.462.2101



# Electrolytes: What Are They?

When he entered my office holding a Gatorade at 9:00 a.m., and mentioned he wouldn't be training until 2:00, I wondered why he was sipping a sports drink right then. His response "For the electrolytes—not that I even know what electrolytes are...!" Like many of my clients, this runner was confused about electrolytes: Did he need them? How to replace them? Are engineered sports foods the best sources? If you are also confused about this topic, keep reading!

## What are electrolytes?

Electrolytes are electrically charged particles that help the body function normally. Some of the more familiar electrolytes include sodium, potassium, calcium and magnesium.

calcium and magnesium help muscles contract and relax. Sodium and potassium help water stay in the right balance inside and outside of cells. Sodium is the electrolyte lost in the highest concentration in sweat.

## Do active people need extra electrolytes?

If you are a fitness exerciser, you are unlikely to need extra electrolytes to replace those lost in sweat. If you exercise hard for more than four hours in the heat (such as triathletes, marathoners and even tennis players), you may benefit from replacing sodium losses, particularly if you sweat a lot or have been consuming only plain water or even a standard sports drink. In that case, salty recovery snacks could be a smart choice—particularly if you are prone to muscle cramps.

Potassium deficiency is unlikely to occur in athletes because the body contains much more potassium than even a marathoner might lose during a hot, sweaty race. Never the less, you can rule out this issue by enjoying potassium-rich fruits and vegetables (oranges, bananas, raisins, potato) and dairy (milk, yogurt). You can easily replace the 200 to 600 milligrams potassium you might lose in an hour of hard training by snacking on a medium to large banana (450-600 mg potassium).

To consume the electrolyte calcium, plan to include calcium-rich foods each day, such as (soy) milk+cereal, yogurt, a (decaf) latte. For magnesium, as often as possible, enjoy a pile of magnesium-rich green leafy vegetables, as well as whole grains, nuts, peanut butter, dried beans and lentils.

## Who needs to worry about replacing sodium?

Not many people! When you exercise, you lose some sodium via sweat, but you are unlikely to deplete your body's stores under ordinary conditions. Problems arise when

people overhydrate during exercise with too much plain water or standard sports drink. The very small amount of sodium in a sports drink is added to enhance fluid retention, not to replace sodium losses

The concentration of sodium in your blood actually increases during exercise because you lose proportionately more water than sodium. Hence, your first need is to replace the fluid. You can easily replace the 800 mg sodium lost in two pounds of sweat during a hard hour-long workout by enjoying a recovery snack of chocolate milk and a bagel with peanut butter.

Keep in mind, most health organizations recommend we reduce our sodium intake because the typical diet contains too much sodium for the typical person who is unfit, overfat and at risk for high blood pressure and stroke.

## I am training for an Ironman triathlon. Should I consume extra sodium?

After extended sweaty exercise, you should plan to replace sodium if—

- 1) you are craving salt, and
- 2) you are covered with a layer of salt on your skin.

Many tired athletes report the salt helps revive them so they feel better. Plus, it helps with rehydration because it holds water in your body.

You can also consume salty foods, such as chicken broth or ramen noodles before extended sweaty exercise, so the sodium will be in your system, helping to retain fluid and maintain hydration. Experiment with consuming pre-exercise sodium during training. Some athletes complain of intestinal upset or heaviness. You are an experiment of one!

Assuming the longer and harder you exercise, the hungrier you'll get and the more sodium-containing foods and fluids you'll eat—and easily consume more than enough electrolytes during and after the workout. Standard snacks (yogurt, bagels) and meals (pizza, pasta) have more sodium than you may realize. Nibbling on olives, pickles, crackers & cheese can easily replace sodium losses. (See the table and read food labels for sodium content.) As for potassium, chugging 16-ounces of chocolate milk for a recovery drink more than replaces the potassium a marathoner might lose.

## What about commercial sports foods with sodium?

If you are tempted to replace sodium losses with commercial sports foods and fluids, note that most of these engineered products are relatively poor sources of sodium. (See the table below.) Some frugal ultra-distance athletes



simply lick a small packet of salt from their palm or suck on a boullion cube. Tastes great if you crave it!

