

The Pace Setter

February 2011

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**



Signed: _____ Parent/guardian if under 18: _____

Publication of Hudson-Mohawk
Road Runners Club
Vol. 32 No. 2

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— **Kopac's Korner**



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

The Pace Setter

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Photos in this issue by Phil Borgese and Bill Meehan



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by Jon Rocco

It is already February and the winter is moving along. At this point, one Winter Series race remains for the 2010-2011 season and hopefully many of you are closing in on becoming a Winter Series Survivor. For those of you planning to run the HMRRRC Winter Marathon or are gearing up for a Spring marathon, hopefully the Winter Series has been an asset to your training. The Winter Series is certainly a positive aspect for helping to keep active in the winter while getting some fresh air at the same time. It also provides an opportunity to socialize with friends and to meet new ones. February is also the month in which we gather for the annual awards banquet, providing an opportunity to see what people actually look like without wearing running clothes. Although February is the shortest month of the year, it produces two of our longest races on the calendar.

The club's annual banquet once again takes place at The Desmond. On this night, we will honor the induction of Mark Warner into the HMRRRC Hall of Fame. Mark will become the 22nd club member to garner this honor. The night will also feature the President's Outstanding Service Awards and the Race Committee's "Extra Mile Awards" to honor members for contributions made at club races. There will also be recognition to the top 3 age group winners in the club's Grand Prix Series. There are six age divisions for both male and female and additionally a combined age-graded division. Congratulations to all to be recognized on February 12, and there will be a guaranteed good time to all those attending. Notably this year, there will be no club races held the next morning.

In the Grand Prix, we have two repeat winners on both the male and female sides. Susan Wong and Anny Stockman defended their titles in the 60-69 and 70-79 groups respectively while Ahmed Elasser and Ernie Paquin did the same on the male side in the 40-49 and 60-69 groups respectively. Susan Wong also defended in the age-graded category. As our club membership increases and we continue to produce quality races throughout the year, and attract competitive runners, it certainly can become difficult to repeat yet alone 'three-peat.' Susan Wong is the sole three-peat (60-69 group) Grand Prix winner going back to the 2008 season.

February 6 brings the last of the season's Winter Series races (4M,10M,20M) making the 20M the club's 2nd longest race on the calendar

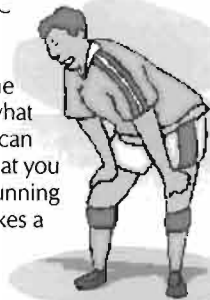
while February 20 marks one of the club's two annual marathons (along with the unique 3 person marathon relay - celebrating year 25). It will be the 38th running of the HMRRRC Winter Marathon. On race day, several 'out of town' runners, as they have in the past, will make the trip to our capital city to partake in the event which can bring unpredictable temperatures and wind (combine those for brutal wind chill) on the multi-looped course. Nonetheless, it is certainly refreshing to hear positive comments about the organization of this small race from them. It is especially noteworthy when the dedication of our volunteers (the fabric of the club) does not go unnoticed.

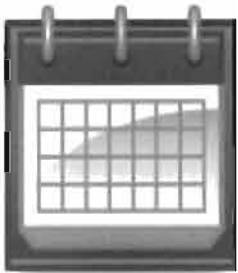
I wanted to share some comments posted on the marathonguide.com site from non-locals regarding our volunteers in the winter marathon:

- Connecticut runner- 'Tons of phenomenal volunteers!'
- Chicago runner- 'traffic control was excellent.' 'There seemed to be almost as many volunteers as runners on the course.' 'People who volunteer to work at races are my favorite people, but the volunteers that worked this course for five hours in light snow and 31 degree weather are really a special group. Thank you so much!'
- Salisbury, CT runner - 'Volunteers do a great job of keeping you on the course, as there are some twists and turns.'
- Quebec, Canada runner - 'The organization is friendly...with volunteers located where it matters.'
- Syracuse runner - 'The volunteers were very helpful and cheered us on with gusto.'
- Syracuse runner - 'Volunteers were excellent.'
- Pennsylvania runner - 'The volunteers were very supportive.'
- Boston runner - 'Tons of friendly volunteers.'
- Rochester runner - 'Thanks HMRRRC and volunteers.'
- New York runner - 'By third loop, course people know you by name, keep cheering you on. Very nice of them.' Thanks, guys, for making this marathon.'
- Canadian runner - 'Great salty vegetable soup afterwards.' (Guess that one is for you Tom & Marcia.)

These comments certainly shed positive light on our club, and we thank you volunteers for that. Keep in mind that our Mission Statement closes with 'volunteer participation is a foundation upon which HMRRRC exists.' Although I certainly can't take credit for the phrase, 'ask not what your running club can do for you, but what you can do for your running club' certainly strikes a chord.

Enjoy your
February. ☐





What's Happening in February

by Al Maikels

The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 6. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon, while the 4-mile race is popular with those runners just looking to get in a short workout.

Quite often the race distance chosen is factor of the weather, as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987, as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 38th Winter Marathon and 25th Annual 3 Person Relay will be held on Sunday, February 20 at 10 a.m. at UAlbany. Back in the day, when running was running, the Winter

Marathon was billed as a last chance to qualify for Boston; now it can be a first chance to qualify for next year's Boston. The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers, and as always volunteers are needed.

The HMRRRC Club Banquet will be held on February 12 at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards as well other club recognition awards, and this year features the induction of Mark Warner into the HMRRRC Hall of Fame.

The club business meeting for February is set for Wednesday, February 9 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged to attend these meetings. □



Submissions for the April Issue of *The Pace Setter*

Articles:

Deadline is Feb. 25. Submit to: Editor, pacesetterarticles@nycap.rr.com

Advertisements:

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

Ads should be sent to:

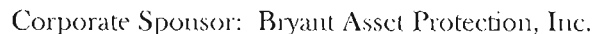
C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: callen@gsccallen.com

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

New HMRRRC Members

Kevin Anderson
Jonathan & Katrin Auyer
Joseph Bango
Jim Bayliss
Yuriy Benderskiy
Johan Bosman
Joe Bouck
AJ Carrier
Liz & Ravi Chauhan
Lisa Conroy
Jason Cordeira
Patrick Cremmins
Alexis Curry
David & Jean Drexler
The Egan Family
Dustin Ellis
Randal Fippinger
Richard Frantz
Joseph Genter
Wendy Gibson
The Glover Family
Mark Grammatico
Benn Griffin
Brian Gyory
David & Sara Hamilton
Michael Hourigan
Anne Hurley
The Huse Family
Joseph & Mary Ibbetson
Kristina Kaisik
Christina Katsos
Matthew Landy
Alicia Laskoski
Jennifer Lawrence
Sean Lemecha
Michelyn Little
Amy Madden
Laura Maloney
Kevin Marshall
David Martin
Michael McClure
Janice McLachlan
Jeremy McNamara
Sandra Michael
Richard Nancy
Amanda Newell
Sean Newell
Erin O'Connor
Ken Ray
The Robinson Family
Andrea & Chloe Rodriguez
Caprice Rossignol
Kathleen A. Ryan
Patrick Ryan
Drew Shave
Lessa Shear
The Sneeinger Family
Charles Spinnato
Andrea Stagg
Bob & Maggie Steciuk
Coleen & Scott Stevens
The Tarullo Family
Harriet Thomas
Maggie Tromp
Liz Urban
Campbell Wallace
Elaine West
Matt Zappen
Bonnie Zappoco
Eric Zenner

Sunday, April 10, 2011 at 9:00 a.m.



Competitive insurance protection for your family. Combined with wealth management to meet your financial dreams.

COURSE: 5 Miles – Certified; Fast, mostly flat, through residential areas

Application Fee: HMRRC members: \$20 Non-HMRRC members: \$25

Deadlines: **MARCH 18** for shirt option – Short Sleeve Technical **GENDER** specific

Registration after March 18 deadline: \$15.00 member; \$18.00 non-member

Deadlines: mail - March 31 or on line at www.hmrrtc.com - April 4

Last Chance Race Registration will be held at FLEET FEET, Wolf Road, Albany on SATURDAY, APRIL 9 from 2:00 p.m. to 6 p.m. No packet pick-up on Saturday. FEE: \$20.00 ALL

PRE-REGISTERED PACKET PICK-UP: at the school starting at 7:30 a.m. Sunday.

START AND FINISH FOR ALL RACES: From the Middle School on Kenwood Avenue

AWARDS: 5 Year Age Group Awards from 14 and under thru 70+

USATF ADK GRAND PRIX RACE FOR 2011! Membership # required for USATF ADK GP scoring and MUST BE PROVIDED at time of entry. To join USATF ADK, go to usatfadir.org or call 518-273-5552.

NO HEADSETS OF ANY KIND ALLOWED - runners need to be able to hear course marshals on shared course.

FOR RUNNERS' SAFETY: no strollers — no dogs or other pets — no skateboards, bikes etc.



◆ 1-Mile

◆ ½ mile

◆ ¼ mile

- ❖ No pre-registration

❖ Day of Race registration ONLY

❖ Fee: \$2.00

KIDS DAY OF RACE REGISTRATION: 8:30 - 9:45 a.m. at Bethlehem Central Middle School, Delmar, NY

HELP OTHERS LESS FORTUNATE. Non-perishable food items will be collected on race day in the gym for the benefit of the Bethlehem Food Pantry, a Bethlehem Seniors Project. Please contribute.

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

PLEASE PRINT

T-SHIRT SIZE (GENDER specific ADULT technical before 3/18): ☐ Small ☐ Medium ☐ Large ☐ X-Large

NAME:

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PHONE: () SEX: ☐ F ☐ M DATE OF BIRTH:
Month Day Year

AGE AS OF 04/11/10: HMRRC Member? ☐ Yes ☐ No Want to join? Add \$12 individual; \$15 for family

USATF #:

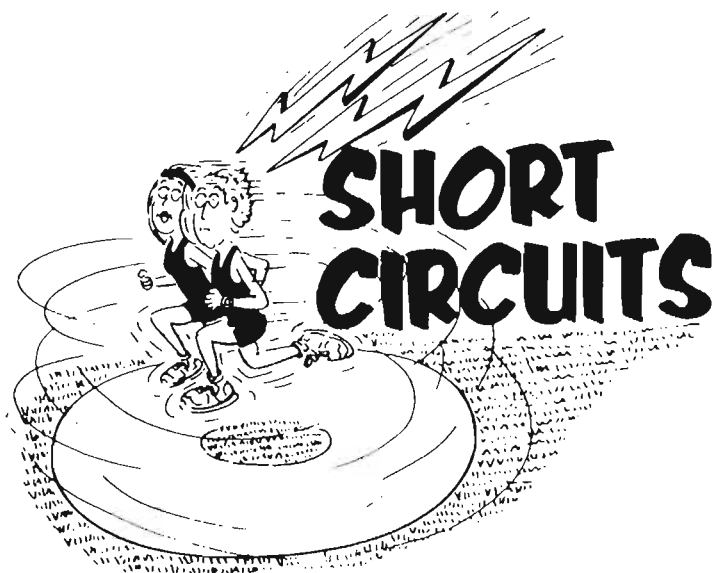
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MUST BE PROVIDED FOR USATF ADK GRAND PRIX SCORING

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. **I AGREE NOT TO WEAR A HEADPHONE DURING THIS EVENT.** I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat or humidity, traffic and the conditions of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club or Bryant Asset Protection, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE

PARENT/GUARDIAN SIGNATURE (if under 18) _____



In December a man was jogging in Port St. Lucie, Florida with his 7-year-old son who was riding a bike. They came upon a house with a dog in the front yard. The 85 lb. lab-chow mix attacked the runner. The runner wrestled the dog to the ground, grabbing it by the neck. When police arrived the man appeared seriously injured with numerous bite marks and scratches on his face and arms. The dog was dead, either the result of choking or a broken neck.