## Sodium in Popular Recovery Foods

Food	Sodium (mg)
Chicken noodle soup, 1 can Campbell's	2,350
Pizza, 1 small Domino's cheese	2,330
Ramen noodles, Maruchan, 1 pack	1,580
Spaghetti sauce, 1 cup Ragu	1,160
Boullion, 1 cube Herb-Ox Chicken	1,100
Salt, 1 small packet	590
Pretzels, 1 oz (30 g) Rold Gold thins	60
Bagel, 1 Thomas' New York style (3.7 oz)	540
V-8 Juice, 8 ounces	480
American cheese, 1 slice Kraft	250
SaltStick capsule, 1	215
Cheerios, 1 cup multigrain	200
Yogurt, 6 oz Stonyfield Farms vanilla	115
Bread, 1 slice Pepperidge Farm hearty slices	190
Saltine crackers, 5	180
Potato chips, 20 Lay's	180
Chocolate milk, Nesquik, 8 oz	150
Gatorade, 8 ounces	110
Endurolytes (electrolytes), 1 capsule	100
Powerade, 8 ounces	70
Beer, 12 ounce can	15
Coke, 12 ounce can	10
Orange juice, 8 ounces	5
Potential loss in a 2 hr workout	1,000-2,000

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* and food guides for new runners, marathoners, and soccer players are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com).

# THE RUN FOR HELP

## In Memory of Liza Ellen Warner

(May 17, 1975 – October 1, 2004)

### A 5K Race/Walk Against Domestic Violence And For Healthy Family Relationships

Sponsored by Family and Friends of Liza Ellen Warner Association, Inc.  
Founded by Liza's mother, Martha Lasher-Warner

All Proceeds from the Race to Benefit Unity House

Youth mile and a Kids 50 yard dash

(Kids races-day of registration only and no charge)

Secure babysitting for moms who want to run

## Sunday, June 13, 2010

### 9:30 Youth Events - 10:00 a.m. 5K

Application fee: \$17.00 (pre-registration received by June 4<sup>th</sup> or \$20.00 on race day)

**Day of race registration:** 8:00 a.m. at Goff Middle School cafeteria, Gilligan Road, East Greenbush, NY (from route 4 take left at routes 9 & 20 to first right onto Gilligan Road)

Awards will be given to the overall top three male and female runners as well as the top male and female runner in each 10 year age group. T-shirts to the first 250 entries. Plenty of parking, restrooms and refreshments.

**For further information visit:** [www.unityhouseny.org](http://www.unityhouseny.org) (or via) e-mail at [therunforhelp@yahoo.com](mailto:therunforhelp@yahoo.com)

**Sign up on-line at: [www.active.com](http://www.active.com)**

#### Application for The Run For Help

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on day of race: \_\_\_\_\_

e-mail: \_\_\_\_\_

☐ Female ☐ Male ☐ Runner ☐ Walker **T-shirt:** ☐ S ☐ M ☐ L ☐ XL ☐ XXL

**Make checks payable to:** The Run For Help

**Mail application and check to:** P.O. Box 4027, Clifton Park, NY 12065

**I cannot attend but would like to make a donation:** ☐ \$17.00 ☐ Other: \_\_\_\_\_

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

Signature of participant \_\_\_\_\_

Parent/Guardian signature (if under 18 years) \_\_\_\_\_

**The Run For Help and Family and Friends of Liza Ellen Warner  
Association are not affiliated in any way with Liza's Legacy Foundation**

# Grand Prix Update

## Race #3 Runnin' of the Green (Island) Four Miler March 6, 2010

### Men

#### Male Open

12 Andy Allstadt  
10 Chuck Terry  
8 Justin Bishop  
7 Tom O'Grady  
6 Chris Senez  
5 Brad Lewis  
4 Kahlil Scott

#### Male 30-39

12 Eamon Dempsey  
10 Anthony Giuliano  
8 Jonathon Catlett  
7 Jonathon Bright  
6 David Tromp  
5 Brian Northan  
4 Chad Davey