According to running coach John Kellogg the 10 best male U.S. high school x-country runners of all time are:

1. Dathan Ritzenhein (Michigan 1990s)
2. Eric Hulst (California 1970s)
3. Gerry Lindgren (Washington 1960s)
4. Craig Virgin (Illinois 1970s)
5. Steve Prefontaine (Oregon 1960s)
6. Rich Kimball (California 1970s)
7. Lukas Verzbicas (Illinois current)
8. Eric Reynolds (California 1980s)
9. Chris Solinsky (Wisconsin 2000s)
10. Jorge Torres (Illinois 1990s)



The best

A medical study of runners participating in the 2009 Mont Saint-Michel Marathon in France showed that the amount of fluid consumption during the race was directly related to overall performance. The more you drank the worse you performed and vice versa, even among elite runners. According to Tim Noakes, MD, Professor of Exercise and Sports Science at the University of Cape Town in South Africa, who conducted the study: "Drink to thirst. That is all you need to know." Dr. Noakes blames the sports drink industry in the U.S. for persuading runners to overdrink during a race. "The sports drink industry in the U.S. unfortunately promotes the false idea that drinking to thirst is not adequate. That is why athletes in the U.S. are more likely to overdrink than athletes in any other country."



"Drink to thirst only"

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

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

A survey of runners in the northeast following the December blizzard revealed how they managed to run during and immediately after the snow event. The most common responses:

1. Treadmill
2. Found a plowed road or parking lot.
3. Snowshoes
4. Aqua-jogging in pool
5. X-country skiing

Betta than
'nuttin



Charles Woodruff of Fleet Feet reports the success of the local chapter of the Fleet Feet/ New Balance "No Boundaries" National Training Program that trains new runners to complete their first 5K. The program began here in 2007 and over 800 people have trained for and raced their first 5K. In 2011, the number will grow reach to over 1000 participants. According to Charles, the strength of No Boundaries lies in the caring group of coaches and mentors who volunteer their time to create a "world class" experience for new athletes. Momentous achievements are made every time a participant overcomes his/her own barrier, does the work, and runs the race, truly changing his/her life. □



Momentous achievement



THE ADIRONDACK RUNNERS 25th ANNUAL **Shamrock Shuffle**



MARCH 27th, 2011 - 11:00 AM
GLENS FALLS HIGH SCHOOL
TO BENEFIT
WARREN-WASHINGTON COUNTIES SPECIAL OLYMPICS



CORPORATE SPONSORS

WARREN TIRE SERVICE
GLENS FALLS NATIONAL BANK & TRUST
ROSE & KIERNAN INSURANCE, INC.
GE ENERGY



AWARDS

Male & Female

Overall
1st, 2nd, 3rd

Age Groups
1st, 2nd, 3rd

Special Masters (40+)
1st Male & Female

Wheelchair Overall
1st, 2nd, 3rd

No Duplicates

LOCATION: Glens Falls High School - Sherman & Quade St.s, Glens Falls, NY.
CHECK IN: **8:30am - 10:45am** at the Glens Falls High School Gymnasium.
COURSE: 5 mile basically flat & fast loop course – www.AmericasRunningRoutes.com.
ENTRY FEES - DONATIONS: **\$15.00** - Pre-Registration Fee (Received by March 22nd).
\$13.00 - TAR Member Pre-Registration Fee (by 3/22).
\$20.00 - Race Day Registration Fee.
DONATIONS: All proceeds benefit Area-37 Warren-Washington Counties Special Olympics Programs.
T-SHIRTS: Custom, High Quality, Long Sleeve T-shirts (**First 400 Entrants**).
RESULTS: Posted, No Ties, Decisions of Race Directors are Final.
FACILITIES: Glens Falls High School. Showers & Restrooms available.
INFORMATION: Kevin Sullivan - (518)798-9593 or ksullivan@queensburyschool.org or www.adirondackrunners.org

The Leprechaun Leap

CHILDREN'S (12 & Under) FUN RUN - ⁷/₈ Mile Run – Donation: **\$2.00**.
Registration: **8:30am - 9:45am** - **Start 10:00am**. - Medals For All Finishers.

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I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, snow, sleet and rain traffic and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the City of Glens Falls, Town of Queensbury, Glens Falls City School District, and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT (if under 18) _____

Make Checks Payable To: The ADIRONDACK RUNNERS

MAIL ENTRIES: SHAMROCK SHUFFLE, 13 Lawton Ave., GLENS FALLS, N.Y. 12801



Register online!!!!

Entry Fee	\$
Addl Donaton	\$
Amount Enc.	\$
OFFICIAL USE ONLY	
Date Recd	
Check#	
Race #	

"BEEN THERE, DONE THAT"

by Mike Becker

February 1976...Thirty Five Years Ago

- Races of 3, 11.6, and 20 miles are held at SUNYA on the 22nd. The runners of the short race had beautiful 50-degree weather. Apparently a cold front with strong winds came through 50 minutes after the start which caused 11 of 27 starters of the 20-miler to bow out before finishing. The winners: Don Shrader (3-miles), Bill Robinson (11.6 miles) and Lowell Montgomery (20 miles).

- Bill Shrader, Jr. is profiled. A former club president, Bill was credited with many revolutionary ideas during his term, and was very active in the early years of the club. After a three-year break from running in the 1970s, he returned to run the Turkey Trot and ran well enough to barely beat his father. Among his PRs are a 34:00 10K and a 2:51 marathon (Boston). He considers his best race a third place finish in a NY City 10-mile race with a 59:58.

February 1981...Thirty Years Ago

- The Winter Series wraps up on Valentine's Day with races of 4, 9.8, and 20 miles at SUNYA. Vince Falbo edges Pat Glover and Tom Dalton in the 9.8-miler with a 55:05. Susan Cohen beats Anny Stockman for female honors. Bruce Hamilton and Grace Cialek are winners of the 20-miler. A total of 37 club members complete the Sportshoes Winter Series by participating in all five Winter Series races, including volunteering in at least one.

- An article in *The Pace Setter* by Dick Talleur addresses recent problems with congestion forming at the finish chutes of larger races, such as the Troy Turkey Trot and the 30K Chopperthon. He suggests a solution would be for the club to purchase "electronics such as digital clocks, magnetic stripe readers, and mini processors." A reply from club officer Chuck Haugh states that he sees potential problems with the suggestion, namely, a lack of manpower to operate the equipment, the cost, and scheduling conflicts. Chuck believes proper organization at the finish line is still a reasonable alternative. Today it's hard to imagine a race without at least a digital clock!

February 1986...Twenty Five Years Ago

- The 13th annual club Winter Marathon is directed by Bill Meehan and held on the 23rd at SUNYA. Dale Keenan runs a 2:31 to beat second place finisher Ed Neiles by nearly 19 minutes. Linda Ropes is top female with a 3:28. Just 26 runners finish with all but two going under four hours.

- The club officially bans headphones from club races as explained in an article by club President Diane Barone in *The Pace Setter*.

February 1991...Twenty Years Ago

- Mike McCarthy and Don Wilken direct the final races of the Winter Series on the 9th, including the Grand Prix 10-miler. Dale Keenan tops the 111-finisher field in the 10-miler with a



53:03, with Vinny Reda and Koichi Ariki taking second and third. Nancy Egerton is top female with a 62:56, with Inge Aiken and Karen Pratt second and third. Thirty club members earn Winter Series Survivor awards.

- Dale Keenan wins the club Winter Marathon on the 24th (for the sixth time) with a 2:34, thirteen minutes ahead of Bill Starz. Kelly Flanagan is top female with a fine 3:09. Eighty-two started and forty-four finished, with many of the non-finishers using the event as a hard 20-mile workout and not intending to finish. Carl Poole is the race director.

- An item from Short Circuits describes a run by Sarah Covington-Fulcher, who ran around the perimeter of the U.S. in 438 days, totaling 11,134 miles and averaging 25.4 miles per day. She traveled through 35 states and endured temperature extremes from -58° to 124°. Her only major injury was a callous on her hand from carrying a water bottle. She wore out 26 pairs of shoes, 20 t-shirts, 15 pairs of shorts, and 6 sweat suits.

February 1996...Fifteen Years Ago

- Zach Yannone is profiled. He runs at HVCC under coach Jim Bowles. When asked the question: How do you train? – his answer is: "This is easy – I ask Coach Bowles what to do and then just do it." His best performance was a 16th in the NJCAA Cross Country National Championships. He wasn't expecting to place in the top 50. His two philosophies of running are running should be fun, and a peak will not last forever.

- Forty degree temperatures and forty-plus MPH winds greet participants of the 23rd annual club Winter Marathon on the 25th. Canadian Bruce Glasspoole wins with a 2:52, and Jean Kerr is top female with a 3:54. A total of 27 relay teams also compete, with total times ranging from 2:35 to 5:20.

February 2001...Ten Years Ago

- Club member Jim Thomas runs a PR of 3:11:25 in the Memorial Health Tybee Marathon in Georgia on the third. His time was good for 14th overall.

- Chris Rush and Ken Skinner direct the Winter Series races on the 11th. Bob Irwin wins the 10-mile Grand Prix race with a 38:15, and Emily Bryans is top female and 14th overall with a 64:45. Linda Kimmey, Ali Mansouri, and Rich Homenick all run 2:24:31 to win the 20-miler. Twenty-nine members earn the Winter Series Participation Award.