#### Male 40-49

12 Tim Hoff  
10 Thomas Kracker  
8 Jon Rocco  
7 Todd Mesick  
6 Norris Pearson  
5 Steve Becker  
4 Dan Cantwell

#### Male 50-59

12 Tom Dalton  
10 Rick Munson  
8 Dale Keenan  
7 Patrick Culligan  
6 John Parisella  
5 L.D. Davidson  
4 Bill Herkenham

#### Male 60-69

12 Bob Giambalvo  
10 Tom Yannone  
8 Ernie Paquin  
7 Jim Bowles  
6 Bob Ellison  
5 John Stockwell  
4 Juergen Reher

#### Male 70+

12 Jim Moore  
10 Bob Husted  
8 Wade Stockman  
7 Joseph Richardson  
6 Don Wilken  
5 Denis Burns  
4 Richard Eckhardt

### Women

#### Female Open

12 Brina Seguin  
10 Roxanne Wegman  
8 Katie Jones  
7 Carolyn Herkenham  
6 Meghan Davey  
5 Karen Bertasso  
4 Jessica Sherry

#### Female 30-39

12 Eileen Combs  
10 Karen Dolge  
8 Shelly Binsfeld  
7 Christina Ardito  
6 Kimberly Miseno-Bowles  
5 Stephanie Wille  
4 Sally Drake

#### Female 40-49

12 Emily Bryans  
10 Anne Benson  
8 Mary Buck  
7 Judy Guzzo  
6 Kari Gathen  
5 Nancy Nicholson  
4 Chris Varley

#### Female 50-59

12 Nancy Briskie  
10 Martha DeGrazia  
8 Jane Mastaitis  
7 Peggy McKeown  
6 Cathy Sliwinski  
5 Erika Oesterle  
4 Susan Burns

#### Female 60-69

12 Susan Wong  
10 Ginny Pezzulo  
8 Ginny Mosher  
7 Noreen Buff  
6 Liz Milo  
5 Susan Caccuitto  
4 Harriet Kang

#### Female 70-79

12 Anny Stockman  
10 Eiko Bogue  
8 Joan Corrigan

### Age Graded

Runner	Age	G
12 Susan Wong	62	F
10 Bob Giambalvo	60	M
8 Dale Keenan	59	M
7 Nancy Briskie	52	F
6 Emily Bryans	42	F
5 Tom Dalton	51	M
4 Andy Allstadt	27	M

## Race #4 Delmar Dash, 5 Miles, April 11, 2010

### Men

#### Male Open

12 Andy Allstadt  
10 Chuck Terry  
8 Justin Bishop  
7 Tom O'Grady  
6 David Vona  
5 Josh Merlis  
4 Brad Lewis

#### Male 30-39

12 Eamon Dempsey  
10 Aaron Knobloch  
8 Michael Roda  
7 Chris Mulford  
6 Brian Northan  
5 Jeff Andrews  
4 Andrew Loux

### Women

#### Female Open

12 Meghan Davey  
10 Diana Rodriguez Tobon  
8 Erin McDonald  
7 Heidi Nark  
6 Melissa Patrick  
5 Erin Rightmyer  
4 Ashley Brown

#### Female 30-39

12 Eileen Combs  
10 Shelly Binsfeld  
8 Gretchen Oliver  
7 Kimberly Miseno-Bowles  
6 Stephanie Wille  
5 Sally Drake  
4 Shanley Alber

### Age Graded

Runner	Age	G
12 Andy Allstadt	27	M
10 Chuck Terry	27	M
8 Justin Bishop	29	M
7 Tom O'Grady	24	M
6 David Vona	27	M
5 Eileen Combs	32	F
4 Eamon Dempsey	30	M

### Total After 4 Races

### Men

#### Male Open

44 Chuck Terry  
34 Tom O'Grady  
32 Andy Allstadt

24 Justin Bishop  
15 Brad Lewis  
13 Dave Vona  
9 Kahill Scott  
8 Louis Serafini  
7 Andrew McCarthy  
7 Chris Senez  
7 Kevin Treadwell  
5 Josh Merlis  
5 Richard Messineo  
5 Mike Ryan  
5 Jim Sweeney  
4 Tim Ryan