- On the cover of *The Pace Setter* is a photo of Art Tetrault. Art was retiring from his duties of photographer for *The Pace Setter* after 15 years, hundreds of races, and thousands of photographs.

February 2006...Five Years Ago

- Chuck Terry sets a course record in the 226-person field in the Polar Cap four-mile run in Lake George on the fourth by running a 20:29.

- Scott Ginsburg and Lori Sciortino direct the final Winter Series races on the 12th at SUNYA. The 10-miler is a Grand Prix event and always has a good turnout, this year 108 runners. Bob Irwin wins with a 57:09, about two minutes faster than Andrew Kuipfing and Derrick Staley. Kara Lynne-Kerr is top female with a 61:45, good for fifth overall. Bob Jones and Kim Miseno-Bowles win the 4.34 miler, and Chuck Terry and Lynne DeRusso win the 20-miler.

- Ken Klemp and Ed Neiles direct the 33rd annual club Winter Marathon on the 27th at SUNYA. A total of 39 runners finish and brave 30 MPH wind gusts. Dan Dominie wins for the fifth time with a 2:58. Laura Bleakley is top female with a 3:31. Eight of the thirty-nine qualify for Boston. Twenty-five relay teams also compete with total times ranging from 2:38 to 4:46. □

On the Web!
**The Hudson Mohawk Road
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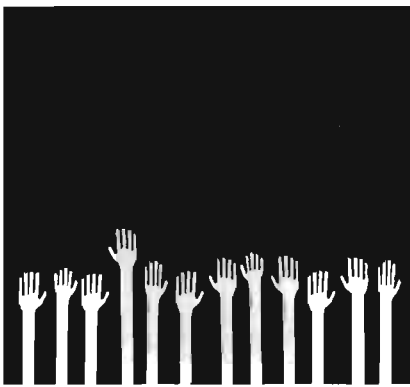
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**Applications must be submitted by
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Upcoming Races that need assistance:

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Marcia Adams
HMRRRC Volunteer Coordinator
1009 Tollgate Lane
Schenectady NY 12303

Mark Warner: Runner, Family Man, Volunteer, Hall of Fame Inductee

by Ken Skinner: member, HMRRRC Hall of Fame

When the Hall of Fame Committee members were asked last summer by HOF chair Maureen McLeod to submit nominations for the 2011 class, I quickly thought of Mark, submitted his background information, and was delighted to find out that the HOF Committee voted him in as this year's nominee. I first met Mark around 1990, about three years after he moved to the Capital District, when he joined the Willow Street Gang for its Sunday morning runs from Doug Bowden's house in Guilderland. He was a young 32 year old, single, talented runner who had been training with Ken Klapp (If you attend the club awards banquet on February 12th, Ken will be introducing Mark for his induction), among other very good runners (Pat Glover was one of them). Ken moved to Guilderland, invited Mark to join him for the Sunday runs, and they still run together with Willow Street some twenty years later.

Mark began his ongoing career as a devoted family man in May 1996 when he and Angela Kumm married. They had met a year or two earlier at a beginner ski class at Brodie Mountain. Angela came from a running family, so she understood that their wedding could not interfere with Mark's preparations for the 100th Boston Marathon that April; hence, the May date. During their first years of marriage, when children were not coming along, Mark and Angela looked into the adoption process. Shortly thereafter, they made several trips to Russia to initiate and then complete the adoption of their two children, Liliya and Victor. Both are 12 years old and come from the very northwest corner of Russia (next to northern Finland) from the city of Murmansk (Liliya) and the small town of Apitity (Victor) some three hours away from Murmansk. When they met Victor, the temperature was minus 25 degrees Fahrenheit! Of course, Mark went out for a run since he said there was no wind! On both trips, Mark ran each day they were in Russia, including a few runs in Moscow around the Kremlin. Anyhow, they are a very happy family with both children very involved in sports in the Guilderland schools: basketball, baseball, skiing and field hockey. Where is running? Maybe later on. They both have helped out at the Distinguished Service Race that Mark and Angela co-direct.

During his early years in Albany, Mark joined HMRRRC and ran in club road races regularly. He gradually began to volunteer at club races and became fully involved when he and Angela agreed to co-direct the Distinguished Service Race in 1995. They are still the co-directors fifteen years later. During the past few years, Mark involved himself in the governance part of HMRRRC. He was elected vice-president of the club in 2009 and, among

other tasks, was the chair of the club's Scholarship Committee which each year selects graduating seniors who are runners from Section II high schools, for those scholarships. Serving as vice-president also meant that Mark agreed to become president the following year. In September 2010 he completed a very active and successful year as club president. During his term, the club purchased a van for transportation of race equipment and approved a special appropriation for expansion of the club's commitment to children and youth running activities. And Mark is not done yet! After stepping down as president, he agreed to chair the club's Race Committee, which organizes all the club running events each year. Keep up the good work, Mark.

Now, I suppose I should say a little bit about Mark's running exploits since that's mainly what the HOF is all about. You'll hear Ken Klapp describe his running abilities in more detail if you attend the banquet. Mark comes from a running family. He told me his father was a 4:30 miler at Keene HS in Keene, New Hampshire in the 1940's. Both Mark and his brother have run 34 marathons each, both calling it quits at that distance when they both ran the 100th Boston Marathon in 1996. His older brother beat Mark in the marathon at the 1982 Boston Marathon where Mark ran 2:44 and his brother ran 2:42. Not too shabby! His personal best in the marathon was at the Clarence DeMar Marathon in Keene, NH in 1982 where he ran 2:36. It turns out that Clarence DeMar was Mark's father's Sunday school teacher at one time. Of Mark's 34 marathons, 20 were under 2:50 and five were under 2:40. Mark ran his first marathon, in 1979 at age 20, in 3:14 – a portent of good things to come.

Mark has run very quick times at many distances less than the marathon. He has the following personal bests for the following distances: 5K - 16:23; 4 miles - 21:41; 5 miles - 27:43; 10K - 34:01; 15K - 52:51; ½ marathon - 1:13. Since becoming a Masters runner, Mark continues his great running performances: 5K - 17:06; 4 miles - 22:54; 5 miles - 28:16; 10K - 35:33; 15K - 55:30; ½ marathon - 1:18. He is very seldom injured but he is a bit obsessive about his running. When Mark sent me his background material for his nomination to the HOF, way at the end of his write-up, almost as a footnote, he wrote that in the past 30 years, he has run 85,542 miles or an average of 7.8 miles per day, including days that he didn't run (not many)! That's impressive!

Congratulations, Mark, on your well-deserved induction into the HMRRRC Hall of Fame. □



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HMRRC Message Board is Largely Untapped Resource

by Tom White

Though it has been on-line since the beginning of 2006, the HMRRC message board has never really caught on as a medium for communication among club members. A small and persistent group of users will voice an occasional opinion, or tout an approaching event, but these few messages remain unread by the vast majority of club members.

For the uninitiated, the message board, or forum is a section of the club's web site where members can post anything they may have on their mind in a message right on the site. Other members can then chime in with their own thoughts on the subject. When they do, the original message becomes what is known as a message thread, or simply a "thread." All messages (or posts) can be read by any visitor to the club web site, but only registered users are allowed to post and reply.

Over the years members have offered theories as to why the message board sees so little activity. Some suggest, perhaps half-joking, that the club membership is collectively too old to embrace the technology. Another theory is that runners lead busy, active lives with better ways to spend their time than perched in front of a computer. Some point to the message board itself as the culprit. According to a few semi-recent posts, the problem may be that it is too difficult to get a user ID, that it is not visible enough from the club's home page, or that it is broken down into too many categories. It may be that all of these factors play a part in keeping participation low.

In the following paragraphs I detail what I believe are the four primary reasons that the message board does not get much attention, along with some suggestions that might help spur greater participation. There are no blindly insightful revelations here. Mostly I have embellished the ideas of others, and combined these with my own experience using message boards, both running-related and otherwise.

Reason #1: Many members are unaware that the message board exists

It seems likely that many HMRRC web site users have never gotten around to exploring everything that the site has to offer. In fact, it would probably surprise a few to learn that there is more there than just race results. We all know what a magnet those results pages can be. I have certainly squandered more time than I would care to tally combing through the archives in search of, say, the last time I managed to cross the line ahead of Dale Broomhead, or runners in my age group that are still running 15K in under an hour.

I agree with others who have said that the board suffers from a lack of visibility. It's my hope that this article will be a good first step in raising members' awareness, but it might also take giving the board a more prominent position on the HMRRC web site to pry people

away from those results. As has been suggested on-line, displaying a list of recently active threads somewhere on the home page could be an effective way of distracting the statistics-obsessed among us.

Reason #2: There are some obstacles to posting that first message

Before someone can post their first message, there are a few hurdles that must be cleared. Some of these hurdles are procedural. For example, a user ID and password are required. Others have more to do with overcoming some anxiety about how a post will be perceived, or about being recognized as a total noob (geek-speak for novice).

A visit to the recently added "New User Info" forum on the message board should be enough to get everyone over the procedural hurdles of getting registered, changing a password and learning the mechanics of posting a message. There are detailed answers to a list of frequently asked questions posted there for anyone needing assistance.

As for the anxiety hurdle, that may be a little trickier. To be sure, feelings of insecurity can accompany the act of typing out an opinion and casting it into the ether for all to read and comment on. Fortunately, the HMRRC board is somewhat insulated from the darker elements that lurk on the web. Although anyone with an e-mail address can register, it is probably safe to say that most people not seriously involved with running will find our board a bit of a yawn. This likely deters the worst flammers and trolls from roiling our discussions. Those agitators generally prefer a more tightly wound, and easily riled crowd, like that found among the tea partiers, and other politically tilted discussion groups. As a long-time reader of the HMRRC board, I can vouch for the fact that nearly all posts are of a positive nature, as well as being related to running or the club itself.

Reason #3: There simply aren't enough thought provoking messages being posted to keep people coming back

About this there can really be no argument. The message board has been known to sit completely idle for weeks at a time. Months have passed where the only posts were to hype upcoming races, or to congratulate a race director on a job well done. Though useful and strongly encouraged, this type of post is not likely to draw throngs of breathless readers eager to argue whether the air horn went off on time. A good board will do much more than inform. When active and vibrant, it can entertain, as well as bring about change through discussion and debate.

In my experience, what keeps a discussion forum popular is: lots of fresh and varied subject matter, controversy, humor, outrageousness and most importantly...replies. Nothing snuffs out my enthusiasm for a particular board

more effectively than the disappointment of being roundly ignored. A message with zero replies is the on-line equivalent of that common grade school humiliation – being the only person left when choosing up sides and then hearing both captains say together, "You can have him." It hurts just thinking about it. (Umm...that has happened to everyone, right?) Conversely, nothing brings me back to a board more reliably than the anticipation of reading some earnest and thoughtful responses.

Here are a few things that I think might help attract more traffic to the message board. First is greater usage by the club's most active members, namely its officers, coordinators, committee members and race directors. These people have the most knowledge about what's going on in the club, and can help disseminate current news to the membership in a more timely and informal manner than can *The Pace Setter*. The club's leaders usually strive to involve as many individuals as possible when resolving issues, yet this powerful tool remains largely ignored by the club's core decision makers.

Posting the club's meeting minutes in a reserved forum where they could not only be read but also commented on could also spawn significant new activity, while at the same time raising awareness about pending club business. With *The Pace Setter* deadline coming five or more weeks ahead of publication, it is inevitable that some issues are raised and resolved before the average member ever gets a chance to read about them.

Most larger boards assign moderators to individual forums. These people regularly post messages about pertinent and timely subjects in order to help turn readers into posters. It might make sense to assign a couple moderators to the HMRRC board to help spark interest during particularly slow periods. Choosing moderators from diverse age groups and both genders could help give the board a more rounded and universal appeal.

#4: Some people just don't like computers

My father had a distinguished career at General Electric as a financial executive. He is no slouch when it comes to coping with new and complex concepts. After his retirement my siblings and I tried for years to interest him in e-mail and the web to no avail. Despite our best efforts he would not, or could not get enthused. I can't really offer any ideas for converting these folks into avid computer users, let alone discussion board enthusiasts. But there may be hope for some. Dad, now in his mid-80's, has finally come around to the idea that firing off a quick e-mail to the family is much easier than writing five separate letters out in longhand. And he has even begun visiting our family photo site, eager to see pictures of his great grandchildren. Who knows? Next week he may turn up on the HMRRC message board flaming about weak volunteer turnout or horse pucky at the Pine Bush.

The HMRRC message board can be accessed at www.hmrrc.com by first clicking the words "members only" and then "message board", or it can be accessed directly at the URL www.hmrrc.com/board/index.php. □

HUDSON-MOHAWK ROAD RUNNERS CLUB 2011 DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to jparisel@nycap.rr.com or by mailing a nomination form to John Parisella, 117 Elmer Avenue, Schenectady, NY 12308 by March 1, 2011. Nomination forms can be found at www.hmrcc.com. Nomination forms may also be submitted in person at the March 2011 club meeting.

Qualifications of nominees may include – but are not limited to – an elected officer, member or chair of a standing or *ad hoc* committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at club functions or races, or an attendee at monthly club meetings.

Previous recipients of the Distinguished Service Award:

Tom & Marcia Adams (2010), Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson-Wintle (1985), Bill Mehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2011. The election of the DSA recipient(s) will take place at the April 2011 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact John Parisella, Committee Chair, at jparisel@nycap.rr.com

Donuts, Stairs, and Fire on a Journey of a 1,000 Miles

by Rob Rausch

In late 2009, I tallied up the miles I had run over the year and was surprised to find that I had accumulated more than 800 miles. I had just completed the Dublin Marathon and knew another marathon and a variety of other races were on the calendar for 2010, so I challenged myself – could I run 1000 miles over the course of the year?

Despite great intentions to start the year with a New Year's Day run, I succumbed to one final day of laziness before beginning my quest. With my goal in mind, throughout January, I braved the elements...usually to get to the Guilderland YMCA. My tolerance for the "dreadmill" is limited to about half an hour, so I used it to focus on speed work. For variety, I also ran laps on the Y's indoor track. Thirteen laps constitutes one mile, so this higher math proved to be an exercise in both mental and physical fitness.

Throughout the winter, and almost every Saturday morning throughout the year, I joined my Team In Training friends for the weekly group run. My wife and I have both completed events with TNT, and I'm a mentor for new members. TNT is a remarkable organization that recently raised its one billionth dollar for blood cancer research and treatment. I'm constantly inspired by my teammates' dedication and energy. I will frequently go out for the Saturday morning run with specific mileage in mind, but then be encouraged by a teammate to run several more miles.

In February, I traveled to Raleigh, N.C. for my first race of the year, and one of the most unusual I've ever run: The Krispy Kreme Challenge. The race's tagline says it all: "Four miles. One hour. 12 donuts. 2400 calories." To successfully complete the challenge, one must run two miles, eat a dozen glazed donuts, and then run two miles back. To the entertainment, and perhaps horror, of friends, I trained for it by eating donuts during runs. On race day, I managed to ingest eight donuts, and unlike some competitors, retained them within my system. Racers came in costume, so I found myself running beside Elvis, Cookie Monster, Harry Potter, and a banana chasing a gorilla. It definitely wasn't a race to take too seriously, but was worth it, if only for the t-shirt and story.

The trend of unusual races continued in March when I participated in the annual Corn-ing Tower Stair Climb. Forty-four floors, 809 stairs...and I felt every one of them. For what equates to only about a mile climb, this was one of the most grueling races I've ever accomplished. By the second floor, I had given up running and was trudging up the stairs; by the 10th, I was hauling myself up with the handrails. By the end, my calves burned as if I'd just run a marathon. I was particularly impressed with the Fire Fighters' Challenge. They



climbed to the top in full gear, for an extra 75 pounds of weight. Absolutely amazing!

As the snow began to melt, I stepped up my mileage in preparation for the Vermont City Marathon. I also trained for the indoor triathlon at the Guilderland Y. I was intrigued by what I naively perceived as an "easy" challenge: 15 minutes in the pool, 15 minutes on a stationary bike, and 15 minutes on the treadmill. My overconfidence was quickly dashed in the water. Although I had run marathons, I struggled to finish one lap in the pool. By race day, I was able to complete 16 laps and made comfortable transitions to the bike and run. I remain intimidated by the pool, but I gained a new appreciation for my friends who successfully tackle longer triathlons.

On April, my wife and I enjoyed a cruise, and I squeezed in some runs. Running on a cruise ship posed some interesting challenges: wind, wet decks, pina colada-bearing cruisers in my path, and disorientation from running on a moving ship with water rushing in the opposite direction. It felt good to return to terra firma, although it took me several days to shake my "sea legs".

Later that month, I ran in the Albany County Bar Association's annual Run Against Domestic Violence. I'm on its organizing committee, so I admit I'm partial, but I've always thought this event provides the best shirt and post-race spread of food. The race kicked off my spring running and I posted one of my fastest times for a 5k, a trend that would continue throughout the year.

In May, I enjoyed a different perspective on a race, when I volunteered at the first race in the YMCA's Couch to 5K series. I found volunteering to be every bit as rewarding as running.

I particularly enjoyed working the finish line and seeing racers' expressions as they completed their first race. The experience gave me a better appreciation of the efforts that go into a race and the contributions of the volunteers.

All my distance training built up to Memorial Day weekend and the Vermont City Marathon in Burlington. This marked my fourth marathon. I find that marathons don't get easier, but now I know what to expect. I was determined to apply lessons from prior races and established a plan for pace, hydration and nutrition. I adhered to it and maintained consistent nine-minute miles throughout the race.

I found the course to be scenic but challenging, particularly the "Assault on Battery Hill" – a long climb at mile 15. The race is promoted as "the friendly marathon," and I found that to be true, thanks to great crowd support throughout the course. I was particularly inspired by all my Team in Training coaches and teammates along the route, and drew much energy from all the "Go Team" cheers during the race. I was finished at 3:55:58, and perhaps more importantly, was happy with my time and wasn't ruling out another marathon.

One week later, I returned to Vermont for the Covered Bridges Half Marathon, in Quechee. On a clear spring day, the course would have been pleasant, but we ran in a torrential downpour. Since I was only one week out from the marathon, I took it relatively easy, tried to ignore the rain, and enjoyed laughing with other soaked runners.

After so much mileage, I began to develop some nagging heel pain and was diagnosed with mild Achilles tendonitis. Luckily, I caught it early and after a few weeks of rest, ice, and ibuprofen, I felt 100 percent. Rest is always the best medicine. We runners are quick to dispense that advice, but often fail to adhere to it ourselves.

I was cleared to run barely a week before the Utica Boilermaker, which is my favorite race of the year and an annual reunion for my college friends. Despite my time off, a humid race day, and a record-setting crowd of participants, I completed the race in good spirits and

Continued on page 17



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Our training program, sponsored by adidas®, Fleet Feet Albany and HMRRC, is designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances OR for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins this spring and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 9, 2011. Group training generally takes place on Sunday mornings and once during the week in the Capital District.

Training program members will receive the guidance of a certified coach and will be provided a training schedule, weekly training sessions, an adidas® technical training T-shirt, gels and water at group runs, a one-year HMRRC membership, free lunch at the HMRRC Picnic in August, plus guaranteed paid entry into the 2011 Mohawk Hudson River Marathon or Half Marathon. The cost is \$125* for the five-month program. To provide quality coaching, a limited number of slots are available. For more information and/or an application, contact Cathy Sliwinski at racedirector@mohawkhudsonmarathon.com. * Already a HMRRC member? Deduct

\$12 from the training program fee.



Donuts, Stairs, *cont. from page 15*

close to a personal best. Somewhere during the course, I hit mile 500 for the year.

In August, we vacationed in Cape Cod, and I enjoyed several runs along the Shining Sea bike path, a course that rivaled any *Runners' World* "Rave Run" photo.

Throughout summer, I participated in several YMCA 5Ks. After training on longer distances, I find it hard to transition to the faster pace of a 3.1-mile race. I've come to see 5Ks as a separate discipline, with a focus on speed. To my surprise, over the course of several races, I set several personal records, and clocked my fastest 5K at 21:45.

As summer wore on, I worked on maintaining a consistent base in preparation for my next challenge: The Goofy Race and a Half Challenge – the Disney Half-Marathon on January 8, and the full Disney Marathon on the following day.

In September, I ran the Warrior Dash, which lived up to its tagline of "the most insane race you'll ever do." We climbed a mountain, scrambled through tunnels, scaled walls, crawled through mud and under barbed wire, and leapt over fire. As if that wasn't ridiculous enough, my friends and I ran it in suits and ties. I finished muddy, sunburned, and sore, but it was worth the furry Viking helmet I earned!

One of my favorite races is the Hudson Mohawk River Half-Marathon, and in October, I returned to the race for my sixth time. I always enjoy the flat, fast, familiar course, the fall weather, and the final stretch along the Hudson. This year, I actually had to stop mid-race to wait for a train to pass! I entered the race with the intention of shaving one minute off of my personal record, but thanks to a friend pushing me along, ended up taking four minutes off my prior best.