#### Male 30-39

36 Eamon Dempsey  
30 Aaron Knobloch  
20 David Tromp  
19 Jonathon Bright  
19 Brian Northan  
11 Chad Davey  
11 Parker Morse  
10 Anthony Giuliano  
8 Jonathon Catlett  
8 Michael Roda  
7 Chris Mulford  
7 Matthew Purdy  
7 Andrew Rickert  
6 Patrick Lynskey  
6 Matthew Nark  
5 Jeff Andrews  
4 Matthew Fryer  
4 Mike Kelly  
4 Andrew Loux

#### Male 40-49

26 Jon Rocco  
24 Ahmed Elasser  
16 Dan Cantwell  
15 Steve Becker  
15 Tom Kracker  
14 Norris Pearson  
12 Tim Hoff  
11 Todd Mesick  
7 Brian DeBraccio  
7 Craig DuBois  
6 Joseph Sullivan  
5 Russ Hoyer  
4 Rob Paley  
4 Bob Wither

#### Male 50-59

28 Rick Munson  
21 John Parisella  
15 L.D. Davidson  
13 Patrick Culligan  
12 Tom Dalton  
12 Kevin Dollard  
12 Derrick Staley  
11 Richard Clark  
8 Dale Keenan  
7 Ken Klapp  
7 Mark Warner  
6 Bill Herkenham



**21st Annual**  
**RUN IF YOU D.A.R.E.**  
**5K Road Race and 1 Mile Fun Walk**  
**Wednesday, May 26, 2010 – 6:30 p.m.**  
**“Drug Abuse Resistance Education”**

**CORPORATE SPONSORS:**

Jack Byrne Ford & Mercury, The Connors Agency, End Zone, DeCrescente Distributing, G.A. Bove & Sons,  
McDonalds, Tres Jolie, Mechanicville PBA, Mechanicville Country Living Center,  
Downtown Health & Fitness, Wever Petroleum, DeVito-Salvadore Funeral Home, Val's,  
Carola, Bagnoli & Tollisen, Attorneys and Counselors at Law, Toyota and Scion of Clifton Park,  
Charles F. Dyer & Sons, Burrello Construction, Inc., Fred & Renee DeCelle, The Vermilyea Family,  
Legends Barbershop, Kearney's Service Center, Garone's Concrete Pumping

- Location: 40 North Central Avenue, Mechanicville
- Entry Fee: T-Shirt to first 300 entrants and refreshments.  
\$20 adult, \$15 16 and under  
Make check payable to: “Run If You D.A.R.E.”.  
**Entries Must be Received by Tuesday May 25, 2010.**
- Race Packet  
PickUp: Tuesday, May 25; Wednesday, May 26 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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)

- 7 Mark Warner
- 6 Bill Herkenham
- 5 Alar Elken
- 5 John Haley
- 5 Steve Vnuk

#### Male 60-69

- 32 Ernie Paquin
- 27 Jim Bowles
- 18 Tom Yannone
- 17 Bob Ellison
- 17 John Stockwell
- 12 Bob Giambalvo
- 8 Joe Yavonditte
- 7 Tom Adams
- 7 Ed Bown
- 7 Juergen Reher
- 5 Jim Fiore
- 5 George Jackson

#### Male 70+

- 34 Bob Husted
- 28 Wade Stockman
- 20 Jim Moore
- 7 Joseph Richardson
- 6 Don Wilken
- 5 Denis Burns
- 4 Richard Eckhardt

### Women

#### Female Open

- 34 Roxanne Wegman
- 23 Karen Bertasso
- 23 Meghan Davey
- 20 Diana Rodriguez Tobon
- 18 Katie Jones
- 15 Heidi Nark
- 14 Carolyn Herkenham
- 12 Erin Rightmyer
- 12 Brina Seguin
- 8 Erin McDonald
- 7 Sara O'Grady
- 7 Katie Vitello
- 6 Shannon Finnegan
- 6 Melissa Patrick
- 5 Jennifer Senez
- 4 Ashley Brown
- 4 Jessica Sherry

#### Female 30-39

- 28 Sally Drake
- 25 Kimberly Miseno-Bowles
- 24 Eileen Combs
- 22 Karen Dolge
- 18 Shelly Binsfeld
- 17 Christina Ardito
- 16 Gretchen Oliver
- 11 Stephanie Wille
- 10 Allison Bradley
- 10 Deanne Webster
- 8 Susan Bright
- 7 Tammy Carroll
- 5 Samara Anderson
- 4 Shanley Alber
- 4 Regina McGarvey
- 4 Terra Stone

#### Female 40-49

- 24 Chris Varley

- 12 Emily Bryans
- 12 Michelle Costa
- 12 Lauren Herbs
- 10 Anne Benson
- 10 Cheryl DeBraccio
- 10 Melissa Frenyea
- 9 Patty Greene
- 8 Mary Buck
- 8 Megan Leitzinger
- 7 Judy Guzzo
- 7 Lori Vink
- 6 Kari Gathen
- 6 Rachel Schabot
- 5 Denise Iannizzitto
- 5 Nancy Nicholson
- 4 Connie Smith
- 4 Pam Zentko

#### Female 50-59

- 24 Nancy Briskie
- 24 Cathy Sliwinski
- 20 Martha DeGrazia
- 19 Susan Burns
- 15 Peggy McKeown
- 14 Kathrine Ambrosio
- 8 Joan Celantano
- 8 Jane Mastaitis
- 7 Elizabeth Herkenham
- 6 Donna Charlebois
- 5 Erika Oesterle
- 5 Joyce Reynolds
- 4 Pia Sanda

#### Female 60-69

- 36 Susan Wong
- 10 Cecily Dexter
- 18 Ginny Pezzulo
- 8 Ginny Mosher
- 7 Noreen Buff
- 6 Liz Milo
- 5 Susan Caccuitto
- 4 Harriet Kang

#### Female 70-79

- 12 Anny Stockman
- 10 Eiko Bogue
- 8 Joan Corrigan

### Age Graded

Runner	Age	G
29 Chuck Terry	27	M
27 Susan Wong	62	F
19 Nancy Briskie	52	F
18 Tom O'Grady	24	M
16 Andy Allstadt	27	M
16 Ahmed Elasser	47	M
12 Derrick Staley	51	M
10 Bob Giambalvo	60	M
9 Martha DeGrazia	58/59	F
8 Justin Bishop	29	M
8 Dale Keenan	59	M
7 L.D. Davidson	53	M
6 Emily Bryans	42	F
6 David Vona	27	M
5 Eileen Combs	32	F
5 Tom Dalton	51	M
5 Rick Munson	52/53	M
4 Eamon Dempsey	30	M
4 Kevin Dollard	54	M





**12th Annual Kinderhook Bank**  
**OK 5k**  
**Saturday — June 12, 2010 — 9:00 AM**  
**2010 USATF Adirondack Grand Prix Road Race**

<b>Certified 5K Chip Timed</b>	<b>Start &amp; Finish:</b> Kinderhook Village Square (Route 9). <b>Walkers welcome.</b>
<b>Registration</b>	<b>Web</b> <a href="http://www.kinderhookrunners.org">http://www.kinderhookrunners.org</a> or form below. <b>email:</b> <a href="mailto:ok5krace@hotmail.com">ok5krace@hotmail.com</a>
<b>Entry Fee (5K Race)</b>	\$15.00 before June 4th.    \$20 after June 4 <sup>th</sup> and day of race \$12.00 Students on or before June 4th KRC Club Members receive \$2 discount: <a href="http://www.kinderhookrunnersclub.com">www.kinderhookrunnersclub.com</a> to join.
<b>Packet Pickup</b>	Friday, June 11, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 12 – Village Square -7– 8:30 AM. <b>No Race Day registration after 8:30</b>
<b>Awards</b>	Age Groups and 3 Member Teams - No Race Day Registrations for Teams. See Website for Award Details.
<b>USATF</b>	Membership # required for USATF Scoring. Go to <a href="http://www.usatfadir.org">www.usatfadir.org</a> or 518-273-5552

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<b>OK 1 Mile Run Ages: 6 to 13</b>	Sponsored by: <b>FairPoint Communications</b> <b>8:30 AM</b> – Finishers' Medals for all. Starts in Village Square. Fee: <b>\$2.00</b>
<b>Ages: Under 6</b>	<b>8:45 AM - Reading Ramble</b> - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.