In November, I was featured in the *Times Union's* "My Other Life" column. I'm a trial attorney with the firm Maynard, O'Connor, Smith, & Catalinotto, and my firm was profiled for having four attorneys who have collectively run 10 marathons. Later that month, I ran my first Troy Turkey Trot, and enjoyed seeing many familiar faces among the 6,500 participants.

In December, I continued to pound the pavement as temperatures plunged and snow fell. Finally, on December 11, on a cold and blustery Saturday morning, I hit my 1,000 mile mark at the end of a 12-mile training run with TNT. Along the way, I reflected on the miles behind me, the crazy races I completed, and my personal accomplishments throughout the year. I consider it appropriate that I crossed that personal finish line with friends who helped me on my way throughout the year.

Of course, I didn't stop at mile 1000. I tacked up more miles in my marathon training and even completed one last race – the appropriately-named Last Run, through Washington Park, lit up for the holidays.

By the time this story hits print, I will have completed the Goofy Challenge in Disney. Whether next year brings more donuts, stairs, and fire, or something even more outrageous, my real hope for 2011 is a healthy and strong year, and many laughs with friends over the miles. □

Fell For a Guy

by Susan Browne

For the "Last Run 5K" that went through Washington Park Holiday Lights December 18th, 2010, two of my girlfriends and I decided to get dressed up – crazy socks, jingle bells, cute plaid shorts, and Santa hats – and I had antlers – and run the race. It was a cold night, but no wind. The race went off at 5:00 p.m. so it was dark, but very pretty, running through the Christmas lights in the park.

Nearing the end of the race a guy (very handsome, by the way) ran up next to me and complimented my outfit, and so we chatted a little – he liked the bells, and so on. I suggested to him that we pick it up and make it a really fast finish. OK. We got going at a pretty good pace, and as it started to slope downhill a bit near the finish on State Street between the Capitol and the Plaza, he got a little ahead of me, as most guys would, and yelled back, "Come on, it's downhill – you can do this." I sped up some more to catch up to him. That's the point that I tripped and was going fast so I had absolutely no control over stopping the fall.

I hit my head first and rolled onto one side, hitting my forehead, cheek, elbow, hip and, lastly, knee. I ended up on my back downhill direction. He and another runner stopped and I was stunned from the fall. They asked if I was OK and I said I'm really not sure, as I wasn't even sure what hurt at that point. One of them ran for paramedics, who were there in a second, as we were about 200 yards from the finish line. Music was playing and runners were going by. The EMTs asked if I hit my head – which I did – so they told me to stay still. They were going to get a collar and I told them, "No, I am not going in an ambulance because I am hosting a party at my house at 7:00 tonight!" Somewhere in the middle of the EMTs checking me out, one of the other runners decided I should finish the race, so I suggested they take my chip and run it across the finish line mat – they actually took my shoe! Funny! One of them came back with my shoe – which the EMTs said was like Cinderella getting her glass slipper back. Very funny! The handsome guy who took my shoe came back with a bottle of water also. He was the same guy who was running with me, so I started telling him that I was hosting a party at my house at 7:00 that night and he should come as it would be a bunch of running friends! The EMTs were telling me I should go to the hospital to get checked out, but I said no way. I had to go take care of my party!

I yelled out my address to the handsome guy as he left and as the EMTs worked to get vitals, I finally convinced them I was OK to stand and walk, and I signed off on not going to the hospital. I left but couldn't get hold of my friends as they were doing a cool down run and so they had no idea I was hurt.

I got home and my cheek was swelling fast, as I could see it under my eye and I knew it was bad. Also I knew my knee was pretty bad because it hurt. When I got home and one friend

arrived, I made him start prepping stuff while I got in the shower to check out the extent of injuries and to freshen up. I took a few layers off of my knee and the elbow, hip, hand were all bruised and scraped and swollen. It was quite a fall, but didn't think I broke anything. The rest of my friends started showing up, and the Handsome Guy also showed. He said he had to come to see if I was OK. It turns out he knows other runner friends who came to the party, as it is a small world. It seems if you talk to enough people in the Capital District, that someone will have a connection, especially among the runners and triathletes, which my friends and I are.

My girlfriend is a nurse and so when she came to the party she patched me up and she and my other girlfriend (the Three Musketeers we call ourselves) were both shocked when they saw me, as they had no idea I had fallen. We all laughed a lot that night and kept blaming the Handsome Guy for tripping me, which he did not, of course, but we had fun joking about it. I'm really OK – just a black eye and a few bruises, which will heal.

My chip time did not register. I guess carrying a shoe is not the same as running in one. Oh well, I had a good time anyway. □

Club Members Receive Opportunity to Register Early for the Mohawk Hudson River Marathon and Half Marathon

On-line registration for the October 9, 2011 Mohawk Hudson River Marathon and Half Marathon begins on March 1, 2010. Last year, both races sold out by early July and many members were unable to register. This year, HMRRRC members can assure themselves a spot and register for either race BEFORE on-line registration begins.

All HMRRRC members are invited to join us at Fleet Feet Sports, 155 Wolf Road, Albany for early registration on Saturday, February 26, 2011 from 2 p.m. to 6 p.m. Registrations will also be accepted for the marathon and half marathon training program, sponsored by adidas, Fleet Feet Sports and HMRRRC.

Applications will be accepted only from registrants who are HMRRRC members as of February 25, 2011. Race applications will be available at the event on February 26th. Race fee is \$60 for the marathon, \$40 for the half marathon. Checks and money orders only – sorry, credit cards cannot be accepted. More information about the marathon and half marathon can be found at www.mohawkhudsonmarathon.com or www.hmrrc.com. □

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Kinderhook Runners Club Fall 2010 Marathon Recap

by Julie Keating

For most runners, a race of marathon distance represents the ultimate challenge of their physical fitness and mental toughness. A marathon requires months of preparation, involving almost daily training and a schedule of weekly long runs which gradually increase and peak at 20 miles or more. Injuries and other unexpected life events can frequently interfere with this training, and runners can simply become tired and discouraged with the process. Training with a group can make the difference, with both the support and the friendly competition helping a runner stay motivated. This fall, 36 members of the Kinderhook Runner's Club (KRC) showed their commitment to the sport, putting all their summer training in action by completing marathons and half marathons that were held in cities up and down the east coast. Many of these marathon and half marathon runners were "first timers," having only in the past year joined the club, which is led by president and local running star Karen Dolge.

Amazingly, 10 of the KRC's marathon participants finished in times to qualify for the prestigious 2011 Boston Marathon. One of these Boston qualifiers, Teresa Warner Mauri of Ghent, agreed to an interview about her transcendent experience at the Mohawk-Hudson River Marathon held on October 10, 2010. The Mohawk-Hudson River Marathon starts in Schenectady, New York, and follows former railroad paths along the Mohawk and Hudson River to the finish at the Corning Preserve in Albany, NY. Race day weather conditions were ideal, with sunny skies and October warm temperatures in the 50s. Here is Teresa's story:

KRC: Was this your first marathon / half experience, or are you a veteran?

TWM: This was my 5th full marathon, and my 3rd Mohawk-Hudson, but I still don't consider myself a veteran!

KRC: How did you deal with the demands of the training process, including time management and wear and tear on the body?

TWM: Wear and tear isn't usually an issue for me because I only run two days per week but bike, kayak, swim, do yoga, walk, lift weights and other forms of fun cross-training the rest of the week. I use lots of triathlons, shorter races, and the summer Town of Kinderhook Wednesday night fun runs for my tempo runs. It's ALL about time management, and quality over quantity!

KRC: Did you experience injuries during training? If so, how did you overcome them?

TWM: No, because of the cross training.

KRC: What physical and emotional changes

took place during the race?

TWM: Most changes took place before the race. Even though I wanted to qualify for Boston and break the to-date unobtainable 4 hour mark more than I was willing to admit, I wanted to go into the race relaxed with no expectations and enjoy it. My philosophy for racing is very pragmatic – my body is only going to do what it's capable of that day. So I left my watch at home and trusted my training. During the race: Physically, it's the first time I had blister issues, and severe ones at that. The pain in my feet masked the pain in my quadriceps, though. Other than that I felt awesome. Mentally, at the start I was incredibly nervous, but once the gun went off I was completely relaxed, which I contribute to having fellow club members Amy Welsh, Hilary Ferrone and Hilary Cloos nearby. At the half when I realized I was on pace to make Boston and still felt good, feelings of excitement, relief, accomplishment, surprise, confidence, pride and utter joy to name a few gave me added adrenaline and made the last half as much fun as the first!

KRC: How did you react to the train that cut off the Mohawk-Hudson race route for a few minutes?

TWM: It was a non-issue for me. My running friends were there too and we just laughed about it. Starting up again was a bit hard, but the slight rest was good for my body.

KRC: What did you expect to be hard that turned out to be easy?

TWM: Staying relaxed the entire race.

KRC: And vice versa - what turned out to be more difficult than expected?

TWM: Walking the next few days!

KRC: To what extent did the KRC play a role in motivating and supporting you?

TWM: HUGE!! Words aren't significant enough to thank the KRCers who popped up along the course! It seemed just when my mind started to focus too much on my feet or quads, a friendly KRC face appeared, cheering words of encouragement. I have to add, KRC support isn't only acknowledged and appreciated during a race like that, but for every long run you do together, every goal or fear you share with someone, every hill you climb side by side, every Personal Record (PR) you see someone reach...the ongoing support and friendships are forever cherished!

KRC: Any final comments?

TWM: The Mohawk-Hudson Marathon is the perfect race for first timers and to get a PR. Not only is there the hometown support, but you can sleep in your own bed! ☐

You Are Here:
Suggested Places To Run

The Clark & Williamstown, MA

by Eva Barsoum

As I lace up my sneakers on a cold and sunny day, my chosen run is the beautiful Sterling and Francine Clark Art Institute located in Williamstown, MA, approximately 37 miles from Albany. I found by taking Route 2 through Troy. (recently paved, so no potholes to report) heading toward Grafton State Park, and following signs to Clark Institute. Once you arrive at The Clark, follow the signs to the Stone Hill Center. Maps and trail markers are clearly posted at the entrance of the trail, and be prepared for a grueling glute routine. From there, you have various options: Howard Path to Stone Hill Center: .3 miles; Nan Path to Stone Hill Center: .4 mile; Pasture Trail: .7 miles; or Stone Bench Trail: 1.5 miles. During your run you'll see walkers, runners, and hikers. A dog and family friendly environment; but don't be surprised if you come upon the pair of horses grazing on the grounds.

After running the trails, explore the charming neighborhood surrounding the Clark. It is worth the extra time and distance, so I suggest completing the 3 mile loop through downtown Williamstown. Turn right as you exit the Clark for 1.1 miles until you reach the end of Gale Road, a quiet residential area a short distance past the Taconic Golf course. Taking a left, run about ½ mile past the Rivers Edge Park adjacent to the picturesque rolling brook/stream then take a left onto either Latham Street (which takes you past Tunnel City Coffee) through the commercial downtown, or proceed to turn left at the end of the road, which is Route 2 west toward the roundabout that guides you back to the Clark.

Tunnel City Coffee is a bistro-like coffeehouse on Latham Street/Spring Street (off of Route 2) that has a very collegiate atmosphere due to its proximity to Williams College. One of its unique features is the garage doors, which serve as walls; they are often left open during the warm months, exposing the entire interior to the fresh Berkshire air. Being a coffee addict, I appreciate that they serve their coffee in porcelain cups, not something everyone agrees with!

Finally, if you have the time I wouldn't miss the opportunity to explore the diverse art collection at the Clark and view their highly coveted, special exhibitions. Recently, I was fortunate to have seen the spectacular Georgia O'Keefe and Picasso and Degas exhibits.

On a sunny day you may see me, one of the few self-proclaimed clydesdale runners. My mantra: The best part of the run is when it's over.

For more information www.clarkart.edu. ☐

USATF Grand Prix – A Winning Formula

by Vince Juliano

The USATF Adirondack Association (USATFAA) recently completed a very successful Grand Prix series. Planning is now underway for the 2011 GP series, certain to offer a strong line-up of road races at varying distances throughout the expansive Adirondack Region. The GP series had its debut in 2007, when then President of USATFAA, Chris Rush asked LDR chair Pat Glover, Emily Bryans and me to formulate a GP series to provide a new tangible benefit to Adirondack Association members. Tangible is the key word here, as USATFAA has a long history of providing essential assistance at many area races and track events in ways that are not always visible to most runners. For example USATFAA has provided invaluable guidance with the planning and execution of the Stockade-athon road race for many years. Here are just a few of the tasks that I as Race Director have asked and received assistance from USATFAA.

- * The course has been measured, certified and re-certified on more than one occasion during the past 10 years.

- * The event is sanctioned by USATF and USATF members receive potentially valuable supplemental insurance in case of injury that results in uncovered medical expenses.

- * USATFAA assisted in developing 5-year age-graded standards so that runners of all ages had a chance to qualify for a free Stockade-athon entry. This concept was to offer a free entry based on tough but fair performance standards, a novel idea when it was first introduced ten years ago.

- * USATFAA was instrumental in the Stockade-athon's successful bid to host a regional championship 3 years back.

- * USATF membership is required to compete for prize money, and USATFAA assists each year in reviewing the 1500 pre-registered athlete database to ensure that members are properly identified for accurate scoring and awards.

- * USATFAA has provided guidance and officiating at both the start and finish line in previous years for the Stockade-athon and many other championship events.

- * USATFAA stores race equipment and provides transport of this equipment on race mornings.

- * USATFAA provides communication to its members via regular e-mails and issues USATF press releases with respect to race promotion.

- * USATF provided guidance on USATF rules with regard to competition, including the banning of headphones and other communication devices when runners are in competition for cash awards or USATF titles. Despite this assistance, many runners do not equate the value of a USATF membership to these important functions because they do not provide a direct tangible benefit to the runner. Hence

the need for a GP series dedicated to USATFAA members. The 2010 GP series began in early March and ended in late November, as athletes could choose to compete in 10 of 13 races. The series was modeled after the popular HMRRRC GP series with a few original ideas added. Participation is divided into six divisions, open men and women, master's men and women, and age-graded men and women for ages 50 or above. The six divisions provide gender equality and differ from traditional age-group awards. After 4 years, participation and competitive strength of each division is reasonably balanced. The open women's division has had slightly less depth in recent years, but results in recent months suggest that this is likely to change in 2011. In addition the 20% growth in GP participation this year was attributed solely to increases in female memberships.

The series offers a winter break. USATF athletes, who take advantage of this break, are usually rewarded with solid performances the following year. It is very difficult to race competitively for 4 seasons, year after year, and the USATFAA GP series is designed to offer strategic breaks in the winter and a shorter break in the heat of summer. This year the series offered \$5200 in prize money + \$450 in gift certificates that will be shared by 42 athletes, the top 7 in each division. These prizes originate from fees charged to the participating races, in addition to sponsorship contributions from Fleet Feet Sports and the HMRRRC Grant Program. Each race has a vested interest in the GP series by contributing funds to the prize pool for end of year award distribution. These races desire top-tier talent at their events and see a significant increase in competitive depth by participating in the series. Athletes are attracted to these events in part because they know that the Race Directors have made a conscious effort to contribute to the GP concept.

The series has a foundation in 4 popular events organized by the HMRRRC, the Runnin' of the Green (Island), the Delmar Dash, the MHR Marathon / Half Marathon, and the Stockade-athon. The Runnin' of the Green, the MHR Marathon and the Stockade-athon also serve as USATFAA Championship Events. The USATFAA GP series magnifies the competitiveness of these events, as athletes can earn GP points not only for the HMRRRC Club GP series but also for the USATFAA GP series. For many USATFAA members who are not club members, this is an opportunity to participate in events orchestrated by the HMRRRC and its volunteer membership, and to witness first hand how well these road races are conducted.

After beginning with 3 HMRRRC events: the Runnin' of the Green; the Delmar Dash; and the Bill Robinson 10K, a restricted race for master's athletes; the USATF GP series branches out to visit a variety of popular races held

outside the Capital Region. The series offered a road mile event in Glens Falls in conjunction with a Memorial Day parade, a fast 5K in the historic village of Kinderhook, and a challenging 10-mile point to point race in the southern Adirondacks at the Lake George Distance Classic. One would be hard pressed to find 3 more distinct races to test the mettle of our association's best runners than the aforementioned trio. The only commonality is that each event is well organized, and well supported within their respective communities.

The fall campaign includes two popular 5K events, as open runners compete at the Dunkin' Run while masters runners choose the traditional Arsenal City Run. Both events are highly competitive, as GP points are just part of a larger cash prize pool distributed after each event. The series then moves to Utica at the western edge of the association for the challenging Falling Leaves 14K. This sporting event is augmented by the best Utica road runners.

The MHR Half / Marathon, the Stockade-athon, and the Troy Turkey Trot offer stiff regional tests for even the most competitive athlete, and close the series in dramatic fashion. As might be expected, the USATFAA series brings out the very best of the association's talent, and the 2010 GP champions were certainly no exception.

A bio of these six individuals is summarized below:

Open Champion Male – Andy Allstadt of Albany won his 3rd consecutive Open title by sweeping the HMRRRC Grand Slam; Runnin' of the Green 4M, Delmar Dash 5M, MHR Half, and Stockade-athon 15K.

Historians may do a fact check, but no one has ever swept these 4 events in a single year. Allstadt won the MHR Half by over 4 minutes, but the other victories were by slim margins. In there lies Allstadt's strength. In recent years no one has been more adept at digging deep to win close championship battles than Andy "All the Time."

Open Champion Female – Eileen Combs of Schenectady had a remarkable year, managing to score the maximum 60 points while running a personal best at the Dunkin' 5K and came within seconds of her PR while capturing the Troy Trot 10K title. Despite a challenging career that requires extensive travel, Combs managed to win 4 regional half marathons, and finished 3rd in the ING Hartford Marathon in 2:51. Her strength is her toughness with the rare ability to race frequently without wearing down. Combs' 36:33 Troy Trot was a season ending tour de force.

Masters Champion Male – Ben Greenberg of Voorheesville started his season strong by winning the Runnin' of the Green 4M, the Delmar Dash 5M and the Glens Falls Mile. Unlike in recent years when Greenberg had to fight nagging injuries, he remained healthy into the fall and had strong races at the Utica Falling Leaves 14k and the Stockade-athon 15K where he made the podium.

Masters Champion Female – Emily Bryans of Schenectady; One would be hard pressed to find the right adjectives to describe Bryans'

superlative year. In back to back weeks in early October, Bryans won the USA National Masters 5K, averaging 5:35 per mile pace followed with a MHR Marathon victory averaging 6:30 per mile pace, for a 5 minute personal best.

In the spring she won the Delmar Dash and followed this with a victory at the hilly Bill Robinson Masters 10K where she lowered the 25 year old course record by more than 1 minute. This versatile runner is adept at running any distance from a mile to a marathon.

Age-Graded Male Champion – William Venner of Granville – The Ironman of the GP series, Venner is the only athlete to run and score in all 10 events. A gritty “old school” distance runner, Venner took age graded titles in his home region at the Distance Classic, and followed with impressive efforts at the hilly Utica Falling Leaves 14K and the flat MHR Half Marathon.

Age-Graded Female Champion – Judy Phelps of Malta won a razor thin victory in a tough division by utilizing remarkable speed at the shorter events while typically scoring very high on the WAVA age-graded tables. Phelps surprised her peers with a stellar effort at the Bill Robinson Masters 10K, on a hilly course to earn valuable points toward the championship.

While a limited number of runners will challenge for 2011 GP division honors, most runners can earn some points and track their progress through a series of great road race events.

One would only have to look at this author as an example of someone with modest ability who was able to compete in the 2008 and 2009 series and score points. While never in the hunt for division honors, I took great pride in earning a few elusive points and to see my name in the year end results. Minor injuries and lack of quality training led to zero events and zero points in 2010, something I hope to change in the New Year. You can too, simply by obtaining a USATF yearly membership, showing up on race day, and giving each event your best effort. □



Do Not Let Anxiety and Stress Affect Your Running

by Stan Popovich

Sometimes, fear and anxiety can get the best of us in running.

The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a runner can use to help manage their fears and every day anxieties.



Occasionally, you may become stressed when you have to run in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the event in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking before your running event.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your running event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Do Not Stress Over Your Competition

Many runners sometimes get anxious when they go against a tough opponent. They get nervous on who they are competing with and they get so worked up that they lose focus on their own running. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a runner can use to help manage the stress of going against the competition. The first step is to learn as much as you can on your opponent. Although this may seem obvious, some runners may think they already know what they need to know. Remember there is always something to learn about your competition. Read the reports about your opponent and watch him or her performance. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win. This will also help to reduce your worries in the future.

Do not assume anything about your competition, whether they are stronger or weaker than you. Every athlete has his good and bad times and just because you may be facing a stronger opponent does not mean that you will lose. Remember that you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next event.

Focus on how you can best strive for perfection in your own running instead of worrying about your opponent. For instance, you are going against the number one athlete in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on your performance. Concentrate on how you can perform your event and how you can best improve on your problem areas.