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<b>Food Pantry</b>	Please bring a non-perishable food item to help replenish the local Food Pantry.
<b>Babysitting</b>	Provided by Ichabod Crane Cross County Team for a donation – see website for details

**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.kinderhookrunners.org>

**5K REGISTRANTS, 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 ☐    USATF # \_\_\_\_\_    KRC Member Circle One: Y    N

Email: \_\_\_\_\_

**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 \_\_\_\_\_





# 35<sup>th</sup> ANNUAL VOORHEESVILLE 15 & 3.2 KM RACE

PLUS

Children's Races - Fun Walk

## MEMORIAL DAY CELEBRATION SATURDAY, MAY 29, 2010

**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 22nd; \$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 5/29/10):** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**15 KM Race : Men's Divisions :** \_\_\_\_\_ Open \_\_\_\_\_ High School \_\_\_\_\_ Sub Master  
\_\_\_\_\_ Masters \_\_\_\_\_ Seniors \_\_\_\_\_ 60+

**Women's Divisions :** \_\_\_\_\_ Under 40 \_\_\_\_\_ 40 and Over

**3.2 KM Race: Boy's Divisions:** \_\_\_\_\_ Grade School \_\_\_\_\_ Grades 7 & 8 \_\_\_\_\_ Grades 9-12  
**Men's Divisions:** \_\_\_\_\_ 18-29 \_\_\_\_\_ 30-39 \_\_\_\_\_ 40 & Over  
**Girl's Divisions:** \_\_\_\_\_ Grade School \_\_\_\_\_ Grades 7 & 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)



Go to **HMRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

### Circle size and color where applicable

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

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

**TOTAL DUE:** \_\_\_\_\_

**All prices include sales tax**

Postage \$5.15

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

*Gift Certificates available for any amount. Just add \$.42*

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

# Event Schedule

Club events are in blue type.