Realize that you can't win all of the time and that also includes your competition. You may be the best athlete in the world, however you will still sometimes lose. No one can win all of the time. When facing a tough competitor, use this fact to your advantage. Even the best athletes will make some mistakes.

It is not uncommon to get nervous when you go against a better opponent. All you can do is to focus on your skill sets and do the best you can. This will help you in the long run.

BIOGRAPHY: Stan Popovich is the author of *A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods* - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/> □

A Tale of Two Marathons

by Ray Gamino

In the fall of 1995, I spotted an advertisement for the 100th running of the Boston Marathon. Because of this milestone, the BAA had decided to award some slots for the race based on a lottery, rather than the normal qualifying route. I was only an occasional runner back then, but a couple of my brothers had run marathons, so I decided to apply. I prodded a couple of friends to enter the lottery also, and each of us sent in an application and waited. You can guess the ironic outcome—my friends were selected but I was not! They went on to train and finish Boston that spring (congratulations Tom and Allen!), while I was left making plans for a fall marathon.

Marine Corps Marathon 1996

Since I had missed out on Boston '96, three friends at work and I decided we would enter the Marine Corps Marathon that October. This was more of a social marathon than a serious one for me, and in the preparation and execution I did almost everything wrong. My mileage was inadequate, as I all too easily let work limit my available time. I maxed out at around 40 miles a week, with only one 20 mile training run. I didn't do any speedwork or hills. But I had fun training with my friends, and have fond memories of our occasional runs together after work or on weekends.

On race day my mistakes continued. There were no individual timing chips or wave starts back then, only balloons and signs to mark times. As we were in our first real race, we lined up where we thought we would finish somewhere behind the 4:00 hour sign. Little did we know, however, that most of the 15,000 runners had positioned themselves well ahead of the time they would actually end up running that day. After the gun went off, we lost 5 minutes just getting to the starting line, and for the next 10 miles, it was so crowded that we had to run elbow-to-elbow with the rest of the field. At the water stops, I got caught up in the moment and did not adhere to my routine, running through most of them and spilling a lot. I had also never learned anything about calorie intake on long runs. The only non-water that I consumed was half of a Powerbar at mile 19 (banana was the only flavor left). At mile 20, I had to walk about ½ mile to catch my breath. I did start running again, albeit slowly, and managed to struggle home in 4:36. The others from work (Tom, Jeff, and Clint) had finished ahead of me, but none of us came that close to the four hour mark. Though I made a lot of rookie mistakes, overall it was a fun experience. Marine Corps certainly is a scenic course from the Pentagon, through Georgetown, the Mall, the Capitol, Potomac Park, and back across the bridge to Arlington and the two Jima Memorial. And there was fantastic support by the Marines throughout.

Philadelphia Marathon 2010

After taking time off for other pursuits, I resumed running several years ago. My racing season consisted mostly of the Corporate Challenge and a few 5ks's here and there. A couple of years ago, I got a little more focused, and started doing 15-20 miles a week. Over the past year plus, that increased to 25-30 miles a week, including a weekly long run on Saturday. I enjoyed my first Stockade-athon and Boilermaker (both are fantastic races if you've never done them and are interested in 15k).

After the 2009 Stockade-athon, training and peaking for that race in 2010 became my goal. I signed up as soon as I could in the summer of 2010, only to learn shortly after that I would be out of town on business on race day. So I needed a new goal. I was turning 50 in September, and that furthered my desire to have a meaningful goal. A couple of running friends had recently completed marathons, and had either signed up for Philly or were thinking about it, which got me over the hump (thanks Dan and Ted!). Philly fit my schedule and was supposedly a good flat course to attempt Boston qualifying so I signed up.

Having committed so many rookie mistakes at the '96 Marine Corps, I vowed to train harder and smarter. Initially I was afraid to commit, but qualifying for Boston became my main goal. I stuck with my training program. I practiced calorie intake on long runs (Gatorade, sports beans, and gels). I reached a peak of 60 miles per week. Over the weeks, I could feel my legs and cardiovascular fitness getting stronger. During week 13 (of 18) I got overconfident and overtrained with 4 hard runs in 8 days, running a faster pace than the program called for. I developed a tight hamstring and worried I had ruined my efforts. But after a couple of days rest and a renewed vow to stick with only what my plan called for, I was able to finish the 18 weeks. I wasn't sure what pace to go for, but in the end the mcmillanrunning.com pace chart came reasonably close for me. I needed 3:35 to qualify for Boston, but I was hoping to break 3:30. There was not much communication from the marathon organizers leading up to the race, but the Philly marathon section of the *Runners World* forums enabled me to get more information on it.

Race weekend arrived at last, and I drove to Philly on Saturday morning after my final run, a 2 mile shakeout. I got my number at the expo, stopped by the Clif Bar pace table to get my wristband, and listened to Bart Yasso give a short talk/slideshow on his running exploits. Later I met my daughter (she goes to UPenn) for dinner at the pre-race pasta dinner.

Race morning, I got up in plenty of time, but decided to drive to the start. I found a parking garage with no problem, but a line of non-moving cars on the 6th floor cost me a lot of time, and I made it to the starting area just in time to check my bag and hustle to find the right starting wave color (black) with only a couple of minutes to spare. My strategy was to go out with the 3:20 pace group for the first 20 miles, then just hang on for whatever I could. This would turn out not to be the best strategy.

The first 10 miles were very pleasant. It wasn't overly crowded thanks to a few minutes between waves, and no significant hills to speak of, with absolutely perfect marathon weather (clear, high 30's/low 40's, some sun). Approaching the halfway mark, I could tell that it was going to get harder, and soon. By mile 15, I was laboring to stay with the pace group. Our pace leader also had the group on about a 3:18 pace by that point. Nearing mile 19 I started to fall off the pace group. This proved to be a bigger mental challenge than I had anticipated. All kinds of negative thoughts went through my head. My pace slowed. I never stopped to walk, but definitely hit the wall. At mile 23 I told myself 'only 5k left', and managed to pick it up a little. The crowds were great, especially those last few miles (Philly puts your first name on your bib, so random people in the crowd will yell out your name with encouragement). Coming up the last rise I just tried to keep my arms and legs pumping, and finally came across the finish line in 3:30:39. Good enough to qualify for Boston, but a few minutes slower than I was hoping to finish, and certainly not the last 6 miles I was hoping for. But still, it was a PR by over an hour, and I was happy that I did feel strong for much of the race.

Although I made fewer errors than in my first marathon, I still found the marathon a humbling event. I feel that I have much left I want to improve, including finishing stronger, not hitting the wall, improving mental toughness, and cross training. But I guess that is part of the mystique of the marathon, and part of what keeps driving us to continue. □

Pacers Needed for 2011 Adirondack Marathon

The 2011 Adirondack Marathon in Schroon Lake, NY is scheduled for Sunday, September 25. We would like to offer participants the option of running with a pacing team, whether the goal be to secure a coveted Boston qualifying time, to achieve a personal best or simply to complete the journey with a new bunch of friends.

We are seeking 12 pacers, two for each of six time goals: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45.

Qualifications:

- 1 Previous marathon experience on hilly courses
- 2 Previous marathon times of 20-30 minutes faster than the group you are pacing for
- 3 An ability to remain positive and encouraging.

What's in it for you?

- 1 Free entry
- 2 Free pasta dinner
- 3 Lots of warm fuzzies
- 4 An opportunity to be a working part of "the friendliest" marathon
- 5 An opportunity to join an enhanced pacer program in 2012

For further information and to sign up for the team, contact Laura Clark laura@saratogastryders.org or 518-581-1278

GO TEAM! □

Supermarket Shopping: Decisions and Dilemmas

Question: How many food decisions does the average person make in a day: 25, 80, 100, 200? According to Bonnie Taub-Dix RD, weight loss specialist in New York and author of *Read it Before You Eat It: How to Decode Food Labels and Make the Healthiest Choice Every Time*, the answer is 200 food decisions a day. No wonder grocery shopping can be mind-boggling and a source of overwhelming confusion!

Time and again, runners wistfully comment, "Nancy, I wish I could take you food shopping with me." They are confused about which foods to buy so they can eat healthfully. They wonder if they should buy organic or standard foods? fresh or frozen vegetables? low-fat or fat-free milk? Their list of questions seems endless. While I can answer their questions about food shopping, Taub-Dix's newly released book can guide everyone through the grocery store. *Read it Before You Eat It* is a handy resource for all hungry runners. Here are just a few tidbits that I gleaned from this easy reader.

- Supermarkets are set up in the way they want you to shop, which means lots of unplanned purchases. That's why loaves of freshly baked bread or pretty flowers greet you as you enter the store. Be sure you have a plan (and your guard up) when you enter! Sixty to seventy percent of what ends up in a shopping cart tends to be unplanned.

- Beware of descriptive labels such as freshly baked, homemade, natural, and wholesome. These words make products appear more attractive so they jump into your food cart. The same holds true with menus: Succulent Italian Seafood Fillet sells more than Fish of the Day.

- Don't be tempted by "fat-free." When food manufacturers take out the fat, they generally add extra sugar. You'll end up with a similar amount of calories, and sometimes even more. A smaller portion of the "real food" can create a better taste-memory than a larger portion of a substitute that is low in taste.

- Your goal should not be to eliminate dietary fat; you need some fat to absorb certain vitamins, provide fuel for endurance exercise, and contribute a nice taste and texture to foods. Rather, strive to enjoy more mono- and poly-unsaturated fats, while staying away from trans fats, listed on the label as "partially hydrogenated oils." Even if the label says "0 grams trans fat," it might contain <0.5 gram, so the better bet is to read the ingredient list on the label and nix foods with "partially hydrogenated oils."

- The "serving size" listed on a food label may not be the appropriate portion for your body. Most runners need at least two servings of cereal to create the foundation for an adequate breakfast. That is, you are not being

piggy if you eat two packets (two servings) of oatmeal. You might even need three...

- The recommended fiber intake is about 25 to 35 grams per day. Most people fail to reach that goal. Yet, some health-conscious runners consume far more fiber than that—and complain about undesired pit stops during exercise. Moderation tends to be a wise path.

- Not all foods have labels with protein information. Case in point: deli meats. That makes it hard to count grams of protein. The alternative is to use weight. An ounce of cooked meat, such as deli roast beef or turkey breast, has about 7 grams of protein. If you use 4 ounces of sliced turkey in a sandwich, you will consume about 28 grams of protein. That's about half the daily protein needs of a 120-pound female runner, and about one-third of the amount needed by an 180-pound male triathlete.

- Fresh produce may not have a label, but it will have a "Country of Origin" sticker. If you start reading the little stickers, you'll notice that grapes might come from Chile, the bananas from Ecuador, the peppers from Canada. The United Nations of food has gathered in your market's produce stand! While world-wide imports offer us more variety, they also contribute to a significant carbon footprint. Buying locally grown produce is a nice way to support your local farmers and protect the neighboring farmlands.

- Concerned about that long list of food additives that you cannot pronounce? Food additives are carefully regulated and subject to ongoing safety reviews. The consumer advocate group Center for Science in the Public Interest suggests we "avoid sodium nitrate, saccharin, caffeine, olestra, acesulfame-K, and artificial coloring" not only because they are questionable additives but also because they are used primarily in processed foods with low nutritional value. You won't go wrong eating more unprocessed or lightly processed foods (such as oatmeal instead of Froot Loops).

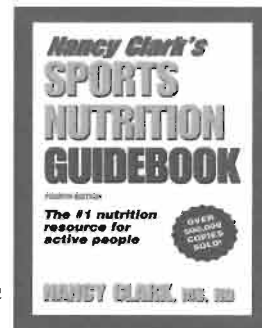
- "Best if used by" dates are related to freshness and best quality, not safety. Eating the food after that expiration date won't hurt you but there might be some loss of flavor or quality. Canned tomatoes, pineapple and other high-acid foods can last for 12 to 18 months on the shelf. Canned meat, fish, poultry, vegetables and low acid foods can last for two to five years if the can has been stored in a cool, dry place. Yet, "when in doubt, throw it out."

- What exactly does "organic" mean on a food label? The official international definition is: "Organic foods have been produced without the use of synthetic pesticides, herbicides, fungicides, or synthetic fertilizers, and cannot be genetically modified or radiated. Organic poultry, dairy, meat, and eggs are produced

Continued on page 26

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Destination Runs

Freihofer's Run For Women has long had a program where they conduct clinics for elementary schools in the days leading up to the annual race. As a community service, national- and world-class runners take time to interact with local kids introducing the how's and why's of running.

The sessions routinely end with questions from the crowd. Questions are usually simple and straightforward about pets, favorite colors and foods. Recently one of the runners returned laughing at how she was embarrassed to be at a loss for words after she was asked, "When you are running, if you know you are going to lose – how come you don't stop running?"

Obviously the kid didn't get the point. I can say that as an adult with 40+ years of involvement in the sport. But what if I am missing the point? Although we do run to win, the results are often different. There is always the possibility of a personal best, but that is often not the case either, especially with age. When you give the kid's question a moment's thought – that's a really good question.

The fact of the matter is racing would take on a whole new dynamic if people were stopping as soon as winning hopes were dashed. There would be the occasional sprint to the finish for the leaders, but after that the ranks would be thin and the fund raising aspect of the sport would be lost.

The transition of child to adolescent presents a dichotomy of growth and development vs. training and competition. Ideally childhood should be a time of discovery. Life should be spent doing a little of this and a little of that. And mostly the "this and that" is accomplished with games.

I use games in the general sense. Read it as unstructured play. The best goal is that there should be no goal. Winning and losing are of negligible importance. When you get tired you stop. The important thing is to have fun and to move.

Concepts like persistence, dedication, drive and always giving you best effort are not on the radar screen of a child. Competition and the need to win do not play such a central role either. Simply put, they are kids. They think like kids and should be allowed to act like them.

But a problem arises when the child has to transition to a more organized setting. The journey of 1000 miles begins with a single step. Organized training has to start somewhere. The challenge is to transition the child into the adolescent athlete in such a manner that the fun of the games can morph into the fundamentals of the sport that will serve one for a career and lifetime.

But think for a moment, that first day of practice must be terrifying for most newbies. No doubt there has been talk of five-mile runs, hill work and the like and all the newbie knows is that they want to stop after one lap of the track.

There is an obvious ability gap here that needs to be bridged quickly or the newbie will soon be on to other things. And these doubts and fears only escalate after one day of practice when the next morning dawns with legs so sore it is difficult to walk.

The point of running is to get to the finish. Conceptually for an adult, they can manage the uncertainty of the mid-race void with the faith and confidence that comes from training and experience. The newbie is quickly lost in the void of breathless uncertainty of an unseen finish line.

So the question arises – how does one get the newbie through the void?

What I have successfully used is what I call a destination run. From the first day of practice, after the initial warm-up, we run destination runs. The distances vary from 200m up to about one-half mile.

I would gather the group, point out a landmark (a tree, bench, backstop, etc.) in the distance and give the command to run to the landmark and back. Things were not timed. Speed was at the pace the runner was comfortable with. No walking was allowed.

The newbies returned. I'd have them find the carotid pulse on the neck and count six seconds. Mentally I would start to record exertion and recovery rates. We would walk for a few minutes until everyone "caught their breath." I'd do another carotid pulse check making sure everyone was under 12 beats (120 beats per minute) and send them off to a different destination. This cycle was repeated 6-8 times.

Most will see that this is simply a less structured form of interval training. And doubtless they will be quick to add that this is an unconventional way to do interval training, especially on the first day of a season.

I'll grant the unconventional sentiment but what are the other options here? Most of the runners have never trained. I suggest that any form of distance runs would be counterproductive. Even a "short" three miles is a long eternity for a newbie that is too difficult, exhausting and destroys any shred of confidence the athlete may have arrived with. So I would counter with – what is the point?

At least with a destination run there is an accomplished goal that is repeated throughout the practice. With regard to practice, the athlete establishes an inventory of successful efforts. They have faced a challenge ("run to that telephone pole and back") and succeeded. Granted, it is a small goal, insignificant when compared with the work of a marathon but it is a brick that forms a base from which greater building can come. A feeling of "I can do this" is the thought of a winner.

Two other points bear mentioning. The rest interval between the destination runs is critical for coaching purposes. No doubt my athletes would remember this as a time for "stories" if

at all. But this is where I repeated stories that were lessons on technique, how to act at a meet, what to eat, what to think before a race, or how successful varsity runners struggled as freshmen and the personal doubts they mastered, allowing them to go on to greater things. The list of topics was planned and presented in 2-3 minutes, a fair rest interval.

And then the first race comes. After the obligatory 15 days of practice, team uniforms and pictures, freshmen are ready for the first competitive effort. In the 15 practices of destination runs they may have run some 75+ intervals with nothing longer than an 800 (sometimes we did do a mile time trial).

Inevitably the frosh captain would approach with a team concern about the fact that most had never run the full race distance, usually 1.5 miles. I'd allow him to verbalize this momentary crisis in faith and send him on his way with two quick thoughts. Firstly I would remind him that the team had completed every workout I had asked them to do in the last two weeks – why would I ask them to race today if they were not prepared to do it? Secondly I would tell him not to stop until the finish.

Growth and development is an evolution with a little of this and a little of that. The transition of the child to adolescent athlete can be organized in such a way so as to provide the direction, fundamentals and motivation necessary to create the dedication, drive and desire that will evolve into successful competitive efforts.

Russ Ebbets, DC is the editor of Track Coach Magazine, the technical journal of USA Track and Field. He lectured nationally on sport and health related issues. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available from PO Box 229, Union Springs, NY 131 60 for \$10.95 plus \$2.00 S&H. He can be contacted at spinedoctor229@hotmail.com. □

Donuts, Stairs, *cont. from page 15*

without the use of growth hormones or antibiotics, and are humanely raised and slaughtered."

This definition may not reflect the nutritional value of a food; in some cases organic food is not nutritionally superior to standard food. And take note: organic chips are still chips that are loaded with fat, sodium, and calories! Organic also doesn't mean that the food is locally grown. Does organic food flown here from China really benefit the environment?

Yikes. I've read to page 55 and have run out of space. Guess you'll have to read the remaining 200 pages of *Read It Before You Eat It* to learn more about the whats and whys of food shopping so you can make food decisions based on facts, not fear.

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. See also sportsnutritionworkshop.com. □

Event Schedule

Date	Time	Event	Location	Contact	Email
2/5	10:00 AM	Beer & Chili Run	Newport	John Slocum	jsloc@ntcnet.com
2/6	11:00 AM	Saratoga Winterfest 5K Snowshoe Race	Saratoga Spa State Park	Laura Clark	laura@saratogastryders.org
2/6	10:00 AM	Winter Series #5 -- 4M	University at Albany	Patrick Lynskey	plynskey@nycap.rr.com
2/12	10:30 AM	Camp Saratoga 8K Snowshoe Race	Camp Saratoga	Laura Clark	laura@saratogastryders.org
2/12	6:00 PM	HMRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach	dbeach21@verizon.net
2/20	10:00 AM	38th HMRRC Winter Marathon & Marathon Relay	University at Albany	Dana Peterson - - Ken Klemp -- Ed Neiles	peterson@albany.edu
3/12	10:00 AM	32nd Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
3/13	10:00 AM	Celebrate Life Half Marathon	Rock Hill	Myriam Loor	myriamloor@hvc.rr.com
3/19	8:00 AM	NJ Ultra Festival - Marathon	University at Albany	Rick McNulty	njtrailseries@gmail.com
3/26	9:00 AM	Ice Breaker Challenge 5K run/walk	Corning Preserve/Albany Boathouse	Kathy Johnston	wade.johnston@Hotmail.com
4/9	10:00 AM	Bust a Move 5k Run/Walk	Russell Sage College	Michael Washco	washcm@sage.edu
4/9	10:00 AM	Rotary 5k	SUNY Adirondack	Jim Goodspeed	jimmyg12804@yahoo.com
4/10	9:00 AM	23rd Delmar Dash 5M	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/23	10:00 AM	Rabbit Ramble 4 Mile (17th)	Guilderland High School	Phil Carducci	rabbitramble@nycap.rr.com
4/30	9:00 AM	31st Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
5/8	10:00 AM	31st Mother's Day 3.5 Miler	Hamagrael School Delmar	Sharon Boehlke & Jim Tierney	sharonruns@mindspring.com runnerjmt@aol.com
5/15	10:00 AM	Spring MAY-hem 5K (road/trail race)	Columbia-Greene Community College	Phil Carducci	springmayhem5k@yahoo.co m
5/15	9:00 AM	Shires of Vermont Marathon	Bennington - Manchester	David Durfee	info@shiresofvermontmarath on.com
5/19	6:25 PM	35th CDPHP Workforce Team Challenge 3.5	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
5/21	TBA	SMSA East Field Hustle - 5K and Fun Run/Walk	Glens Falls	Deana White	dwhite@smsaschool.org
5/29	8:00 AM	KeyBank Vermont City Marathon & Relay	Burlington	Joe Connelly	info@runvermont.org

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

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