Date	Time	Event	Location	Contact	Email
5/8	5:30 PM	22nd Annual Towpath Run 10K/2miler	St. Johnsville Marina	John Geesler	kgeese@telenet.net
5/8	9:00 AM	Miles of Hope Breast Cancer Foundation 5K & Kids Race	Tymor Park	Lori Cassia-Decker	mohrun@hotmail.com
5/9	10:00 AM	30th Mother's Day 3.5 Miler	Hamagrael School Delmar	Jim Tierney	runnerjmt@aol.com
5/9	10:00 AM	Habitat for Humanity Annual 5k Race Casa Dolce Casa	Central Park	Jennalee Wright	wright.jennalee@yahoo.com
5/15	3:00 PM	CCRC 5K Run/Walk/ BBQ and 1K Kids' Run	CCRC	Pat Glover	piglove@aol.com
5/16	10:00 AM	Inaugural Spring MAY-hem 5K	Columbia-Greene Community College	Phil Carducci	springmayhem5k@yahoo.com
5/16	10:30 AM	Wally Waddle 5K Run/Walk	Vassar Farm Poughkeepsie	Joshua Perks	josh@myeyephoto.com
5/20	6:25 PM	34th CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
5/22	10:00 AM	Empire Liberty Tour Patriot Invitational Outdoor Track Meet	Averill Park High School	Anthony Mills	LSGroup.nycap.rr.com
5/23	9:00 AM	Andy Haller Memorial 5k	The Crossings of Colonie	Lori Kunker	FRFD5K@gmail.com
5/23	10:30 AM	SPAC 5K Rock and Run	Spa State Park - SPAC Amphitheatre start/finish	Alyssa McClenning	amcclenning@spac.org
5/23	10:00 AM	Third Annual Shack Attack 5k Race/Walk	UAlbany	Jennifer Lawrence	shackattack_3@hotmail.com
5/29	9:00 AM	Empire Liberty Tour Constitution Classic Track Meet	Bethlehem High School	Anthony Mills	lsgrupp@nycap.rr.com
5/29	8:00 AM	Sehganunda Trail Marathon & Relay	Letchworth State Park	Yellow Jacket Racing	sehganundatrailmarathon@gmail.com
5/30	8:00 AM	Saratoga Lions Duathlon - 5k run		Dan Kumlander	dan@rkpcpa.com
6/5	9:30 AM	Run with the Trojans	Colleen Road	Brad Lewis	bradewislawncare@gmail.com
6/5	10:00 AM	Charlton 5k	Charlton Village	Bill Herkenham	bherk@nycap.rr.com
6/12	9:15 AM	Hometown Heroes 5K	The Crossings of Colonie	Ann Swezey	mswezey@nycap.rr.com
6/12	6:30 PM	15th Annual Lions Ramble	Fort Plain Park	John Geesler	kgeese@telenet.net
6/12	9:00 AM	12th Annual Kinderhook Bank OK 5k	Kinderhook	Dan Curtin	curtin@berk.com
6/12	8:30 AM	OK 1 Run (1 mile Kid's Run)	Kinderhook	Dan Curtin	curtin@berk.com
6/13	9:00 AM	39th Distinguished Service Race 8 Mile [GP]	UAlbany -- Day of Race Signup only!	Mark & Angela Warner	mwarn1@nycap.rr.com
6/13	9:00 AM	Read Run/Walk 5K	Saratoga Springs	Nancy Holzman	nholzman@literacynycap.org
6/19	9:00 AM	JoAnn & Nancy 5K Run/Walk to Benefit Ovarian Cancer	Pinhead Susans Broadway Schenectady	Cindy McDonald	cmcdonald29@hotmail.com
6/20	10:00 AM	27th Annual Mule Haul 8K Race	Schoharie Crossing Hist. Site	Jim Moore	jmoore01@live.com
6/20	9:00 AM	Community Resources Father's Day 5K	The Crossings -- Colonie	Will Dixon	fathersdayfivek@yahoo.com
6/25	9:00 AM	Yellow Brick Road Run 8K Run 5K walk	Chittenango	Steve Waite	waites30@hotmail.com
6/26	9:00 AM	5th Annual Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/27	7:30 AM	34th Annual Adirondack Distance Run	Lake George Firehouse	Marcy Dreimiller	madone1@roadrunner.com
7/4	8:00 AM	Firecracker 4 mile road race	Saratoga Springs	Mary Vanderinden	maryd@telescopecasual.com
7/6	6:15 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/14	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	TBD	Pete Newkirk	pnewkirk@newkirk.com
7/17	8:30 AM	Greater Glensville/Schenectady YMCA 3rd Annual 5k Race	Freedom Park	Nancy Gidersleeve	ngidersleeve@cdymca.org
7/18	9:00 AM	Dippikill Froggy Five Mile	Dippikill Wilderness Preserve	Albany Running Exchange	info@areep.com
7/21	6:15 PM	37th HMRRC Hour Run	TBD	Doug Bowden	bowden@nycap.rr.com
7/24	9:00 AM	Fox Creek 5K Run/3K Walk	Berne	Michelle Furlong	mishybell@hotmail.com
7/28	6:15 PM	35th HMRRC Pentathlon	TBD	Todd Mesick	toddmesick@yahoo.com
8/1	12:00 PM	HMRRC Club Picnic	J.B. Thacher State Park	Lisa Ciancetta	ljcn61@nycap.rr.com
8/1	9:00 AM	16th Indian Ladder Trail Run 15K & 3.5 Mile	J.B. Thacher State Park	Mike Kelly	mjkhome@verizon.net

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 415

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

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**TYPE OF MEMBERSHIP DESIRED** (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**For those who can afford it!**

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

**Mail applications to:**

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

**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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